





# April

# Sexton Hall Activity Calendar

# 2024

ART CLASSES & WORKSHOPS		FITNESS		CLUBS, CARDS & COMMUNITY	
MON	<b>Clay &amp; Glaze Intermediate/Skilled*</b> March 11 - April 22 Noon - 3 p.m. <b>Crafty Creations*</b> April 8 - Beaded Key Chain 9:30 - 11 a.m. <b>Clay &amp; Glaze Basics</b> April 29, 9:30 - 10:30 a.m.	MON	<b>Fitness Foundations</b> 9 - 9:45 a.m.  <b>Tai Chi</b> 11:45 a.m. - 12:30 p.m.	MON	<b>Bagel Boys</b> 10:30 - noon  <b>Social Bridge</b> Noon - 4 p.m.  <b>Golden Gals</b> 1:15 - 2:15 p.m.
	<b>Clay &amp; Glaze Intermediate/Skilled*</b> April 2 - 23, 9 a.m. - noon <b>Recipe Holder</b> April 2, 1:30 - 3:30 p.m. <b>Open Art Studio</b>  April 16 & 30, 2 - 3:30 p.m. <b>Crafty Creations*</b> April 23 - Herb Markers 1:30 - 3 p.m.		<b>Intermediate Line Dancing*</b> March 5 - April 30 12:45 - 1:45 p.m.  <b>Walkie Talkies</b> 1:30 - 2:30 p.m.  <b>Beginner Line Dancing*</b> March 5 - April 30 2 - 3 p.m.		<b>Coffee with a Cop</b>  April 2, 10 - 11 a.m.  <b>Coping with Anxiety</b>  April 23, 10:30 - 11:30 a.m.  <b>Mah Jongg</b> Noon - 4 p.m.
TUE	<b>Jewelry Workshop</b> April 3 & 10, 1 - 3 p.m.  <b>Bisqueware Projects - Birthday Celebrations*</b> April 17, 1 - 3 p.m.	WED	<b>Fitness Foundations</b> 9 - 9:45 a.m.  <b>Intro to Seated Strength Training</b> 10 - 10:45 a.m.  <b>Gentle Yoga Demo</b> March 13 - April 10 11:15 a.m. - 12:15 p.m.	WED	<b>Pinochle</b> Noon - 4 p.m.  <b>Assistive Technology for Careivers</b> April 4, 1:30 - 2:30 p.m.  <b>Book Club</b> April 17, 2:30 - 3:30 p.m. <i>The Frozen River</i> by Ariel Lawhon
WED	<b>Intermediate Acrylics - Edible Gardens*</b> March 7 - May 2, 12:30 - 3:30 p.m. (No class April 18)		<b>Flex &amp; Balance</b> 1:30 - 2:15 p.m. (No class April 18)		<b>Common Grounds Social Club</b> 10:30 a.m. - noon  <b>Canasta</b> Noon - 4 p.m.
THU	<b>Intermediate Acrylics - Edible Gardens*</b> March 8 - May 3, 10 a.m. - 1 p.m. (No class April 19)	FRI	<b>Circuit Training</b>  March 8 - May 3 10:30 - 11:15 a.m.	FRI	<b>Members Only - Open Building</b> Noon - 4 p.m.



April

Sexton Hall Activity Calendar

2024

LIFELONG LEARNING CLASSES

TRIPS & HIKES

IMPORTANT INFORMATION

MON

Aging Mastery\*

March 4 - May 6, 1:30 - 3 p.m.

Garden & Nature Presentations

10 - 11:30 a.m.

April 1: Tools to Make Gardening Easier

April 15: Steps to Getting Your Plants in the Ground

Celebrate Earth Day

Monday, April 22, 10 - 11:30 a.m.

TRIPS

Fernbank Science Museum\*

Wednesday, April 3  
9 a.m. - 3:15 p.m.

Madison Tour of Homes\*

Friday, April 19  
8:30 a.m. - 3:30 p.m.



Hybrid Programs  
Offered in-center and online

KEY:



Member Exclusive Offering  
Offered free of charge for members

\*See newsletter for pricing

TUE

Beyond the Basics/ App Based

Tuesdays & Thursdays  
March 19 - May 30  
10:30 - 11:45 a.m.

Focus on Personal Care

April 2, 1:30 - 2:15 p.m.

Pet Therapy

April 9, 10:30 - 11:30 a.m.

Advance Directives & You

April 9, 1:30 - 2:15 p.m.

Foot Health

April 30, 10:30 - 11:15 a.m.

HIKES

Burnt Hickory Trail - Kennesaw\*

Wednesday, April 10  
8 a.m. - 4 p.m.

Raven Cliff - Cleveland\*

Wednesday, April 24  
8 a.m. - 4 p.m.

WED

Introduction to the Dulcimer

March 13 - April 24  
11:30 a.m. - 1 p.m.

Living Options for Older Adults

April 10  
12:45 - 1:45 p.m.

Ridesharing

April 24, 2 - 3:15 p.m.

THU

Staging the Home

April 4, noon - 1 p.m.

FRI

Secrets of a Bee Keeper

April 26, 1:30 - 2:15 p.m.

20<sup>TH</sup> ANNIVERSARY

Forsyth County Senior Services

Aging Well Expo

Thursday, April 18

Forsyth County Conference Center at Lanier Tech

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. 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

Forsyth County Senior Services | (770) 781-2178 | www.forsythco.com/seniors