



ART CLASSES & WORKSHOPS			FITNESS			CLUBS & CARDS						
MON	Clay & Glaze Intermediate/Skilled* July 7 - August 11 Noon - 3 p.m.		Crafty Creations - Planter in a Vegetable Can July 21 9:30 - 11 a.m.		MON	Fitness Foundations 8:45 - 9:30 a.m.		Restore Your Core - Level 2* July 7 - August 11 9:45 -10:45 a.m.		MON	Bagel Boys 10:30 - noon	
TUE	Crafty Creations - Mirror Painting with Summer Flowers July 8 1:30 - 3 p.m.		Bisqueware Projects July 15 1:30 - 3:30 p.m.		TUE	Restore Your Core - Level 1* July 7 - August 11 10:45 -11:45 a.m.		Beginner Line Dancing* July 8 - August 12 1:30 - 2:30 p.m.		TUE	Social Bridge Noon - 4 p.m.	
	Clay & Glaze Intermediate/Skilled* July 15 - August 19 9 a.m. - noon		Clay Wrap-up Workdays July 22 Noon - 1:30 p.m.			Circuit Training 8:45 - 9:30 a.m.		Intro to Line Steps* July 8 - August 12 12:45 - 1:30 p.m.			Golden Gals 1 - 2 p.m.	
WED	Garden Mosaic Workshop* July 9, 10 a.m. - noon		Clay & Glaze Intermediate/Skilled* July 16 - August 20, 10 a.m. - 1 p.m.		WED	Intro to Line Steps* July 8 - August 12 12:45 - 1:30 p.m.		Intermediate Line Dancing* July 8 - August 12 2:30 - 3:30 p.m.		WED	Mah Jongg Noon - 4 p.m.	
	Clay & Glaze Basics July 9, 1 - 2 p.m.		Clay Wrap-up Workdays July 30, 1 - 2:30 p.m.			Fitness Foundations 8:45 - 9:30 a.m. (No class July 16)		Seated Strength Training 9:45 - 10:30 a.m. (No class July 16)			Book Club 2:30 - 3:30 p.m. July 16	
THU	Come and Go Art - <i>NEW!</i> July 3 & 17 10:30 - 11:30 a.m.		Clay & Glaze Basics July 10, 10 - 11 a.m.		THU	Flex & Balance 8:45 - 9:30 a.m.		Intro to Drumming July 10 & 24 10:45 - 11:15 a.m.		THU	Common Grounds Social Club 10 - 11:30 a.m.	
	Acrylic Painting Basics - <i>NEW!</i> July 10, 10 - 11 a.m.		Intermediate Acrylics - Summer Vacation* July 17 - August 21 10 a.m. - 1 p.m.			Flex & Balance 1:45 - 2:30 p.m.		Canasta Noon - 4 p.m.				
FRI	Acrylic Painting Basics- <i>NEW!</i> July 11 10 - 11 a.m.		Intermediate Acrylics - Summer Vacation* July 18 - August 22 10 a.m. - 1 p.m.		FRI	Circuit Training 8:45 - 9:30 a.m.				FRI	Members Only - Open Building Noon - 4 p.m.	



	LIFELONG LEARNING CLASSES	COMMUNITY & GARDEN	SPECIAL EVENTS
TUE	<div><div>Intro to the Dulcimer</div><div>July 8 - August 12</div><div>10 - 11:30 a.m.</div></div> <div><div>Facebook</div><div>July 8</div><div>10 - 11:15 a.m.</div></div> <div><div>Let's Get Organized</div><div>July 8</div><div>12:15 - 1 p.m.</div></div> <div><div>Hydration & Food</div><div>July 15</div><div>12:15 - 1 p.m.</div></div> <div><div>Intro to AI</div><div>July 22</div><div>10 - 11:15 a.m.</div></div> <div><div>Inflammation's Impact on Aging</div><div>July 22</div><div>12:15 - 1 p.m.</div></div> <div><div>AI Disinformation</div><div>July 29</div><div>10 - 11:15 a.m.</div></div> <div><div>Aging in Place: Home Safety</div><div>July 29</div><div>12:15 - 1 p.m.</div></div>	<div><div>Red, White & Bloom</div><div>Monday, July 7</div><div>10 - 11:30 a.m.</div></div> <div><div>MEMBER APPRECIATION LUNCHEON</div><div></div><div>Friday, July 18</div><div>11 a.m. - 1 p.m.</div><div>Held at Central Park</div><div>Members Only. No Charge.</div></div>	<div><div>Red, White & Blue Bingo</div><div>Wednesday, July 9</div><div>1 - 3 p.m.</div></div> <div><div>Member Appreciation Luncheon</div><div>Wednesday, July 16</div><div>11 a.m. - 1 p.m.</div></div> <div><div>Aging Well Fitness Sampler</div><div>Wednesday, July 16</div><div>2 - 3 p.m.</div></div> <div><div>Summer Craft Fair</div><div>Saturday, July 19</div><div>10 a.m. - 2 p.m.</div></div>
THU	<div><div>Tech: Monthly Q & A</div><div>July 10</div><div>Noon - 12:30 p.m.</div></div> <div><div>Social Wellness Month</div><div>July 10</div><div>12:15 - 1 p.m.</div></div> <div><div>Alzheimer's Awareness</div><div>July 17</div><div>12:15 - 1 p.m.</div></div> <div><div>Summer Allergies</div><div>July 24</div><div>12:15 - 1 p.m.</div></div> <div><div>Finding Money Saving Programs Online</div><div>July 31</div><div>10 - 11:15 a.m.</div></div> <div><div>Sun Safety & Hydration Awareness</div><div>July 31</div><div>12:15 - 1 p.m.</div></div>	<div><div>STAY IN THE KNOW</div><div>Request the weekly email announcements: seniorservices@forsythco.com</div><div>Follow us on Facebook: facebook.com/forsythcountyseniorservices</div></div> <div><div>Centers will be closed on Friday, July 4.</div></div>	<div><div>Membership Benefits</div><div>Annual Membership includes access to our two locations, each providing unique programming.</div><div>Annual membership is \$60 for individuals, \$40 for each additional household member.</div></div> <div><div>*See newsletter for pricing</div></div>

