




March

Sexton Hall Activity Calendar

2024

ART CLASSES & WORKSHOPS		FITNESS		CLUBS, CARDS & COMMUNITY	
MON	Clay & Glaze Basics March 4, 1:30 - 2:30 p.m. Crafty Creations* March 11, 9:30 - 11 a.m. - Wine Corks & Glass Grapes Clay & Glaze Intermediate/Skilled* March 11 - April 22 Noon - 3 p.m.	MON	Fitness Foundations 9 - 9:45 a.m. Tai Chi 11:45 a.m. - 12:30 p.m.	MON	Bagel Boys 10:30 - noon Social Bridge Noon - 4 p.m. Golden Gals 1:15 - 2:15 p.m.
	Clay & Glaze Intermediate/Skilled* March 5 - 26, 9 a.m. - noon Open Art Studio  March 12 & 26, 2 - 3:30 p.m. Crafty Creations* March 19 - Fake Cake Bake 1:30 - 3 p.m.		Intermediate Line Dancing* March 5 - April 30 12:45 - 1:45 p.m. Walkie Talkies - NEW! March 5 - April 30 1:30 - 2:30 p.m. Beginner Line Dancing* March 5 - April 30 2 - 3 p.m.		Coffee with a Cop  March 5, 10 - 11 a.m. Mah Jongg Noon - 4 p.m.
TUE		TUE		TUE	
WED	Bisqueware Projects - Backyard Birds* March 13 or 27 1 - 3 p.m. Clay & Glaze Basics March 27, 9:30 - 10:30 a.m.	WED	Fitness Foundations 9 - 9:45 a.m. Intro to Seated Strength Training 10 - 10:45 a.m. Gentle Yoga Demo March 13 - April 10 11:15 a.m. - 12:15 p.m.	WED	Pinochle Noon - 4 p.m. Elder Law March 14, 1:30 - 2:30 p.m. Chat with the Director March 20, 2 - 2:45 p.m. Book Club March 20, 2:30 - 3:30 p.m. <i>A Good Hard Look</i> , by Ann Napolitano
THU	Intermediate Acrylic Painting - Edible Gardens* March 7 - May 2, 12:30 - 3:30 p.m.	THU	Flex & Balance 1:30 - 2:15 p.m.	THU	Common Grounds Social Club 10:30 a.m. - noon Canasta Noon - 4 p.m.
	Intermediate Acrylic Painting - Edible Gardens* March 8 - May 3, 10 a.m. - 1 p.m.		Circuit Training  March 8 - May 3 10:30 - 11:15 a.m. (No class March 15)		Members Only - Open Building Noon - 4 p.m.
FRI		FRI		FRI	



Sexton Hall | 2115 Chloe Road | Cumming, Georgia 30041
 Forsyth County Senior Services | (770) 781-2178 | www.forsythco.com/seniors

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LIFELONG LEARNING CLASSES

MON

Aging Mastery*March 4 - May 6
1:30 - 3 p.m.**Garden & Nature
Presentations**10 - 11:30 a.m.
March 4: Insects - Good, Bad & Ugly
March 18: Zone 8 Fruit Trees

TUE

**Tips to Survive
the Drive**March 12
10:30 - 11:15 a.m.**Beyond the Basics/
App Based**Tuesdays & Thursdays
March 19 - May 30
10:30 - 11:45 a.m.**Healthy Living for Your Brain & Body**

March 19, 10:30 - 11:30 a.m.

**Beyond the Table -
Food Demonstration
(Virtual)**March 26
10:15 - 11:15 a.m.**Extraordinary
Women in History**March 26
1:30 - 2:15 p.m.

WED

**Introduction to
the Dulcimer**March 13 - April 24
11:30 a.m. - 1 p.m.
(No class March 27)**Gmail Tips & Tricks**March 13
2 - 3:15 p.m.**AARP****Smart Driver™***March 27
9 - 4 a.m.**Streaming
& Smart TVs**March 27
2 - 3:15 p.m.

THU

Elder LawMarch 14
1:30 - 2:30 p.m.**Decluttering the Home**March 21
1:30 - 2:30 p.m.SPECIAL EVENTS,
TRIPS & HIKES**Celtic Bingo***Friday, March 8
1:30 - 3 p.m.**Shamrock Shakedown***Friday, March 15
10 - 11:30 a.m.

TRIPS

Gibbs Gardens*Wednesday, March 6
9 a.m. - 3:15 p.m.

HIKES

**Bear Hair Gap Loop -
Vogel State Park***Wednesday, March 13
8 a.m. - 4 p.m.**Neels Gap to
Blood Mountain/
Appalachian Trail -
Cleveland***Wednesday, March 27
8 a.m. - 4 p.m.

OUTDOOR ADVENTURE

Archery*Friday, March 22
10 - 11:30 a.m.

IMPORTANT INFORMATION

**Hybrid
Programs**Offered in-center
and online**KEY:****Member
Exclusive Offering**Offered free of
charge for members

*See newsletter for pricing

SAVE THE DATE!

20TH ANNUAL

Forsyth County Senior Services

Aging Well Expo

Thursday, April 18

Forsyth County Conference Center at Lanier Tech

Membership BenefitsAnnual Membership includes access to
our two locations, each providing unique
programming. Annual membership is
\$60 for individuals, \$40 for each
additional household member.
That breaks down to only \$5
a month or less for tons of fun!**CALLING ALL VENDORS!****Get a space at our
Summer Craft Show!**

Saturday, July 20, 10 a.m. - 1 p.m.

Located at Sexton Hall

Registration opens March 18.**\$20 - \$25 spaces available.**Sexton Hall | 2115 Chloe Road | Cumming, Georgia 30041
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