

November

Central Park Senior Recreation & Services Activity Calendar

2025

| ART CLASSES & WORKSHOPS |                                                                                          |  | FITNESS |                                                                                                       |  | DAILY CLUBS, CARDS & GAMES |                                                |  |
|-------------------------|------------------------------------------------------------------------------------------|--|---------|-------------------------------------------------------------------------------------------------------|--|----------------------------|------------------------------------------------|--|
| MON                     | Members Only Art<br>9:30 - 11 a.m.                                                       |  | MON     | Circuit Training<br>9 - 9:45 a.m.                                                                     |  | MON                        | Mah Jongg<br>12:30 - 4 p.m.                    |  |
|                         | Members Only Art<br>1:30 - 3 p.m.                                                        |  |         | Step into the Week<br>9 - 9:45 a.m.                                                                   |  |                            | Mexican Train<br>12:30 - 4 p.m.                |  |
| TUE                     | Beginner Acrylic Painting*<br>Oct 14 - Dec 2<br>9:30 - 11 a.m.<br>(No class Nov 11 & 25) |  | TUE     | Seated Strength Training<br>10:30 - 11:15 a.m.                                                        |  | TUE                        | Canasta<br>12:30 - 4 p.m.                      |  |
|                         | Cozy Moments*<br>November 18<br>1:30 - 3:30 p.m.                                         |  |         | Line Dancing*<br>Oct 27 - Dec 8<br>1:15 - 2:15 p.m.<br>(No class Nov 24)                              |  |                            | RummiKub<br>12:30 - 4 p.m.                     |  |
| WED                     | Fall/Winter Welcome Sign*<br>November 4<br>1:30 - 3:30 p.m.                              |  | TUE     | Full Body Fitness<br>9 - 9:45 a.m.<br>(No class Nov 11)                                               |  | WED                        | Bingo<br>10 - 11 a.m.                          |  |
|                         |                                                                                          |  |         | Stretch & Flex<br>1:15 - 2 p.m.<br>(No class Nov 11)                                                  |  |                            | Mexican Train<br>12:30 - 4 p.m.                |  |
| WED                     | Pan Pastels<br>October 22<br>9:30 - 11:30 a.m.                                           |  | WED     | Flex & Balance<br>9 - 9:45 a.m.<br>(No class Nov 26)                                                  |  | THU                        | Advanced Bridge<br>12:30 - 4 p.m.              |  |
|                         | Watercolor Wednesdays<br>1:30 - 3:30 p.m.<br>(No class Nov 26)                           |  |         | Restore Your Core - Level 1*<br>Oct 8 - Nov 5<br>Nov 12 - Dec 17<br>10 - 11 a.m.<br>(No class Nov 26) |  |                            | Biscuit Boyz<br>8:30 - 10 a.m.                 |  |
| THU                     | Members Only Art<br>9:30 - 11 a.m.<br>(No class Nov 27)                                  |  | THU     | Chair Yoga*<br>Oct 8 - Nov 5<br>Nov 12 - Dec 17<br>12 - 12:45 p.m.<br>(No class Nov 26)               |  | THU                        | RummiKub<br>12:30 - 4 p.m.                     |  |
|                         | So, You Want to SEW<br>Oct 9 - Dec 18<br>1 - 3 p.m.<br>(No class Nov 27)                 |  |         | Drumming 101<br>November 6 & 20<br>9:30 - 10:15 a.m.                                                  |  |                            | Needle Craft & Sewing Club<br>1:30 - 3:30 p.m. |  |
| THU                     |                                                                                          |  | FRI     | Circuit Training<br>9 - 9:45 a.m.<br>(No class Nov 27)                                                |  | FRI                        | Java Gents<br>8:30 - 10 a.m.                   |  |
|                         |                                                                                          |  |         | Stretch & Flex<br>8:30 - 9:15 a.m.<br>(No class Nov 28)                                               |  |                            | Canasta<br>12:30 - 4 p.m.                      |  |
|                         |                                                                                          |  |         |                                                                                                       |  |                            | Mexican Train<br>12:30 - 4 p.m.                |  |



| November                                                                                                                                                                     |                                                                                            | Central Park Senior Recreation & Services Activity Calendar                                                                           |                                                                                                                                                                                                                        | 2025                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| LIFELONG LEARNING CLASSES                                                                                                                                                    |                                                                                            | NORTHSIDE HOSPITAL<br>SCREENING EVENT<br>Friday, November 14<br>Suggested time slots for attending:<br>12:30 - 2 p.m. & 2 - 3:30 p.m. |                                                                                                                                                                                                                        | SPECIAL EVENTS                                                  |
| MON                                                                                                                                                                          | Mindful Moments - Gratitude & Mental Awareness<br>November 3<br>10:15 - 11 a.m.            | Mobile Health Apps<br>November 3<br>1:30 - 2:45 p.m.                                                                                  | Holistic Health<br>November 10<br>10 - 11 a.m.                                                                                                                                                                         | Table Games Tournament<br>Friday, November 7<br>9:30 - 11 a.m.  |
|                                                                                                                                                                              | Healthcare & Tech at a Glance<br>November 10<br>1:30 - 2:45 p.m.                           | Tools for Life - Assistive Technology<br>November 17<br>11:15 a.m.- 12:45 p.m.                                                        | American Innovations That Changed the World<br>November 17<br>10:15 - 11 a.m.                                                                                                                                          | TRIPS                                                           |
|                                                                                                                                                                              | Wearables at a Glance<br>November 17<br>1:30 - 2:45 p.m.                                   | The TV Shows We Grew Up With<br>November 24<br>10:15 - 11 a.m.                                                                        | Membership Benefits<br>Annual Membership includes access to our two locations, each providing unique programming. Annual membership is \$60 for individuals, \$40 for each additional household member.                | Georgia Safari/ Madison*<br>Wednesday, Nov 5<br>8 a.m. - 4 p.m. |
|                                                                                                                                                                              |                                                                                            |                                                                                                                                       | The CP Counter<br>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<br>Kindly sponsored by:<br>November:<br>Sunset Insurance Solutions | Mercedes Benz Tour*<br>Friday, Nov19<br>9 a.m. - 3 p.m.         |
| TUE                                                                                                                                                                          | Aging & Immunity: Preparing for Cold & Flu Season<br>November 4<br>10:15 - 11 a.m.         | Holiday Boundaries<br>November 18<br>10:15 - 11 a.m.                                                                                  | HIKES                                                                                                                                                                                                                  |                                                                 |
| THU                                                                                                                                                                          | True Crime Thursday<br>November 6<br>10:15 - 11:15 a.m.                                    | Tech: Monthly Q & A<br>November 6<br>1:30 - 2 p.m.                                                                                    | Qualifying Hike & Hiker Meet Up*<br>Monday, Nov 3 • Noon - 2 p.m.<br>Gather at Sawnee Mountain Preserve<br>2500 Bettis-Tribble Gap Road                                                                                |                                                                 |
|                                                                                                                                                                              | TED Talks: How to Speak so That People Want to Listen<br>November 13<br>10:30 - 11:15 a.m. | TED Talks: How Not to Take Things Personally<br>November 20<br>10:30 - 11:15 a.m.                                                     | Mary Alice Park Meet Up & Clean Up*<br>Wednesday, Nov 12 • 11 a.m. - 3 p.m.<br>Gather at Mary Alice Park<br>1820 Mary Alice Park Road                                                                                  |                                                                 |
| FRI                                                                                                                                                                          | Matinee Marvels<br>Friday, November 14, 9:15 - 11:15 a.m.                                  |                                                                                                                                       | STAY IN THE KNOW<br>Visit our website:<br>www.forsythco.com/seniors<br>Follow us on Facebook:<br>facebook.com/forsythcountyseniorservices                                                                              |                                                                 |
| *See newsletter for pricing                                                                                                                                                  |                                                                                            |                                                                                                                                       |                                                                                                                                                                                                                        |                                                                 |
| Central Park   Senior Recreation & Services   2300 Keith Bridge Road   Cumming, Georgia 30040<br>Forsyth County Senior Services   (770) 781-2178   www.forsythco.com/seniors |                                                                                            |                                                                                                                                       |                                                                                                                                                                                                                        |                                                                 |

\*See newsletter for pricing