


ART CLASSES & WORKSHOPS			FITNESS			CLUBS & CARDS		
MON	<b>Clay &amp; Glaze Intermediate/Skilled*</b> July 7 - August 11 August 18 - September 29 Noon - 3 p.m.	<b>Crafty Creations - Upcycled Frame</b> August 18 9:30 - 11 a.m.	MON	<b>Fitness Foundations</b> 8:45 - 9:30 a.m.		MON	<b>Bagel Boys</b> 10:30 - noon	
TUE	<b>Clay &amp; Glaze Intermediate/Skilled*</b> July 15 - August 19 August 26 - September 30 9 a.m. - noon	<b>Cottagecore Decor Workshop*</b> August 12 1:30 - 3:30 p.m.	TUE	<b>Restore Your Core - Level 2*</b> July 7 - August 11 Aug 18 - Sep 29 9:45 -10:45 a.m.	<b>Restore Your Core - Level 1*</b> July 7 - August 11 Aug 18 - Sep 29 10:45 -11:45 a.m.	TUE	<b>Social Bridge</b> Noon - 4 p.m.	
	<b>Crafty Creations - Paint Brush Potholder Hack</b> August 5, 1:30 - 3 p.m.	<b>Clay Wrap-up Workdays</b> August 19 Noon - 1:30 p.m.		<b>Circuit Training</b> 8:45 - 9:30 a.m.	<b>Beginner Line Dancing*</b> July 8 - August 12 Aug 19 - Sep 30 1:30 - 2:30 p.m.		<b>Golden Gals</b> 1 - 2 p.m.	
WED	<b>Clay &amp; Glaze Intermediate/Skilled*</b> July 16 - August 20 August 27 - October 1 10 a.m. - 1 p.m.	<b>Bisqueware Projects</b> August 20 1:30 - 3:30 p.m.	WED	<b>Intro to Line Steps*</b> July 8 - August 12 Aug 19 - Sep 30 12:45 - 1:30 p.m.	<b>Intermediate Line Dancing*</b> July 8 - August 12 Aug 19 - Sep 30 2:30 - 3:30 p.m.	WED	<b>Mah Jongg</b> Noon - 4 p.m.	
	<b>Clay &amp; Glaze Basics</b> August 6 2 - 3 p.m.	<b>Clay Wrap-up Workdays</b> August 27 1 - 2:30 p.m.		<b>Fitness Foundations</b> 8:45 - 9:30 a.m. (No class August 13)	<b>Seated Strength Training</b> 9:45 - 10:30 a.m. (No class August 13)		<b>Book Club</b> 2:30 - 3:30 p.m. August 20	
THU	<b>Come and Go Art - <i>NEW!</i></b> August 7 & 21, 10:30 - 11:30 a.m.		THU	<b>Flex &amp; Balance</b> 8:45 - 9:30 a.m.	<b>Intro to Drumming</b> August 14 & 28 10:45 - 11:15 a.m.	THU	<b>Common Grounds Social Club</b> 10 - 11:30 a.m.	
	<b>Intermediate Acrylics - Summer Vacation*</b> July 17 - August 21 10 a.m. - 1 p.m.	<b>Intermediate Acrylics - Grand Illusion*</b> August 28 - October 2 10 a.m. - 1 p.m.		<b>Flex &amp; Balance</b> 1:45 - 2:30 p.m.	<b>Canasta</b> Noon - 4 p.m.			
FRI	<b>Intermediate Acrylics - Summer Vacation*</b> July 18 - August 22 10 a.m. - 1 p.m.	<b>Intermediate Acrylics - Grand Illusion*</b> August 29 - October 3 10 a.m. - 1 p.m.	FRI	<b>Circuit Training</b> 8:45 - 9:30 a.m.	<b>Double Trouble Mystery Workout</b> August 1, 2 - 3 p.m.	FRI	<b>Members Only - Open Building</b> Noon - 4 p.m.	



August		Sexton Hall Activity Calendar		2025	
LIFELONG LEARNING CLASSES		COMMUNITY & GARDEN		SPECIAL EVENTS	
TUE	<b>Intro to the Dulcimer</b> July 8 - August 12 or August 19 - September 30 10 - 11:30 a.m.	<b>Getting Started with What's App on an iPhone</b> August 12 10 - 11:15 a.m.	MON	<b>Making Hydrangeas Blue</b> Monday, August 4 10 - 11:30 a.m.	<b>World of Dance Party</b> Wednesday, August 13 1 - 3 p.m.
	<b>Healthy Hearing</b> August 5 12:15 - 1 p.m.	<b>Getting Started with What's App on an Android</b> August 26 10 - 11:15 a.m.	WED	<b>Learn Your Library</b> Wednesday, August 20 1 - 2 p.m.	<b>Community Volunteer Fair</b> Wednesday, August 20 2 - 4 p.m.
	<b>Healthy Vision</b> August 12 12:15 - 1 p.m.		<b>STAY <i>IN THE</i> KNOW</b>  Request the weekly email announcements: seniorservices@forsythco.com  Follow us on Facebook: facebook.com/forsythcountyseniorservices		<b>TRIPS</b>
WED	<b>Understanding &amp; Managing Loss</b> August 6 11 a.m. - 12 p.m.				<b>Krazy Dealz/Buford Highway Farmers Market*</b> Wednesday, August 6 9:30 a.m. - 3:30 p.m.
THU	<b>Tech: Monthly Q &amp; A</b> August 7 Noon - 12:30 p.m.	<b>Avoiding Financial Scams</b> August 14 12:15 - 1 p.m.	<b>OUTDOOR ADVENTURE</b>		<b><u>Membership Benefits</u></b>  Annual Membership includes access to our two locations, each providing unique programming. Annual membership is \$60 for individuals, \$40 for each additional household member.
	<b>Brain Health</b> August 7 Noon - 1:15 p.m.	<b>Urinary Health</b> August 21 12:15 - 1 p.m.	<b>Stand-up Paddle Boarding*</b> Thursday, August 14 10 a.m. - 12 p.m.  <u>Meet at:</u> Shady Grove Campground 7800 Allyn Lane Memorial Way Cumming, GA 30041		
	<b>iPhones</b> August 28 Noon - 1:15 p.m.				<b>*See newsletter for pricing</b>
<div><div></div><div>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></div></div>					