

April

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.	MON Page Turners - <i>NEW Book Club!</i> April 13, Noon - 1 p.m.
	Beginner Acrylic Painting* April 21 - May 26 9:30 - 11 a.m.	Slice of Scenery* April 7 1:30 - 3:30 p.m.	Mat Yoga* April 13 - May 11 Noon - 12:45 p.m.	Line Dancing* April 20 - June 1 1:15 - 2:15 p.m.	MON Mah Jongg 12:30 - 4 p.m.
TUE	Crystal Clarity* April 14 1:30 - 3:30 p.m.	Blush Bloom* April 21 1:30 - 3:30 p.m.	Drumming 101 April 13, 20 & 27 Noon - 12:45 p.m.		TUE Ping Pong 10 a.m. - 11:30 p.m.
	Brush & Beverage: Field Mouse & Flowers* April 28 1:30 - 3:30 p.m.		Full Body Fitness 9 - 9:45 a.m.	Stretch & Flex 1:15 - 2 p.m.	WED Canasta 12:30 - 4 p.m.
					WED Advanced Bridge 12:30 - 4 p.m.
WED	Pan Pastels* April 15 9:30 - 11:30 a.m.	Watercolor Wednesdays 1:30 - 3:30 p.m.	Flex & Balance 9 - 9:45 a.m.	Chair Yoga* April 15 - May 13 10:30 - 11:15 a.m.	WED Bingo 10 - 11 a.m. (No Bingo April 29)
					WED Mexican Train 12:30 - 4 p.m.
THU	Members Only Art 9:30 - 11 a.m.		Circuit Training 9 - 9:45 a.m. (No class April 23)		THU Biscuit Boyz 8:30 - 10 a.m.
FRI	Pour Painting* April 10 9:30 - 11:30 a.m.		Stretch & Flex 8:15 - 8:45 a.m.		THU Ping Pong 10 a.m. - 11:30 p.m.
					THU Sassy Ladies 12 - 1 p.m.
					FRI Java Gents 8:30 - 10 a.m.
					FRI Open Games 12:30 - 4 p.m.
					FRI Canasta 12:30 - 4 p.m.
					FRI Ping Pong 1 - 3 p.m.



LIFELONG LEARNING CLASSES

MON	Healthy Steps April 6 10:15 - 11 a.m.	Senior Planet Class Preview April 6 1:30 - 2 p.m.	Living with Parkinson's Disease April 13 10:15 - 11 a.m.	
	Intro to Smartphone Photography April 13 1:30 - 2:45 p.m.	Understanding Your County Water Supply April 20 10:15 - 11 a.m.	Advance Directives April 27 10:15 - 11 a.m.	
TUE	Benefits of Chiropractic Care April 7 10:15 - 11 a.m.	Digestive Health April 14 10:15 - 11 a.m.	Self-Awareness, Self-Defense - Part 3 April 21 10 - 11 a.m.	Intro to Selling April 21 1:30 - 2 p.m.
WED	Coffee with a Cop April 29 10 - 10:45 a.m.			
THU	Tech: Monthly Q & A April 2 1:30 - 2 p.m.	True Crime Thursday April 9 10:15 - 11:15 a.m.	TED Talks: Listening to Shame April 16 10 - 11 a.m.	
	TED Talks: Why Change is So Scary and How to Unlock Its Potential April 30 10 - 11 a.m.	Smartphone Camera Uses Beyond April 30 1:30 - 2:45 p.m.		
FRI	Matinee Marvels Friday, April 3 • 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 \$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 only
Kindly sponsored by:
Ingram Funeral Home

*See newsletter for pricing

SPECIAL EVENTS

Egg-cellent Bingo Bash
 Friday, April 10
 1 - 3 p.m.

Easter Egg Hunt/ Outside Tournament
 Friday, April 17
 9 - 11 a.m.

All-Star Friday
 Friday, April 24
 9:15 - 11:15 a.m.

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

TRIPS

Braves vs. Detroit Tigers*
 Thursday, April 30
 10 a.m. - 5:30 p.m.

HIKES

Cloudland - Fawn, GA*
 Wednesday, April 8
 7 a.m. - 5 p.m.

