






May

Sexton Hall Activity Calendar

2024

ART CLASSES & WORKSHOPS		FITNESS		CLUBS, CARDS & COMMUNITY	
MON	Clay & Glaze Intermediate/Skilled* May 6 - June 17, Noon - 3 p.m. (No class May 27) Crafty Creations* May 13 - Straw Hat Summer Wreath 9:30 - 11 a.m.	MON	Fitness Foundations 8:45 - 9:30 a.m. (No class May 27) Tai Chi 11:45 a.m. - 12:30 p.m. (No class May 27)	MON	Bagel Boys 10:30 - noon Social Bridge Noon - 4 p.m. Golden Gals 1:15 - 2:15 p.m.
	Clay & Glaze Intermediate/Skilled* May 7 - 28, 9 a.m. - noon Wrap-up Workday May 14 & 28, 2 - 3:30 p.m. Crafty Creations* May 21 - Mason Lid Plant Markers 1:30 - 3 p.m. Paint & Sip*: May 14, 5 - 7 p.m. Embroidery Workshop May 28 - June 6, 1:30 - 3 p.m.		Circuit Training 8:45 - 9:30 a.m. May 14 - June 18, 5:15 - 6 p.m. Beginner Line Dancing* May 7 - June 25 1:30 - 2:30 p.m. Intermediate Line Dancing* May 7 - June 25 2:30 - 3:30 p.m.		Coffee with a Cop   May 7, 10:15 - 11 a.m. Mah Jongg Noon - 4 p.m. Walkie Talkies 1:30 - 2:30 p.m. Hear the Latest - Meet the County Manager May 14, 10:15 - 11 a.m. What is Senior Services?   May 14, 4:45 - 5:15 p.m. (also Online) & 6:15 - 7 p.m.
TUE	Bisqueware Projects - Flowers* May 8, 1 - 3 p.m. Beginner Acrylic Painting* May 15 - 29, 1 - 3 p.m. Clay & Glaze Basics May 22, 9:30 - 10:30 a.m.	TUE	Fitness Foundations 8:45 - 9:30 a.m. (No class May 8 or 29) Intro to Seated Strength Training 9:45 - 10:30 a.m. (No class May 8 or 29) Gentle Yoga* May 15 - June 26 11 a.m. - noon	TUE	Pinochle Noon - 4 p.m. Book Club May 15, 2:30 - 3:30 p.m. <i>The Silent Patient</i> , by Alex Michaelides
	Intermediate Acrylic Painting* May 16 - June 27, 10 a.m. - 1 p.m. Embroidery Workshop May 28 - June 6, 1:30 - 3 p.m.		Flex & Balance 1:30 - 2:15 p.m.		Common Grounds Social Club 10:30 a.m. - noon Canasta Noon - 4 p.m.
WED	Paint & Sip*: May 10, 1 - 3 p.m. Intermediate Acrylic Painting* May 17 - June 28, 10 a.m. - 1 p.m.	WED	Circuit Training 8:45 - 9:30 a.m.	WED	Members Only - Open Building Noon - 4 p.m.
	Paint & Sip*: May 10, 1 - 3 p.m. Intermediate Acrylic Painting* May 17 - June 28, 10 a.m. - 1 p.m.		Circuit Training 8:45 - 9:30 a.m.		Members Only - Open Building Noon - 4 p.m.
THU	Paint & Sip*: May 10, 1 - 3 p.m. Intermediate Acrylic Painting* May 17 - June 28, 10 a.m. - 1 p.m.	THU	Circuit Training 8:45 - 9:30 a.m.	THU	Members Only - Open Building Noon - 4 p.m.
	Paint & Sip*: May 10, 1 - 3 p.m. Intermediate Acrylic Painting* May 17 - June 28, 10 a.m. - 1 p.m.		Circuit Training 8:45 - 9:30 a.m.		Members Only - Open Building Noon - 4 p.m.
FRI	Paint & Sip*: May 10, 1 - 3 p.m. Intermediate Acrylic Painting* May 17 - June 28, 10 a.m. - 1 p.m.	FRI	Circuit Training 8:45 - 9:30 a.m.	FRI	Members Only - Open Building Noon - 4 p.m.
	Paint & Sip*: May 10, 1 - 3 p.m. Intermediate Acrylic Painting* May 17 - June 28, 10 a.m. - 1 p.m.		Circuit Training 8:45 - 9:30 a.m.		Members Only - Open Building Noon - 4 p.m.



	LIFELONG LEARNING CLASSES	TRIPS & HIKES	SPECIAL EVENTS
MON	<p>Aging Mastery* May 7 - June 18, 6 - 7:30 p.m.</p> <p>Garden & Nature Presentations May 6, 10 - 11:30 a.m. Off-site Trip to Tour Gardens at Lake Lanier Home</p>	<p>TRIPS</p> <p>Atlanta Braves vs. San Diego Padres* Monday, May 20 10 a.m. - 5 p.m.</p> <p>Lavender & Butterfly Farms* Wednesday, May 29 9 a.m. - 4 p.m.</p>	<p>The Greatest Showman* Wednesday, May 8 10:30 - 11:30 a.m.</p> <p>Spring Bingo Wednesday, May 15 1:30 - 3:30 P.M.</p> <p>Older Americans Month: Powered by Connection Wednesday, May 22 1:30 - 3 p.m.</p> <p>National Senior Health & Fitness Day Wednesday, May 29 9 - 11 a.m.</p>
	<p>Let's Talk Arthritis May 14, 1:30 - 2:15 p.m.</p> <p>Staying Safe Online Tuesday, May 14 5:45 - 6:45 p.m.</p> <p>Safeguard Your Retirement Funds May 28, 6:15 - 7 p.m.</p>		
TUE		<p>HIKES</p> <p>Appalachian Trail Three Forks - Blue Ridge* Wednesday, May 8 7:45 a.m. - 4 p.m.</p> <p>Dolls Trail - Atlanta* Wednesday, May 22 8 a.m. - 3:30 p.m.</p>	
	<p>Forgetful, Not Forgotten May 8, 1 - 3:30 p.m.</p> <p>Introduction to the Dulcimer May 15 - June 19, 10:30 a.m. - noon</p> <p>Lunch & Learn Conversations: Pollinators for Every Flower May 29, 12:30 - 2 p.m.</p>		
WED		<p>Outdoor Adventure - Kayaking* Thursday, May 16 or Friday, May 17 10 - 11:30 a.m.</p>	<p>IMPORTANT INFORMATION</p> <p>KEY:</p> <p> Hybrid Programs Offered in-center and online *See newsletter for pricing</p>
	<p>Prime Time Health May 16, 10:15 - 11 a.m.</p> <p>Mental Health Awareness: Self Care May 16, 1:30 - 2:15 p.m.</p>		<p>Membership Benefits</p> <p>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!</p>
THU			

