

# Active Adult Programs - Age 50 & Better and Senior Services

May 2020



**Sexton Hall  
Charles Place  
Hearthstone Lodge**

**Now online!**

(770) 781-2178

[www.forsythco.com/seniors](http://www.forsythco.com/seniors)

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Welcome to a new way to stay connected - with at-home program offerings from Forsyth County Senior Services.

As our centers remain closed, we are creating activities featuring some of your favorite programs and topics.

Materials for hands-on, fun activities are available upon request from our centers.

For those that enjoy discussions by phone, staff will lead and organize entertaining topics for small groups.

This is our first time offering ways to connect online. We hope you will join us as we meet virtually, by phone or internet, sharing interests and time. We'll learn and navigate these new paths together. There will be no fee for these programs.

**Conversations** not canceled  
**Creativity** not canceled  
**Learning & Doing New Things** not canceled  
**Hope** not canceled!

## Staying Connected



Our centers may be closed, but we are working to stay connected to our patrons! For those that do not have internet-enabled devices, we can connect by telephone, either with a personal check-in phone call or by fun group conference calls. For those comfortable with technology, we can connect through video chats; perhaps you've used Zoom or Skype to connect with loved ones already. If you're on our email list, you've been receiving weekly emails sharing various links, tips and other helpful information. If you're not on our list, please sign up by sending a request to [seniorservices@forsythco.com](mailto:seniorservices@forsythco.com). We are committed to staying in touch with you until we see you again!

## Do You Have a Need?

### Forsyth County Senior Services (770) 781-2178

**Meals on Wheels** - The Families First Coronavirus Act and the CARES Act have provided additional funding for meals. Now those 60+ who may not be medically homebound, but are sheltering in place, are eligible for meal delivery. If you, or someone you know, is having difficulty getting adequate food supplies or preparing meals, please call Charles Place. The staff there continue to work hard delivering frozen meals and non-perishable food items each week to those that are homebound.

**Face Masks** - If you do not have a mask, our angel nonprofit, Age Well Forsyth, has obtained a quantity of masks for us. We appreciate the ladies of the Cumming Arts Center who have made masks as well. Please call Sexton Hall and make an appointment to pick up a mask, or if you do not have transportation, we will mail it to you.

**Phone Chats** - If group conference calls or online video chats are not your thing, we're developing a phone pal program - like pen pals but using phones! Would you be interested? Give us a call.

## Technology Assistance

Would you like some help using your smartphone, desktop computer, laptop or tablet? Contact us at (770) 781-2178 to schedule a time to get assistance from one of our staff members. You can gain extra knowledge about your device or increase your tech skills before joining one of our online presentations or discussions.



## Arts & Crafts Donations



Donate your surplus of arts and crafts supplies to our centers. Our talented staff and patrons will be making items throughout the year to contribute to a new holiday craft bazaar fundraiser. Drop off donations at Sexton Hall during business hours or call Susy at (770) 781-2178 if you have any questions.

## At Home Activities - Old Fashioned Fun!

Call us at (770) 781-2178 and choose either the Sexton Hall or Hearthstone Lodge extension to register.

### Bird Watch Bingo

Learn which birds are in your backyard by playing Bird Watch Bingo! We will provide bingo cards filled with the names of birds commonly found in north Georgia, along with a picture guide to help you identify them. You win when you fill your card. Prizes will be awarded!

If you already have a bird feeder, bingo cards and identification guides will be mailed to you. If you need a bird feeder, they may be picked up by appointment at either active adult center. For those without transportation, arrangements can be made for delivery. Quantities are limited and reserved for members, so don't wait to register! Special thanks to David Peterson of Wild Bird Center for donating birdfeeders for this activity.



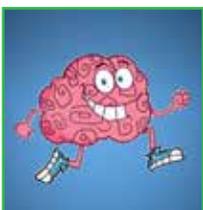
### Tissue Paper Flowers

Did you ever make these in your youth? It's a good project for a quiet day - relatively easy to do, adds color to your home and gets your creativity going! If you need supplies, please call to register to receive a kit. For those without transportation, arrangements will be made to either deliver or mail supplies. Quantities are limited!



## Group Fun on the Phone

Let's connect in groups on the phone, called teleconferencing. Whether you have a landline or a cellphone, join these small group conversations lead by staff. Call (770) 781-2178 and choose either the Sexton Hall or Hearthstone Lodge extension to register.



### Noggin Joggin'

Mondays, May 11 or 18, 2 - 3 p.m.

Tuesdays, May 12, 19 or 26, 9:30 - 10:30 a.m.

Wake up and stimulate your mind! Join us for challenging yet fun brain games.

### Trivia

Fridays, May 15, 22 or 29, 11 a.m. - noon

Do you have a knack for facts? Enjoy a game of trivia! Let's see who knows the most about television, movies, news, books and the general life and times of the 1950's and 1960's.



## Online Presentations

An internet connection and your favorite tech device (smartphone, laptop, tablet or desktop computer) can be used to enjoy a staff-led presentation. See and hear other participants to make this activity even more fun. Presentations will be given online through a user-friendly platform. If you are new to online discussions, give us a call and we'll walk you through the steps to connect! Contact us at (770) 781-2178 and choose either the Sexton Hall or Hearthstone Lodge extension to register.

### Lawn Care

Monday, May 11, 11 a.m. - noon

Learn all about lawn care including how to fill in bare spots, how to identify and eliminate weeds and the best types of fertilizer to use to make your grasses thrive. We will also discuss best cutting methods.



### Intro to Social Apps

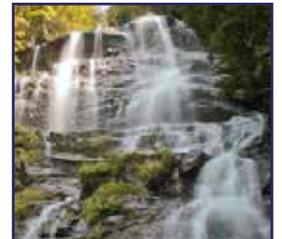
Tuesday, May 12, 1:30 -2:30 p.m.

Learn how to set up Skype or Google Hangout on your devices, to meet with friends and family virtually.

### Seven Natural Wonders of Georgia

Thursday, May 14, 11 a.m. - noon

This virtual expedition will explore the most physically spectacular or unusual sites in the state. These landscape formations resulted from powerful forces of nature approximately 60,000,000 years ago.



### Native Plants of Forsyth County

Monday, May 18, 11 a.m. - noon

Your native plant primer! We'll review the many benefits of native plants including how they help pollinators, plus popular selections from Forsyth County and how to care for them in your own garden.

### Digitizing Photos

Tuesday, May 19, 1:30 - 2:30 p.m.

Storing family photos in boxes makes it difficult to preserve, share and organize your memories. Learn how to turn your print photos into digital files. Keep them accessible for whenever you need them.



## Thursday Travels

Thursdays, May 21 & 28, 11 a.m. - noon

You can still explore the world from the safety of your home. Until you can see these incredible sights in person, sit back and tour two dream destinations with these Virtual Travel Guides. No passport required!

May 21 Topic: Copenhagen, Denmark

May 28 Topic: New Caledonia, France



## Introduction to Podcasts

Tuesday, May 26, 1:30 - 2:30 p.m.

Whether for entertainment or information, entering the world of podcasts can enrich your life, and you can listen to them while doing other tasks like cleaning! Class will cover the different types of podcasts available, how to evaluate the quality of the content, where to safely find them and even how to get started making one of your own.

## Virtual Discussion Groups: See and Speak with Others Online

Staff will lead and moderate topic-focused discussions between participants through an online platform using audio and video features. An internet connection and your favorite tech device (smartphone, laptop, tablet or desktop computer) can be used to participate in these discussions. Presentations will be given through a user-friendly platform. If you are new to online discussions, give us a call and we'll walk you through the steps to connect! Please call (770) 781-2178 and choose either the Sexton Hall or Hearthstone Lodge extension to register.



## Coffee & Conversation

Mondays, May 11 or 18, 9:30 - 10:30 a.m.

Wednesdays, May 13, 20 or 27, 9:30 - 10:30 a.m.

Prepare a cup of coffee, tea or other beverage and enjoy chatting with peers. Listen to short stories, daily affirmations, learn fun facts and guess what happened "on this day in history."

## "In the Know" Current Events

Tuesdays, May 12, 19 or 26, 11 a.m. - noon

Join us as we cover current events happening in the news. A moderator will be in charge to keep things from getting too feisty, but we hope to be able to share information, opinions and maybe even learn something new from each other.



## Where Were You?

Wednesdays, May 13, 20 or 27, 1:30 - 2:30 p.m.

Each meeting we will open the discussion with the brief recounting of a historical event and ask the question, "Where were you?" This will allow for a free-flowing conversation and plenty of sharing.



## Trips & Hikes



Thursdays, May 14 & 28, 3 - 4 p.m.

Watch a hike around the Hoover Dam in Boulder City, Nevada; then, participate in a discussion with a staff member who has visited this historic place, one of the largest sightseeing destinations in the country. A link to the hike will be sent upon registration for the class.

## Online Fitness Instruction

Stay active with staff-led exercises. An internet connection and your favorite tech device (smartphone, laptop, tablet or desktop computer) is all you need to take advantage of these online fitness offerings. Call (770) 781-2178 and choose either Sexton Hall or Hearthstone Lodge extension to register.

### Beginner Tai Chi

Tuesdays, May 12 & 19, 3 - 4 p.m.

Practice continuous flowing motions to increase harmony. Every class will begin with a full body warm up and then focus on one Tai Chi for Arthritis form. Class can be performed next to a chair for balance and is beneficial for those with arthritis or who are at high risk for a fall. If time allows, we will review previous forms.

Instructor: Brian Blasick



### Flex, Balance & Chi

Thursdays, May 14, 21 or 28, 9:30 - 10:30 a.m.

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

# Senior Services Angels

## Donor Spotlight

We would like to thank those in our community that have contributed food, made monetary donations, sewed masks and offered services to support our homebound elders in need.

### Community Businesses & Organizations

Age Well Forsyth  
Forsyth County Women's  
Club/Lisa Schindler  
Hansgrohe, Inc.

Kiwanis Club of Cumming  
Sawnee EMC  
South Forsyth Rotary Charities  
Wild Bird Center of Johns Creek

### Individual Donors

Patsy Anthony  
Anne Bassett  
Colleen Bowers  
Dee Cavanagh  
Larry Chapman  
Barbara Easley  
Jim & Lydia Eggensperger  
Melissa Goldsberry  
Kimberly Hauri  
Randy & Susan Honea  
Deborah Hudaba

Charlene McGill (In honor of Dr. Bob &  
Norma Dunn)  
Eva McReynolds  
Terry & Monica Mullett  
John & Ann O'Connor  
John Olesinski  
Timothy Pope  
JoAnn Radke  
Cindi Smart  
Ellis & Evelyn Young

### **May is Older Americans Month**

It is cool to be older – why?

We have **perspective**.

We have **experience**.

We have more **free time**.

We are the **wisdom keepers**.



## Registration for Activities

Registration is required to participate in all activities. Please register by calling our main number, (770) 781-2178 and choosing either the Sexton Hall or Hearthstone Lodge extension. (Charles Place is busy providing the essential service of the homebound meals program at this time.)

This is our first at-home activities newsletter and there are limited offerings for May. The number of participants is limited for each activity, too, so please choose up to 3 activities total to register for. You may ask that your name be put on a waiting list for other activities. We look forward to developing more at-home programs based on responses to May offerings, so we welcome your feedback and are happy to take requests.

All activities are led by Senior Services staff. There are guidelines to be mindful of when participating in a phone or online video chat:

- Be on time for the start of the activity.
- Minimize background noise, or when not speaking, mute your phone or device.
- Do not interrupt others. Be patient, respectful and open-minded.
- Make sure features like webcams and microphones work prior to joining an activity.
- Understand that there may be technical issues as we navigate this new way of connecting.

We thank you for joining in on the adventure!

### **Charles Place**

595 Dahlonega Street  
Cumming, Georgia 30040

### **Sexton Hall**

2115 Chloe Road  
Cumming, Georgia 30041

### **Hearthstone Lodge**

7305 Lanier Drive  
Cumming, Georgia 30041

General Information - [seniorservices@forsythco.com](mailto:seniorservices@forsythco.com)