

November

Sexton Hall Activity Calendar

2025

ART CLASSES & WORKSHOPS			FITNESS			CLUBS & CARDS	
MON	Clay & Glaze Intermediate/Skilled* Oct 6 - Nov 3 Nov 17 - Dec 15 Noon - 3 p.m.	Crafty Creations - Fall Votives November 17 9:30 - 11 a.m.	MON	Fitness Foundations 8:45 - 9:30 a.m.		MON	Bagel Boys 10:30 - noon
	Beginner Acrylics* November 10 9:30 - 11 a.m.	Explore on a Canvas Board* November 24 9 - 11 a.m.		Restore Your Core - Level 2* Nov 10 - Dec 16 9:45 - 10:45 a.m. (No class Nov 24)	Restore Your Core - Level 1* Nov 10 - Dec 16 11 a.m. - noon (No class Nov 24)		Social Bridge Noon - 4 p.m.
TUE	Clay & Glaze Intermediate/Skilled* Oct 7 - Nov 4 Nov 18 - Dec 16 9 a.m. - noon	Holiday Frame Decor November 18 1:30 - 2:30 p.m.	TUE	Circuit Training 8:45 - 9:30 a.m. (No class Nov 11)	Beginner Line Dancing* Oct 7 - Nov 4 Nov 18 - Dec 17 1:30 - 2:30 p.m.	TUE	Golden Gals 1 - 2 p.m.
	Crafty Creations - Harvest Gnomes November 4, 1:30 - 3 p.m.	Clay Wrap-up Workdays November 25 Noon - 1:30 p.m.		Intro to Line Steps* Oct 7 - Nov 4 Nov 18 - Dec 17 12:45 - 1:30 p.m.	Intermediate Line Dancing* Oct 7 - Nov 4 Nov 18 - Dec 17 2:30 - 3:30 p.m.		Mah Jongg Noon - 4 p.m.
WED	Clay & Glaze Intermediate/Skilled* Oct 8 - Nov 5 Nov 19 - Dec 17 10 a.m. - 1 p.m.	Bisqueware Projects November 5 1:30 - 3:30 p.m.	WED	Fitness Foundations 8:45 - 9:30 a.m.		WED	Book Club 2:30 - 3:30 p.m. November 19
		Clay Wrap-up Workdays November 12 1 - 2:30 p.m.		Seated Strength Training 9:45 - 10:30 a.m.			Pinochle Noon - 4 p.m.
THU	Intermediate Acrylics - Nature's Bounty* Oct 9 - Nov 6 10 a.m. - 1 p.m.	Come and Go Art November 6 & 20 10:30 - 11:30 a.m.	THU	Flex & Balance 8:45 - 9:30 a.m. (No class Nov 27)	Intro to Drumming Nov 13 10:45 - 11:15 a.m.	THU	Common Grounds 10 - 11:30 a.m.
		Intermediate Acrylics - Holiday Lights & Decor* Nov 13 - Dec 18 10 a.m. - 1 p.m. (No class Nov 27)		Flex & Balance 1:45 - 2:30 p.m. (No class Nov 27)			Canasta Noon - 4 p.m.
FRI	Intermediate Acrylics - Nature's Bounty* Oct 10 - Nov 7 10 a.m. - 1 p.m.	Intermediate Acrylics - Holiday Lights & Decor* Nov 14 - Dec 19, 10 a.m. - 1 p.m. (No class Nov 28)	FRI	Power Fit 8:45 - 9:30 a.m. (No class Nov 28)		FRI	Members Only - Open Building Noon - 4 p.m.



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LIFELONG LEARNING CLASSES			COMMUNITY & GARDEN	SPECIAL EVENTS
MON	Intro to Sleep Technologies November 10 10 - 11:15 a.m.		Cornucopia Workshop Monday, November 3 10 - 11:30 a.m.	Youth Musical Performance Friday, November 7 12:15 - 1 p.m. Age Tech Wednesday, November 12 11 a.m. - noon Pumpkin Pie Bingo Wednesday, November 19 1 - 3 p.m.
TUE	Intro to the Dulcimer Oct 7 - Dec 16 10 - 11:30 a.m. (No class Nov 11)	Healthcare & Tech at a Glance November 4 10 - 11:15 a.m.		TRIPS
	Wearables at a Glance November 25 10 - 11:15 a.m.	Gratitude & Mental Awareness November 25 12:15 - 1 p.m.	Member Appreciaton Holiday Gathering Wednesday, December 10 Noon - 2 p.m.	
WED	TED Talks November 12 10 - 10:45 a.m. Travelogue - Dubai November 26 10 - 11:15 a.m.		Holiday Giving Programs For more information, call (770) 781-2178 or visit seniorservices@forsythco.com	Georgia Safari/Madison* Wednesday, November 5 8 a.m. - 4 p.m. Mercedes Benz Tour* Wednesday, November 19 9 a.m. - 3:30 p.m.
THU	Holiday Boundaries November 6 12:15 - 1 p.m.	Holistic Health November 20 Noon - 1 p.m.	Get to Know Forsyth: Forsyth County Fire Station* Monday, November 17 • 11 a.m. Meet at: 234 Castleberry Industrial Drive Cumming, GA 30040	Membership Benefits Annual Membership includes access to our two locations, each providing unique programming. Annual membership is \$60 for individuals, \$40 for each additional household member.
	Aging & Immunity: Preparing for Cold & Flu Season November 13 12:15 - 1 p.m.			*See newsletter for pricing

