

March

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.	Members Only Art 1:30 - 3 p.m.	Wii Sports 9 - 9:45 a.m.	Seated Strength Training 10:30 - 11:15 a.m.	Mah Jongg 12:30 - 4 p.m.	Mexican Train 12:30 - 4 p.m.	
	Beginner Acrylic Painting* Feb 24 - Mar 31 9:30 - 11 a.m.	Monochrome Art* March 3 1:30 - 3:30 p.m.	Mat Yoga* Feb 23 - Mar 30 Noon - 12:45 p.m.	Line Dancing* March 2 - April 6 1:15 - 2:15 p.m.	Ping Pong 10 a.m. - 11:30 p.m.		
TUE	Crystal Clarity* March 10 1:30 - 3:30 p.m.	Irish Style Drinking Glass* March 17 1:30 - 3:30 p.m.	Full Body Fitness 9 - 9:45 a.m.	Stretch & Flex 1:15 - 2 p.m.	Bingo 10 - 11 a.m.	Advanced Bridge 12:30 - 4 p.m.	Mexican Train 12:30 - 4 p.m.
	Monet Flowers* March 24 1:30 - 3:30 p.m.	Cubism - Animals in Art* March 31 1:30 - 3:30 p.m.	Flex & Balance 9 - 9:45 a.m.	Chair Yoga* Feb 18 - Mar 25 10:30 - 11:15 a.m.	Biscuit Boyz 8:30 - 10 a.m.	RummiKub 12:30 - 4 p.m. (No game March 26)	Ping Pong 10 a.m. - 11:30 p.m.
WED	Pan Pastels* March 11 9:30 - 11:30 a.m.	Watercolor Wednesdays 1:30 - 3:30 p.m.	Circuit Training 9 - 9:45 a.m.		Sassy Ladies 12 - 1 p.m.		
THU	Members Only Art 9:30 - 11 a.m.		Centers are closed Friday, March 13		Centers are closed Friday, March 13		
FRI	Pour Painting* March 6 9:30 - 11:30 a.m.				Stretch & Flex 8:15 - 8:45 a.m.	Java Gents 8:30 - 10 a.m.	Canasta 12:30 - 4 p.m.



LIFELONG LEARNING CLASSES

MON	Medicare Fraud Awareness March 2 10 - 11 a.m.	Banking & Finance Apps at a Glance March 2 1:30 - 2:45 p.m.	How to Choose a New Computer March 12 1:30 - 2:45 p.m.
	Celebrating Women's History March 16 10:15 - 11 a.m.	Nutrition & You March 23 10:15 - 11 a.m.	Using Voice Assistants March 23 1:30 - 2:45 p.m.
	Dementia Care Panel March 30 10 - 11:15 a.m.	Intro to Booking Vacation Stays Online March 30 1:30 - 2:45 p.m.	
	Key to Healthy Kidneys March 3 10:15 - 11 a.m.	Cochlear Implants March 10 10:15 - 11 a.m.	Self-Awareness, Self-Defense - Part 1 March 24 10 - 11 a.m.
THU	TED Talks: You Don't Actually Know What Your Future Self Wants March 5 10 - 11 a.m.		Clean Up Your Colon March 5 12:15 - 1 p.m.
	True Crime Thursday March 12 10:15 - 11:15 a.m.	Tech: Monthly Q & A March 5 1:30 - 2 p.m.	
FRI	Matinee Marvels Friday, March 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:
facebook.com/forsythcountyseniorservices

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:
Assisted Living Locators

*See newsletter for pricing

SPECIAL EVENTS

Luck of the Irish Trivia
 Tuesday, March 17
 10:15 - 11 a.m.

All-Star Friday
 Friday, March 20
 9 - 11 a.m.

Spring Craft Fair
 Saturday, March 21
 10 a.m. - 2 p.m.

Table Games Tournament
 Friday, March 27
 9 - 11 a.m.

OUTDOOR ADVENTURE

Tree Climbing*
 Friday, March 6 • 1 - 3 p.m.
 Meet at Sawnee Mountain Preserve
 Visitor Center
 4075 Spot Road • Cumming, GA 30041

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.

