

January

Central Park Senior Recreation & Services Activity Calendar

2026

ART CLASSES & WORKSHOPS		FITNESS		DAILY CLUBS, CARDS & GAMES			
MON	Members Only Art 9:30 - 11 a.m. (No class Jan 19)	Members Only Art 1:30 - 3 p.m. (No class Jan 19)	Centers are closed Jan 19		MON	Centers are closed Jan 19	
	Metallic Snowy Forest Scene* January 6 1:30 - 3:30 p.m.	Beginner Acrylic Painting* Jan 13 - Feb 17 9:30 - 11 a.m.	Step into the Week 9 - 9:45 a.m.	Drumming 101 - <i>NEW DAY!</i> Jan 5 & 12 9:30 - 10:15 a.m.	Seated Strength Training 10:30 - 11:15 a.m.	TUE	Ping Pong 10 - 11 a.m.
TUE	Crystal Clarity* January 13 1:30 - 3:30 p.m.	Mixed Media Mountain Scene* January 20 1:30 - 3:30 p.m.	Mat Yoga* Jan 5 - Feb 16 Noon - 12:45 p.m.	Line Dancing* Jan 5 - Feb 16 1:15 - 2:15 p.m.		TUE	Canasta 12:30 - 4 p.m.
	Sparkling Snowflake Art* January 27 1:30 - 3:30 p.m.		Full Body Fitness 9 - 9:45 a.m.	Stretch & Flex 1:15 - 2 p.m.		WED	Bingo 10 - 11 a.m.
WED	Pan Pastels* January 14 9:30 - 11:30 a.m.	Watercolor Wednesdays 1:30 - 3:30 p.m.	Flex & Balance 9 - 9:45 a.m.	Chair Yoga* - <i>NEW TIME!</i> Jan 7 - Feb 11 10:30 - 11:15 a.m.		THU	Biscuit Boyz 8:30 - 10 a.m.
	Members Only Art 9:30 - 11 a.m. (No class Jan 1)	Pour Painting* January 9 9:30 - 11:30 a.m.	Circuit Training 9 - 9:45 a.m. (No class Jan 1)			THU	Ping Pong 10 - 11 a.m.
THU			Stretch & Flex - <i>NEW TIME!</i> 8:15 - 8:45 a.m.			FRI	Java Gents 8:30 - 10 a.m.
						FRI	Canasta 12:30 - 4 p.m.
						FRI	Mexican Train 12:30 - 4 p.m.

LIFELONG LEARNING CLASSES

MON	What's New at Northside Forsyth January 5 10:15 - 11 a.m.	Senior Planet Class Preview January 5 1:30 - 2 p.m.	The Essentials of Estate Planning January 12 10:15 - 11 a.m.	
	Using Your iPhone Jan 12 - Feb 16 1:30 - 2:45 p.m. (No class Jan 19)		Glaucoma Awareness January 26 10:15 - 11 a.m.	
TUE	Your Guide to Government Benefits & Resources January 6 10:15 - 11 a.m.	The Watchman Device January 13 10:15 - 11 a.m.	Overview of In-Home Care January 20 10:15 - 11 a.m.	Self Awareness - Self-Defense, Part 1 January 27 10 - 11 a.m.
THU	TED Talks: Why We Need to Know Our Lives Matter January 8 10 - 11 a.m.	Tech: Monthly Q & A January 8 1:30 - 2 p.m.	Senior Planet Class Preview January 8 2 - 2:30 p.m.	Using Your iPhone Jan 12 - Feb 16 1:30 - 2:45 p.m.
		True Crime Thursday January 15 10:15 - 11:15 a.m.	TED Talks: The Benefits of Not Being a Jerk to Yourself January 22 10 - 11 a.m.	
FRI	Matinee Marvels Friday, January 2 & 23 9:15 - 11:15 a.m.			

STAY IN THE KNOW



Visit our website:
www.forsythco.com/seniors
Request the weekly email announcements:
seniorservices@forsythco.com
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Membership Benefits

Annual Membership includes access to our two locations, each providing unique programming. Annual membership is \$60 for individuals, \$40 for each additional household member.

The CP Counter

High quality coffee, tea, water and lite bites available.
Open weekdays
8:30 - 10:30 a.m. and 2 - 3 p.m.
\$1 per item - CASH only
Kindly sponsored by:
Mobility Plus

 **Center Closure Dates:** 
Thursday, January 1
& Monday, January 19

SPECIAL EVENTS

Hot Chocolate Karaoke Showdown
Friday, January 9
9:30 - 11 a.m.

Hands on STEAM Fun!
Friday, January 16
9 - 11 a.m.

All-Star Friday
Friday, January 30
9 - 11 a.m.

TRIPS

Historic Marietta & Acworth Tour*
Wednesday, January 21
9 a.m. - 4 p.m.

HIKES

Qualifying Hike & Hiker Meet Up
Monday, January 5
Noon - 2 p.m.

Little Mulberry Park - Dacula
Wednesday, January 14
8 a.m. - 4 p.m.

*See newsletter for pricing

