

January

## Central Park Senior Recreation &amp; Services Activity Calendar

2026

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



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LIFELONG LEARNING CLASSES				STAY <i>IN THE</i> KNOW		SPECIAL EVENTS
<b>MON</b>	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.	Visit our website: <a href="http://www.forsythco.com/seniors">www.forsythco.com/seniors</a>	Request the weekly email announcements: <a href="mailto:seniorservices@forsythco.com">seniorservices@forsythco.com</a>	Hot Chocolate Karaoke Showdown Friday, January 9 9:30 - 11 a.m.
	<b>Using Your iPhone</b> Jan 12 - Feb 16 1:30 - 2:45 p.m. (No class Jan 19)	<b>Glaucoma Awareness</b> January 26 10:15 - 11 a.m.		Follow us on Facebook: <a href="https://facebook.com/forsythcountyseniorservices">facebook.com/forsythcountyseniorservices</a>	<b>Hands on STEAM Fun!</b> Friday, January 16 9 - 11 a.m.	
<b>TUE</b>	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.	<b>Self Awareness - Self-Defense, Part 1</b> January 27 10 - 11 a.m.	<b>Membership Benefits</b> Annual Membership includes access to our two locations, each providing unique programming. Annual membership is \$60 for individuals, \$40 for each additional household member.	All-Star Friday Friday, January 30 9 - 11 a.m.
<b>THU</b>	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.	<b>The CP Counter</b> 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 <u>Kindly sponsored by:</u> <b>Mobility Plus</b>	<b>TRIPS</b> Historic Marietta & Acworth Tour* Wednesday, January 21 9 a.m. - 4 p.m.
<b>FRI</b>		True Crime Thursday January 15 10:15 - 11:15 a.m.	The Benefits of Not Being a Jerk to Yourself January 22 10 - 11 a.m.	<b>Matinee Marvels</b> Friday, January 2 & 23 9:15 - 11:15 a.m.	<b>Center Closure Dates:</b> Thursday, January 1 & Monday, January 19	<b>HIKES</b> Qualifying Hike & Hiker Meet Up Monday, January 5 Noon - 2 p.m. <b>Little Mulberry Park - Dacula</b> Wednesday, January 14 8 a.m. - 4 p.m.

