

ART CLASSES & WORKSHOPS		FITNESS		DAILY CLUBS, CARDS & GAMES				
MON	Members Only Art 9:30 - 11 a.m.	Members Only Art 1:30 - 3 p.m.	MON	Wii Sports 9 - 9:45 a.m.	Seated Strength Training 10:30 - 11:15 a.m.	MON	Mah Jongg 12:30 - 4 p.m.	Mexican Train 12:30 - 4 p.m.
	TUE	Beginner Acrylic Painting* Jan 13 - Feb 17 Feb 24 - Mar 31 9:30 - 11 a.m.		Groundhog & Golf Art* February 3 1:30 - 3:30 p.m.	Chinese New Year: The Year of the Horse* February 17 1:30 - 3:30 p.m.	Northern Lights* February 24 1:30 - 3:30 p.m.	TUE	Ping Pong 10 a.m. - 11:30 p.m.
WED			Canasta 12:30 - 4 p.m.				RummiKub 12:30 - 4 p.m.	
			THU				Pan Pastels* February 11 9:30 - 11:30 a.m.	Watercolor Wednesdays 1:30 - 3:30 p.m.
THU	Advanced Bridge 12:30 - 4 p.m.			Mexican Train 12:30 - 4 p.m.				
	FRI	Members Only Art 9:30 - 11 a.m.	Pour Painting* February 13 9:30 - 11:30 a.m.	Stretch & Flex 8:15 - 8:45 a.m.		THU	Biscuit Boyz 8:30 - 10 a.m.	
RummiKub 12:30 - 4 p.m.								
						FRI	Ping Pong 10 a.m. - 11:30 p.m.	
							Sassy Ladies 12 - 1 p.m.	
						FRI	Java Gents 8:30 - 10 a.m.	
							Canasta 12:30 - 4 p.m.	
							Open Games 12:30 - 4 p.m.	
							Ping Pong 1 - 3 p.m.	



LIFELONG LEARNING CLASSES

MON	Using Your iPhone Jan 12 - Feb 16 1:30 - 2:45 p.m.	Healthy Heart, Healthy You February 9 10:15 - 11 a.m.	10 Warning Signs of Alzheimer's February 9 Noon - 1 p.m.	
	Heart-Smart Food February 16 10:15 - 11 a.m.	Podcasts February 23 1:30 - 2:45 p.m.	Celebrate Black History February 23 10:15 - 11 a.m.	
TUE	Heart Health Awareness February 3 10:15 - 11 a.m.	Incontinence Solutions February 10 10:15 - 11 a.m.	Celebrate Mardi Gras February 17 10:15 - 11 a.m.	An Animal's Safe Haven February 24 10 - 11 a.m.
THU	Using Your iPhone Jan 12 - Feb 16 1:30 - 2:45 p.m.	TED Talks: The Fine Art of Fibbing February 5 10 - 11 a.m.		Tech: Monthly Q & A February 5 1:30 - 2 p.m.
		True Crime Thursday February 12 10:15 - 11:15 a.m.	TED Talks: What It's Really Like to Win the Lottery February 19 10 - 11 a.m.	
FRI	Matinee Marvels Friday, February 6 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
Follow us on Facebook:
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SPECIAL EVENTS

Queen of Hearts Bingo
Friday, February 27
1 - 3 p.m.
All-Star Friday
Friday, February 20
9 - 11 a.m.

TRIPS

Georgia Racing Hall of Fame*
Friday, February 6
9:30 a.m. - 3 p.m.
Senior Day at the Capitol*
Wednesday, February 11
8:30 a.m. - 2:30 p.m.

HIKES

West Palisades - Smyrna*
Wednesday, February 18
8 a.m. - 4 p.m.

SAVE THE DATE!

22ND ANNUAL
Forsyth County Senior Services
Aging Well Expo
Thursday, April 23 • 10 a.m. - 2 p.m.
Forsyth County Conference Center
at Lanier Tech

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:
Eldervizor

*See newsletter for pricing

Membership Benefits

Annual Membership includes access to our two locations, each providing unique programming.
Annual membership is \$65 for individuals, \$45 for each additional household member.

