

December

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	No Fitness classes the week of Dec 22 - 26		MON	Mah Jongg 12:30 - 4 p.m.		Mexican Train 12:30 - 4 p.m.
	Beginner Acrylic Painting* Oct 14 - Dec 2 9:30 - 11 a.m.	Snowy Songbird* December 9 1:30 - 3:30 p.m.		Circuit Training 9 - 9:45 a.m.	Seated Strength Training 10:30 - 11:15 a.m.		Ping Pong 10 - 11 a.m.	Canasta 12:30 - 4 p.m.	RummiKub 12:30 - 4 p.m.
TUE	Crystal Clarity* December 2 1:30 - 3:30 p.m.	Folk Art Frosty* December 16 1:30 - 3:30 p.m.	TUE			WED	Centers are closed December 24		
	Busted Canvas Skyline Celebration* December 30 1:30 - 3:30 p.m.			Full Body Fitness 9 - 9:45 a.m.	Stretch & Flex 1:15 - 2 p.m.		Bingo 10 - 11 a.m.	Mexican Train 12:30 - 4 p.m.	Advanced Bridge 12:30 - 4 p.m.
WED	Pan Pastels* December 10 9:30 - 11:30 a.m.	Watercolor Wednesdays 1:30 - 3:30 p.m. (No class Dec 24)	WED	Flex & Balance 9 - 9:45 a.m.	Restore Your Core - Level 1* Nov 12 - Dec 17 10 - 11 a.m.	THU	Centers are closed Dec 25 & Jan 1. No Games on Dec 18.		
				Chair Yoga* Nov 12 - Dec 17 12 - 12:45 p.m.			Biscuit Boyz 8:30 - 10 a.m.	RummiKub 12:30 - 4 p.m.	
THU	Members Only Art 9:30 - 11 a.m. (No class Dec 25 & Jan 1)	So, You Want to SEW* Oct 9 - Dec 18 1 - 3 p.m.	THU	Circuit Training 9 - 9:45 a.m. (No class Jan 1)	Drumming 101 December 4 & 18 9:30 - 10:15 a.m.	FRI	Ping Pong 10:30 - 11:30 a.m.	Needle Craft & Sewing Club 1:30 - 3:30 p.m.	
	Pour Painting* Dec 12 9:30 - 11:30 a.m.			Stretch & Flex 8:30 - 9:15 a.m.			Sassy Ladies 12 - 1 p.m.		
			FRI				Java Gents 8:30 - 10 a.m.	Canasta 12:30 - 4 p.m.	
							Mexican Train 12:30 - 4 p.m.		



LIFELONG LEARNING CLASSES

MON	Understanding Leg Health December 1 10:15 - 11 a.m.	Prepare to Rightsize December 15 10:15 - 11 a.m.
	Intro to Sleep Technologies December 1 1:30 - 2:45 p.m.	Mindfulness Apps December 22 1:30 - 2:45 p.m.
	Intro to AI December 8 1:30 - 2:45 p.m.	Intro to Chatting with AI December 29 1:30 - 2:45 p.m.
TUE	Gut Brain Connection December 2 10:15 - 11 a.m.	
THU	TED Talks: How to Discover Your Authentic Self at Any Age December 4 10:30 - 11:15 a.m.	True Crime Thursday December 11 10:15 - 11:15 a.m.
	Tech: Monthly Q & A December 4 1:30 - 2 p.m.	TED Talks: Why Social Health is the Key to Happiness & Longevity December 18 10:30 - 11:15 a.m.
FRI	Matinee Marvels Friday, December 19 9:15 - 11:15 a.m.	

STAY IN THE KNOW

Visit our website:
www.forsythco.com/seniors

Request the weekly email announcements:
seniorservices@forsythco.com

Follow us on Facebook:
facebook.com/forsythcountyseniorservices

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: **Hearing Life**

SPECIAL EVENTS

Sleigh Bell Social
Members Only
Friday, December 5
9:30 - 11:15 a.m.

Bingo Bells
Friday, December 12
1 - 3 p.m.

Table Games Tournament
Friday, December 26
9:30 - 11 a.m.

FORSYTH COUNTY SENIOR SERVICES

Holiday Giving

PROGRAM

For more information, call (770) 781-2178 or visit seniorservices@forsythco.com

Center Closure Dates:

Wednesday, December 24, Thursday, December 25 & Thursday, January 1. Centers close at 1 p.m. on December 18.

*See newsletter for pricing

