

July

Central Park Senior Recreation & Services Activity Calendar

2025

ART CLASSES & WORKSHOPS			FITNESS		DAILY CLUBS, CARDS & GAMES			
MON	<b>Members Only Art</b> 9:30 - 11 a.m.	<b>Members Only Art</b> 1:30 - 3 p.m.	MON	<b>Circuit Training</b> 9 - 9:45 a.m.	<b>Mat Yoga* - <i>NEW!</i></b> July 14 - August 18 12 - 12:45 p.m.	MON	<b>Mah Jongg</b> 12:30 - 4 p.m.	<b>Mexican Train</b> 12:30 - 4 p.m.
TUE	<b>Crystal Clarity*</b> July 8 1:30 - 3:30 p.m.	<b>Baby Turtle on the Beach*</b> July 15 1:30 - 3:30 p.m.		<b>Seated Strength Training</b> 10:30 - 11:15 a.m.	<b>Line Dancing*</b> July 21 - August 25 1:15 - 2:15 p.m.	TUE	<b>Canasta</b> 12:30 - 4 p.m.	<b>RummiKub</b> 12:30 - 4 p.m.
	<b>Beginner Acrylic Painting*</b> July 15 - August 19 9:30 - 11 a.m.	<b>Hawaii Landmarks*</b> July 22 1:30 - 3:30 p.m.	<b>Full Body Fitness</b> 9 - 9:45 a.m.	<b>Stretch &amp; Flex</b> 1:15 - 2 p.m.	WED	<b>Bingo</b> 10 - 11 a.m.	<b>Mexican Train</b> 12:30 - 4 p.m.	
	<b>Horses Running on the Beach*</b> July 29 1:30 - 3:30 p.m.		WED	<b>Flex &amp; Balance</b> 9 - 9:45 a.m.		<b>Restore Your Core - Level 1*</b> July 9 - August 13 10 - 11 a.m.	<b>Advanced Bridge</b> 12:30 - 4 p.m.	
WED	<b>Watercolor Wednesdays</b> 1:30 - 3:30 p.m.	<b>Pan Pastels - Birds of a Feather*</b> July 16 - August 20 9:30 - 11:30 a.m.		THU	<b>Chair Yoga* - <i>NEW!</i></b> July 9 - August 13 12 - 12:45 p.m.		THU	<b>Biscuit Boyz</b> 8:30 - 10 a.m.
THU	<b>Members Only Art</b> 9:30 - 11 a.m.		<b>Fitness Challenge</b> 9 - 9:45 a.m.		<b>Drumming 101</b> July 17 & 31 9:30 - 10:15 a.m.	<b>Ladies Group - <i>NEW!</i></b> Beginning July 17 12 - 1 p.m.		<b>Needle Craft Club</b> 1:30 - 3:30 p.m.
FRI	<b>Pour Painting*</b> July 11 9:30 - 11:30 a.m.		FRI	<b>Stretch &amp; Flex</b> 8:30 - 9:15 a.m.		FRI	<b>Java Gents</b> 8:30 - 10 a.m.	<b>Canasta</b> 12:30 - 4 p.m.
							<b>Mexican Train</b> 12:30 - 4 p.m.	



LIFELONG LEARNING CLASSES

MON	<b>Longevity: Insights from the Blue Zones</b> July 7 10:15 - 11 a.m.	<b>Inflammation's Impact on Aging</b> July 14 10:15 - 11 a.m.	<b>Hydration and Food</b> July 28 10:15 - 11 a.m.
	<b>Facebook</b> July 7 1:30 - 2:45 p.m.	<b>Intro to AI</b> July 14 1:30 - 2:45 p.m.	<b>Assistive Devices Demo</b> July 21 10:15 - 11 a.m.

TUE	<b>Our Local Water in Forsyth County</b> July 8 10:30 - 11:15 a.m.	<b>Aging in Place: Home Safety</b> July 22 10:15 - 11 a.m.	<b>Let's Get Organized</b> July 29 10:15 - 11 a.m.
	<b>Summer Allergies</b> July 15 10:15 - 11 a.m.	<b>Alzheimer's Awareness</b> July 22 1 - 1:45 p.m.	<b>AI Disinformation</b> July 29 1:30 - 2:45 p.m.

THU	<b>TED Talks: Jane Fonda &amp; Lily Tomlin</b> July 3 10:30 - 11:15 a.m.	<b>True Crime Thursday</b> July 17 9:30 - 11:15 a.m.
	<b>Tech: Monthly Q &amp; A</b> July 10 3 - 3:30 p.m.	<b>TED Talks: Your Body Language</b> July 24 10:30 - 11:15 a.m.



Membership Benefits

Annual Membership includes access to our two locations, each providing unique programming. Annual membership is \$60 for individuals, \$40 for each additional household member.

SPECIAL EVENTS

<b>Senior Life in 2025</b> July 10 1 - 3 p.m.	<b>Table Games Tournament</b> Friday, July 18 9:30 - 11 a.m.
<b>Matinee Marvels</b> Friday, July 11 9:15 - 11:15 a.m.	<b>STEAM Challenge</b> Friday, July 25 9:30 - 11 a.m.

STAY  
IN THE  
KNOW

Our Programs and Services:  
forsythco.com/seniors

Request the weekly email announcements:  
seniorservices@forsythco.com  
or call (770) 781-2178.

HAPPY

Fourth of July

Centers will be closed Friday, July 4.

Central Park Coffee Bar

High quality coffee is offered with flavored creamer options.  
Open Monday - Friday • 8:30 - 10:30 a.m.  
\$1 per Cup - CASH only  
Kindly sponsored by:  
July - Assisting Hands

MEMBER APPRECIATION  
LUNCHEON



Friday, July 18  
11 a.m. - 1 p.m.  
Members Only. No Charge.

\*See newsletter for pricing