

ART CLASSES & WORKSHOPS		FITNESS		DAILY CLUBS, CARDS & GAMES			
MON	Members Only Art 9:30 - 11 a.m. (No class May 25)	Members Only Art 1:30 - 3 p.m. (No class May 25)	Centers are closed Monday, May 25		Centers are closed Monday, May 25		
	Beginner Acrylic Painting* April 21 - May 26 9:30 - 11 a.m.	Beyond the Surface - Part 1* May 26 1:30 - 3:30 p.m.	Wii Sports 9 - 9:45 a.m.	Seated Strength Training 10:30 - 11:15 a.m.	Page Turners May 11, Noon - 1 p.m.		
TUE	Crystal Clarity* May 12 1:30 - 3:30 p.m.	Desert Glow* May 5 1:30 - 3:30 p.m.	Drumming 101 May 4 & 18, 9:30 - 10:15 a.m.	Line Dancing* April 20 - June 1 1:15 - 2:15 p.m.	Mah Jongg 12:30 - 4 p.m.	Mexican Train 12:30 - 4 p.m.	
	Race Car Rush* May 19 1:30 - 3:30 p.m.		Full Body Fitness 9 - 9:45 a.m.	Stretch & Flex 1:15 - 2 p.m.	Ping Pong 10 a.m. - 11:30 a.m.	Canasta 12:30 - 4 p.m.	RummiKub 12:30 - 4 p.m.
			Flex & Balance 9 - 9:45 a.m.	Advanced Bridge 12:30 - 4 p.m.		Bingo 10 - 11 a.m. (No Bingo May 13 & 20)	Mexican Train 12:30 - 4 p.m.
Pan Pastels* May 20 9:30 - 11:30 a.m.	Watercolor Wednesdays 1:30 - 3:30 p.m.	Circuit Training 9 - 9:45 a.m.		Biscuit Boyz 8:30 - 10 a.m.		Ping Pong 10 a.m. - 11:30 a.m.	
Members Only Art 9:30 - 11 a.m.				Sassy Ladies 12 - 1 p.m.		RummiKub 12:30 - 4 p.m.	
Pour Painting* May 15, 9:30 - 11:30 a.m.		Stretch & Flex 8:15 - 8:45 a.m.		Needle Craft & Sewing Club 1:30 - 3:30 p.m.			
				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	Spot the Stroke May 11 10:15 - 11 a.m.	Living Better with Arthritis May 18 10:15 - 11 a.m.	
	Mental Health Awareness Month May 5 10:15 - 11 a.m.	Secrets to Better Sleep May 12 10:15 - 11 a.m.	
TUE	Protect the Skin You're In May 19 10:15 - 11 a.m.	Hot Weather Water Tips May 26 10:15 - 11 a.m.	
	Coffee with a Cop May 13 10 - 10:45 a.m.		
THU	Tech: Monthly Q & A May 7 1:30 - 2 p.m.	True Crime Thursday May 7 10:15 - 11:15 a.m.	Cloud Storage May 7 1:30 - 2:45 p.m.
	Protecting Personal Info Online May 14 1:30 - 2:45 p.m.	TED Talks: The Roots of Resilience May 14 10 - 11 a.m.	TED Talks: Who Are You, Really? Puzzle of Personality May 21 10 - 11 a.m.
	Intro to AI May 28, 1:30 - 2:45 p.m.		
FRI	Matinee Marvels Friday, May 15 • 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

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:
Homewatch Caregivers

*See newsletter for pricing

Centers will be closed Monday, May 25

SPECIAL EVENTS

Scandals & Scones Tea Party Friday, May 8 1 - 3 p.m.	Older Americans Month Monday, May 4 10:15 - 11 a.m.
All-Star Friday Friday, May 22 9:15 - 11:15 a.m.	Red Day of Service Wednesday, May 13 Noon - 1:30 p.m.
Ping Pong Tournament Friday, May 22 1 - 3 p.m.	National Senior Health & Fitness Day Wednesday, May 27 9 - 10 a.m.
Table Games Tournament Monday, May 29 • 9:15 - 11:15 a.m.	

TRIPS

Madison Tour of Homes* Friday, May 15 8:30 a.m. - 5 p.m.	Gainesville Botanical Gardens* Wednesday, May 20 9 a.m. - 3 p.m.
---	---

HIKES

Warwoman - Clayton, GA*
 Wednesday, May 13 • 8 a.m. - 4:30 p.m.

Outdoor Adventures Kayaking at Lake Lanier* Friday, May 1 11 a.m. - 1 p.m.	Get to Know Forsyth Warbington Farms*
---	--

