

September

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. (No class Sep 1)	<b>Members Only Art</b> 1:30 - 3 p.m. (No class Sep 1)	MON	<b>Circuit Training</b> 9 - 9:45 a.m. (No class Sep 1)	<b>Mat Yoga*</b> Aug 25 - Sep 29 12 - 12:45 p.m. (No class Sep 1)	MON	<b>Mah Jongg</b> 12:30 - 4 p.m. (No meeting Sep 1)	<b>Mexican Train</b> 12:30 - 4 p.m. (No meeting Sep 1)
	<b>Western Blooms Wreath*</b> September 2 1:30 - 3:30 p.m.  <b>Crystal Clarity*</b> September 9 1:30 - 3:30 p.m.  <b>Misty Mountains*</b> September 16 & 23 1:30 - 3:30 p.m.  <b>Floral Chicken Bag*</b> September 30 1:30 - 3:30 p.m.			<b>Seated Strength Training</b> 10:30 - 11:15 a.m. (No class Sep 1)	<b>Line Dancing*</b> Sep 8 - Oct 13 1:15 - 2:15 p.m.		TUE	<b>Canasta</b> 12:30 - 4 p.m.
TUE			<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>Advanced Bridge</b> 12:30 - 4 p.m.		
WED	<b>Pan Pastels - Fall Scenes*</b> Aug 27 - Oct 8 9:30 - 11:30 a.m.	<b>Watercolor Wednesdays</b> 1:30 - 3:30 p.m.	WED	<b>Flex &amp; Balance</b> 9 - 9:45 a.m.	<b>Chair Yoga*</b> Aug 20 - Sep 24 12 - 12:45 p.m.	THU	<b>Biscuit Boyz</b> 8:30 - 10 a.m.	<b>RummiKub</b> 12:30 - 4 p.m.
							<b>Sassy Ladies</b> 12 - 1 p.m.	<b>Needle Craft &amp; Sewing Club</b> 1:30 - 3:30 p.m.
THU	<b>Members Only Art</b> 9:30 - 11 a.m.		THU	<b>Fitness Challenge</b> 9 - 9:45 a.m.	<b>Drumming 101</b> September 4 & 18 9:30 - 10:15 a.m.	FRI	<b>Java Gents</b> 8:30 - 10 a.m.	<b>Canasta</b> 12:30 - 4 p.m.
FRI	<b>Pour Painting*</b> September 19 9:30 - 11:30 a.m.		FRI	<b>Stretch &amp; Flex</b> 8:30 - 9:15 a.m.			<b>Mexican Train</b> 12:30 - 4 p.m.	



## LIFELONG LEARNING CLASSES

MON	<b>Women's Cancer Prevention</b> September 8 10:15 - 11 a.m.	<b>Fall Prevention Tips</b> September 15 10:15 - 11 a.m.	<b>Tech Tips for Disaster</b> September 15 1:30 - 2:45 p.m.
	<b>Trail of Tears</b> September 22 10:15 - 11:15 a.m.	<b>Getting Started on What's App on an iPhone</b> September 22 1:30 - 2:45 p.m.	<b>Long Term Care Planning</b> September 29 10:15 - 11 a.m.
TUE	<b>Disaster Preparedness</b> September 2 10:15 - 11 a.m.	<b>Fall Prevention: Balance Matters</b> September 9 10:15 - 11 a.m.	<b>Cloud Storage</b> September 16 1:30 - 2:45 p.m.
	<b>Medicare Basics Ice Cream Social</b> September 23 10:15 - 11 a.m.	<b>Understanding Cholesterol</b> September 30 10:15 - 11 a.m.	<b>Finding Money Saving Programs Online</b> September 30 1:30 - 2:45 p.m.
THU	<b>TED Talks: Life's Third Act</b> September 4 10:30 - 11:15 a.m.	<b>True Crime Thursday</b> September 18 9:30 - 11:15 a.m.	
	<b>Tech: Monthly Q &amp; A</b> September 11 3 - 3:30 p.m.	<b>TED Talks: The Power of Vulnerability</b> September 25 10:30 - 11:15 a.m.	
FRI	<b>Matinee Marvels</b> Friday, September 19 9:15 - 11:15 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.

### 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.

### 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:  
September:

**WenTrust Insurance Solutions**

## SPECIAL EVENTS

<b>All-Star Fridays</b> September 5 9:30 - 11 a.m.	<b>Fall Line Dance</b> September 12 1 - 3 p.m.
<b>Senior Chef Competition</b> Friday, September 26 1 - 3 p.m.	

## TRIPS

<b>Jaemor Farm/Tomato House Farm*</b> Wednesday, September 3 9 a.m. - 3 p.m.
<b>Downtown Roswell*</b> Wednesday, September 24 9 a.m. - 3 p.m.

## HIKES

<b>Old Rope Mill Park*</b> Wednesday, September 10 8 a.m. - 4 p.m.
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## OUTDOOR ADVENTURE

<b>Rock Wall Climbing/Zip Lining*</b> Thursday, September 25 • 10 a.m. - 12 p.m.
<b>Meet at:</b> 4075 Spot Road Cumming, GA 30040

\*See newsletter for pricing