

Forsyth County Active Adult Recreation and Senior Services



Active Adult Centers

Cumming, Georgia

Charles Place

595 Dahlonega Street
Cumming, Georgia 30040

Sexton Hall

2115 Chloe Road
Cumming, Georgia 30041

Hearthstone Lodge

7305 Lanier Drive
Cumming, Georgia 30041

(770) 781-2178

www.forsythco.com/seniors

October - November 2018 *Happy Fall!*

Special programs & events taking place!
Please join us!

Document Shredding Event, page 3

Trunk & Treasure Sale, page 19

Medicare Enrollment Help, page 3

Cooking Classes, page 4

Resources for Adult Children, page 5

Arts & Crafts, pages 9, 14, 16 - 18

Brain Health, pages 11, 19

Fitness Classes in all three Centers!

Holiday
HOURS

Our centers will be closed
on the following days:

Veterans Day - Monday, November 12

**Thanksgiving - Thursday & Friday,
November 22 & 23**



The Three Community Centers

The Center at Charles Place 595 Dahlonega Street, Cumming

Centrally located near downtown Cumming, Charles Place offers a warm and welcoming center for Forsyth County residents 60 and older. It is a traditional senior center, offering a ½ day activity program that includes lunch. Known as Congregate, this program is for independent older adults. The center provides the Meals on Wheels program for the county, giving homebound seniors a daily meal delivered by a friendly visitor. The center also hosts occasional special presentations on a variety of topics open to all. Registration is required for all activities, and fees are based on ability to pay. Interested persons should contact Center Coordinator Debbie Carlton.

Sexton Hall Enrichment Center 2115 Chloe Road, Cumming (off of Sharon Road)

Located in the southern part of the county, Sexton Hall is a multipurpose center focused on life enrichment. For active adults, this center offers classes in art, computers, and fitness, a game room for card and game players, and day trips around the Atlanta area. Sexton Hall also provides traditional senior activities with a Congregate program much like the one offered at Charles Place and a daily respite program for those needing memory support. A large auditorium hosts concerts, dances, and other events throughout the year. All rooms are available for rent. Center memberships are \$60 a year. For further information, contact Center Coordinator Julie Gruen.

Hearthstone Lodge 7305 Lanier Drive, Cumming (off of Shady Grove Road)

Located on the northeast side of Cumming, Hearthstone Lodge focuses on wellness for active adults age 50+. The centerpiece of the center is a heated pool, which offers aquatics classes, lap and open swim, and has a lift for gentle access. The center has a workout room with easy-to-use exercise equipment and a full range of fitness classes. The Hiking Club is based in this center and offers twice-a-month hikes. Card and game playing is held most afternoons. The center and pool are available for rentals. Center memberships are \$60. For information, contact Center Coordinator Pollianna Evans.

SPECIAL EVENTS

Atlanta Theatre-to-Go Production

Sexton Hall Enrichment Center

Tuesday, October 23, 10 – 11 a.m.

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

Register by Friday, October 12, call Sexton Hall (770) 781-2178

The Golden Wanderers is a show about a jewelry store heist gone wrong, or did it? That's what we find out in this fast-paced escapade, with a detective trying to track down a bunch of senior citizens who may have been kidnapped by art thieves. This special drama production will steal your heart.

Get Your Life More Organized:

On-Site Shredding Event at Sexton Hall

Thursday, October 25, 10 a.m. – 1 p.m.

Call Sexton Hall at (770) 781-2178, for further information

Dispose of canceled checks, bank statements, old income tax forms and medications in a secure and environmentally friendly manner!

- Watch your documents being shredded - by Stericycle Shredding in partnership with AARP
- Drop off your old medications - disposed of by the Forsyth County Sheriff's Office
- Learn how to organize your home, office and important documents from 10:30 - 11:30 a.m. presented by Heather Rogers of Simply Organized
- Enjoy delicious fall refreshments such as apple cider, caramel apples and cinnamon spice donuts
- Take a tour of the center and learn what Sexton Hall Enrichment Center is all about!



Help with Medicare Plan Selection - It's Open Enrollment Time!

Charles Place

Thursday, November 1, 10 – 11:30 a.m.

Sexton Hall Enrichment Center

Friday, November 2, 10 – 11:30 a.m.

Please call to let us know you're coming so we can save a spot for you.

It's time to review your plan as the window of time to make a change is October 15 - December 7.

Advisers from GeorgiaCares will be in the center to help you with the decision making. You can compare your current plan to new options and look for lower costs and better coverage. Like last year, changes are coming for 2019, and a new plan may be beneficial.

Save The Date: Holiday Concert!

An American Christmas

Sunday, December 9, 3 – 5:30 p.m.

Sexton Hall Enrichment Center

\$7 advance tickets, \$10 at the door – Tickets will go on sale in early November!

Don't miss a chance to get in the Christmas spirit, American-style! This delightful concert will feature the Sounds of Sawnee Concert Band performing holiday favorites such as "Sleigh Ride," plus new selections including "An American Christmas," "Blue Christmas" and "Hark! The Herald Tubas Sing."

Admission includes light refreshments.

LIFELONG LEARNING

Note: look for more programs on page 11 under Sexton Hall

Nutrition Presentations

No fee and welcome to all.
1/2 hour presentation of useful information!

New Nutrition Labels

Tuesday, October 30, 11 a.m. at Sexton Hall

What is updated? What should you look for on the new labels when you are in grocery stores and restaurants? Presented by Dietician Beth Battle with Northside Hospital.



Healthy Habits for Surviving the Holidays

Tuesday, November 27, 11 a.m. at Charles Place

How do you balance holiday fun with healthy nutrition? It can be tough, but we've got tips and tricks to help you stay on track. Presented by Barbara Worley with the UGA Cooperative Extension Office.



NEW

at Sexton Hall

Food Prep 101



Harvest Soups and Crockpot Meals

Monday, October 15, 11 a.m. – noon

Free for members/\$3 per class or \$5 for both for non-members

Space is limited, so call Sexton Hall at (770) 781-2178 to register today.

Turkey or Ham? Traditional and Alternative Meal Ideas for Thanksgiving

Monday, November 5, 11 a.m. – noon

Free for members/\$3 per class or \$5 for both for non-members

Space is limited, so call Sexton Hall at (770) 781-2178 to register today.

Want to know how to hone your knife skills, how to combine different ingredients and flavors for a dish that will wow your friends and family or how to substitute ingredients for a new take on a classic recipe? Join us to learn kitchen basics and more from chef Bill TeRiele, and add some pep to your food prep!

Registration For Classes And Activities

Registration is required in advance for a free activity or one that is fee-based. You may register in person at any center or over the phone, (770) 781-2178. Payment is required at the time of registration for fee-based activities. Center members receive priority registration privileges for some activities. Don't delay in registering as many trips fill up fast and other activities may be canceled if enough seats are not filled.

Programs for Adult Children of Older Adult Parents



Special Saturday Fall Fun Event!

For older adults and their families

Charles Place Senior Center

Saturday, October 20, 10 - 11:30 a.m.

No fee, but reservations are required by calling Charles Place at (770) 781-2178

This event is designed to provide a special time and place for adult children to enjoy life with their older adult parents. Age Well Forsyth, a local nonprofit dedicated to making life better for seniors, is the generous sponsor of the event and will knock your socks off with entertainment, arts & crafts, games and yummy seasonal refreshments. The building is fully accessible for the disabled. Come for the fun and the folly, and celebrate the fall season with us!

Caring for Elderly Parents – Challenges & Resources

Charles Place Senior Center

Thursday, November 8, 2 – 3 p.m.

No fee, call Charles Place at (770) 781-2178 to register

Learn where to turn when you need support and help with the legal, medical or social needs of your aging parents. There are great resources available and caregiver specialist Kristin Krantz from the Area Agency on Aging/Legacy Link will tell us all about them. She'll provide information regarding geriatric experts, on-line documents, in-home care providers, support groups and much more.

Great Gifts For Older Adults

Sexton Hall Enrichment Center

Friday, November 16, 10:45 – 11:30 a.m.

No fee, call Sexton Hall at (770) 781-2178 to register

The latest advancements helping those challenged by increasing years are new assistive devices, and they make great gifts! They range from low tech, such as canes and walkers, and well-known tech, such as the Life Line emergency call systems, to high-tech systems that allow you to turn the lights off or on with your smart phone. There's even a pet that looks and feels real but requires no care! Ginger Ragans from the Area Agency on Aging/Legacy Link is an assistive device specialist and will show us a multitude of items to help make life better for yourself or someone you love.

DAY TRIPS

You can sit back and relax when we do the driving! We provide staff escorted trips to interesting places and take care of all the details. Trips depart from either Charles Place or Sexton Hall. Please expect a confirmation call a day or two prior to the trip. Don't be late for the departure time as the bus cannot wait. Refunds on day trips can only be given if we have a waiting list from which to fill your spot. Center members receive priority registration and discounts on trips. Registration is normally required 10 days in advance of trip dates. Don't delay in registering as our trips often sell out.

North Georgia Artisans Tour Lots of Walking

Thursday, October 4, 9 a.m. - 5 p.m.

\$15 members/\$20 non-members

Departs from Charles Place

We're off to visit small artisan shops in beautiful north Georgia. Put on your walking shoes to visit Mark of the Potter, Hickory Flat Pottery, Burton Gallery, LaPrade's Chophouse on Lake Burton and the Tomato House. Lunch is on your own.



Oktoberfest in Helen Lots of Walking

Thursday, October 18, 9 a.m. - 3 p.m.

\$15 members/\$20 non-members

Departs from Charles Place

This small town is said to have the charm of Bavaria in the heart of the Blue Ridge Mountains. It is a re-creation of a German Alpine village and has more than 200 specialty and import shops and dining options ranging from traditional German fare to Southern cuisine. You will shop, eat, and enjoy the people watching as the revelers dance to the polka in their lederhosen and dirndl attire. Lunch is on your own.

Tate House Holiday Tour & Luncheon

Moderate Walking

Thursday, November 29, 10 a.m. - 3 p.m.

\$53 members/\$58 non-members

Departs from Charles Place



A lovely way to kick off the holiday season! The Tate House is a historic property east of Tate, Georgia built for Colonel Samuel Tate in 1923. Sometimes called the Pink Palace due to being made of pink and white marble, it is on the national register of historic places and beautifully decorated for the holidays. Lunch is included.

HIKING CLUB

Easy, moderate and strenuous hikes are offered. Trips are on the second and fourth Thursday of the month, **8 a.m. to 4 p.m.** depending on distance of the hike. Hikes depart from Central Park, 2300 Keith Bridge Road. Parking is located in the lot on your left at the top of the hill (past tennis courts) near the big oak tree. \$10 members/\$15 non-members per hike for the bus, entrance fees and staff support.

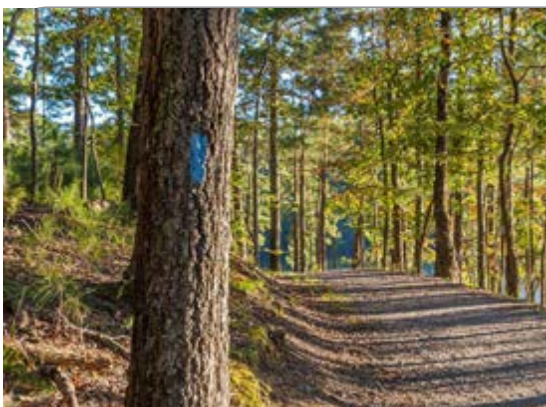
Indian Springs State Park, Jackson

Thursday, October 11

Moderate, four miles. Facilities available.

Lunch on your own at The Blind Pig BBQ.

Hike from the nature center where you can see bison, deer, bears and birds (all fenced in), then walk past a pond and wind up on the Moonshine Trail.



Red Top Mountain, Cartersville

Thursday, October 25

Moderate, five miles. Facilities available.

Lunch on your own at Shoney's.

Walk along the Sweet Gum Trail, White Tail Trail and Lakeside Trail to see beautiful views of Lake Allatoona. The namesake of the park, Red Top Mountain, is in the northwestern section of the park. The iron ore content of the soil on the mountain and in the surrounding area is the reason for the Red Top name.



Pine Log Creek, Waleska/Rydell

Thursday, November 8

Moderate to strenuous, 4.5 miles. No facilities available.

Lunch on your own at Sideline Grille.

This footpath crosses 7 rustic footbridges over Pine Log Creek. One of the highest elevations in Bartow County's Appalachian foothills and the site of the Pine Log Indian Village.

CHARLES PLACE

PROGRAMS AT CHARLES PLACE

No fee for these programs, but please let us know you're coming!
Call (770) 781-2178 or drop by the center to register.

Flu Clinic

Tuesday, October 9, 9:30 – 11 a.m.

Kroger Pharmacy will be on-site to administer flu shots, both regular and high dose. You must bring a copy of your Medicare or other insurance card. Registration required in advance.

Blood Pressure Readings

October 30 & November 27, 9 – 10 a.m.

No registration necessary

Courtesy of Tammy Miller, RN from Chestnut Ridge



Halloween Bash

Thursday, October 25, 10 a.m. – 1 p.m.

No fee

Wear your costume and come prepared to eat, drink, and be scary! Keller Williams Realty will host the party and provide a wonderful event including music, games, prizes for best costumes and a buffet lunch. You won't want to miss this!



Veteran's Appreciation Ceremony

Thursday, November 8, 9:45 – 11 a.m.

No fee

Please join us for this special day as we honor our veterans. We will sing patriotic songs, observe a flag ceremony and enjoy light refreshments.

Coffee With a Cop

Monday, November 19, 9:45 - 10:45 a.m.

No fee

Deputy Jenny Belafi of Forsyth County Sheriff's Office will join us for coffee and conversation at Charles Place! Please join us as we gain information about Project Shepherd.



Games at Charles Place - Come Join the Fun!



Bingo

Mondays, Tuesdays, Wednesdays & Thursdays
12:15 – 1:15 p.m. , \$1 Per Day

Bridge

Tuesdays, 12:15 – 4:15 p.m.

Mexican Train

Fridays, noon - 4 p.m.

Announcing a New Arts & Crafts Studio

Projects, both large and small, will be offered Tuesday, Wednesday, and Thursday of each week, 9:30 -11:30 a.m. Some fees may apply.
Drop by to join us, and put your creativity to work!



SAMPLE OF PROJECTS

Registration is required in advance!



Pumpkin Wineglass

Tuesday, October 16, 9:45 - 11:30 a.m.
\$7 congregare members/\$10 non-members
Deadline to sign up is Monday, October 1.



Thanksgiving Turkey Canvas

Monday, November 5, 9:45 – 11:30 a.m.
\$7 congregare members/\$10 non-members
Deadline to sign up is Tuesday, October 30.

FITNESS AT CHARLES PLACE

Join us for a variety of gentle fitness and fun activities geared to older adults ages 60 and better. Classes are offered for Congregate Program members, but you may try out a class and check out Charles Place to see if it might be right for you. Please introduce yourself as a new participant when you arrive. We always welcome new friends!



Flex & Balance

Mondays, Wednesdays & Fridays, 9 - 9:15 a.m.

October 1 - 31, November 5 - 30

No class November 12 or 23

Improve your balance, mobility, flexibility and strength in just 15 minutes a day!

Instructor: Staff

Stretching, Breathing & Meditation

Tuesdays, 9:30 – 10:15 a.m.

October 9 – November 27

All levels of fitness can participate by standing or sitting. Learn proper breathing exercises that can ease body discomforts and improve blood circulation. One should feel completely relaxed and refreshed after the class!

Instructor: Peggy Chang-Carr



Gentle Yoga with Darryl

Tuesdays, 10:45 – 11:15 a.m.

October 16, November 6 & 20

Gentle Yoga is geared toward those who wish to increase balance and decrease pain associated with arthritis, fibromyalgia, MS, etc. This class utilizes chairs as needed.

Instructor: Darryl Bagwell

Be Fit with Jess

Tuesdays & Thursdays, 9 - 9:30 a.m.

October 2 - 30, November 1 - 29

No class November 22

Gentle strength training with hand weights and low impact aerobics. Get fit, increase your core strength and improve overall endurance. Instructor: Jessica Lotspeich

Line Dancing

Wednesdays, 9:30 – 10:15 a.m.

October 10 & 24, November 14 & 28

\$3 fee includes both classes per month

Exercise your body and mind by learning dance steps to fun and upbeat music. This is a great way to dance without a partner! Instructor: Cindy Bowman

SEXTON HALL



Recognizing the Signs of Dementia or Alzheimer's **Wednesday, October 10, 10:15 - 11:15 a.m.**

No fee, call Sexton Hall at (770) 781-2178 to register

Come learn about the signs and symptoms that a friend or loved one may be experiencing. Discover resources and ways to help. Leave feeling informed and better prepared to tackle this difficult subject. Presented by Joe Kleid from The Dementia Guide.

Atlanta Theatre-to-Go - The Golden Wanderers

Tuesday, October 23, 10 – 11 a.m.

Registration required in advance! See more details on page 3.

Document Shredding Event

Thursday, October 25, 10 a.m. – 1 p.m.

See more details on page 3.

Financial Fraud: Spot the Con

Friday, October 26, 10:30 - 11:30 a.m.

No fee, call Sexton Hall at (770) 781-2178 to register

Learn how to spot scams before they happen, and gain tools and tips to walk away safely. This is a hands-on, discussion-filled workshop. You'll leave armed with knowledge to help yourself, your family and friends to spot the con! Presented by Crystal McPherson from the Better Business Bureau.



Ask a Garden Expert:

Prepare Your Garden for Winter

Thursday, October 18, 10:45 - 11:30 a.m.

No fee, call Sexton Hall at (770) 781-2178 to RSVP

Join us for a special presentation by Mickey Gazaway, garden club coordinator from Pike's Nursery, as we discuss how to prepare your garden and plants for the coming cold season. Mickey has been a Georgia Master Gardener for more than 30 years, is a certified arborist and has co-hosted the Walter Reeves garden show. Mickey is bringing plants to view as well as coupons to Pike's Nursery!



AARP Safe Driving Workshop

Tuesday, November 13, 9 a.m. - 3:30 p.m.

\$15 for AARP members, \$20 for non-members. Check or cash payable to AARP.

Registration required; call Sexton Hall at (770) 781-2178 to reserve your spot.

Learn about new rules of the road and traffic laws, defensive driving techniques and proven safety strategies. Bring a lunch. You could receive an insurance discount after completion of the course.



Great Gifts For Older Adults

Friday, November 16, 10:45 - 11:30 a.m.

See more details on page 3.



Ask a Garden Expert:

All About Roses, Part 2

Friday, November 9, 10:45 - 11:30 a.m.

No fee, call Sexton Hall at (770) 781-2178 to RSVP

Rosarian Fred Merry returns to continue the conversation on roses and rose care. This time, Fred will discuss preparing roses for the cold and the following Spring. If you were here for All About Roses, Part 1 in August, you won't want to miss Part 2. If you missed Part 1, this is your chance to join the fun!



Save The Date! Holiday Concert - An American Christmas

Sunday, December 9, 3 - 5:30 p.m.

Registration required in advance! See more details on page 3.



Help For Those with Hearing Loss: Audio Visual Accessibility

Friday, October 12, 10 - 11 a.m.

No fee, call Sexton Hall at (770) 781-2178 to register

All you need is a smart phone to access this amazing, state-of-the-art technology. Learn about a new voice-to-text translation phone app that can be very helpful to anyone dealing with hearing loss. The presenters will lead you through an overview of the technology and show you how to download the app and start using the system. Bring your cell phone and passwords! Presented by IT professional Nick Roth and hearing loss app user Marty Matijasich.

CLUBS AT SEXTON HALL

Bagel Boyz - Men's group

Mondays, 10 - 11 a.m.

Call Sexton Hall at (770) 781-2178 if interested in joining

Gentlemen, you're invited to recreate the coffee shop experience at Sexton Hall! Hang out with other men and talk about life, sports, cars, the weather - whatever is on your mind. Learn about volunteer opportunities in the community.



Live Well Garden Club

Mondays, October 8 and November 5, 10:30 a.m.

Call Sexton Hall at (770) 781-2178 if interested in joining

Play in the dirt with us by joining the Live Well Garden Club where you can apply your garden expertise or come as a beginner looking to learn a new hobby. Garden Club members will be a key part in planning the future of the community garden, and regular garden service will lead to benefits such as free membership in the center.



Armchair Traveler Club **NEW**

Thursdays, October 18 and November 15, 2:30 – 3:30 p.m.

Call Sexton Hall at (770) 781-2178 if interested in joining

Do you daydream of traveling to exciting and exotic locations? Do you enjoy travel writing, sharing travel tips and memories, or learning more about the world? Join us on the journey as we build a new club all about traveling at home and abroad. Bring stories, mementos, tips and topics to explore.

SEXTON HALL CLASSES

No fee-based classes will be held during Thanksgiving week, but we will be open for regular activities, 8 a.m. – 4:30 p.m. on Monday, November 19-Wednesday, November 21.

Intro to Windows 10 & Cyber Security

Mondays, October 29-December 17, 10 a.m. – noon (no classes November 12-19)

\$40 for members/\$52 for non-members per six week session (includes \$5 manual fee)

Learn how to navigate and utilize the functionality of the operating system that now comes standard on most computers and laptops. Work with files and folders, email and internet and feel confident that you will know how to protect your information and computer when you go online. Printed manual will be provided on the first day of class.



GAMES AT SEXTON HALL



Come out and play! Groups are open to new players. Space is available in the afternoons from 12:30 - 4:30 p.m., with the below schedule. There is also Open Game time on Fridays from 9 a.m. - 4 p.m.

- Social Bridge: Mondays
- Pinochle: Wednesdays
- Canasta: Thursdays

Give it a try to see if you like it before joining! Center members pay no fee to play. Non-members must purchase a punch card to play. 10-slot punch cards are available for purchase at the front desk of Sexton Hall for \$10 each and do not expire. Your punch card will be marked once for each time you come in to play. Dollar bills are not accepted for game play.

NEW Members-Only Open Game times: Wednesday and Thursday mornings, 9 a.m. – noon

SEXTON HALL CLASSES



Food Prep 101

Harvest Soups and Crockpot Meals

Monday, October 15, 11 a.m. – noon

Turkey or Ham? Traditional and Alternative Meal Ideas for Thanksgiving

Monday, November 5, 11 a.m. – noon

No fee for members/\$3 per class or \$5 for both for non-members

Space is limited, so call Sexton Hall at (770) 781-2178 to register today.

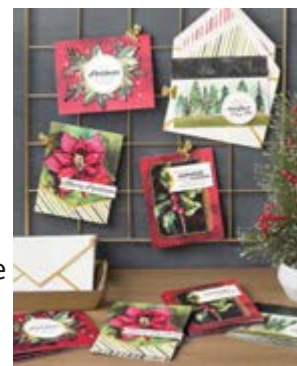
Special Holiday Workshop

Christmas Card Crafts

Tuesday, November 27, 1:30 – 4 p.m.

\$25 supply fee due before the workshop; call Sexton Hall at (770) 781-2178 to register today

This holiday season share greetings so personal and pretty that your friends and family will keep them for next year! Even if you don't think of yourself as a "crafty" person, you will be surprised how easy and fun it is to assemble your own cards with a little expert guidance. This delightful class will send you home with 20 cute and clever creations to give to loved ones near and far. (All materials and envelopes included.) Instructor: Marilyn Sikorski



SEXTON HALL FITNESS CLASSES

Zumba Gold **NEW**

Tuesdays, October 30-December 11, 11:30 a.m. – 12:15 p.m. (No class November 20)

\$25 members/\$37 non-members per six week session

Zumba (R) Gold is a fun fusion of Latin rhythms for beginners and older adults! This low intensity cardio interval workout is guaranteed to get your heart rate up, yet is appropriate for all fitness levels. Instructor: Barbara Smith



Beginner Line Dancing

Wednesdays, September 12-October 17

**Next: Wednesdays, October 31-December 12,
2:15 - 3:15 p.m. (No class November 21)**

\$30 members/\$42 non-members per six week session

Exercise your body and mind by learning low impact dance steps to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Dancing styles covered in this class include Country Western, Swing, Salsa, Tango, Cha Cha, Waltz & more. No previous dance experience is necessary to take this class. Instructor: Nancy Anthony

Advanced Beginner Line Dancing

Wednesdays, September 12-October 17

**Next: Wednesdays, October 31-December 12,
3:15 – 4 p.m. (No class November 21)**

\$25 members/\$37 non-members per six week session

Designed for line dancers who have mastered most of the basic beginner line dancing steps.

Instructor: Nancy Anthony



Beginner Line Dancing + Advanced Beginner Line Dancing = Special Combo Price

Wednesdays, September 12-October 17

Next: Wednesdays, October 31-December 12, 2:15 – 4 p.m. (No class November 21)

\$50 members/\$70 non-members



Senior Tone & Balance

Thursdays, September 13-October 18

Next: Thursdays, November 1-December 13

9:30 - 10:15 a.m. (No class November 22)

\$25 members/\$37 non-members per six week session

A mix of over 75 exercises designed for seniors with osteoarthritis and others who would benefit from improvement in muscle tone and balance. You will use small hand weights and resistance bands to maintain muscle vigor while doing standing and seated exercises. Instructor: Bruce Watson

YOGA AT SEXTON HALL

Yoga 101 and Gentle Yoga emphasize the practice of postures and breath work as a means to reconnect body, mind and spirit. Yoga 101 students stand to do balance poses as well as use a mat for some exercises. Gentle Yoga uses a chair and mat and is geared toward those who have arthritis, fibromyalgia, MS, etc.

\$30 members/\$42 non-members for six week session

\$50 members/\$70 non-members for any two Yoga class combo for six week session

\$75 members/\$90 non-members for all three Yoga classes for six week session

Yoga 101

Mondays, September 10-October 15

Next: Mondays, October 29-December 17, 2 - 3 p.m. (No classes November 12-19)

Instructor: Debbie Spain

Wednesdays, September 12-October 17

Next: Wednesdays, October 31-December 12, 1 – 2 p.m. (No class November 21)

Instructor: Bonita Butler

Gentle Yoga

Thursdays, September 13-October 18

Next: Thursdays, November 1-December 13, 1 – 2 p.m. (No class November 22)

Instructor: Bonita Butler



SEXTON HALL ART CLASSES

Ceramics and Pottery - **ALL NEW!**

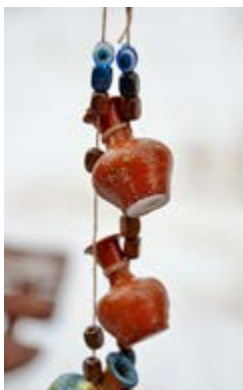
Pick a piece to paint from our stock of bisque ware or take our new pottery class to play in the clay and learn to make fun and functional pieces by hand. Instructor: Kathy Archambault

Playful Pottery Class

Tuesdays, October 16-December 4, 1:30 – 3:30 p.m. (No classes November 20-27)

\$145 members/\$160 non-members per six week session plus \$25 for 25 lbs. of clay

Join our new project-based pottery class, and you'll be forming and painting playful pieces for your home and life with ease. Over six weeks, the instructor will lead you through multiple projects, such as birdhouses and candleholders. Cost of class includes additional studio time on Monday afternoons if you need a few more hours to put the finishing touches on your works of art.



Ceramics & Pottery Open Studio

Mondays, 1:30 – 3:30 p.m., ongoing

No fee studio time for members and current Pottery students

\$10 studio/supply fee for non-members

Additional charge to purchase bisque ware from our stock

If you are a current pottery student who needs to finish a piece or a member who would like to paint some ceramics, you are welcome to use our studio space, paints, and brushes during this time to do so. If you are a non-member who would like to paint a ceramics piece, a \$10 studio fee will apply each Monday. For ceramics, we have a stock of bisque pieces available for purchase. Space is limited; call Sexton Hall at (770) 781-2178 to reserve your spot or for more information.

Oil Painting

Thursdays, October 11-November 1 and November 15-December 13, 1 – 4 p.m.

(No class November 22)

\$120 members/\$132 non-members per four week session, supply list provided at sign up.

Working from a still life, learn the fundamentals of oil painting that can be applied to other painting media as well. We'll begin with studies to learn to "see" light, shadow and relationships between them rather than mere objects. Creating form, practical color mixing, integrity in working with oil paint and more will be explored. Instructor: Kay Hibbard



Acrylics Painting

Wednesdays, October 17-November 7 and November 28-December 19, 10 - 11:30 a.m.

\$65 members/\$75 non-members per four week session, \$7 supply fee

You'll work on individual paintings in acrylic on canvas. Practice your composition first by doing sketches on paper, then transfer the sketch to canvas and paint as the instructor guides you, teaching skills along the way. Additional \$7 supply fee required. New Instructor: Jan Heyworth



Basket Weaving

Mondays, October 15-29 and November 26-December 10, 10 a.m. – 12:30 p.m.

\$60 members/\$72 non-members per three week session

Supply list provided at sign-up.

Make a beautiful basket and learn a variety of weaving techniques as you form the base, sides, handle and rim over the course of three to five weeks. Each session provides the opportunity to create a different functional design. Students will receive a pattern and materials needed to complete each project. You will need to bring some basic supplies from home, and a full list will be provided after sign-up.

Instructor: Annette Roose

October project: Gretchen Berry Basket

November-December project: Woven wreaths and ornaments



Glass Fusion Class

Fridays, October 12-November 2 and November 16-December 14, 10 a.m. – noon

(No class November 23)

\$110 members/\$120 non-members per four week session, \$25 supply fee

Learn the basics and safety of working in glass and make glass fusion plates, sun catchers, wind chimes, jewelry and plant stakes. \$25 supply fee required per student. Instructor will provide supplies during class. Instructor: Kathy Faas

Beginner Watercolor

Fridays, September 14-October 19

Next: Fridays, November 2-December 14, 1:30 - 3:30 p.m.

(No Class November 9 or 23; makeup class Thursday, November 8 at 1:30 p.m.)

\$90 members/\$102 non-members per six week session

Don't be afraid to dive into the world of watercolor or just dip a toe in! In Beginner Watercolor, we will focus on composition and painting techniques, including color mixing. You'll learn to create vivid landscapes or floral paintings you can be proud of. A supply list will be provided before the first class. Instructor: Jennifer Slavik



Glass on Canvas Mixed Media Art

Two Week Session: Wednesdays, October 10-17, 2 - 3:30 p.m.

Special One Day Holiday Workshop: Wednesday, November 14, 12:45 – 3:45 p.m.

\$25 member/\$30 non-member for two week session or one day workshop

Create a mixed media masterpiece in only one or two weeks! Learn glass on canvas techniques that will help you create colorful and unique pieces of art using stained glass, paints and other objects. November's workshop will feature special holiday-themed projects. \$15 supply fee required. Instructor will provide supplies during class. Instructor: Jayme Teague.

Open Art Studio

Thursdays, 10 a.m. - noon, ongoing

If you are an art student with us, this time is for you! Finish the piece you're working on in class, or work on an art project of your choosing. Materials provided by your instructor during class or you may bring your own supplies.



ROOM RENTALS AVAILABLE

Each of our facilities has rooms available for rent on evenings and weekends. Hearthstone Lodge is available for pool parties. Sexton Hall has a room that holds up to 280 people. Let us host your special occasions and take the stress out of entertaining!

Call Kathy Howard at (770) 781- 2178.

HEARTHSTONE LODGE

How to Maintain a Healthy Brain

Wednesday, October 17, 1 - 2 p.m.

Mental decline is one of the most feared consequences of aging. While it is true that the aging brain still holds many mysteries, there are nonetheless many things we can do to positively influence the brain's health and overall wellness. In the presentation, you will be given valuable information and guidance to help you get started on the road to improved cognitive health and longevity. Presented by Tracy Johnson, RN, CCM Director of Nursing and CEO of Premier Care of Georgia.



Trunk & Treasure Yard Sale

Friday, November 9, 9 a.m. - 2:30 p.m.

Get a jump on the holiday season and start your shopping early or raise some extra cash! Tables available for rent to showcase those treasures that need a new home. Come on by to browse through the bargains and beauties and enjoy some time at The Lodge.

Vendor prices

Inside Center: \$10 member, \$15 non-member per table, **Outside parking spot:** \$20 member, \$25 non-member
Limited spots available, reserve your spot by November 2. Clean out your closets and make some extra cash!

Movie Day

Wednesday, November 14, 1:30 - 3:30 p.m.

No fee, includes popcorn and soft drinks

Registration required; call Hearthstone Lodge at (770) 781-2178 to register.

Would you like to enjoy a movie with others and engage in lively discussion afterwards? Hope you'll join us! Movie will be announced at a later time.



Blood Pressure Screenings

Thursdays, October 11 & November 8

9:30 - 10:30 a.m.

No fee; no registration necessary

Courtesy of Tammy Miller, RN from Chestnut Ridge

HEARTHSTONE FITNESS FACILITIES

Fitness Center - Open 7 a.m. - 5:30 p.m., Monday through Friday.

Features 12 isokinetic resistance band workout stations designed for active adults. Membership is \$60 a year, separate from the pool membership.

Heated Pool Open - 7 a.m. - 5:15 p.m., Monday through Friday.

Pool membership is for lap and open swim times only. The pool is covered and heated and open year round. Membership is \$60 a year, separate from the fitness center membership.

AQUATIC FITNESS CLASSES AT HEARTHSTONE

Deep H2O Aerobics

Tuesdays & Thursdays, 10 - 10:30 a.m.

September 11 - October 18

\$36 members/\$46 non-members per six week session, two days a week

October 30 - December 6

\$33 members/\$43 non-members per six week session, two days a week

No class Thursday, November 22

As you submerge yourself into the deep end of the pool for a water fitness workout, your body becomes weightless, giving you a new kind of core challenge. While deep water aerobics has low impact on your joints, it has a high impact on your cardiovascular system and speeds up your metabolism. You may wear a flotation belt for support in the deep water or rely on your own ability to float as you perform deep water aerobics routines. Instructors: Raneen Pattison and Kathy Briscoe

H2O Aerobics

Mondays, Wednesdays & Fridays, 10:30 - 11:30 a.m.

September 10 - October 19

\$58.50 members/\$65 non-members per six week session, three days a week

October 29 - December 7

\$52 members/\$58 non-members per six week session, three days a week

No class Monday, November 12 & Friday, November 23

One hour of intermediate workout to improve muscular endurance, core strength, flexibility and cardiovascular conditioning. Instructors: Andrea Coleman and Carol De Witt

H2O Arthritis

Mondays, Wednesdays & Fridays, 11:45 a.m. - 12:45 p.m.

September 10 - October 19

\$54 members/\$60 non-members per six week session, three days a week

October 29 - December 7

\$45 members/\$50 non-members per six week session, three days a week

No class Monday, November 12 & Friday, November 23

Arthritis water aerobics provides a gentle, total-body cardiovascular workout, resistance for muscle strength and mobility improvement for those with arthritis or recovering from surgery. Instructor: Raneen Pattison

H2O Afterhours Aerobics

Tuesdays & Thursdays, 5:30 - 6:30 p.m.

September 11 - October 18

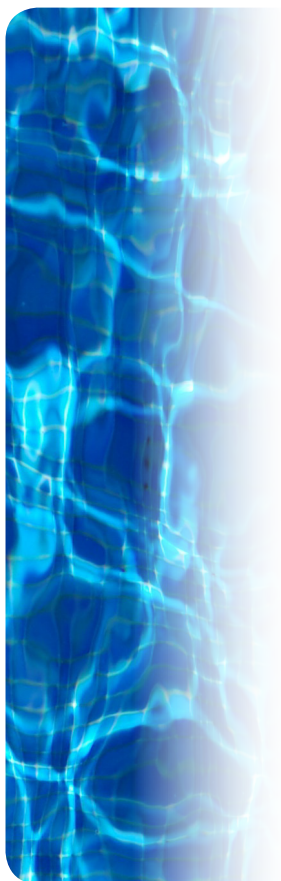
\$54 members/\$60 non-members per six week session, two days a week

October 30 - December 6

\$49.50 members/\$55 non-members per six week session, two days a week

No class Thursday, November 22

One hour of intense workout for intermediate to advanced individuals. Improves strength, endurance and flexibility. Instructor: Meg Zeeman



Swim Strokes Clinic

\$50 members/\$56 non-members for two classes, 45 minutes each

By appointment only; call (770) 781-2178 to schedule

Whether you are a beginner or advanced swimmer, this will be a beneficial class. We will focus on better stroke techniques and breathing more efficiently. Classes led by a certified instructor.

Snorkeling Clinic

\$30 members/\$36 non-members for two classes, 45 minutes each

By appointment only; call (770) 781-2178 to schedule

Some of the most spectacular marine life and colorful reefs are located within 20 feet of the water's surface. This is why millions of people snorkel while on a tropical vacation! Learn how to explore the underwater world. Instructor: Raneer Pattison, PADI Certified

FITNESS CLASSES AT HEARTHSTONE

Restorative, Low Impact Yoga

Fridays, 1:30 - 2:30 p.m.

September 14 - October 19

\$25 members/\$30 non-members per six week session

November 2 - December 7

\$20 members/\$25 non-members per six week session

No class Friday, November 23

Restorative yoga is accommodating and gentle. Focusing on low-impact stretching and muscle strengthening, while lowering blood pressure and improving emotional and mental wellness. Yoga also protects bones and joints by putting less strain on the body than other forms of exercise and is great for keeping adults flexible. Bring your mat and be ready to be restored. Instructor: Linda Bowman



Circuit Training - No fee for members!

By appointment only, 30 minute sessions

No fee, a benefit of center membership.

Does your workout need a wake-up call? Circuit training is a surefire way to beat the boredom blues. Moving quickly from one exercise to the next means your mind doesn't have time to wander. Circuit training workouts also offer more cardio benefits! Get the most out of your fitness membership with certified trainer Raneer Pattison.



Strength & Tone

Mondays & Fridays, 8:45 - 9:30 a.m.

September 10 - October 19

\$36 members/\$60 non-members per six week session

October 29 - December 7

\$30 members/\$50 non-members per six week session

No class Monday, November 12 & Friday, November 23

Strength training with weights, bands, medicine balls and low impact aerobics. Instructor: Rane Pattison

Flex, Balance & Chi

Mondays & Fridays, 9:30 - 10:15 a.m.

September 10 - October 19

\$36 members/\$60 non-members per six week session

October 29 - December 7

\$30 members/\$50 non-members per six week session

No class Monday, November 12 & Friday, November 23

Stretching and balance exercises improve flexibility and increase range of motion. Instructor: Rane Pattison



Dance, Dance, Dance

Wednesdays, 9:30 - 10:30 a.m.

September 12 - October 17

October 31 - December 5

\$18 members/\$30 non-members per six week session

Aids in making the body more flexible and increases endurance. With various dance instruction, you can improve posture, coordination and balance. Instructor: Rane Pattison



Personal Training (First session FREE with membership)

On-going, no session dates, by appointment.

\$20 members/\$25 non-members per half hour session

Do you need help getting started on a fitness routine or a boost from your normal routine? Our certified personal trainer can show you how! Please give us a call for more information.

Games at Hearthstone Lodge

Membership in the center is required to be a regular game player. It is \$60 per year, which includes privileges in either the fitness workout room or the pool plus many other benefits. Groups are open to new players.

Mah Jong: Monday, 2:15 - 5:15 p.m.

Canasta: Tuesday, 12:30 - 5 p.m.

BYOG/Advanced Bridge: Wednesday, 12:30 - 5 p.m.

Bridge: Thursday, 10:30 a.m. - 4:30 p.m.

Open Game Time: Friday, 2:45 - 5 p.m.

BISCUIT BOYZ

Coffee Club at Hearthstone

Every Thursday from 8:30 - 10 a.m.



Our gentleman's breakfast club meets every Thursday from 8:30 to 10 a.m.

Enjoy coffee and conversation. The group has speakers and also mentors 8th grade students from Cornerstone School on the first Thursday of each month.

Holiday Caring for Older Adults in the Community

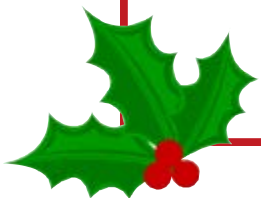
Spread warmth and cheer this holiday season by giving to local seniors in need.

From mid-October thru December you can provide the gift of meals to local homebound seniors by purchasing a meal certificate. Certificates are available for a day, week, month, year or any denomination you choose to contribute. Meals and the accompanying certificates will be delivered to recipients through the Meals on Wheels program throughout the holiday season. This is a special opportunity to let the isolated and elderly know you care. Certificates may be purchased by coming into a center or over the phone.

You can also participate in our Holiday Gift Angels program. Angel gift tags with the name of an older adult, their gift wish and donation instructions will be available in all centers by November 1. Gifts will be delivered to the recipients in December.

Note: Older adults in the homebound program will receive both meals and gifts, but the most urgent need each year is for the meals.

Thank you for your kindness and generosity!



AGEWELL FORSYTH

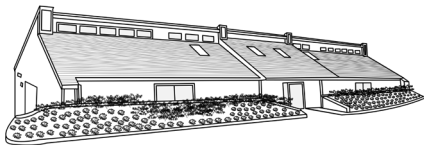
AgeWell is a nonprofit organization that engages, inspires and empowers older adults to live well. They are a big supporter of Forsyth County Senior Services and provide many special things to our centers and seniors, making life better in untold ways. To raise funds, they host fun events and trips to places both near and far. For further information, **please call Linda at (404) 245-7949.**



Overnight Trips With AgeWell Forsyth

Flyers and brochures available in the centers.

MEMBERSHIP IN OUR CENTERS



Hearthstone Lodge



Sexton Hall



Charles Place

Membership provides a way to support the centers and receive benefits, such as discounts on classes and activities, priority registration for day trips and hikes, newsletter mailing, use of special amenities and invitations to member-only events. Membership is \$60 a year (good for one year from date of purchase) and is good for participation in any center. Scholarships are available.



Looking for a unique and useful gift for a loved one?

A membership may be the perfect gift for someone you love.

Call us at (770) 781-2178 to purchase a gift that will last the year through!

VOLUNTEERS NEEDED

We need the help of kind persons who would like to make a difference in the lives of local seniors. There are various opportunities such as helping with activities or events in our centers, delivering meals and friendly visits to homebound seniors and assisting in the respite memory support program. You can also help by teaching a class, providing entertainment or even making centerpieces for our daily luncheon tables.

Please contact one of the center coordinators at (770) 781-2178.

SERVICES FOR OLDER ADULTS

Forsyth County Senior Services (770) 781-2178

Meals on Wheels - Daily or weekly delivery of meals by a friendly visitor. Please contact Dan Hill.

Respite/Memory Support Program

A half day program designed to give caregivers a break and provide fun activities for older adults needing extra support. Includes lunch. Please contact Denise Jew.

Congregate Meal & Activity Program*

For independent, fun-loving older adults. A half day of group activities, including lunch.

Caregiver Support Group*

1st and 3rd Wednesday of each month. 1 - 2 p.m.

Counseling Available*

1st, 2nd and 3rd Wednesday of the month, by appointment only.

*Please contact Barbara Wiggins for details on Congregate, Counseling and Caregiver Support programs.

Guardian Call Service

This service, which checks on residents each day by phone, is offered by the Forsyth County 911 Center and the Sheriff's Office. It is an automated system which makes contact by phone every day at a predetermined time. When a call is received, a personalized code is given, letting the system know the participant is okay. If the call is not answered, a call will be made to an emergency contact person. If the system is unable to reach a family member, an officer will be sent out on a wellness check. For more information about this free service please contact Michelle Smith at (770) 781-3087, mtsmith@forsythco.com.

Monthly Free Program by Sheriff's Dept.

Seniors & Law Enforcement Together (SALT)

The 3rd Wednesday of every month at 10 a.m.

October 17 & November 21

No fee or registration required.

Meetings held at The Fraternal Order of Police Lodge, 248 Castleberry Industrial Drive, Cumming.

A light breakfast is served and a presentation on topics of concern to seniors is presented.





Senior Services Staff

Ruthie Brew, Director
Debbie Carlton, Charles Place
Julie Gruen, Sexton Hall
Pollianna Evans, Hearthstone Lodge
Hunter Bennett, Community Outreach
Kathy Howard, Events & Rentals

Social Services

Barbara Wiggins, Charles Place
Denise Jew, Sexton Hall
Dan Hill, Meals on Wheels

Departmental Email Addresses

General Information - seniorservices@forsythco.com
Volunteers - volunteer@forsythco.com
Room Rentals - rentals@forsythco.com
Senior Expo - expo@forsythco.com

(770) 781-2178

www.forsythco.com/seniors

Charles Place

595 Dahlonega Street
Cumming, Georgia 30040

Sexton Hall

2115 Chloe Road
Cumming, Georgia 30041

Hearthstone Lodge

7305 Lanier Drive
Cumming, Georgia 30041