

February**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.	MON Members Only Art 1:30 - 3 p.m.	MON Wii Sports 9 - 9:45 a.m.	MON 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.	TUE Groundhog & Golf Art* February 3 1:30 - 3:30 p.m.	TUE Mat Yoga* Jan 5 - Feb 16 Feb 23 - Mar 30 Noon - 12:45 p.m.	TUE Line Dancing* Jan 5 - Feb 16 1:15 - 2:15 p.m.	TUE Ping Pong 10 a.m. - 11:30 p.m.	RummiKub 12:30 - 4 p.m.
WED Chinese New Year: The Year of the Horse* February 17 1:30 - 3:30 p.m.	WED Northern Lights* February 24 1:30 - 3:30 p.m.	WED Full Body Fitness 9 - 9:45 a.m.	WED Stretch & Flex 1:15 - 2 p.m.	WED Bingo 10 - 11 a.m.	Mexican Train 12:30 - 4 p.m.
THU Pan Pastels* February 11 9:30 - 11:30 a.m.	THU Watercolor Wednesdays 1:30 - 3:30 p.m.	THU Circuit Training 9 - 9:45 a.m.	THU Chair Yoga* Jan 7 - Feb 11 Feb 18 - Mar 25 10:30 - 11:15 a.m.	THU Biscuit Boyz 8:30 - 10 a.m.	RummiKub 12:30 - 4 p.m.
FRI Members Only Art 9:30 - 11 a.m.	FRI Pour Painting* February 13 9:30 - 11:30 a.m.	FRI Stretch & Flex 8:15 - 8:45 a.m.	FRI Java Gents 8:30 - 10 a.m.	Needle Craft & Sewing Club 1:30 - 3:30 p.m.	Canasta 12:30 - 4 p.m.



February**Central Park Senior Recreation & Services Activity Calendar****2026****LIFELONG LEARNING CLASSES****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.**MON****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.**TUE****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.**TED Talks:
What It's Really Like
to Win the Lottery**February 19
10 - 11 a.m.**THU****True Crime
Thursday**February 12
10:15 - 11:15 a.m.**Matinee Marvels**Friday, February 6
9:15 - 11:15 a.m.**FRI****STAY IN THE KNOW****Visit our website:**www.forsythco.com/seniors**Request the weekly
email announcements:**seniorservices@forsythco.com**Follow us on Facebook:**facebook.com/forsythcountyseniorservices**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.**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.**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 onlyKindly sponsored by:**Eldervizor**

*See newsletter for pricing

Central Park | Senior Recreation & Services | 2300 Keith Bridge Road | Cumming, Georgia 30040

Forsyth County Senior Services | (770) 781-2178 | www.forsythco.com/seniors