

May

Sexton Hall Activity Calendar

2025

ART CLASSES & WORKSHOPS				FITNESS				CLUBS & CARDS									
MON	Clay & Glaze Intermediate/Skilled* April 14 - June 16 Noon - 3 p.m. (No class May 26)			Crafty Creations - Teacup Pin Cushion May 19 9:30 - 11 a.m.			MON	Fitness Foundations 8:45 - 9:30 a.m. (No class May 26)			Restore Your Core - Level 2* April 7 - May 19 9:45 -10:45 a.m.			MON	Bagel Boys 10:30 - noon (No meeting May 26)		
	Clay & Glaze Intermediate/Skilled* April 8 - May 6 9 a.m. - noon			Clay Wrap-up Workdays May 6 Noon - 1:30 p.m.				Restore Your Core - Level 1* April 7 - May 19 10:45 -11:45 a.m.									
TUE	Clay & Glaze Intermediate/Skilled* May 20 - June 17 9 a.m. - noon			Crafty Creations - Egg Carton Canvas Flowers May 27 1:30 - 3 p.m.			TUE	Circuit Training 8:45 - 9:30 a.m. 5:15 - 6 p.m.			Beginner Line Dancing* April 8 - May 13 May 20 - July 1 (No class May 27)			TUE	Social Bridge Noon - 4 p.m. (No meeting May 26)		
								Intro to Line Steps* April 8 - May 13 May 20 - July 1 (No class May 27) 12:45 - 1:30 p.m.			Intermediate Line Dancing* April 8 - May 13 May 20 - July 1 (No class May 27)				Golden Gals 1 - 2 p.m. (No meeting May 26)		
WED	Seashell Trinket Craft* May 7 1:30 - 3:30 p.m.			Clay Wrap-up Workdays May 14 Noon - 1:30 p.m.			WED							WED	Mah Jongg Noon - 4 p.m.		
	Bisqueware Projects* May 21 1:30 - 3:30 p.m.			Clay & Glaze Intermediate/Skilled* May 21 - June 18 9 a.m. - noon				Fitness Foundations 8:45 - 9:30 a.m. (No class May 7 & 28)			Seated Strength Training 9:45 - 10:30 a.m. (No class May 7)				Book Club 2:30 - 3:30 p.m. May 21		
THU	Intermediate Acrylics - Significant Stories* April 10 - May 22, 10 a.m. - 1 p.m.						THU	Flex & Balance 8:45 - 9:30 a.m.			Intro to Drumming May 8 & 22 10:45 - 11:15 a.m.			THU	Common Grounds Social Club 10 - 11:30 a.m.		
	Intermediate Acrylics - Slice of Life Scenes* May 29 - June 26, 10 a.m. - 1 p.m.							Flex & Balance 1:45 - 2:30 p.m. (No class May 15)							Canasta Noon - 4 p.m.		
FRI	Intermediate Acrylics - Significant Stories* April 11 - May 23, 10 a.m. - 1 p.m.						FRI	Circuit Training 8:45 - 9:30 a.m.			Double Trouble Mystery Workout May 7 2 - 3 p.m.			FRI	Members Only - Open Building Noon - 4 p.m.		
	Intermediate Acrylics - Slice of Life Scenes* May 23 - June 27, 10 a.m. - 1 p.m.																



	LIFELONG LEARNING CLASSES	COMMUNITY & GARDEN	SPECIAL EVENTS
MON	<div>Potpourri of Metaphysical Insights</div> <div>May 5 - 12</div> <div>11:45 a.m. - 12:45 p.m.</div>	<div>Organize Your Garden Shed</div> <div>Monday, May 5</div> <div>10 - 11:30 a.m.</div>	<div>Twilight Tuesday Dance</div> <div>Tuesday, May 6</div> <div>6 - 8 p.m.</div>
TUE	<div>Tech: Monthly Q & A</div> <div>May 6</div> <div>Noon - 12:30 p.m.</div>	<div>Garden Tea & Treats</div> <div>Monday, May 12</div> <div>10 - 11:30 a.m.</div>	<div>Forsyth Symphony Orchestra</div> <div>Sunday, May 18</div> <div>3 - 5 p.m.</div>
	<div>Skin Cancer Awareness</div> <div>May 13</div> <div>10:30 - 11:15 a.m.</div>		<div>Gifts from the Garden Bingo</div> <div>Wednesday, May 21</div> <div>1 - 3 p.m.</div>
THU	<div>Intro to AI</div> <div>May 13</div> <div>5:45 - 6:45 p.m.</div>	<div>Older Americans Month Presentation</div> <div>Tuesday, May 13 Thursday, May 22</div> <div>6:15 - 7 p.m. or 12:15 - 1 p.m.</div>	<div>National Senior Health & Fitness Day</div> <div>Wednesday, May 28</div> <div>7:30 - 8:30 a.m.</div>
	<div>Understandng & Managing Neuropathy</div> <div>May 8</div> <div>Noon - 12:45 p.m.</div>		<div>TRIPS</div>
FRI	<div>The Benefits of Chiropractic Care</div> <div>May 1</div> <div>10:30 - 11:15 a.m.</div>	<div>TWILIGHT TUESDAYS</div> <div>Evening programming showcasing fitness, art, lifelong learning and technology classes.</div> <div>Begins May 6 with the Twilight Tuesday Dance</div>	<div>Beautiful at City Springs Theater*</div> <div>Saturday, May 10</div> <div>Noon - 5:30 p.m.</div>
	<div>Intro to Booking Vacation Stays Online</div> <div>May 1</div> <div>Noon - 1:15 p.m.</div>		<div>Madison Tour of Homes</div> <div>Friday, May 16</div> <div>8:30 a.m. - 4:30 p.m.</div>
	<div>Better Sleep</div> <div>May 9</div> <div>10:30 - 11:15 a.m.</div>	<div>Membership Benefits</div> <div>Annual Membership includes access to our two locations, each providing unique programming. Annual membership is \$60 for individuals, \$40 for each additional household member.</div> <div>*See newsletter for pricing</div>	<div>Outdoor Adventures</div> <div>Kayaking at Lake Lanier*</div> <div>Wednesday, May 14 • 10 a.m.</div> <div>Thursday, May 15 • 10 a.m.</div>
			<div>Centers will be closed Monday, May 26.</div> <div>On May 15, Centers will close at 1 p.m.</div>

