

May

# Charles Place Adult Activity Calendar

2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## BRAIN GAMES

Table Games: Monday - Thursday, 9:15 - 11:15 a.m.

Open Game Time: Monday - Friday, 12:30 - 4 p.m.

## FITNESS

**Get Fit**  
9:30 - 10:15 a.m.  
(No class May 27)

**Fuel Your Day**  
9:30 - 10:15 a.m.

**Flex & Balance**  
9:30 - 10:15 a.m.  
(No class May 29)

**Get Fit**  
9:30 - 10:15 a.m.

**Simply Stretch & Strengthen**  
8:30 - 9:15 a.m.

**Chair Exercise**  
10:30 - 11:15 a.m.  
(No class May 27)

**Line Dancing - Fees**  
May 6 - June 10  
1:30 - 2:30 p.m.  
(No class May 27)

## SPECIAL EVENT



### Farewell to Charles Place

Friday, June 14 • 10 - 11:30 a.m.

Please RSVP by calling  
(770) 781-2178, option 1



Most activities are free with a center membership, \$60 per year. Lunch reservations due by Tuesday AM for the following week. Lunch donations are appreciated - \$4.75 per meal.

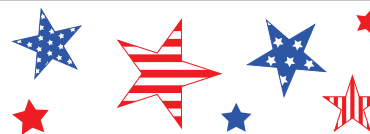
## ART

Morning Art: Monday - Thursday, 9:30 - 11 a.m.

**Members Only Art**  
1:30 - 3:30 p.m.

**Specialty Art - Fees**  
1:30 - 3:30 p.m.

**Watercolor Wednesdays**  
1:30 - 3:30 p.m.



## TECHNOLOGY

**Tech Tutoring & Fun**  
10:30 - 11:15 a.m.

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10:30 - 11:15 a.m.

### SENIOR PLANET: Tech Classes from AARP

**Staying Safe Online**  
Friday, May 17  
10 - 11:30 a.m.

**Shopping on Amazon**  
Friday, May 31  
10 - 11:30 a.m.



Charles Place | 595 Dahlonega Street | Cumming, Georgia 30040  
Forsyth County Senior Services | (770) 781-2178 | [www.forsythco.com/seniors](http://www.forsythco.com/seniors)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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### GAME GROUPS FOR MEMBERS

<b>Mah Jongg</b> 12:30 - 4 p.m.	<b>Canasta</b> 12:30 - 4 p.m.	<b>Advanced Bridge</b> 12:30 - 4 p.m.	<b>Bridge</b> 12:30 - 4 p.m.	<b>Open Game</b> 12:30 - 4 p.m.
<b>Mexican Train</b> 12:30 - 4 p.m.	<b>RummiKub</b> 12:30 - 4 p.m.	<b>Mexican Train</b> 12:30 - 4 p.m.	<b>RummiKub</b> 12:30 - 4 p.m.	<b>Mexican Train</b> 12:30 - 4 p.m.

### PROGRAMS & EVENTS

### GROUPS & ACTIVITIES

<p><b>Let's Talk Arthritis</b> Monday, May 6 or Tuesday, May 7 10:30 - 11:15 a.m.</p> <p><b>A Matter of Balance</b> Thursdays, May 9 - June 18 1 - 3 p.m.</p> <p><b>Mental Health Awareness: Self Care</b> Monday, May 13 or Tuesday, May 14 10:30 - 11:15 a.m.</p>	<p><b>Chat with the Director</b> Wednesday, May 22 or Thursday, May 23 9 - 9:30 a.m.</p> <p><b>10 Warning Signs of Dementia</b> Friday, May 24 9:30 - 10:30 a.m.</p>	<p><b>Bingo</b> 10:30 - 11:15 a.m.</p>	<p><b>Biscuit Boyz</b> 8:30 - 10:30 a.m.</p>	<p><b>Java Gents</b> 8:30 - 10 a.m.</p>
		<p><b>SPECIAL EVENTS</b></p> <p><b>Older Americans Month: Powered by Connection</b> Monday, May 20 or Tuesday, May 21 10:30 - 11:15 a.m.</p> <hr/> <p><b>National Senior Health &amp; Fitness Day</b> Wednesday, May 29 9 - 10:15 a.m.</p>		<p><b>Bingo</b> 10:30 - 11:15 a.m.</p>
			<p><b>A New Chapter - Book Club</b> May 16 12:30 - 1:30 p.m. <i>Ends with Us,</i> <i>Starts with Us</i> by Colleen Hoover</p>	<p><b>Reel Film Fans - Movie Club</b> May 31 12:30 - 1:30 p.m.</p>
			<p><b>Needle Craft Club</b> 1:30 - 3 p.m.</p>	