| June   | Charles Pla  | 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  |  |  |                                     |   |  |  |
| <b>Get Fit</b><br>9:30 - 10:15 a.m.  | <b>Fuel Your Day</b><br>9:30 - 10:15 a.m.            | <b>Flex &amp; Balance</b><br>9:30 - 10:15 a.m.                                       | <b>Get Fit</b><br>9:30 - 10:15 a.m. | Simply Stretch<br>& Strengthen<br>8:30 - 9:15 a.m.        |  |  |
| Chair Exercise   | SPECIAL EVENT  |  |                                     | Most activities are                                       |  |  |
| 10:30 - 11:15 a.m.   |  | vell to Charles  |                                     | free with a center<br>membership,                         |  |  |
| Line Dancing - Fees<br>May 6 - June 10<br>1:30 - 2:30 p.m.   |  | June 14 • 10 - 11:30 a.m.   Please RSVP by calling • •   770) 781-2178, option 1 • • |                                     | \$60 per year.<br>Lunch reservations<br>due by Tuesday AM |  |  |
|  | for the following week.                              |  |                                     |   |  |  |
|  | Lunch donations                                      |  |                                     |   |  |  |
| Members Only Art<br>1:30 - 3:30 p.m.   | <b>Specialty Art</b> - Fees<br>1:30 - 3:30 p.m.      | Watercolor<br>Wednesdays<br>1:30 - 3:30 p.m.   | 🦸 🌞 🁩 🕼                             | are appreciated<br>- \$4.75 per meal.                     |  |  |
| TECHNOLOGY   |  |  |                                     |   |  |  |
|  | SENIOR PLANET: Tech Classes from AARP                |  |                                     |   |  |  |
| <b>Tech Tutoring &amp; Fun</b><br>10:30 - 11:15 a.m.   | <b>Tech Tutoring &amp; Fun</b><br>10:30 - 11:15 a.m. | <b>Messaging A</b><br>Friday, June<br>10 - 11:30 a                                   | e 14 Frid                           | <b>luction to A.I.</b><br>ay, June 28<br>- 11:30 a.m.     |  |  |
| Charles Place   595 Dahlonega Street   Cumming, Georgia 30040<br>Forsyth County Senior Services   (770) 781-2178   www.forsythco.com/seniors |  |  |                                     |   |  |  |

| June   | Charles Pla  | ce Adult Activ                         | ity Calendar   | 2024   |  |  |
|--|--|--|--|--|--|--|
| MONDAY   | TUESDAY  | WEDNESDAY                              | THURSDAY   | FRIDAY   |  |  |
| GAME GROUPS FOR MEMBERS  |  |  |  |  |  |  |
| <b>Mah Jongg</b><br>12:30 - 4 p.m.   | <b>Canasta</b><br>12:30 - 4 p.m.   | Advanced Bridge<br>12:30 - 4 p.m.      | <b>Bridge</b><br>12:30 - 4 p.m.  | <b>Open Game</b><br>12:30 - 4 p.m.   |  |  |
| <b>Mexican Train</b><br>12:30 - 4 p.m.   | <b>RummiKub</b><br>12:30 - 4 p.m.  | <b>Mexican Train</b><br>12:30 - 4 p.m. | <b>RummiKub</b><br>12:30 - 4 p.m.  | <b>Mexican Train</b><br>12:30 - 4 p.m.                                       |  |  |
| PROGRAMS & EVENTS  |  | GROUPS & ACTIVITIES                    |  |  |  |  |
| of BalanceHonoringThursdaysFather's DayMay 9 - June 27Friday1 - 3 p.m.June 7       | Casino Royale -<br>Honoring  | <b>Bingo</b><br>10:30 - 11:15 a.m.     | <b>Biscuit Boyz</b><br>8:30 - 10:30 a.m.   | <b>Java Gents</b><br>8:30 - 10 a.m.  |  |  |
|  | •  |  | <b>Bingo</b><br>10:30 - 11:15 a.m.   | Games, movies &<br>member-only events<br>9 - 11:15 a.m.                      |  |  |
| Men's Health:<br>Understanding<br>Prostate<br>Cancer Risks<br>Monday, June 3<br>or | Safeguard Your<br>Retirement Funds<br>and Make<br>Them Last<br>Monday, June 10<br>or |  | A New Chapter -<br>Book Club<br>June 20<br>12:30 - 1:30 p.m.<br>Before We<br>Were Yours<br>by Lisa Wingate | <b>Reel Film Fans -</b><br><b>Movie Club</b><br>June 28<br>12:30 - 1:30 p.m. |  |  |
| Tuesday, June 4<br>10:30 - 11:15 a.m.  | Tuesday, June 11<br>10:30 - 11:15 a.m.   |  | <b>Needle Craft Club</b><br>1:30 - 3 p.m.  | 🧖 🌞 🁩 👔  |  |  |

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