

ADULT ACTIVITIES AND SERVICES

Your guide to activities for those age 60 and better

Forsyth County Senior Services

JULY - SEPTEMBER 2025 NEWSLETTER

Thank You

to everyone that
attended the
Grand Opening
of Central Park
Senior Recreation
& Services

Celebrate Summer

with Forsyth County Senior Services



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.

Central Park

2300 Keith Bridge Road
Cumming, Georgia 30040

Sexton Hall

2115 Chloe Road
Cumming, Georgia 30041

Welcome!

This newsletter covers programs and activities
July 7 - October 3

Registration begins Monday, June 30.

Centers will be closed Monday, September 1.
On Friday, August 15, Centers will close at 1 p.m.

Registration for Activities

Registration is required to participate in activities. Register in-person or call (770) 781-2178, option 1 for Central Park 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 individually evaluated.

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. Other refund requests will be reviewed by staff.

Membership

Annual membership includes access to our two locations, each providing unique programming. **Annual membership** is \$60 for individuals, \$40 for each additional household member. **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. Credit/debit card payments will incur a convenience fee of 2.95% of the transaction with a minimum fee of \$2.00.

Special Events

Member Exclusive Events

These exclusive events are a benefit of your Membership.

Member Appreciation Luncheon

Held at Sexton Hall *No charge; members only*
Let us thank you for your support of our programs at this Members Only lunch. Mix and mingle, and maybe even dance a little. Limited seats available, so register ASAP to secure your spot. Kindly sponsored by Northside Forsyth Hospital. Entertainment provided by Antebellum James Burgess.

Wednesday July 16 11 a.m. - 1 p.m.

SAVE THE DATE Savvy Senior

**Wednesday, October 26
8:30 a.m. - 12:30 p.m.**

A financial wellness seminar presented by a panel of professionals.

Active Adult Events

These events are for Active Adults age 60 and better.

Red, White, & Blue Bingo

Held at Sexton Hall *No charge*
Have a Star Spangled great time playing Bingo with friends, new and old. Light refreshments provided. Kindly sponsored by Assisting Hands Home Care.

Wednesday July 9 1 - 3 p.m.

STEAM Challenge

Held at Central Park *No charge*
Dive into hands-on activities, such as science, technology, exercise, art and mathematics. Perfect for curious minds and lifelong learners. This program was a Mather Institute - 2024 Promising Practices Award Winner. Kindly sponsored by Celebration Village of Forsyth. Space is limited so sign up soon.

Friday July 25 9:30 - 11 a.m.

Casino Royale

Held at Central Park *No charge*
This exciting casino-style play provides a thrilling afternoon of fun. We don't use real money, but we do have a good time engaging in a variety of games. Light refreshments kindly sponsored by Mobility Plus.

Friday August 8 9:30 - 11 a.m.

World of Dance Party

Held at Sexton Hall *No charge*
Unleash your best moves with dance floor party favorites and a selection of tunes from around the world. Wear your dancing shoes because upbeat music only is on the menu for this event. Light refreshments available.

Kindly sponsored by Sofia Home Care.

Wednesday August 13 1 - 3 p.m.

Have a Blast Bingo

Held at Central Park *No charge*
Soar to new heights playing Bingo with friends to win prizes. Light refreshments provided.

Kindly sponsored by WenTrust Insurance Solutions.

Friday August 22 1 - 3 p.m.

Special Events

Fall Line Dance

Held at Central Park *No charge*

Kick up your heels and dance the afternoon away with popular line dances. Don't worry if you're just beginning as our entertainers for the afternoon will guide you along the way!

Kindly sponsored by AgeWell Forsyth.

Registration begins August 1.

Friday September 12 1 - 3 p.m.

Falling Leaves Bingo

Held at Sexton Hall *No charge*

As the air cools and trees turn to red and yellow, play a game of Bingo to win seasonally-themed prizes. Light refreshments provided.

Kindly sponsored by My Vitality Senior Living.

Registration begins August 1.

Wednesday September 10 1 - 3 p.m.

Senior Chef Competition

Held at Central Park *No charge*

Show off your culinary skills and compete for a trophy. See the front desk for chef competition rules. Register to secure your spot in the audience.

Kindly sponsored by My Vitality Milton.

Friday September 26 1 - 3 p.m.

Small Group Events

These events are typically for smaller groups of attendees. Space is limited, so pre-registration is required.

Aging Well Fitness Sampler

Held at Sexton Hall *No charge*

New to Senior Services? Interested in checking out our fitness classes? This program will give you a taste of each of our staff led fitness classes at Sexton Hall. Even if you're a regular participant in some of our classes, you may find a new class that suits your fitness plan.

Wednesday July 16 2 - 3 p.m.

Table Games Tournament

Held at Central Park *No charge*

Compete in your favorite games for the ultimate title and bragging rights. Challenge friends, conquer opponents and claim victory in this action-packed competition.

Friday July 18 9:30 - 11 a.m.

All-Star Fridays

Held at Central Park *No charge*

Get ready for the ultimate showdown. Enjoy balloon volleyball, a thrilling matchup of a variety of games and other friendly competitions with community partners and center friends.

Friday August 1 9:30 - 11 a.m.

Friday September 5 9:30 - 11 a.m.

Special Events

Community Events

These events are open to all ages
and held at Sexton Hall.

Senior Life in 2025

Held at Central Park *No charge*
These 2024 Georgia Recreation and Park Association
Senior Talent Show winners grace the stage again
to present comedy skits about the challenges they
face in modern life. Have a laugh about the
complexities of aging and shared experiences with
this talented group of older adults.
Performance by North Park Pretenders.
Thursday July 10 1 - 3 p.m.

Summer Craft Fair

Held at Sexton Hall *No charge*
This growing summer event returns for its third year!
Browse the creations of local artisans at this indoor
arts and crafts extravaganza. Refreshments kindly
sponsored by Stephen R. Lewis, Attorney at Law.
Saturday July 19 10 a.m. - 2 p.m.

Community Volunteer Fair

Held at Sexton Hall *No charge*
Are you looking to contribute your time and talents in
Forsyth County? Local non-profits, hospitals and
government organizations will be here to tell you
about their volunteer opportunities.
Wednesday August 20 2 - 4 p.m.

Sounds of Sawnee Concert Band Presents: Pumpkins and Popcorn Concert

Held at Sexton Hall \$10 in advance, \$15 at the door
This playful and spirited fall concert is filled with
magical melodies, cinematic moments and a dash of
spooky fun. Light refreshments kindly sponsored by
Antebellum James Burgess.
Sunday September 28 3 - 5 p.m.

Forsyth Symphony Orchestra Presents: Be Our Guest!

Held at Sexton Hall \$10 in advance/\$15 at the door
You are invited for an afternoon filled with the music,
wonder and adventure of Disney's most cherished stories.
Sunday October 12 3 - 5 p.m.



Located at the main entrance of
Central Park Senior Recreation & Services

High quality coffee is offered
with flavored creamer options.

Open Monday - Friday
8:30 - 10:30 a.m.

\$1 per Cup - CASH only

Kindly sponsored by:

July - Assisting Hands

August - Your Tech Lady

September - WenTrust Insurance Solutions

Resources & Support

Community Collaboration

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

Seniors and Lawmen Together (SALT)

Held at Fraternal Order of Police Lodge

248 Castleberry Industrial Drive, Cumming, 30040

Gathering time and breakfast begin at 9:30 a.m.

Pre-registration required for breakfast.

This monthly meeting features different speakers and topics pertaining to older adult safety.

Presented by the Forsyth County Sheriff's Office and guest speakers.

Wednesday	July 16	10 - 11 a.m.
Wednesday	August 20	10 - 11 a.m.
Wednesday	September 17	10 - 11 a.m.

Assistive Devices Demo

Held at Central Park *No charge*

This demo includes various devices, equipment and systems that help people perform daily tasks more effectively. Learn about products that may help you as you age independently or provide care to a loved one.

Presented by Emily Major, Assistive Technology Coordinator, Legacy Link.

Monday	July 21	10:15 - 11 a.m.
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Learn Your Library

Held at Sexton Hall *No charge*

Discover more about the Sharon Forks Library.

Presented by Forsyth County Public Library - Sharon Forks.

Wednesday	August 20	1 - 2 p.m.
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September is National Falls Prevention Month

Fall Prevention Tips

Held at Central Park & Sexton Hall *No charge*

Learn safety precautions, keeping your balance and home modifications that can help keep you on your feet. Presented by Legacy Link.

Held at Central Park

Monday	September 15	10:15 - 11 a.m.
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Held at Sexton Hall

Tuesday	September 16	12:15 - 1 p.m.
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Fall Prevention: Balance Matters

Held at Central Park & Sexton Hall *No charge*

Understand how good balance helps prevent falls.

Presented by Staff.

Held at Central Park

Tuesday	September 9	10:15 - 11 a.m.
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Held at Sexton Hall

Thursday	September 25	12:15 - 1 p.m.
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Matters of the Mind

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

Social Wellness Month

Held at Sexton Hall *No charge*

Understand the importance of social connection and its wellness benefits. Presented by Avita Community Partners.

Thursday	July 10	12:15 - 1 p.m.
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Alzheimer's Awareness

Held at Central Park & Sexton Hall *No charge*

This course covers basic information on the difference between Alzheimer's and dementia stages, risk factors, research and FDA-approved treatments.

Presented by Alzheimer's Association.

Held at Sexton Hall

Thursday	July 17	12:15 - 1 p.m.
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Held at Central Park

Tuesday	July 22	1 - 1:45 p.m.
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Fitness

Members Only

Drop in classes offered weekly unless otherwise noted.

Monday	Tuesday	Wednesday	Thursday	Friday
Fitness Foundations 8:45 - 9:30 a.m. (No class Sep 1) <u>Sexton Hall</u>	Circuit Training 8:45 - 9:30 a.m. <u>Sexton Hall</u>	Fitness Foundations 8:45 - 9:30 a.m. (No class Jul 16, Aug 13 & Sep 10) <u>Sexton Hall</u>	Flex & Balance 8:45 - 9:30 a.m. <u>Sexton Hall</u>	Stretch & Flex 8:30 - 9:15 a.m. <u>Central Park</u>
Circuit Training 9 - 9:45 a.m. (No class Sep 1) <u>Central Park</u>	Full Body Fitness 9 - 9:45 a.m. <u>Central Park</u>	Flex & Balance 9 - 9:45 a.m. <u>Central Park</u>	Fitness Challenge 9 - 9:45 a.m. <u>Central Park</u> Drumming 101 9:30 - 10:15 a.m. July 17 & 31 August 21 & 28 September 4 & 18 <u>Central Park</u>	Circuit Training 8:45 - 9:30 a.m. <u>Sexton Hall</u>
Seated Strength Training 10:30 - 11:15 a.m. (No class Aug 4 & Sep 1) <u>Central Park</u>	Stretch & Flex 1:15 - 2 p.m. <u>Central Park</u>	Seated Strength Training 9:45 - 10:30 a.m. (No class Jul 16, Aug 13 & Sep 10) <u>Sexton Hall</u>	Flex & Balance 1:45 - 2:30 p.m. <u>Sexton Hall</u>	Double Trouble Mystery Workout 2 - 3 p.m. August 1 September 5 <u>Sexton Hall</u>
			Intro to Drumming 10:45 - 11:15 a.m. July 10 & 24 August 14 & 28 September 11 & 25 <u>Sexton Hall</u>	These Fitness classes are all offered at no charge to our Members.

Circuit Training: Complete rotations of weight training with intervals of cardio exercises to build strength and endurance.

Double Trouble Mystery Workout: Come for a mash-up of our popular fitness classes with a surprise at every turn.

Drumming 101: Cardio drumming with a former PE teacher.

Fitness Challenge: A new type of exercise class every week.

Fitness Foundations: Use small hand weights and resistance bands to maintain muscle strength along with cardio to increase endurance.

Flex & Balance: Focus on stretching and balancing both sides of the body to increase your range of motion, flexibility and improve balance.

Full Body Fitness: Use weight balls to enhance strength interspersed with cardio bursts keeping your heart rate up to promote endurance and fat burning.

Intro to Drumming: Improve your cardio and brain health with a robust drumming class. Registration required.

Seated Strength Training: Ideal for those just starting a fitness routine or returning to fitness after time away, you'll use body weight, resistance bands and light weights to gently build muscle strength and improve endurance.

Stretch & Flex: Complete stretching exercises to improve your range of motion, enhance muscle recovery and boost flexibility.

Fitness

Sexton Hall

Specialty Fitness

Restore Your Core - Level 1

These classes are a combination of education and full-body mindful movements in standing or sitting positions. Learn about optimal breathing patterns, body alignment, core and pelvic floor engagement that will help you move better and feel stronger.

No previous movement experience required.

Instructor: Aliya Yakhina.

\$30 members/\$45 non-members for six-week session

Mondays Jul 7 - Aug 11 10:45 - 11:45 a.m.

\$30 members/\$45 non-members for six-week session

Mondays Aug 18 - Sep 29 10:45 - 11:45 a.m.

(No class September 1)



Restore Your Core - Level 2

Building on the techniques from Level 1, move beyond the basics and into more challenging full-body exercises, designed to retrain your core and pelvic floor muscles to be functional, reflexive, responsive and supportive to your body. Instructor: Aliya Yakhina.

\$30 members/\$45 non-members for six-week session

Mondays Jul 7 - Aug 11 9:45 - 10:45 a.m.

\$30 members/\$45 non-members for six-week session

Mondays Aug 18 - Sep 29 9:45 - 10:45 a.m.

(No class September 1)

Line Dancing at Sexton Hall

\$30 members/\$45 non-members

per six-week session

Instructor: Nancy Anthony

Intro to Line Steps

This class is instructed at a slower pace to learn the sequence of simple steps and line dance terminology.

Tuesdays Jul 8 - Aug 12 12:45 - 1:30 p.m.

Tuesdays Aug 19 - Sep 30 12:45 - 1:30 p.m.

(No class September 2)

Beginner Line Dancing

Learn low-impact dance steps to lively, upbeat music. Dancing styles covered include Country-Western, Swing, Salsa, Tango, Cha Cha, Waltz and more.

Tuesdays Jul 8 - Aug 12 1:30 - 2:30 p.m.

Tuesdays Aug 19 - Sep 30 1:30 - 2:30 p.m.

(No class September 2)

Intermediate Line Dancing

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

Tuesdays Jul 8 - Aug 12 2:30 - 3:30 p.m.

Tuesdays Aug 19 - Sep 30 2:30 - 3:30 p.m.

(No class September 2)



Fitness

Central Park

Specialty Fitness

Restore Your Core - Level 1

These classes are a combination of education and full-body mindful movements in standing or sitting positions. Learn about optimal breathing patterns, body alignment, core and pelvic floor engagement that will help you move better and feel stronger. No previous movement experience required.

Instructor: Aliya Yakhina.

\$30 members/\$45 non-members for six-week session

Wednesdays Jul 9 - Aug 13 10 - 11 a.m.

\$30 members/\$45 non-members for six-week session

Wednesdays Aug 27 - Oct 1 10 - 11 a.m.



Line Dancing

Dance to lively tunes while learning simple, rhythmic dance steps for a full-body workout. Instructor: Cindy Bowman.

\$30 members/\$45 non-members for six-week session

Mondays Jul 21 - Aug 25 1:15 - 2:15 p.m.

\$30 members/\$45 non-members for six-week session

Mondays Sep 8 - Oct 13 1:15 - 2:15 p.m.

Mat Yoga - **NEW!**

Focus on the postures, breath work and gentle warming movements that build strength, flexibility and relaxation. Participants should be able to go from a seated or lying position on the floor, to standing and back to the floor. Please bring your own mat to class.

Instructor: Tracey Martin.

\$30 members/\$45 non-members for six-week session

Mondays Jul 14 - Aug 18 12 - 12:45 p.m.

\$25 members/\$40 non-members for five-week session

Mondays Aug 25 - Sep 29 12 - 12:45 p.m.

(No class September 1)



Chair Yoga - **NEW!**

This class is a great alternative for anyone who prefers not to get down on the floor. Most of the poses take place in the chair, with some variations taking place behind or beside the chair. Leave feeling energized and strong with an emphasis on calming the nervous system through movement and breath work. Instructor: Tracey Martin.

\$30 members/\$45 non-members for six-week session

Wednesdays Jul 9 - Aug 13 12 - 12:45 p.m.

\$30 members/\$45 non-members for six-week session

Wednesdays Aug 20 - Sep 24 12 - 12:45 p.m.

Trips

Krazy Dealz/Buford Highway Farmers Market

Departs from Sexton Hall

\$20 members/\$25 non-members

Find great deals at Krazy Deals, where Amazon returns and overstocks go. Following a lunch of traditional Latin American cuisine, we'll explore ethnic food from global destinations: Central & South America, West Africa, Japan and Eastern Europe. If you enjoy tasting new things and love exotic foods, this trip is for you!

Lunch on your own at Las Delicias de la Abueula.

Wednesday August 6 9:30 a.m. - 3:30 p.m.

Walking Difficulty:
Moderate



Museum of Illusions

Departs from Sexton Hall

\$45 members/\$50 non-members

Enter the fascinating world of illusions where nothing is ever quite as it seems. Experience the unbelievable at the Museum of Illusions, followed by lunch at Maggiano's.

Wednesday August 20 8:30 a.m. - 3 p.m.

Walking Difficulty:
Moderate



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 June 30; non-members may register starting July 14.

Jaemor Farm/Tomato House Farm

Departs from Central Park

\$20 members/\$25 non-members

Shop at two farmer's markets in North Georgia. Lunch at Cottage House.

Wednesday September 3 9 a.m. - 3 p.m.

Walking Difficulty:
Easy - Moderate



Downtown Roswell

Departs from Sexton Hall

\$20 members/\$25 non-members

Enjoy time wandering the shops and history of downtown Roswell.

Lunch on your own in downtown Roswell.

Wednesday September 24 9 a.m. - 3 p.m.

Walking Difficulty:
Easy - Moderate



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.

Big Creek Greenway

Learn about the Greenway, the linear park in Forsyth County, focused on conservation, recreation, environmental education and alternative transportation.

Meet at:

Fowler Park Trailhead

4110 Carolene Way, Cumming, GA

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

Registration required.

Monday September 29 11 a.m. - 12:30p.m.

Hikes

Qualifying Hike & Hiker Meet Up

Hiking Distance: 2 miles Elevation change: 505 feet

Gather at Sawnee Mountain Preserve

2500 Bettis-Tribble Gap Rd.

Pack your own snacks.

Monday August 4 10:30 a.m. - 12:30 p.m.

Hiking Difficulty:
Easy - Moderate



Desoto Falls Vogel Park

Departs from Central Park

\$15 members/\$20 non-members

Hiking Distance: 4 miles

Bring your own picnic lunch.

Wednesday August 13 8 a.m. - 4 p.m.

Hiking Difficulty:
Easy



Discover the joy of exploring scenic trails while making memories with fellow hikers. Hikers who want to go on hikes rated three “mountains” and above will need to complete a Qualifying Hike.

Members may register June 30; non-members may register starting July 14.

Olde Rope Mill Park

Departs from Central Park

\$15 members/\$20 non-members

Hiking Distance: 4 miles

Lunch on your own at a restaurant in Woodstock.

Wednesday September 10 8 a.m. - 4 p.m.

Hiking Difficulty:
Moderate



Outdoor Adventures

Stand-up Paddle Boarding

\$20 members/\$25 non-members

Experience the tranquility of gliding across the water on a stable board, using a paddle to gently propel yourself.

Parks and Rec will guide you in this serene and enjoyable activity that offers a safe, low-impact workout.

Equipment is provided.

Meet at:

Shady Grove Campground

7800 Allyn Lane Memorial Way, Cumming, GA 30041

Thursday August 14 10 a.m. - 12 p.m.

Rock Wall Climbing/Zip Lining

\$20 members/\$25 non-members

Harness up and test your rock climbing ability, followed by a zip line ride at Sawnee Mountain Preserve.

Meet at:

Sawnee Mountain Preserve

4075 Spot Road, Cumming, GA 30040

Thursday September 25 10 a.m. - 12 p.m.

Volunteer Opportunities

with Forsyth County Senior Services

We are currently seeking applicants to connect with older adults and engage in meaningful interactions for these volunteer positions. Contact us at (770) 781-2178 or volunteer@forsythco.com for more information.

Central Park

Outreach Worker for Food Pantry

Help set-up and provide an outdoor mobile food pantry

Meals on Wheels Driver/Friendly Visitor

Delivers meals to homebound elders

Memory Support Program Aide

Assists staff with the memory support program

Dining Room Assistant

Assist patrons with ordering lunch, answering questions about the menu choices and supporting staff.

Central Park & Sexton Hall

Front Desk or Lobby Assistant

Assist with welcoming patrons into the building or front desk tasks

Art Activities Aide

Assist art instructor and class participants

Congregate Activity Assistant

Assist staff with games, exercises, crafts and lunch

Special Events Assistant

Assist staff with check-in registration, greeting and welcoming

Program Instructors Needed

Central Park is now open! Senior Services is seeking program instructors. 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

FITNESS INSTRUCTORS

- Dance • Fitness
- Zumba

WELLNESS INSTRUCTORS

- Yoga
- Mindfulness

Lifelong Learning

History & Culture

Delve into rich histories, cultures and music appreciation.

True Crime Thursdays: Unraveling Mysteries

Held at Central Park *No charge*

Channel your inner detective and explore a gripping case. Discuss the details, motivations, psychological profiles and societal implications behind true crimes. Presented by Retired Police Chief, Joe Estey.

Thursday	July 17	9:30 - 11:15 a.m.
Thursday	August 21	9:30 - 11:15 a.m.
Thursday	September 18	9:30 - 11:15 a.m.

Introduction to the Dulcimer

Held at Sexton Hall *No charge; six-week sessions*

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.

Tuesdays	Jul 8 - Aug 12	10 - 11:30 a.m.
Tuesdays	Aug 19 - Sep 30	10 - 11:30 a.m.

(No class September 2)



Matinee Marvels

Held at Central Park

No charge

Light refreshments served.

Friday	July 11	9:15 - 11:15 a.m.
Friday	August 15	9:15 - 11:15 a.m.
Friday	September 19	9:15 - 11:15 a.m.

Ciao Italia! A Fun Start to Italian with Antonella

Held at Sexton Hall *No charge; six-week sessions*

This course is designed for beginners with no previous, or very limited, knowledge of Italian. Experience the Italian language in a relaxed, interactive and culturally engaging way. Each class uses conversational themes, visual aids and group activities. Presented by Volunteer Instructor Antonella Di Meo.

Mondays Sep 8 - Oct 13 11:30 a.m. - 12:30 p.m.



Trail of Tears

Held at Central Park & Sexton Hall

No charge

Explore historical facts about the forced removal of Native American tribes from their ancestral lands in the 1830s. Focus on the experience of the Cherokee Nation and local history.

Presented by Forsyth County Historical Society.

Held at Central Park

Monday September 22 10:15 - 11:15 a.m.

Held at Sexton Hall

Tuesday September 23 12 - 1 p.m.

Lifelong Learning

Education & Entertainment

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

Longevity: Insights from the Blue Zones

Held at Central Park *No charge*
Explore key factors that contribute to long, healthy lives in the Blue Zones, regions where people frequently live past 100. This session will dive into the daily practices, diet and community connections that promote longevity and well-being. Get tips to enhance your own life span and vitality.
Facilitated by Serena Telleria, FCSS Staff.

Monday July 7 10:15 - 11 a.m.

Our Local Water in Forsyth County

Held at Central Park *No charge*
Take a closer look at the water quality and sources in Forsyth County, including where our water comes from and it's treated. Suggested hydration tips for warm summer months will be shared.
Presented by Forsyth County Water and Sewer.

Tuesday July 8 10:30 - 11:15 a.m.

Let's Get Organized

Held at Central Park & Sexton Hall *No charge*
Learn strategies to stay organized.
Presented by Joanne Payne, Halo Solutions.

Held at Sexton Hall
Tuesday July 8 12:15 - 1 p.m.

Held at Central Park
Tuesday July 29 10:15 - 11 a.m.

Aging In Place: Home Safety

Held at Central Park & Sexton Hall *No charge*
Understand tips and tricks to keep your home safe as you age.

Presented by Jay Lowery, TruBlue Home Service.

Held at Central Park

Tuesday July 22 10:15 - 11 a.m.

Held at Sexton Hall

Tuesday July 29 12:15 - 1 p.m.

Understanding & Managing Loss

Held at Sexton Hall *No charge*
This is an interactive discussion on all aspects of grief and loss.

Facilitated by Ellie Garrett, Grief Educator.

Wednesday August 6 11 a.m. - 12 p.m.



Avoiding Financial Scams

Held at Central Park & Sexton Hall *No charge*
Understand how to identify and protect yourself from financial scams.

Presented by Debbie Novack, Renaissance Bank.

Held at Sexton Hall

Thursday August 14 12:15 - 1 p.m.

Held at Central Park

Monday August 18 10:15 - 11 a.m.

Lifelong Learning

Disaster Preparedness

Held at Central Park & Sexton Hall *No charge*
Be Red Cross Ready. Learn tips and techniques to be prepared for emergencies with special attention paid to hurricane and tornado preparations. Presented by The American Red Cross.

Held at Central Park

Tuesday September 2 10:15 - 11 a.m.

Held at Sexton Hall

Thursday September 11 12:15 - 1 p.m.

Medicare Basics Ice Cream Social

Held at Central Park & Sexton Hall *No charge*
Learn the ins and outs of Medicare, with special emphasis on Medicare Advantage, Medicare Supplement Plans and Medicare Part D. Presented by Lori Cox, Sunset Insurance Solutions.

Held at Sexton Hall

Wednesday September 17 1 - 2 p.m.

Held at Central Park

Tuesday September 23 10:15 - 11 a.m.

Long Term Care Planning

Held at Central Park & Sexton Hall *No charge*
Learn strategies to protect your financial well-being as you age. Presented by Eckel Financial Network.

Held at Central Park

Monday September 29 10:15 - 11 a.m.

Held at Sexton Hall

Thursday October 2 12 - 12:45 p.m.

TED

TED Talks

Watch an informative presentation, then participate in a staff led discussion.
Held at Central Park. No charge.

Jane Fonda & Lily Tomlin - A Hilarious Celebration of Lifelong Female Friendship

Presented via TED Talk Visual by Jane Fonda & Lily Tomlin.

Thursday July 3 10:30 - 11:15 a.m.

Your Body Language May Shape Who You Are

Presented via TED Talk Visual by Amy Cuddy.

Thursday July 24 10:30 - 11:15 a.m.

How to Spot a Liar

Presented via TED Talk Visual by Pamela Meyer.

Thursday August 7 10:30 - 11:15 a.m.

A Theory of Everything

Presented via TED Talk Visual by Emily Levine.

Thursday August 14 10:30 - 11:15 a.m.

Life's Third Act

Presented via TED Talk Visual by Jane Fonda.

Thursday September 4 10:30 - 11:15 a.m.

The Power of Vulnerability

Presented via TED Talk Visual by Brene Brown.

Thursday September 25 10:30 - 11:15 a.m.

Lifelong Learning

Health & Wellness

These presentations are meant to be informative and educational. We encourage further conversation with your own healthcare provider, if needed.

Inflammation's Impact on Aging

Held at Central Park & Sexton Hall *No charge*
Understand the impacts of inflammation on the body and how to minimize it.

Presented by Northside Hospital.

Held at Central Park

Monday July 14 10:15 - 11 a.m.

Held at Sexton Hall.

Tuesday July 22 12:15 - 1 p.m.

Summer Allergies

Held at Central Park & Sexton Hall *No charge*
Understand allergens that peak in the summer and how to manage them.

Presented by North Atlanta ENT And Allergy.

Held at Central Park

Tuesday July 15 10:15 - 11 a.m.

Held at Sexton Hall

Thursday July 24 12:15 - 1 p.m.

Hydration and Food

Held at Central Park & Sexton Hall *No charge*
Learn healthy strategies to stay hydrated and eat healthy. Presented by Legacy Link.

Held at Sexton Hall

Tuesday July 15 12:15 - 1 p.m.

Held at Central Park

Monday July 28 10:15 - 11 a.m.

Sun Safety & Hydration Awareness

Held at Central Park & Sexton Hall *No charge*

Understand how to stay safe in the summer heat.

Presented by Comfort Keepers.

Held at Sexton Hall

Thursday July 31 12:15 - 1 p.m.

Held at Central Park

Tuesday August 5 10:15 - 11 a.m.

Healthy Vision

Held at Central Park & Sexton Hall *No charge*

Review the various diseases of the eye and how to maintain healthy vision.

Presented by Marietta Eye Clinic.

Held at Central Park

Monday August 4 10:15 - 11 a.m.

Held at Sexton Hall

Tuesday August 12 12:15 - 1 p.m.

Healthy Hearing

Held at Central Park & Sexton Hall *No charge*

Get tips to help maintain your hearing and better navigate your world. Presented by Hearing Life.

Held at Sexton Hall

Tuesday August 5 12:15 - 1 p.m.

Held at Central Park

Tuesday August 19 10:15 - 11 a.m.

Healthy Eating

Held at Central Park *No charge*

Learn dietary tips for a healthy lifestyle.

Presented by Antebellum James Burgess.

Monday August 11 10:15 - 11 a.m.

Lifelong Learning

Urinary Health

Held at Central Park & Sexton Hall *No charge*
Learn about urinary tract diseases, treatments and how to maintain good urinary health.
Presented by Northside Hospital.

Held at Sexton Hall

Thursday August 21 12:15 - 1 p.m.

Held at Central Park

Monday August 25 10:15 - 11 a.m.

Skin Changes as You Age

Held at Central Park & Sexton Hall *No charge*
Learn about the impact of aging on skin elasticity and tips for maintaining great skin. Presented by Amanda, Aesthetician with Spa on Green Street.

Held at Central Park

Tuesday August 26 10:15 - 11 a.m.

Held at Sexton Hall

Tuesday September 2 12:15 - 1 p.m.

Women's Cancer Prevention

Held at Central Park & Sexton Hall *No charge*
Learn about various female cancers, signs and symptoms, prevention, and treatment options.
Presented by Northside Hospital.

Held at Sexton Hall

Thursday September 4 12:15 - 1 p.m.

Held at Central Park

Monday September 8 10:15 - 11 a.m.

Understanding Cholesterol

Held at Central Park & Sexton Hall *No charge*
Learn about cholesterol and its role in the body and how to differentiate between bad and good cholesterol.
Presented by Northside Hospital.

Held at Sexton Hall

Thursday September 18 12:15 - 1 p.m.

Held at Central Park

Tuesday September 30 10:15 - 11 a.m.

Garden & Nature

Discover tips for gardening with seasonally focused topics.

Live Well Garden Presentations

Enjoy a variety of gardening topics.

Held at Sexton Hall

No charge

Red, White & Bloom

Monday July 7 10 - 11:30 a.m.

Making Hydrangeas Blue

Monday August 4 10 - 11:30 a.m.

The Best Month in the Garden

Monday September 8 10 - 11:30 a.m.

Dividing Your Daylilies and Preparing Them for Winter

Held at Sexton Hall

No charge

This group gives seasonal tips to maintain this perennial plant.

Presented by Greater Atlanta Daylily Society.

Wednesday September 24 11 a.m. - 12 p.m.

Lifelong Learning

Technology

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

SENIOR PLANET
FROM **AARP**

Facebook

Held at Central Park & Sexton Hall

Facebook can be a great way to connect with old friends, share life updates and join social groups. Learn more about the popular platform.

Held at Central Park

Monday July 7 1:30 - 2:45 p.m.

Held at Sexton Hall

Tuesday July 8 10 - 11:15 a.m.

Intro to AI

Held at Central Park & Sexton Hall

Curious about AI? Come learn the basics, including how it works and considerations to keep in mind.

Held at Central Park

Monday July 14 1:30 - 2:45 p.m.

Held at Sexton Hall

Tuesday July 22 10 - 11:15 a.m.

AI Disinformation

Held at Central Park & Sexton Hall

Seeing might not mean believing anymore. Come learn how to identify deepfakes and cloned voices so you don't fall for digital deception.

Held at Sexton Hall

Tuesday July 29 10 - 11:15 a.m.

Held at Central Park

Tuesday July 29 1:30 - 2:45 p.m.

Finding Money Saving Programs Online

Held at Central Park & Sexton Hall

Learn how to search for free and low-cost programs to save on food, utilities, and more.

Held at Sexton Hall

Thursday July 31 10 - 11:15 a.m.

Held at Central Park

Tuesday September 30 1:30 - 2:45 p.m.

iPhones

Held at Central Park & Sexton Hall

Curious about iPhones? Come to this lecture for an overview of their features.

Held at Central Park

Monday August 4 1:30 - 2:45 p.m.

Held at Sexton Hall

Thursday August 28 Noon - 1:15 p.m.

Brain Health

Held at Central Park & Sexton Hall

Stay sharp with technology! Join this lecture to learn about different ways to engage your brain.

Held at Sexton Hall

Thursday August 7 Noon - 1:15 p.m.

Held at Central Park

Tuesday August 26 1:30 - 2:45 p.m.

Getting Started with What's App on an iPhone

Held at Central Park & Sexton Hall

In this hands-on workshop for iPhones, you will learn how to download WhatsApp, a very popular messaging app. You'll practice sending messages and photos to your contacts. You'll also learn how to make a voice or a video call. Prerequisites: To participate in this workshop, you must bring your own iPhone.

Held at Sexton Hall

Tuesday August 12 10 - 11:15 a.m.

Held at Central Park

Monday September 22 1:30 - 2:45 p.m.

Lifelong Learning

Getting Started with What's App on an Android

Held at Central Park & Sexton Hall

In this hands-on workshop for Android phones, you will learn how to download WhatsApp, a very popular messaging app. You'll practice sending messages and photos to your contacts. You'll also learn how to make a voice or a video call. Prerequisites: To participate in this workshop, you must bring your own Android phone.

Held at Central Park

Monday August 25 1:30 - 2:45 p.m.

Held at Sexton Hall

Tuesday August 26 10 - 11:15 a.m.

Protecting Personal Info

Held at Sexton Hall

Learn how to stay safe while you surf the web!

Tuesday September 2 10 - 11:15 a.m.

Tech Tips for Disaster

Held at Central Park & Sexton Hall

Technology can play an important role in making sure you're prepared for an emergency. Come to this lecture to find out how.

Held at Sexton Hall

Tuesday September 9 10 - 11:15 a.m.

Held at Central Park

Monday September 15 1:30 - 2:45 p.m.



Cloud Storage

Held at Central Park & Sexton Hall

Goodbye floppy discs and USB drives! Learn about cloud storage options that save your files remotely.

Held at Central Park

Tuesday September 16 1:30 - 2:45 p.m.

Held at Sexton Hall

Tuesday September 23 10 - 11:15 a.m.

Intro to Selling Online

Held at Sexton Hall

Make money while decluttering with online marketplaces!

Tuesday September 30 10 - 11:15 a.m.



Monthly Tech Q & A

Hosted by Jackie Biggs, Your Tech Lady

Held at Central Park & Sexton Hall

Bring your technology questions to this group discussion or request assistance with a technical issue. All levels of tech skills are welcome.

Held at Central Park

Thursday July 10 3 - 3:30 p.m.

Thursday August 14 3 - 3:30 p.m.

Thursday September 11 3 - 3:30 p.m.

Held at Sexton Hall

Thursday July 10 Noon - 12:30 p.m.

Thursday August 7 Noon - 12:30 p.m.

Tuesday September 9 Noon - 12:30 p.m.

Art & Creativity

Central Park

Members Only Art

Members Only *All supplies provided*
Enjoy various beginner level projects. All supplies provided. Drop in classes offered weekly unless otherwise noted.

Mondays 9:30 - 11 a.m.
Mondays 1:30 - 3 p.m.
Thursdays 9:30 - 11 a.m.
(No class September 1)

Watercolor Wednesdays

Members Only *No charge*
Enjoy creating your own watercolor masterpiece.
Wednesdays 1:30 - 3:30 p.m.

Beginner Acrylic Painting

\$25 members/\$30 non-members per six-week session plus \$20 supply fee
Learn the basics of acrylic painting including brush strokes, color mixing and more.

Tuesdays Jul 15 - Aug 19 9:30 - 11 a.m.
Tuesdays Aug 26 - Sep 30 9:30 - 11 a.m.

Pan Pastels

\$30 members/\$45 non-members per six-week session plus \$25 supply fee.
Learn this unique approach to using pastel paints. With this up and coming art technique, you'll blend and layer vibrant colors. Instructor: Kate Holmes.

Birds of a Feather
Wednesday Jul 16 - Aug 20 9:30 - 11:30 a.m.
Fall Scenes
Wednesday Aug 27 - Oct 1 9:30 - 11:30 a.m.

Crystal Clarity:

Crafting with Fine Stones & Glass

\$20 members/\$25 non-members per class
Explore the art of jewelry-making in our expert-led class. You'll craft a stunning piece using high-quality materials and exquisite stones. Facilitated by Sherry Bottorf, Volunteer Instructor.

Tuesday July 8 1:30 - 3:30 p.m.
Tuesday August 12 1:30 - 3:30 p.m.
Tuesday September 9 1:30 - 3:30 p.m.

Pour Painting

\$25 members/\$35 non-members per class
Mix your colors and pour onto an 8" x 10" canvas for a dramatic effect.
Facilitated by Volunteer Instructor, Jeff Boles.

Friday July 11 9:30 - 11:30 a.m.
Friday August 15 9:30 - 11:30 a.m.
Friday September 19 9:30 - 11:30 a.m.

Western Blooms Wreath

\$20 members/\$25 non-members
Celebrate the spirit of the west with this rustic, handcrafted wreath.

Tuesday September 2 1:30 - 3:30 p.m.

Floral Chicken Bag

\$20 members/\$25 non-members
Paint a whimsical chicken on a canvas bag.

Tuesday September 30 1:30 - 3:30 p.m.



Art & Creativity

Central Park

Acrylic Painting Workshops

\$10 members/\$15 non-members per class

Guided instruction is provided for these beginner-level projects. Paint on an 11" x 14" canvas to reflect seasonal themes and travel destinations. Facilitated by Staff.

Baby Turtle on the Beach

Paint a whimsical beach scene.

Tuesday July 15 1:30 - 3:30 p.m.

Hawaii Landmarks

Highlight the colors of Hawaii in this summer painting.

Tuesday July 22 1:30 - 3:30 p.m.

Horses Running on the Beach

Capture the freedom of a wild horse running on the beach as you paint.

Tuesday July 29 1:30 - 3:30 p.m.



Iconic Vegas Neon

Experiment with neon as you capture the lights of Vegas in your painting.

Tuesday August 5 1:30 - 3:30 p.m.

Welcome to Vegas

Bring to life the Vegas Welcome Sign on canvas.

Tuesday August 19 1:30 - 3:30 p.m.

Western Boots

Celebrate the iconic symbol of the west on canvas.

Tuesday August 26 1:30 - 3:30 p.m.



Specialty Workshop

Misty Mountains

\$20 members/\$25 non-members for two-week session

Paint this mountain scene in acrylics on a 16" x 20" canvas. This class is held over a period of two-weeks to provide patient and guided instruction.

Facilitated by Staff.

Tuesday September 16 & 23 1:30 - 3:30 p.m.

Art & Creativity

Sexton Hall

Crafty Creations

Members Only *No charge*
Come socialize and assemble an upcycled craft.
All supplies provided.

Mirror Painting with Summer Flowers

Tuesday **July 8** **1:30 - 3 p.m.**

Planter in a Vegetable Can

Monday **July 21** **9:30 - 11 a.m.**

Paint Brush Potholder Hack

Tuesday **August 5** **1:30 - 3 p.m.**

Upcycled Frame

Monday **August 18** **9:30 - 11 a.m.**

Beach Wreath Floral Wall Pocket

Tuesday **September 9** **1:30 - 3 p.m.**

Fall Ribbon Flowers

Monday **September 22** **9:30 - 11 a.m.**

Come and Go Art - *NEW!*

Members Only *No charge*
Craft a beginner-level seasonal project. Facilitated by Volunteers.

Thursday **July 3 & 17** **10:30 - 11:30 a.m.**

Thursday **August 7 & 21** **10:30 - 11:30 a.m.**

Thursday **September 4 & 18** **10:30 - 11:30 a.m.**

Acrylic Painting Basics - *NEW!*

No charge
Acrylic painting techniques are evaluated and key terms are explained. This introductory class is a pre-requisite to the Intermediate Acrylics class.

Thursday **July 10** **10 - 11 a.m.**

Friday **July 11** **10 - 11 a.m.**

Wednesday **October 1** **2 - 3 p.m.**

Thursday **October 2** **2 - 3 p.m.**

Intermediate Acrylic Painting

\$60 members/\$75 non-members per six-week session
Immerse yourself in a blend of creativity and learning as you paint. Basic painting knowledge and technique required.

Summer Vacation

Thursdays **July 17 - August 21** **10 a.m. - 1 p.m.**

Fridays **July 18 - August 22** **10 a.m. - 1 p.m.**

Grand Illusion

Thursdays **August 28 - October 2** **10 a.m. - 1 p.m.**

Fridays **August 29 - October 3** **10 a.m. - 1 p.m.**

Garden Mosaic Workshop

\$10 members/\$15 non-members
Create this colorful mosaic using glass tiles and other materials. This project is perfect to display either indoors or in your outdoor garden space.

Wednesday **July 9** **10 a.m. - noon**

Cottagecore Decor Workshop

\$10 members/\$15 non-members
Learn to layer and mix decor and patterns in this romantic/country cottage style.

Tuesday **August 12** **1:30 - 3:30 p.m.**

Brush & Beverage - Apple Adventures

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

Wednesday **September 10** **1:30 - 3:30 p.m.**

Art & Creativity

Sexton Hall

Ceramics & Pottery

Classes taught by resident artist.

Clay & Glaze Basics

No charge

Learn about the terms and techniques used in our Clay & Glaze programs. This introductory class is a pre-requisite to the Intermediate/Skilled program.

Wednesday	July 9	1 - 2 p.m.
Tuesday	July 10	10 - 11 a.m.
Wednesday	August 6	2 - 3 p.m.

Clay & Glaze Intermediate/Skilled

\$75 members/\$90 non-members for six-week session plus \$10 supply fee per 12.5 lbs. of clay.

\$10 discount when signing up for consecutive sessions.

Join us for a fast paced and fun session where you can build your own clay pieces. Instructor provides technical instruction and guidance.

Mondays	July 7 - August 11	Noon - 3 p.m.
Mondays	August 18 - September 29	Noon - 3 p.m.
(No class September 1)		

Tuesdays	July 15 - August 19	9 a.m. - noon
Tuesdays	Aug 26 - Sep 30	9 a.m. - noon

NEW TIME!		
Wednesdays	July 16 - August 20	10 a.m. - 1 p.m.
Wednesdays	Aug 27 - Oct 1	10 a.m. - 1 p.m.

Bisqueware Projects

\$20 members/\$25 non-members

Paint three pieces of your choice with guided instruction. Cost includes bisqueware, glaze and firing.

Tuesday	July 15	1:30 - 3:30 p.m.
Wednesday	August 20	1:30 - 3:30 p.m.
Tuesday	September 23	1:30 - 3:30 p.m.

Bisqueware Ornament Workshop

\$20 members/\$25 non-members

Get a jump on gift giving for the holiday season by creating custom ornaments. Paint three pieces with guided instruction. Cost includes bisqueware, glaze and firing.

Tuesday	September 30	1:30 - 3:30 p.m.
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Clay Wrap-up Workdays

Registration in advance required. *No charge*

This time is available for Clay students to finish an ongoing Sexton Hall Clay project.

Tuesday	July 22	Noon - 1:30 p.m.
Wednesday	July 30	1 - 2:30 p.m.
Tuesday	August 19	Noon - 1:30 p.m.
Wednesday	August 27	1 - 2:30 p.m.
Tuesday	September 16	Noon - 1:30 p.m.
Wednesday	September 24	1 - 2:30 p.m.



Social Clubs for Members

Men's Clubs

Bagel Boys

Held at Sexton Hall

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 September 1)

Biscuit Boyz

Held at Central Park

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

Thursdays 8:30 - 10 a.m.

Java Gents

Held at Central Park

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.



Women's Clubs

Ladies, gather with your gal pals and make new ones. Enjoy friendly banter while discussing life interests.

Golden Gals

Held at Sexton Hall

Mondays (No meeting September 1) 1 - 2 p.m.

Ladies Group - **NEW!**

Held at Central Park

Thursdays, beginning July 17 12 - 1 p.m.

Men and Women's Clubs

Common Grounds

Held at Sexton Hall

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

Thursdays 10 - 11:30 a.m.

Specialty Clubs for Members

Book Club

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

Contact center for book titles.

To Thine Own Shelf Be True

Held at Sexton Hall

Wednesday	July 16	2:30 - 3:30 p.m.
Wednesday	August 20	2:30 - 3:30 p.m.
Wednesday	September 17	2:30 - 3:30 p.m.

Crafting Club

Needle Craft & Sewing Club

Held at Central Park

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! You'll sew, socialize and share common interests. Bring your own supplies. Open to men and women.

Now held in a larger, crafty space!

Thursdays

1:30 - 3:30 p.m.

Game Groups for Members

New players are welcome.

Membership is required to be a game player.

Centers will be closed on Monday, September 1.

Held at Central Park

Weekly Bingo
Wednesdays
10 - 11 a.m.

Morning - Open Games
Daily - 9 - 11 a.m.
Afternoon - Open Games
Daily - 12:30 - 4 p.m.

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

Older Americans Act Nutrition & Wellness Programs

Forsyth County hosts Older Americans Act Programs, partially funded through the North Georgia Area Agency on Aging known as Legacy Link. These programs primarily emphasize nutrition through the provision of a daily meal. Additionally, socialization and wellness initiatives are offered to support older adults in maintaining their independence and remaining integral members of the community.

To participate, you must be 60 years of age, reside in of Forsyth County and complete an assessment process. Arrangements can be made to sample programs before formal registration. Once registered, participants are expected to engage regularly in the activities.

Meals are offered on a donation basis with a suggested contribution of \$5.05 per day.

For Congregate programs, participants are expected to obtain membership, which is \$60 per year, \$40 for each additional household member, with scholarships available. Please contact the centers directly for more information.

Programs include:

Congregate

- At Central Park, there is a meal along with center activities.
- At Sexton Hall, there is a three day a week meal and older adult activity program, 10 a.m. - 1 p.m.

Caregiver Relief Respite Program, known as The Sunshine Club

- At Central Park, there is a four day a week meal and memory support program, 11 a.m. - 3 p.m.
This is for those with early-stage dementia. Fees determined on a sliding scale household income basis, with scholarships given to those who qualify.

Home Delivered Meals

- Commonly known as Meals on Wheels, this program is for those who are no longer mobile or able to prepare meals. Meals are delivered by friendly visitor volunteers.

Forsyth County Senior Services

Additional Programs & Services

Transportation

Available to the centers through the county public transportation service known as Access Forsyth or the county ride-share service known as Common Courtesy. Ask for the Public Transportation flyer. Or go to <https://www.forsythco.com/Departments-Offices/Public-Transportation>

Information and Referral

The department's **Social Services** division provides assistance on all issues related to aging such as: housing, home care, hospice, counseling, doctor referrals, legal aid, home repair, home safety, Medicare, Medicaid, Social Security and more. Contact us at: (770) 781-2178, option 1 or seniorsupport@forsythco.com.

Another source of assistance is:

Area Agency on Agency/Legacy Link - Aging & Disability Resource Connection (770) 538-2650.

Home Medical Equipment

We have 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.



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. Scan the QR code below to access a copy.



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.



Forsyth County Senior Services
2115 Chloe Road
Cumming, GA 30041

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



Both Senior Services locations,
Central Park & Sexton Hall,
are now available for evening
and weekend rentals.
Inquiries taken by email only:
rentals@forsythco.com