

October

Central Park Senior Recreation & Services Activity Calendar

2025

ART CLASSES & WORKSHOPS			FITNESS		DAILY CLUBS, CARDS & GAMES			
MON	Members Only Art 9:30 - 11 a.m.	Members Only Art 1:30 - 3 p.m.	MON	Circuit Training 9 - 9:45 a.m.	Mat Yoga* Oct 13 - Nov 17 Noon - 12:45 p.m.	MON	Mah Jongg 12:30 - 4 p.m.	Mexican Train 12:30 - 4 p.m.
	Brush & Beverage - Frankenstein's Creepy Castle* October 7 1:30 - 3:30 p.m.	Crystal Clarity* October 14 1:30 - 3:30 p.m.		Step into the Week 9 - 9:45 a.m.			Line Dancing* Oct 27 - Dec 8 1:15 - 2:15 p.m.	Canasta 12:30 - 4 p.m.
TUE	Beginner Acrylic Painting* Oct 14 - Dec 2 9:30 - 11 a.m.	Frankenstein's Monster* October 21 1:30 - 3:30 p.m.	TUE	Seated Strength Training 10:30 - 11:15 a.m.	Full Body Fitness 9 - 9:45 a.m.	TUE	Bingo 10 - 11 a.m. (No Bingo Oct 22)	Mexican Train 12:30 - 4 p.m.
	Fall/Winter Welcome Sign* October 28 1:30 - 3:30 p.m.	Stretch & Flex 1:15 - 2 p.m.		Advanced Bridge 12:30 - 4 p.m.				
WED	Pan Pastels October 22 9:30 - 11:30 a.m.	Watercolor Wednesdays 1:30 - 3:30 p.m.	WED	Flex & Balance 9 - 9:45 a.m.	Restore Your Core - Level 1* Oct 8 - Nov 5 10 - 11 a.m.	THU	Biscuit Boyz 8:30 - 10 a.m.	RummiKub 12:30 - 4 p.m.
	Members Only Art 9:30 - 11 a.m.	So, You Want to SEW Oct 9 - Dec 18 1 - 3 p.m.		Chair Yoga* Oct 8 - Nov 5 12 - 12:45 p.m.			Sassy Ladies 12 - 1 p.m.	Needle Craft & Sewing Club 1:30 - 3:30 p.m.
THU			THU	Circuit Training 9 - 9:45 a.m.	Drumming 101 October 9 & 23 9:30 - 10:15 a.m.	FRI	Java Gents 8:30 - 10 a.m.	Canasta 12:30 - 4 p.m.
FRI	Pour Painting* October 10 9:30 - 11:30 a.m.		FRI	Stretch & Flex 8:30 - 9:15 a.m.			Mexican Train 12:30 - 4 p.m.	



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LIFELONG LEARNING CLASSES

MON

Fire Safety
October 6
10:15 - 11 a.m.

**Managing Privacy
Settings on your
Android Phone**
October 6
1:30 - 2:45 p.m.

Sugar Busters
October 13
10:15 - 11 a.m.

Mobility Matters
October 20
1 - 1:45 p.m.

**Online Tools for
Contacting Your
Lawmakers**
October 13
1:30 - 2:45 p.m.

**Medicare Open
Enrollment**
October 20
11 a.m. - noon

**Getting Started
with Facebook**
October 20
1:30 - 2:45 p.m.

TUE

Tapping Your Way to Health
October 7
10:15 - 11 a.m.

**Managing Privacy
Settings on an iPhone**
October 7
1:30 - 2:45 p.m.

**Georgia Council on
Aging Presentation**
October 14
2 - 3:30 p.m.

Technology for Aging in Place
October 28
1:30 - 2:45 p.m.

THU

**TED Talks: My Year of
Saying Yes to Everything**
October 9
10:30 - 11:15 a.m.

Tech: Monthly Q & A
October 9
1:30 - 2 p.m.

True Crime Thursday
October 23
10:15 - 11:15 a.m.

**TED Talks:
What Makes a Good Life?**
October 30
10:30 - 11:15 a.m.

FRI

Matinee Marvels
Friday, October 24, 9:15 - 11:15 a.m.



Central Park | Senior Recreation & Services | 2300 Keith Bridge Road | Cumming, Georgia 30040
Forsyth County Senior Services | (770) 781-2178 | www.forsythco.com/seniors

Savvy Senior

**Empower Your
Financial Wellness Journey**

Wednesday, October 22
8:30 a.m. - 12:30 p.m.

Advance registration required.

Continental breakfast provided

Held at Forsyth Conference Center

3410 Ronald Regan Blvd.

Cumming, GA 30040

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:

October:

Comfort Keepers

SPECIAL EVENTS

Glow & Vibe Bingo
Friday, October 10
1 - 3 p.m.

Halloween Bash
Friday, October 31
Noon - 2:30 p.m.

TRIPS

Oakland Cemetery*
Wednesday, October 1
8:45 a.m. - 3 p.m.

**Blue Ridge
Scenic Railroad***
Friday, October 24
7:30 a.m. - 4:30 p.m.

HIKES

Bear Creek (Apple Trail), Ellijay*
Wednesday, October 15
8 a.m. - 4 p.m.

OUTDOOR ADVENTURE

Outdoor Archery*
Thursday, October 16 • 1 - 3 p.m.
Meet at Central Park

STAY IN THE KNOW

Visit our website:

www.forsythco.com/seniors

Follow us on Facebook:

facebook.com/forsythcountyseniorservices

*See newsletter for pricing