

# EVENING PROGRAMMING

# ✨ Twilight Tuesdays ✨

Join us for extended hours Tuesday evenings in May & June.

Enjoy the extra summer daylight with evening programs and activities at **Sexton Hall**. This NEW programming is perfect for those who are still working during the day and for adult children who want to know more about our services for their loved ones. Current members and program participants are encouraged to participate at this time, too.

## EVENTS



### Timeless Trivia

*\$5 members/\$10 non-members*

Think you know everything history, music and pop culture from the 70s and 80s? Test your knowledge in this fast-paced game. Prizes for the winning team will be awarded. Gather a team or join once you get here.

No charge for those that sign-up for the Decades Dance!

Kindly sponsored by Oasis Senior Advisors.

**Tuesday**

**June 25**

**5:15 - 6 p.m.**



### Decades Dance

*\$10 members/\$15 non-members*

Dance to the tunes of the 70s and 80s. A light dinner and refreshments are provided. Sign-up for the dance and get a free admission to Trivia!

Kindly sponsored by Oasis Senior Advisors.

**Tuesday**

**June 25**

**6 - 8 p.m.**

## LIFELONG LEARNING COURSE

### Aging Mastery

*\$10 supply fee for class materials; seven-week session course*

Live your best life at 60, 70, 80, 90 and beyond! It's never too late to take small steps to improve your health and plan for your future. This evidence-based program is a series of classes **perfect for those approaching retirement** or those that want to build a plan for aging well. Create actionable goals, develop healthier habits and discover how to stay socially engaged.

Presented by Lisa Howard, Legacy Link.

**Tuesdays**

**May 7 - June 18**

**6 - 7:30 p.m.**

YOUR LINK TO A BETTER LIFE

**Legacy  
Link**



Sexton Hall | 2115 Chloe Road | Cumming, Georgia 30041

Forsyth County Senior Services | (770) 781-2178 | [www.forsythco.com/seniors](http://www.forsythco.com/seniors)

These programs are offered at no charge.

## TOPICS FOR OLDER ADULTS



### What is Senior Services? - **NEW!**

Learn about the programs and services offered by Forsyth County Senior Services. This presentation is great for those approaching retirement or adults of any age curious about their local senior center.

**Tuesday**                      **May 14**                      **4:45 - 5:15 p.m.**  
(Also offered online)

**Tuesday**                      **May 14**                      **6:15 - 7 p.m.**



### Estate Planning

Review the importance of estate planning and protecting your assets to pass onto your heirs. Presented by Elizabeth A. Lewis, Attorney.

**Tuesday**                      **May 21**                      **6:15 - 7 p.m.**



### Safeguard Your Retirement Funds and Make them Last

Older adults are living longer than ever. You have saved for retirement, now learn how to make those funds last for your lifetime.

Presented by Josh Wright, Edward Jones.

**Tuesday**                      **May 28**                      **6:15 - 7 p.m.**

## INTERGENERATIONAL GAME PLAY

### Reach Out and Play

**All ages welcome**

Join AARP, the proud sponsor of Ageless Innovation's Reach Out and Play initiative, for an evening of play with classic board games - reimaged. Have fun through the power of play with Joy for All™ games like, *The Game of Life Generations*, *Scrabble Classic* and *Trivial Pursuit Generations*. Bring your family and friends and create meaningful social connections together through the power of play.

**Tuesday**                      **June 11**                      **5 - 7 p.m.**



Register at least one week in advance to secure your spot.

These programs are offered at no charge.

## BRAIN HEALTH & ALZHEIMER'S AWARENESS



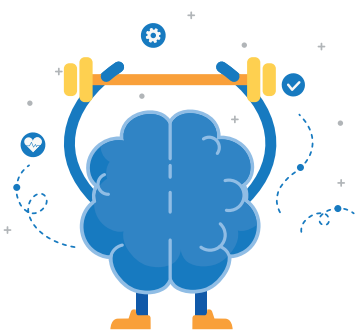
### Planning for Dementia Care

During this panel discussion, learn all about the organizations that can help you and your loved one with Alzheimer's. Discover information about what to expect, home care, living options, hospice and legal matters. Panel includes: Alzheimer's Association, Oasis Senior Advisors, Nurse Toni Rotalsky and Attorney Stephen R. Lewis.

Tuesday

June 4

6:15 - 7 p.m.



### Brain Training 101 - Understanding the Power of Neuroplasticity

Discover the extraordinary capabilities of your brain. Gain insights to maximize your mental agility to benefit from a sharper, more resilient mind. Learn about harnessing the transformative power of neuroplasticity, which is the brain's ability to change and adapt due to an experience. Presented by Dr. Diana Tyler, Aura Functional Neurology Center.

Tuesday

June 11

6:15 - 7 p.m.



### Brain Health & Aging

This presentation aims to provide a foundation for educating adults and their caregivers about brain health, including ways to promote healthy aging and reduce potential threats to brain health. Presented by Courtney Fleming, Staff.

Tuesday

June 18

6:15 - 7 p.m.

## FITNESS



### Circuit Training - *NEW TIME!*

*No charge for promotional evening drop-in*

This class is a rotation of weight training and cardio exercises to build strength and endurance.

Tuesdays

May 14 - June 18

5:15 - 6 p.m.

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## SENIOR PLANET - TECHNOLOGY

Senior Planet programs offered at no charge thanks to a partnership with Older Adults Technology Services (OATS) from AARP. Presented by Matt Bradford, Staff.



### Staying Safe Online

Learn how to protect your personal information online while doing research, using email and more.

**Tuesday May 14 5:45 - 6:45 p.m.**



### Shopping On Amazon

This hands-on workshop will provide a general introduction to shopping on the popular website Amazon.com.

**Tuesday May 21 5:45 - 6:45 p.m.**



### Messaging Apps

Did you know that you can send texts over the Internet? Learn about the most popular messaging apps that allow you to send texts for free when connected to WiFi.

**Tuesday June 4 5:45 - 6:45 p.m.**

### Introduction To A.I.

Come chat with ChatGPT and learn about A.I.!

**Tuesday June 18 5:45 - 6:45 p.m.**

## ART - PAINT & SIP



*\$15 members/\$20 non-members per workshop*  
Sip on sparkling beverages as an instructor leads this activity with step-by-step instructions for all levels of painting skills. Canvas size is 16" x 20".

#### Whimsical Sea Turtle

**Tuesday May 14 5 - 7 p.m.**

#### Summer Fireflies

**Tuesday June 4 5 - 7 p.m.**



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