

ART CLASSES & WORKSHOPS				FITNESS			CLUBS & CARDS	
MON	<b>Clay &amp; Glaze Intermediate/Skilled*</b> April 6 - May 11 May 18 - June 29 Noon - 3 p.m. (No class May 25)		<b>Crafty Creations - Painted Flower Bottles</b> May 11 9:30 - 11 a.m.	MON	<b>Fitness Foundations</b> 8:45 - 9:30 a.m. (No class May 25 - Centers Closed)		Centers are closed Monday, May 25	
	<b>Clay &amp; Glaze Intermediate/Skilled*</b> April 7 - May 12 May 19 - June 23 9 a.m. - noon		<b>Clay Wrap-up Workdays</b> May 5 Noon - 1:30 p.m.		TUE	<b>Circuit Training</b> 8:45 - 9:30 a.m.	<b>Intermediate Line Dancing*</b> April 7 - May 12 May 19 - June 23 2:30 - 3:30 p.m.	MON
TUE	<b>Clay &amp; Glaze Intermediate/Skilled*</b> April 7 - May 12 May 19 - June 23 9 a.m. - noon		<b>Clay Wrap-up Workdays</b> May 5 Noon - 1:30 p.m.	TUE		<b>Intro to Line Steps*</b> April 7 - May 12 May 19 - June 23 12:45 - 1:30 p.m.	<b>Kickboxing for Older Adults*</b> May 12 - June 16 5:15 - 5:45 p.m. (No class May 26)	
	<b>Lighthouse Bird Feeder*</b> May 12 1:30 - 3:30 p.m.	<b>Brush &amp; Beverage - Patriotic Turtle*</b> May 19 5:30 - 7:30 p.m.	<b>Crafty Creations - Bee Mason Jars</b> May 19 1:30 - 3 p.m.		<b>Beginner Line Dancing*</b> April 7 - May 12 May 19 - June 23 1:30 - 2:30 p.m.	<b>Golden Gals</b> 1 - 2 p.m.		
WED	<b>Clay &amp; Glaze Intermediate/Skilled*</b> April 8 - May 13 May 20 - June 24 10 a.m. - 1 p.m.	<b>Beginner Acrylics*</b> May 6 2 - 3:30 p.m.	<b>Clay Wrap-up Workdays</b> May 20 1 - 2:30 p.m.	WED	<b>Fitness Foundations</b> 8:45 - 9:30 a.m.	<b>Seated Strength Training</b> 9:45 - 10:30 a.m.	WED	<b>Book Club</b> May 20 2:30 - 3:30 p.m.
	<b>Bisqueware Projects - Bee Kitchen Dish/ Owl Spoon Rest*</b> May 27 1:30 - 3:30 p.m.				<b>Flex &amp; Balance</b> 8:45 - 9:30 a.m.	<b>Intro to Drumming</b> May 14 & 28 10:45 - 11:15 a.m.		<b>Flex &amp; Balance</b> 1:45 - 2:30 p.m.
THU	<b>Intermediate Acrylics - Garden Life*</b> April 9 - May 21 10 a.m. - 1 p.m.	<b>Come and Go Art</b> May 7 & 21 10:30 - 11:30 a.m.	<b>Intermediate Acrylics - Summer Vibes*</b> May 28 - July 2 10 a.m. - 1 p.m.	THU	<b>Flex &amp; Balance</b> 8:45 - 9:30 a.m.	<b>Intro to Drumming</b> May 14 & 28 10:45 - 11:15 a.m.	THU	<b>Common Grounds</b> 10 - 11:30 a.m.
	<b>Intermediate Acrylics - Garden Life*</b> April 10 - May 15 10 a.m. - 1 p.m.				<b>Intermediate Acrylics - Summer Vibes*</b> May 22 - June 26 10 a.m. - 1 p.m.	<b>Power Fit</b> 8:45 - 9:30 a.m.		<b>Canasta</b> Noon - 4 p.m.
FRI	<b>Intermediate Acrylics - Garden Life*</b> April 10 - May 15 10 a.m. - 1 p.m.			FRI	<b>Power Fit</b> 8:45 - 9:30 a.m.		FRI	<b>Members Only - Open Building</b> Noon - 4 p.m.



LIFELONG LEARNING CLASSES			COMMUNITY & GARDEN	SPECIAL EVENTS	
TUE	<p><b>Intro to the Dulcimer</b> April 7 - June 23 10 - 11:30 a.m.</p> <p><b>Tech: Monthly Q &amp; A</b> May 5 Noon - 12:30 p.m.</p> <p><b>Intro to Self-Defense</b> May 12 6:45 - 7:45 p.m.</p> <p><b>Mental Health Awareness Month</b> May 19 12:15 - 1 p.m.</p>	<p><b>Protecting Personal Info Online</b> May 12 5:45 - 6:45 p.m. or May 26 11 a.m. - 12:15 p.m.</p> <p><b>Practicing with Google Docs</b> May 12 &amp; 19 11 a.m. - 12:15 p.m.</p> <p><b>Learn Your Library</b> May 19 11 - 11:45 a.m.</p> <p><b>Intro to AI</b> May 19 5:45 - 6:45 p.m.</p> <p><b>Estate Planning 101</b> May 19 6:45 - 7:30 p.m.</p>	<p><b>MON</b></p> <p><b>Companion Planting</b> Monday, May 4 10 - 11:30 a.m.</p>	<p><b>Taco Tuesday Twilight Tuesday Kick Off</b> Tuesday, May 5 5:30 - 7 p.m.</p> <p><b>Gifts from the Garden Bingo</b> Wednesday, May 13 1 - 3 p.m.</p> <p><b>Older Americans Month</b> Thursday, May 21 12:15 - 1 p.m.</p>	<p><b>Health Screening Event</b> Wednesday, May 6 11 a.m. - 2 p.m.</p> <p><b>Future Ready After 55</b> Wednesday, May 13 11 a.m. - 1 p.m.</p> <p><b>National Senior Health &amp; Fitness Day</b> Wednesday, May 27 8:45 - 9:30 a.m.</p>
	<p><b>STAY IN THE KNOW</b> Visit our website: <a href="http://www.forsythco.com/seniors">www.forsythco.com/seniors</a> Request the weekly email announcements: <a href="mailto:seniorservices@forsythco.com">seniorservices@forsythco.com</a> Follow us on Facebook: <a href="https://facebook.com/forsythcountyseniorservices">facebook.com/forsythcountyseniorservices</a></p>			<p><b>TRIPS</b></p> <p><b>Madison Tour of Homes*</b> Friday, May 15 8:30 a.m. - 5 p.m.</p> <p><b>Gainesville Botanical Gardens*</b> Wednesday, May 20 9 a.m. - 3 p.m.</p>	
<p><b>TWILIGHT TUESDAYS</b> Evening programming showcasing fitness, art, lifelong learning and technology classes. <b>Begins May 5 with the Taco Tuesday Kick Off</b></p>				<p><b>HIKES</b></p> <p><b>Warwoman - Clayton, GA*</b> Wednesday, May 13 • 8 a.m. - 4:30 p.m.</p>	
			<p><b>Living Better with Arthritis</b> May 20, 11 a.m. - 12 p.m.</p>	<p><b>Membership Benefits</b> Annual Membership includes access to our two locations, each providing unique programming. Annual membership is \$65 for individuals, \$45 for each additional household member.</p>	
<p><b>Hot Weather Water Tips</b> May 7 12:15 - 1 p.m.</p> <p><b>Coffee with a Cop</b> May 14 12:15 - 1 p.m.</p> <p><b>Secrets to Better Sleep</b> May 28 12:15 - 1 p.m.</p>	<p><b>Centers will be closed Monday, May 25</b></p>				
<p><b>WED</b></p>			<p>*See newsletter for pricing</p>		
<p><b>THU</b></p>			<p>Sexton Hall   2115 Chloe Road   Cumming, Georgia 30041 Forsyth County Senior Services   (770) 781-2178   <a href="http://www.forsythco.com/seniors">www.forsythco.com/seniors</a></p>		

