

MAY - JUNE 2024

ADULT ACTIVITIES AND SERVICES

Your guide to activities for those age 60 and better
Forsyth County Senior Services

UPCOMING EVENTS

Spring Bingo

Older Americans Month
Celebrations

National Senior
Health & Fitness Day

Flag Day Ceremony

Trivia

Decades Dance



✨ **Twilight Tuesdays** ✨

Join us for extended programming Tuesday evenings.

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



Forsyth County Senior Services

Our Mission

To provide engaging, impactful life enrichment programs and services for adults age 60 and better in Forsyth County.

Our Purpose

To be the resource and destination for aging well. To respond to the diverse needs and interests of several generations of older adults. To promote and provide opportunities for wellness.

Whether you are physically active, enjoy a good discussion, want to meet new friends or plan to explore your creative side, you can find your place in our community. We invite you to stop by either location on weekdays from 8 a.m. - 4:30 p.m. for a tour.

Charles Place

595 Dahlonega Street
Cumming, Georgia 30040

Sexton Hall

2115 Chloe Road
Cumming, Georgia 30041

Welcome!

This newsletter covers programs and activities
May 6 - June 30.
Centers will be closed May 27.
Registration begins April 22.

Registration for Activities

Registration is required to participate in activities. Register in-person or call (770) 781-2178, option 1 for Charles Place or option 2 for Sexton Hall. Online registration through www.forsythco.com/seniors

Special Event & Class Refund Policy

A refund will be issued for requests received at least 7 days prior to the first class date. Subsequently, a 50% refund will be issued for requests received before the second meeting of the class. Other refund requests will be reviewed by staff.

Trips/Hikes Refund Policy

A full refund will be issued for requests received at least two weeks prior to the departure date of the trip or hike. Subsequently, a refund will be issued only if your spot is filled by a paying participant.

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. That breaks down to only \$5 a month or less for tons of fun! Milestone membership is FREE for Forsyth County residents age 85 and better, \$30 per year for non-residents.

Additional Fees

An additional 20% will be added to all out-of-county resident registrations.

STAY IN THE KNOW

Visit our website:

www.forsythco.com/seniors

Follow us on Facebook:

facebook.com/forsythcountyseniorservices

Request the weekly email announcements:

seniorservices@forsythco.com

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

Special Events

Active Adult Events

These events are for Active Adults age 60 and better.

Spring Bingo

Held at Sexton Hall *No charge*

As the weather warms up, come out and play several rounds of lively games and win fun prizes. Kindly sponsored by SoleCare.

Wednesday **May 15** **1:30 - 3:30 p.m.**

Older Americans Month: Powered by Connection

Held at Sexton Hall *No charge*
Center attendees will share their experience of being involved and connected. Participate in a “friend-making” activity where you can mix and mingle to make new friends and connections.

Light refreshments provided.

Wednesday **May 22** **1:30 - 3 p.m.**

Flag Day Ceremony

Held at Sexton Hall *No charge*
Join us on Flag Day for an Honor Guard ceremony with the Forsyth County Fire Department. Afterwards, hear from one of our patrons about their path to citizenship.

Friday **June 14** **10:15 - 11 a.m.**



Timeless Trivia

Held at Sexton Hall \$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

Held at Sexton Hall \$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.**

Community Events

These events are open to all ages.

The Greatest Showman

Held at Sexton Hall
\$5 in advance/\$10 at the door

This youth performance is an adaptation of the popular musical that tells the story of a young man's dream of success and the characters he meets along the way. Light refreshments served. Presented by Christian Fine Arts of Forsyth.

Wednesday **May 8** **10:30 - 11:30 a.m.**

Patriotic Concert

Held at Sexton Hall
\$10 in advance/\$15 at the door

Put on your red, white and blue to join friends and family for two hours of patriotic music performed by the Sounds of Sawnee Concert Band. Light refreshments kindly sponsored by Gentiva Hospice.

Sunday **June 23** **3 - 5 p.m.**

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



National Senior Health & Fitness Day

Refreshments kindly sponsored at both locations by Senior Helpers.
Held at Charles Place *No charge*

Are you looking for the perfect excuse to get back into shape, or do you want a good workout? This fun-filled class of fitness challenges introduces you to new ways of becoming fit and healthy.

Wednesday **May 29** **9 - 10:15 a.m.**

Held at Sexton Hall *No charge*

Dane Robinson, a nationally renowned fitness expert, joins us as a guest speaker to inspire you on the importance of movement and exercise. Stay for exercise demonstrations to get a sample of our popular fitness classes offered by our certified fitness instructors.

Wednesday **May 29** **9 - 11 a.m.**

Resources & Support

Community Collaboration

Government partners provide updates and news about topics relevant to older adults.

Coffee with a Cop - **NEW TIME!**

Held at Sexton Hall & Online *No charge*

This monthly program focuses on community awareness for older adults. Bring your questions to each meeting where a topic of concern or interest will be presented by Forsyth County Sheriff's Office and other speakers.

Tuesday **May 7** **10:15 - 11 a.m.**

Tuesday **June 4** **10:15 - 11 a.m.**

Hear the Latest -

Meet the County Manager - **NEW!**

Held at Sexton Hall *No charge*

Meet David McKee, the County Manager of Forsyth County since early 2023. Learn about his role and hear about the happenings in the county. A chance for Q & A will be available.

Tuesday **May 14** **10:15 - 11 a.m.**

Chat with the Director

Held at Charles Place & Sexton Hall *No charge*

Spend some time with Ruthie Brew, Senior Services Director, to get the inside scoop on what's happening in the department. Please feel free to ask questions and share feedback, as well.

Held at Charles Place

Wednesday **May 22** **9 - 9:30 a.m.**

Thursday **May 23** **9 - 9:30 a.m.**

Held at Sexton Hall

Wednesday **June 12** **2 - 2:45 p.m.**

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

Held at Sexton Hall and Online *No charge*

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.

Held at Sexton Hall and Online

Tuesday **May 14** **4:45 - 5:15 p.m.**

Held at Sexton Hall

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

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

Resources & Support

Caregiver Support

These programs offer education and emotional support for individuals caring for a loved one. Whether it's Alzheimer's or aging-related challenges, these classes give you the resources to cope and provide care.

Forgetful, Not Forgotten

Held at Sexton Hall *No charge*

Learn about the journey of caregiving, whether you are currently caring for someone or anticipating this role for the future. This program can help you become familiar with the vast resources available to you.

Panel of resource providers hosted by Richard Roberts, Voices, Choices and Solutions.

Wednesday **May 8** **1 - 3:30 p.m.**

Caring for a Family Member with Parkinson's

Held at Sexton Hall & Online *No charge*

Created in conjunction with leading experts from the Parkinson's Foundation Centers of Excellence Network, this presentation will share strategies to care for individuals living with Parkinson's disease.

Presented by Senior Helpers of Northeast Atlanta.

Tuesday **June 11** **1:30 - 2:30 p.m.**

Caregiving and Healthcare - Learn to Effectively Talk to Doctors

Held at Sexton Hall & Online *No charge*

Learn tips and strategies navigating the healthcare system and how to effectively communicate with doctors. Presented by Gina Epifano, PT, CDP, Geriatric Care Manager at Premier Care Management of Georgia.

Thursday **June 13** **1:30 - 2:30 p.m.**

Matters of the Mind

Just like physical health, your mental health is important too.

Mental Health Awareness: Self Care

Held at Charles Place & Sexton Hall *No charge*

Discover ways to engage in activities that promote well-being and reduce stress. As May is Mental Health Awareness Month, get tips to make sure you maintain a healthy relationship with yourself and loved ones.

Presented by Cristy Russell, Staff.

Held at Charles Place

Monday **May 13** **10:30 - 11:15 a.m.**

Tuesday **May 14** **10:30 - 11:15 a.m.**

Held at Sexton Hall

Thursday **May 16** **1:30 - 2:15 p.m.**

10 Warning Signs of Dementia

Held at Charles Place *No charge*

Alzheimer's and other dementias cause memory, thinking and behavior changes that interfere with daily living. Learn about common warning signs. Get tips to approach someone who is experiencing changes in their memory, the benefit of early detection and what symptoms to look for in yourself and others.

Presented by The Alzheimer's Association.

Friday **May 24** **9:30 - 10:30 a.m.**

Planning for Dementia Care

Held at Sexton Hall *No charge*

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.**

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

Twilight Tuesdays - **NEW!**

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 (See page 2)

\$5 members/\$10 non-members

June 25 5:15 - 6 p.m.

Decades Dance (See page 2)

\$10 members/\$15 non-members

June 25 6 - 8 p.m.

Lifelong Learning Course

Aging Mastery (See page 6)

\$10 for materials

May 7 - June 18 6 - 7:30 p.m.*

*(Starts one week earlier than our regular Twilight Tuesday programming)

Topics for Older Adults

Offered at no charge

What is Senior Services?

(See page 3)

May 14 4:45 - 5:15 p.m. or 6:15 - 7 p.m.

Estate Planning (See page 6)

May 21 6:15 - 7 p.m.

Safeguard Your Retirement (See page 6)

May 28 6:15 - 7 p.m.

Fitness

Circuit Training (See page 16)

No charge for promotional evening drop-ins

May 14 - June 18 5:15 - 6 p.m.

Brain Health & Alzheimer's Awareness

Open to adults of all ages

Offered at no charge

Planning for Dementia Care (See page 4)

June 4 6:15 - 7 p.m.

Brain Training 101 (See page 8)

June 11 6:15 - 7 p.m.

Brain Health & Aging (See page 8)

June 18 6:15 - 7 p.m.

Senior Planet - Technology

Offered at no charge

Staying Safe Online (See page 9)

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

Shopping on Amazon (See page 9)

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

Messaging Apps (See page 9)

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

Artificial Intelligence (See page 9)

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

Art - Paint & Sip

\$15 members/\$20 non-members

Whimsical Sea Turtle (See page 13)

May 14 5 - 7 p.m.

Summer Fireflies (See page 13)

June 4 5 - 7 p.m.

Intergenerational Game Evening

(See page 19)

Offered at no charge

June 11 5 - 7 p.m.

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

Lifelong Learning

Education & Entertainment

Explore fascinating topics and discover ways to age with vitality and independence.

Older Americans Month: Powered By Connection

Held at Charles Place *No charge*
Established in 1963, Older Americans Month is celebrated every May. This year's theme focuses on the profound impact that meaningful connections have on the well-being and health of older adults. We'll explore the vital role that connections play in supporting independence and aging in place by combatting isolation, loneliness and other issues. Presented by Andrew Greeson, Staff.

Monday **May 20** **10:30 - 11:15 a.m.**
Tuesday **May 21** **10:30 - 11:15 a.m.**

Aging Mastery

Held at Sexton Hall
\$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.**



Estate Planning

Held at Sexton Hall *No charge*
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

Held at Charles Place & Sexton Hall *No charge*
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.

Held at Sexton Hall
Tuesday **May 28** **6:15 - 7 p.m.**
Tuesday **June 18** **1:30 - 2:30 p.m.**
Held at Charles Place
Monday **June 10** **10:30 - 11:15 a.m.**
Tuesday **June 11** **10:30 - 11:15 a.m.**



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

Lifelong Learning

Garden & Nature

Enjoy your time outdoors exploring our community and pollinator gardens, learn something new at our Live Well Gardens series or join us for one of our many upcoming garden events.

Live Well Garden Presentations

Enjoy a variety of gardening topics.

Held at Sexton Hall *No charge*

Off-site Trip to Tour Gardens at Lake Lanier Home

Registration required to receive address.

Monday **May 6** **10 - 11:30 a.m.**

Summer Gardening

Monday **June 3** **10 - 11:30 a.m.**

Garden Tea & Treats

Held at Sexton Hall *No charge*

This outdoor gathering is held in our garden area where we'll chat about gardening topics. Community garden bed users are encouraged to attend.

Light refreshments served.

Tuesday **June 4** **1 - 3 p.m.**



Lunch and Learn Conversations: The Garden, More than Just Digging

Held at Sexton Hall *No charge*

Open to adults of all ages. Bring your lunch so you can eat, socialize and learn about gardening topics all in one afternoon. Presented by UGA Extension Services - Master Gardeners.

Pollinators for Every Flower

Wednesday **May 29** **12:30 - 2 p.m.**

Scouting for Pests in the Garden: Signs and Symptoms

Wednesday **June 26** **12:30 - 2 p.m.**



History & Culture

Delve into rich histories and cultures through language immersion and music appreciation.

Introduction to the Dulcimer - *NEW TIME!*

Held at Sexton Hall *No charge*

During this six-week session, learn how to play the Mountain Dulcimer from a player with over 20 years of experience. You can play by number tabs and do not have to read music. Dulcimers may be available or can be brought in by students.

Presented by Pat Hobson, Volunteer Instructor.

Wednesdays **May 15 - June 19** **10:30 a.m. - noon**

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

Lifelong Learning

Health & Wellness

These programs provide tips and guidance on all aspects of wellness and brain health.

Let's Talk Arthritis

Held at Charles Place & Sexton Hall *No charge*
Living with arthritis is not easy. Carrying out simple everyday tasks can often be painful and difficult. During Arthritis Awareness Month, learn ways you can take charge of your arthritis so you can live the life you want and keep doing the things you love. Presented by Amedisys.

Held at Charles Place
Monday May 6 10:30 - 11:15 a.m.
Tuesday May 7 10:30 - 11:15 a.m.

Held at Sexton Hall
Tuesday May 14 1:30 - 2:15 p.m.

A Matter of Balance

Held at Charles Place
No charge for eight-week session
This evidence-based class is designed to reduce fear of falling, increase activity levels and educate you on how to remain independent. Presented by Serena Telleria, Staff and Lisa Howard, Legacy Link.

Thursdays May 9 - June 27 1 - 3 p.m.

Prime Time Health

Held at Sexton Hall *No charge*
Learn about the Doctor Sears Wellness Institute program of "How Your Body Makes its Own Medicine." Presented by Catherine Ross, Registered Nurse and Certified Health Coach.

Thursday May 16 10:15 - 11 a.m.

Men's Health:

Understanding Prostate Cancer Risks

Held at Charles Place & Sexton Hall *No charge*
June is Men's Health Month. Come learn about how early detection can help prevent prostate cancer, one of the more commonly found cancers in men. Presented by Northside Hospital Hospital Cancer Institute.

Held at Charles Place
Monday June 3 10:30 - 11:15 a.m.
Tuesday June 4 10:30 - 11:15 a.m.

Held at Sexton Hall
Thursday June 20 1:30 - 2:15 p.m.

Brain Training 101 - Understanding the Power of Neuroplasticity

Held at Sexton Hall *No charge*
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.

Living Well One Foot at A Time

Held at Sexton Hall *No charge*
Learn how proper footwear can help with foot, joint and back pain as well as stability, safety and balance. Presented by Foot Solutions.

Tuesday June 18 10:15 - 11 a.m.

Brain Health & Aging

Held at Sexton Hall *No charge*
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.

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

Lifelong Learning

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

Held at Charles Place & Sexton Hall *No charge*
Learn how to protect your personal information online while doing research, using email and more.

Held at Sexton Hall

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

Thursday **June 13** **10:15 - 11:45 a.m.**

Held at Charles Place

Friday **May 17** **10 - 11:30 a.m.**



Shopping On Amazon

Held at Charles Place & Sexton Hall *No charge*
This hands-on workshop will provide a general introduction to shopping on the popular website Amazon.com.

Held at Sexton Hall

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

Thursday **June 27** **10:15 - 11:45 a.m.**

Held at Charles Place

Friday **May 31** **10 - 11:30 a.m.**

SENIOR PLANET

FROM ~~AARP~~

Messaging Apps

Held at Charles Place & Sexton Hall *No charge*
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.

Held at Sexton Hall

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

Tuesday **June 11** **10:15 - 11:45 a.m.**

Held at Charles Place

Friday **June 14** **10 - 11:30 a.m.**

Introduction To A.I.

Held at Charles Place & Sexton Hall *No charge*
Come chat with ChatGPT and learn about A.I.!

Held at Sexton Hall

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

Tuesday **June 25** **10:15 - 11:45 a.m.**

Held at Charles Place

Friday **June 28** **10 - 11:30 a.m.**



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

Farewell to Charles Place

Friday, June 14 • 10 - 11:30 a.m.

Please RSVP by calling (770) 781-2178, option 1

Charles Place has served Forsyth County well for over 30 years. A new, larger, modernized location at Central Park will open this summer. Please attend this special program of remembrance to honor all that Charles Place has been and meant to the people who have passed through its doors. Special guests will be invited. We are putting together a slide show, so if you have photos or other materials to share, please contact Pollianna Evans, center coordinator. Refreshments kindly sponsored by Stephen R. Lewis, Attorney.



FORSYTH COUNTY SENIOR SERVICES AND
GEORGIA RECREATION AND PARKS ASSOCIATION PRESENTS

Senior Talent Show 2024

Seeking performers of all types ages 50 or better!

Registration opens May 20th

Special thanks to our partners Age Well Forsyth
Contact seniorservices@forsythco.com or (770) 781-2178

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

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

Art & Creativity

Charles Place

Afternoon Art

Members Only *No charge*
Enjoy various beginner level projects. All supplies provided. Drop in classes offered weekly unless otherwise noted. Facilitated by staff.

Mondays **1:30 - 3 p.m.**

Watercolor Wednesdays

Members Only *No charge*
Enjoy creating your own watercolor masterpiece.

Wednesdays **1:30 - 3 p.m.**

Watercolor Mastery Workshop

Members Only *\$5 supply fee per class*
Consolidate all your learnings from this month about watercolor and showcase your skills in a single masterpiece.

Wednesday **May 29** **1:30 - 3 p.m.**

Wednesday **June 26** **1:30 - 3 p.m.**



Specialty Art

Classes taught by resident artist and free spirit, Jane Mauldin. Supplies provided. Fun guaranteed!

Dragonflies in the Morning

\$10 members/\$15 non-members

Explore the mesmerizing world of dragonflies through a unique blend of jewels and acrylic paint on a dark 11" x 14" canvas. Each stroke of paint and carefully placed jewel will contribute to the intricate details and shimmering elegance of your masterpiece.

Tuesday **May 14** **1:30 - 3:30 p.m.**



Wonderland

\$20 members/\$25 non-members

Inspired by the timeless tale of Alice's adventures, this class invites you to unleash your creativity and bring the magic of Wonderland to life using a captivating blend of mixed media and acrylic paint on a 16" x 20" canvas.

Tuesday **May 2** **11:30 - 3:30 p.m.**

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

Art & Creativity

Charles Place

Stained Glass Rose

\$15 members/\$20 non-members

In this project, we'll be capturing the timeless beauty of a radiant rose using acrylic paint and Mod Podge™ to create a mesmerizing stained glass effect.

Tuesday May 28 1:30 - 3:30 p.m.



Red Truck Workshop

\$15 members/\$25 non-members

per two-week workshop

Embark on this creative journey and learn to capture the timeless allure of a red pickup truck. These acrylic paintings are on an 11" x 14" canvas.

Tuesdays June 4 - 11 1:30 - 3:30 p.m.



Easy Livin' Workshop

\$15 members/\$25 non-members

per two-week workshop

In this workshop, we'll focus on acrylic painting techniques to bring life to the rustic charm of beach life set against a scenic backdrop.

These are painted on 11" x 14" flat canvases.

Tuesday June 18 - 25 1:30 - 3:30 p.m.



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

Art & Creativity

Sexton Hall

Crafty Creations

Members Only \$5 supply fee per class
Come socialize and assemble a high quality upcycled craft. All supplies provided. Facilitated by staff.

Straw Hat Summer Wreath

Monday **May 13** **9:30 - 11 a.m.**

Mason Lid Plant Markers

Tuesday **May 21** **1:30 - 3 p.m.**

Fairy Garden

Monday **June 10** **9:30 - 11 a.m.**

Burlap Garden Flag

Tuesday **June 18** **1:30 - 3 p.m.**

Wrap-up Workdays

Registration in advance required.

Need some more time to complete your painting or work on your clay creation? This time is available for Acrylics and Clay students to finish an ongoing Sexton Hall project.

Tuesday **May 14** **2 - 3:30 p.m.**

Tuesday **May 28** **2 - 3:30 p.m.**

Tuesday **June 11** **2 - 3:30 p.m.**

Tuesday **June 25** **2 - 3:30 p.m.**

Embroidery Workshop

\$30 supply fee per four-session workshop

The instructor will guide you through basic stitches of embroidery. Use them to complete a design.

Facilitated by Dorothy Jubon, Volunteer Instructor.

Tues & Thurs **May 28 - June 6** **1:30 - 3 p.m.**

Specialty Art

Classes taught by resident artist, Lisa Mann.

Paint & Sip

\$15 members/\$20 non-members

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".

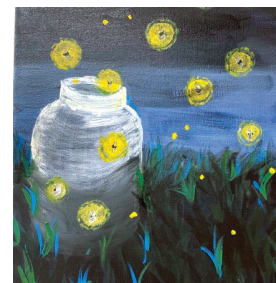
Whimsical Sea Turtle

Friday **May 10** **1 - 3 p.m.**

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

Summer Fireflies

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



Beginner Acrylic Painting - **NEW!**

\$25 members/\$30 non-members per three-week workshop

Learn the basics of acrylic painting. We'll go over how to get started, the types of paints, brushes, canvases to use and how to create perspective. Our instructor will guide you step-by-step to improve your art skills and create your next masterpiece.

Wednesdays **May 15 - 29** **1 - 3 p.m.**

Wednesdays **June 12 - 26** **1 - 3 p.m.**

Intermediate Acrylic Painting - Whimsical Animals

\$65 members/\$80 non-members per seven-week session

Immerse yourself in a blend of creativity and learning as you paint animals and sea creatures in a playful style.

Basic painting knowledge and technique required.

Thursdays **May 16 - June 27** **10 a.m. - 1 p.m.**

Fridays **May 17 - June 28** **10 a.m. - 1 p.m.**

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

Art & Creativity

Sexton Hall

Ceramics & Pottery

Classes taught by resident artist, Lisa Mann.

Clay & Glaze Basics

No charge

Learn about the terms and techniques used in our Clay & Glaze programs. Acquire the skills you need to create your own clay pieces or bisqueware. This introductory class is a pre-requisite to the Intermediate/Skilled program.

Wednesday May 22 9:30 - 10:30 a.m.
Wednesday June 19 9:30 - 10:30 a.m.

Bisqueware Projects

\$20 members/\$25 non-members

Paint three themed pieces with guided instruction. Cost includes bisqueware, glaze and firing.

Flowers
Wednesday May 8 1 - 3 p.m.

Mystery Bisque
Choose any three pieces from our bisqueware collection
Wednesday June 5 1 - 3 p.m.



Clay & Glaze Intermediate/Skilled

Join us for a fast paced and fun session where you can build your own clay pieces. Instructor provides technical instruction and guidance on slab rolling, pinching, glazing, stamping and using decorative tools.

Mondays May 6 - June 17 Noon - 3 p.m.
(No class May 27)

\$70 members/\$80 non-members for six-week session plus \$10 supply fee for 12.5 lbs. of clay

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Tuesdays May 7 - 28 9 a.m. - noon
Tuesdays June 4 - 25 9 a.m. - noon

\$50 members/\$55 non-members for four-week session plus \$10 supply fee for 12.5 lbs. of clay



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

Fitness

Charles Place

Free for Members

\$5 non-members per drop-in fitness class.

Drop in classes offered weekly unless otherwise noted.

Instructed by staff.

Get Fit

These strength training and stretching exercises target upper and lower body. Light weights and resistance bands are used to work on balance and training, improving gait and range of motion.

Mondays 9:30 - 10:15 a.m.

(No class May 27)

Thursdays 9:30 - 10:15 a.m.

Chair Exercise

This beginner level exercise class focuses on balance, stretching and using small hand weights. Using a chair as your base, you'll sit and stand for some movements.

Mondays 10:30 - 11:15 a.m.

(No class May 27)

Fuel Your Day - NEW!

This exercise program will help improve your strength, balance and overall wellness. Small hand weights are used. Exercise can be done standing or seated.

Tuesdays 9:30 - 10:15 a.m.



Flex & Balance

After a warm-up with aerobic activity, dive into stability training with a focus on stretching and balancing both sides of the body. Increasing range of motion in your upper and lower body is a goal of this class.

Wednesdays 9:30 - 10:15 a.m.

(No class May 29)

Simply Stretch & Strengthen - NEW!

Stretching can improve your circulation and posture because it helps increase your range of motion, strength, coordination and flexibility. We will stretch and strengthen every part of your body and improve your balance.

Fridays 8:30 - 9:15 a.m.



Specialty Fitness

Line Dancing

\$25 members/\$35 non-members
per five-week session

This class is easy, fun and a great low-impact workout! You don't need a dance partner or previous dance experience to take this class.

Instructor: Cindy Bowman.

Mondays May 6 - June 10 1:30 - 2:30 p.m.

(No class May 27)

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

Fitness

Sexton Hall

Free for Members

\$5 non-members per drop-in fitness class.

Drop in classes offered weekly unless otherwise noted.

Instructed by staff.

Fitness Foundations - *NEW TIME!*

You will use small hand weights and resistance bands to maintain muscle strength while doing standing and seated exercises.

Mondays (No class May 27) **8:45 - 9:30 a.m.**

Wednesdays (No class May 8 or 29) **8:45 - 9:30 a.m.**

Tai Chi

Beginning with a warm-up and extended stretches, this class incorporates elements of Tai Chi and coordinated movements. Improve balance, breathing and increase harmony and flexibility through these series of slow and gentle exercises.

Mondays (No class May 27) **11:45 a.m. - 12:30 p.m.**

Circuit Training - *NEW TIME!*

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

Tuesdays **8:45 - 9:30 a.m.**

Tuesdays **May 14 - June 18** **5:15 - 6 p.m.**

Friday **8:45 - 9:30 a.m.**

Intro to Seated Strength Training - *NEW TIME!*

Gentle routines of using resistance bands and light weights to build strength.

Wednesdays **9:45 - 10:30 a.m.**

(No class May 8 or 29)

Flex & Balance

After a warm-up with aerobic activity, dive into stability training with a focus on stretching and balancing both sides of the body. Increasing range of motion in your upper and lower body is a goal of this class.

Thursdays **1:30 - 2:15 p.m.**

Specialty Fitness

Beginner Line Dancing - *NEW TIME!*

\$40 members/\$55 non-members per eight-week session

Learn low-impact dance steps to lively, upbeat music.

Dancing styles covered include Country-Western, Swing, Salsa, Tango, Cha Cha, Waltz and more.

You don't need a dance partner or previous dance experience to take this class.

Instructor: Nancy Anthony.

Tuesdays **May 7 - June 25** **1:30 - 2:30 p.m.**

Intermediate Line Dancing - *NEW TIME!*

\$40 members/\$55 non-members per eight-week session

This class is for experienced line dancers. The dancer should be familiar with line dance terminology and steps. We will be learning dances with a variety of tempos, turns, syncopated steps, tags and restarts.

Instructor: Nancy Anthony.

Tuesdays **May 7 - June 25** **2:30 - 3:30 p.m.**

Gentle Yoga - *NEW TIME!*

Members Only

\$40 members/\$55 non-members per seven-week session

Hatha Yoga focuses on breath, controlled movements, stretching, posture and relaxation. Join your mind, body and spirit. Some postures done in a chair.

Yoga undermats, blocks and straps provided.

All fitness levels welcome.

Instructor: Amy Johnson.

Wednesdays **May 15 - June 26** **11 a.m. - noon**

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

Hikes

Embark on an exciting journey with our hiking program! Discover the joy of exploring scenic trails while making memories with fellow hikers. Hikers who want to go on hikes rated three and above will need to complete a Qualifying Hike. No qualifying hike held in May/June. Ask our staff about household discounts for an opportunity to share these moments with loved ones.

Members may register now; non-members may register starting May 1.

Appalachian Trail Three Forks - Blue Ridge

Departs from Central Park

\$15 members/\$20 non-members

Travel Distance: 60 miles

Hiking Distance: 5.3 miles Elevation change: 921 feet

Impressive Long Creek Falls awaits your voyage through this beautiful hemlock stream valley. No Facilities.

Pack your own picnic lunch.

Wednesday May 8 7:45 a.m. - 4 p.m.

Hiking Difficulty:
Strenuous



Dolls Trail - Atlanta

Departs from Sexton Hall

\$15 members/\$20 non-members

Travel Distance: 51 miles

Hiking Distance: 3 miles Elevation change: 32 feet

Explore Constitution Lakes Parks, hiking nature preserve boardwalks to glassy lake views and exploring whimsical displays of found-object artwork on the parks memorable on the dolls head trail. No Facilities. 2 laps.

Lunch on your own at Treehouse Restaurant & Pub.

Wednesday May 22 8 a.m. - 3:30 p.m.

Hiking Difficulty:
Easy



Hemlock Falls - Clarksville

Departs from Central Park

\$15 members/\$20 non-members

Travel Distance: 52 miles

Hiking Distance: 3.3 miles Elevation change: 321 feet

Follow a meandering fern covered path along serene Moccasin Creek to the base of beautiful Hemlock Falls. Lunch on your own at The Attic.

Wednesday June 12 8 a.m. - 4 p.m.

Hiking Difficulty:
Easy - Moderate



Dukes Creek - Helen

Departs from Central Park

\$15 members/\$20 non-members

Travel Distance: 46 miles

Hiking Distance: 2.3 miles Elevation change: 321 feet

Journey to what is said to be the beginning of the great Georgia gold rush. The dual waterfalls will not disappoint you.

Lunch on your own at Big Daddy's.

Wednesday June 26 8 a.m. - 4 p.m.

Hiking Difficulty:
Moderate



Outdoor Adventure

Kayaking

Held at Sexton Hall

\$20 members/\$25 non-members

Embark on a kayak adventure on Lake Lanier where Park and Rec staff will guide you around the lake and teach you a little about kayaking!

Equipment is provided.

Meet at Shady Grove Campground.

Thursday May 16 10 - 11:30 a.m.

Friday May 17 10 - 11:30 a.m.

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

Trips

You can sit back and relax while we do the driving! Don't delay in registering as our trips often sell out. **All trips have lots of walking, uneven surfaces and some stairs.** Members may register now; non-members may register starting May 6.

Atlanta Braves vs. San Diego Padres

Departs from Sexton Hall

\$70 members/\$75 non-members

Enjoy a day at the ball park watching the Atlanta Braves take on the San Diego Padres.

Lunch on your own at Truist Park.

Monday May 20 10 a.m. - 5 p.m.

Walking Difficulty: **Moderate - Strenuous** (1) (2) (3) (4) (5)

Lavender and Butterfly Farms

Departs from Sexton Hall

\$45 members/\$50 non-members

Visit two family-owned, working farms in the Dahlonega area. At the Butterfly Farm, learn about the life-cycle of butterflies and the importance of pollinators in our environment. At the Red Oak Lavender Farm, see the fields of over 4,000 lavender plants with over 19 different varieties and understand the benefits to lavender. Lunch on your own at the Smith House.

Wednesday May 29 9 a.m. - 4 p.m.

Walking Difficulty: **Moderate - Strenuous** (1) (2) (3) (4) (5)

Historic Roswell Homes

Departs from Sexton Hall

\$30 members/\$35 non-members

Explore three historic homes in the town of Roswell. Begin with a guided tour of Barrington Hall followed by self-guided tours of Bulloch Hall and Smith Plantation.

Lunch on your own at The Mill Kitchen.

Wednesday June 5 9 a.m. - 4 p.m.

Walking Difficulty: **Moderate - Strenuous** (1) (2) (3) (4) (5)

Buford Highway Farmers Market/ Krazy Dealz

Departs from Sexton Hall

\$15 members/\$20 non-members

Explore ethnic food from global destinations. If you enjoy tasting new things and love exotic foods, this is the trip for you. Following an authentic Mexican lunch, we'll explore Krazy Dealz, a discount store where Amazon returns go. Lunch on your own at Delicias De La Abuala.

Wednesday June 19 9 a.m. - 3 p.m.

Walking Difficulty: **Moderate** (1) (2) (3) (4) (5)

Get to Know Forsyth

This activity is great for newcomers, or locals, to meet up and experience our own "home town." You will meet Senior Services Staff at the designated location. Participants will provide their own transportation.

Buford Hatchery Tour

View five hundred thousand trout, both brown and rainbow, being reared to stock into Georgia's designated trout waters.

Meet at Buford Hatchery

3204 Trout Place Road, Cumming, GA 30041
\$5 members/\$10 non-members **Registration required.**

Thursday June 13 10 - 11 a.m.

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

Reach Out and Play - Intergenerational Game Evening

Held at Sexton Hall

All ages welcome; no charge.

Join AARP, the proud sponsor of Ageless Innovation's Reach Out and Play initiative, for an evening of play with classic board games - reimagined. 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.

Tuesday June 11 5 - 7 p.m.



Game Groups for Members



New players are welcome.

Membership is required to be a game player.

Centers will be closed on May 27.

	Monday	Tuesday	Wednesday	Thursday	Friday
Charles Place Game groups meet 12:30 - 4 p.m.	Mah Jongg & Mexican Train	Canasta & RummiKub	Advanced Bridge & Mexican Train	Bridge & RummiKub	Open Game & Mexican Train
Sexton Hall Game groups meet noon - 4 p.m.	Social Bridge	Mah Jongg	Pinochle	Canasta	Open game or gathering time for members

Social Clubs for Members

Charles Place

Biscuit Boyz

Be part of a group for men, established in 2007, with over 700 years of different life experiences. Meet with friends that are discussing present day events.

Thursdays 8:30 - 10:30 a.m.

A New Chapter - Book Club

If you enjoy reading and conversation, this group is for you.

Thursdays May 16 & June 20 12:30 - 1:30 p.m.

May: *Ends With Us, Starts With Us*, by Colleen Hoover

June: *Before We Were Yours*, by Lisa Wingate

Needle Craft Club

Open to all who knit, crochet, cross stitch, needle point, quilt or sew. Here is your chance to finally finish or start a new project! We'll sew, socialize and share our common interests. Bring your own supplies. Open to men and women.

Thursdays 1:30 - 3 p.m.

Java Gents

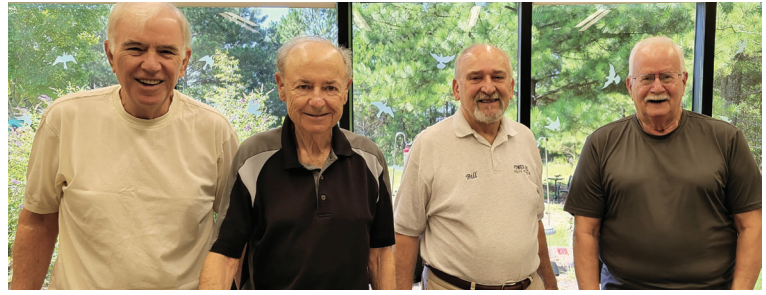
Meet for breakfast and coffee with discussion, fellowship and activities. This group comes from a variety of backgrounds like nuclear plant engineer, college professor and a hobby shop owner. Many of us are veterans!

Fridays 8:30 - 10 a.m.

Reel Film Fans - Movie Club

We believe in the significance of relaxation and fostering friendships. Gather together to engage in sharing movie discussions and thought-provoking insights, as well as filming short movie clips. This group covers all things movies.

Fridays May & June 12:30 - 1:30 p.m.



Sexton Hall

Bagel Boys

Men, join this group for camaraderie and lively discussions about hobbies, interests, home life, sports, current events and a myriad of other topics.

Mondays 10:30 a.m. - noon
(No meeting May 27)

Golden Gals

Ladies, gather with your gal pals and make new ones. Enjoy friendly banter while discussing gardening, decorating, travel and cooking.

Mondays 1:15 - 2:15 p.m.
(No meeting May 27)

Walkie Talkies

Meet at Sharon Springs Park

Join our member-led social walking club for a refreshing blend of fitness, friendship and fantastic talks.

Tuesdays 1:30 - 2:30 p.m.

Book Club: To Thine Own Shelf Be True

Come join us for a monthly series of book club discussions. Reading of the book encouraged before the meeting, but not required.

Wednesdays May 15 & June 19 2:30 - 3:30 p.m.

May: *The Silent Patient*, by Alex Michaelides

June: *The Women*, by Kristin Hannah

Common Grounds - Men & Women's Group

This group gathers to make new friends and find common interests.

Thursdays 10:30 a.m. - noon

Congregate Older Adult Programs

Gathering For A Meal & More

These Older Americans Act programs are held at both Charles Place and Sexton Hall. The focus of the program is the daily meal, offered at 11:30 a.m., with activities going on throughout the day in the centers. Participants must be 60 years of age or older and complete a registration process. You may make arrangements to give the program a try before officially signing up. Meals are offered on a donation basis (\$4.75). Membership in the centers is expected of participants - \$60 per year, \$40 for each additional household member, with scholarships available. Please ask for the Congregate and Center activity calendars to see the schedule of activities.

Charles Place - located in central Cumming, next to the public library.

This center is moving to Central Park in July.

Center hours are 8 a.m. - 4:30 p.m. Most Congregate members attend on selected days in the morning.

Sexton Hall - located in the south part of the county, off of Sharon Road.

Starting May 1, Congregate will be held Tuesday, Thursday and Friday, 10 a.m. to 1 p.m.

Transportation is available to the centers through Access Forsyth buses or Common Courtesy ride-share service. Ask for the Public Transportation flyer. Or go to the county website for more information: www.forsythco.com/Access-Forsyth. Call for further information at (770) 781-2195.



Forsyth County Senior Services

Older Adult Services

Information and Referral

The department's Social Services Division provides assistance on all issues related to aging. Call Charles Place. For further assistance, contact the Area Agency on Aging/Legacy Link, Aging & Disability Resource Connection at (770) 538-2650.

Meals on Wheels

Weekly delivery of meals to homes by a friendly visitor. Call Charles Place.

Assistance for Caregivers

Senior Services also provides educational presentations to help you navigate the challenges of caregiving. See page four.

Memory Support Program

This Respite program for families, affectionately known as The Sunshine Club, is for older adults with early-stage dementia. It is held at Charles Place four days per week, Monday - Thursday, 11 a.m. - 3 p.m. The program will move to Central Park, the new home of Charles Place, in July. Please call for further information or to give the program a try. Fees may apply; the program is offered on a sliding scale fee basis.

Caregiver Support Group

Contact the department's Social Services division, located at Charles Place and later Central Park, for more information.

Home Medical Equipment

Charles Place has a few items to loan. A large selection of items can be found at the Area Agency on Aging, known as Legacy Link, in Gainesville. Call Emily Major at (770) 538-2641. You may also offer to donate items to both locations.

Guardian Call Service

The Forsyth County 911 Center, along with the Forsyth County Sheriff's Office, offers personal phone calls to make contact by phone at the same time every day. If assistance is needed, or if the participant does not respond, an officer will be sent to verify all is well. Sign up by contacting the Forsyth County 911 Center, (678) 455-8073.

Senior Resource Guide

A free guide about nonprofit and government services for older adults can be found at www.forsythco.com/seniors. Printed copies available in centers.

Age Well Forsyth

A local nonprofit organization that works to help older adults. They offer grants to those that need work on their home and property. They also offer travel to regional and international locations. Call Linda Ledbetter for further information at (404) 245-7949.



Central Park - Opening July 2024!

2300 Keith Bridge Road

Cumming, GA 30040

Visit the new home of Charles Place.

The east wing of Central Park Recreation Center will become the new home of Charles Place. The space is large and sunny and is currently undergoing renovations to accommodate us. Spaces include a Great Room that can hold several hundred people and dedicated rooms for art, fitness and the memory support program. There will be a multi-purpose room and large lobby with coffee bar. We expect to be all moved in by July. Please stay tuned for the Grand Opening announcement!



INSTRUCTORS NEEDED

Central Park is opening in Summer 2024! Senior Services is seeking program instructors, both volunteer and paid. Opportunities are also currently available at Sexton Hall. Find out more information by calling (770) 781-2178 or send us an email at seniorservices@forsythco.com.

ART INSTRUCTORS

- Painting • Crafting
- Drawing

LANGUAGE INSTRUCTORS

- Spanish • French
- Italian • ESL

FITNESS INSTRUCTORS

- Dance • Fitness
- Zumba

WELLNESS INSTRUCTORS

- Yoga
- Mindfulness