

ADULT ACTIVITIES AND SERVICES

Your guide to activities for those age 60 and better

Forsyth County Senior Services

OCTOBER - DECEMBER 2025 NEWSLETTER

Embrace
THE
Season

Holiday Giving Programs Information on page 27



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
October 6 - January 2

Registration begins Thursday, September 25

Centers will be closed November 11, 27 & 28,

December 24 & 25 and January 1

for holiday observances.

On Thursday, December 18, 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.

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.

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.

For more information about Membership Perks see pg. 6.

Savvy Senior

Empower Your Financial Wellness Journey

Wednesday, October 22 • 8:30 a.m. - 12:30 p.m.

Continental breakfast provided

**Held at Forsyth Conference Center
3410 Ronald Regan Blvd., Cumming, GA 30040**

Panelists will discuss essential strategies for financial well-being such as investments, health care choices and fraud prevention. Strengthen your financial security and build confidence in managing your future with expert insights, resources and practical tips.

Facilitated by The Securities Division of the Georgia Secretary of State.

Registration in advance is required through special link.

Link is available in online program listing,
your receipt, or call (770) 781-2178.

Special Events

NEW - MEMBER PERK!

Priority registration for Active Adult Special Events begins Thursday, September 25; Non-members may register beginning Monday, October 6.

Active Adult Events

These events are for older adults age 60 and better.

Glow & Vibe Bingo

Held at Central Park *No charge*
Have a glowing great time playing bingo with friends. Kindly sponsored by Synergy Home Care.
Friday October 10 1 - 3 p.m.

Throwback Costume Party

Held at Sexton Hall *No charge*
Pull out those vintage costumes you have hiding in the closet. Prizes will be awarded in multiple categories. Come prepared to dance and enjoy light refreshments. Food truck on-site to purchase lunch.
Wednesday October 29 11 a.m. - 1 p.m.

Halloween Bash

Held at Central Park *No charge*
Come dressed in your spookiest or craziest costume. Prizes will be awarded and a light lunch served. Sponsored by Keller Williams.
Friday October 31 Noon - 2:30 p.m.

Special Events

Northside Hospital Screening Event

Held at Central Park *No charge*
Preventative health checks for older adults may help with early detection of potential health concerns. A variety of screening opportunities will be available onsite. **Registration begins October 13.**
Suggested time slots for attending:

Friday November 14 12:30 - 2 p.m.

Friday November 14 2 - 3:30 p.m.

*Mobile mammography available on Thursday, November 13. Sign-up details coming soon.

Pumpkin Pie Bingo

Held at Sexton Hall *No charge*
Indulge in fall treats and enjoy several rounds of bingo with themed prizes. Light refreshments served.

Kindly sponsored by The Oaks at Shiloh Point

Wednesday November 19 1 - 3 p.m.

Bingo Bells

Held at Central Park *No charge*
Pull out those holiday sweaters and play bingo with friends. Enjoy a hot cocoa bar.
Kindly sponsored by Comfort Keepers.

Registration begins November 3.

Friday December 12 1 - 3 p.m.

Small Group Events

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

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 November 7 9:30 - 11 a.m.

Friday December 26 9:30 - 11 a.m.

Age Tech

Held at Sexton Hall *No charge*
November is Assistive Technology month. Discover the innovations in technology to help older adults age in place. Presented by Staff.

Wednesday November 12 11 a.m. - noon

Community Events

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

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. Sponsored by Sunset Insurance Solutions.

Sunday October 12 3 - 5 p.m.

Diwali Performance

Held at Sexton Hall *No charge*
Celebrate the festival of lights with a performance by the Heritage School of Performing Arts.

Thursday October 23 10:15 - 11:15 a.m.

Youth Musical Performance

Held at Sexton Hall *No charge*

This talented group of performing arts students showcases a medley of music.

Presented by Christian Fine Arts of Forsyth.

Friday November 7 12:15 - 1 p.m.

Sounds of Sawnee Concert Band Presents: Holiday Concert

Held at Sexton Hall

\$10 in advance/\$15 at the door

Bring friends and family to ring in holiday cheer at this annual community event. You are sure to hear some of your holiday favorites.

Light refreshments kindly sponsored by Blue Summit Hospice.

Sunday December 7 3 - 5 p.m.

Atlanta Concert Ringers Presents: Jingle and Jazz - A Holiday Handbell Concert

Held at Sexton Hall

\$10 in advance/\$15 at the door

Let's swing and ring to jazzy renditions of holiday favorites. Light refreshments kindly sponsored by Comfort Keepers.

Saturday December 13 3 - 4:30 p.m.

The CP Counter

Located at the main entrance of

Central Park Senior Recreation & Services

High quality coffee, tea, water and lite bites available.

Open weekdays 8:30 - 10:30 a.m. & 2 - 3 p.m.

\$1 per item - CASH only.

Kindly sponsored by:

October - Comfort Keepers

November - Sunset Insurance Solutions

December - Hearing Life

Special Events

Member Exclusive Events

These exclusive events are
a benefit of your Membership.

Registration begins November 3.

Sleigh Bell Social

Held at Central Park

No charge

This festive photo session provides an opportunity to snap some photos for your holiday cards. Dance to the tunes of Good Company and enjoy a light brunch. Entertainment sponsored by Antebellum James Burgess.

Friday December 5 9:30 - 11:15 a.m.

Member Holiday Luncheon

Held at Sexton Hall

No charge

Let us thank you for your support of our programs and department. Mix and mingle with other members over lunch and entertainment. Limited seats available, so register ASAP to secure your spot.

Lunch kindly sponsored by Synergy Home Care.

Wednesday December 10 Noon - 2 p.m.

Calling all Craft Vendors!

Get a space at our 2026 Spring Craft Show!

Saturday, March 21 • 10 a.m. - 2 p.m.

Held at Central Park Senior Recreation and Services.

Registration now open for this indoor event.

Email seniorservices@forsythco.com
for more information.

Active Adult Memberships

We welcome you to join us at Forsyth County Senior Services where our mission is to provide engaging, impactful life enrichment programs and services for adults age 60 and better in Forsyth County.

Membership is a way our participants can be a supporter of and active participant in Forsyth County Senior Services.

As you review our last newsletter of 2025, take a look through the robust offerings of programs and activities. Discover the value of your Membership through discounts, priority registration and exclusive events.

Membership Benefits

Get Fit

Fitness classes offered every weekday at no charge

Get Creative

Art classes at no charge

Get Educated

Priority registration for Lifelong Learning presentations

Explore Together

Early registration for day trips & hikes

Make New Friends

Social & game groups for members

Have Fun

Member-exclusive perks to register early for special events

Annual membership is \$60 for individuals, \$40 for each additional household member.

Scholarships are available.

Milestone Membership 85+

No charge for those 85 years of age and better.

Membership benefits extend to both centers.


Memberships available to purchase online, at our front desks or by phone (770) 781-2178.

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

Fitness

Members Only

Drop in classes offered weekly unless otherwise noted.
No classes on Nov 11, 27, 28 and the week of Dec 22 - 26 & Jan 1.
See below for additional no class dates.

Monday	Tuesday	Wednesday	Thursday	Friday
Fitness Foundations 8:45 - 9:30 a.m. <u>Sexton Hall</u>	Circuit Training 8:45 - 9:30 a.m. <u>Sexton Hall</u>	Fitness Foundations 8:45 - 9:30 a.m. <u>Sexton Hall</u> (No class Oct 15 & 22 and Dec 10)	Flex & Balance 8:45 - 9:30 a.m. <u>Sexton Hall</u> (No class Oct 9)	Stretch & Flex 8:30 - 9:15 a.m. <u>Central Park</u>
Circuit Training 9 - 9:45 a.m. <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> (No class Nov 26)	Intro to Drumming 10:45 - 11:15 a.m. October 16 & 30 November 13 December 11 <u>Sexton Hall</u>	Power Fit - <i>NEW!</i> 8:45 - 9:30 a.m. <u>Sexton Hall</u> (No class Oct 10)
Step into the Week 9 - 9:45 a.m. <u>Central Park</u>		Seated Strength Training 9:45 - 10:30 a.m. <u>Sexton Hall</u> (No class Oct 15 & 22 and Dec 10)		
Seated Strength Training 10:30 - 11:15 a.m. <u>Central Park</u>	Stretch & Flex 1:15 - 2 p.m. <u>Central Park</u>	Double Trouble Mystery Workout Oct 22 & Dec 17 2 - 3 p.m. <u>Sexton Hall</u>	Circuit Training 9 - 9:45 a.m. <u>Central Park</u>	<div> <p>These Fitness classes are all offered at no charge to our Members.</p>  </div>
			Drumming 101 9:30 - 10:15 a.m. October 9 & 23 November 6 & 20 December 4 & 18 <u>Central Park</u>	
			Flex & Balance 1:45 - 2:30 p.m. <u>Sexton Hall</u> (No class Oct 9 & Dec 18)	

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 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 & 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.

Power Fit: Tempo-based strength training with cardio intervals.

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.

Step into the Week: One-mile walk plus gentle stretches to boost energy and flexibility.

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

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

Instructor: Aliya Yakhina

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.

Mondays Oct 6 - Nov 3 11 a.m. - noon

Mondays Nov 10 - Dec 15 11 a.m. - noon

(No class November 24)

Restore Your Core - Level 2

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

Instructor: Aliya Yakhina

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.

Mondays Oct 6 - Nov 3 9:45 - 10:45 a.m.

Mondays Nov 10 - Dec 15 9:45 - 10:45 a.m.

(No class November 24)



Line Dancing at Sexton Hall

*\$25 members/\$35 non-members
per five-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 Oct 7 - Nov 4 12:45 - 1:30 p.m.

Tuesdays Nov 18 - Dec 16 12:45 - 1:30 p.m.

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 Oct 7 - Nov 4 1:30 - 2:30 p.m.

Tuesdays Nov 18 - Dec 16 1:30 - 2:30 p.m.

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 Oct 7 - Nov 4 2:30 - 3:30 p.m.

Tuesdays Nov 18 - Dec 16 2:30 - 3:30 p.m.



Fitness

Central Park

Specialty Fitness

Restore Your Core - Level 1

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

Instructor: Tracey Martin

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.

Wednesdays **Oct 8 - Nov 5** **10 - 11 a.m.**

Wednesdays **Nov 12 - Dec 17** **10 - 11 a.m.**

(No class November 26)



Line Dancing

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

Instructor: Cindy Bowman

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

Mondays **Oct 27 - Dec 8** **1:15 - 2:15 p.m.**

(No class November 24)

Mat Yoga

*\$30 members/\$45 non-members
per six-week session*

Instructor: Tracey Martin

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.

Mondays **Oct 13 - Nov 17** **Noon - 12:45 p.m.**



Chair Yoga

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

Instructor: Tracey Martin

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.

Wednesdays **Oct 8 - Nov 5** **Noon - 12:45 p.m.**

Wednesdays **Nov 12 - Dec 17** **Noon - 12:45 p.m.**

(No class November 26)

Trips

You can sit back and relax while we do the driving! Don't delay registering as our trips often sell out.

All trips have lots of walking, uneven surfaces and some stairs. Members may register **September 25**; non-members may register starting **October 6**.

Oakland Cemetery

Departs from Sexton Hall

\$25 members/\$30 non-members

Explore historic Oakland Cemetery, Atlanta's oldest public park and final resting place of many of the city's most noted citizens.

Lunch on your own at Six Feet Under.

Wednesday October 1 8:45 a.m. - 3 p.m.

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



Blue Ridge Scenic Railroad

Departs from Central Park

\$90 members/\$95 non-members

Enjoy the fall foliage as you journey by train through the countryside along the Toccoa River. Lunch and shopping available during your stop in McCaysville/Copperhill. Be prepared for more than 2 miles of walking on this trip.

Friday October 24 7:30 a.m. - 4:30 p.m.

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

Georgia Safari/Madison

Departs from Sexton Hall

\$50 members/\$55 non-members

Take a tour of the Georgia Safari Conservation Park, where the beauty of nature and amazing animal encounters create an incredible safari adventure.

Lunch on your own in Madison.

Wednesday November 5 8 a.m. - 4 p.m.

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



Mercedes Benz Tour

Departs from Sexton Hall

\$40 members/\$45 non-members

Experience the signature features of Mercedes-Benz Stadium, which may include stops at locker rooms, the field, Window to the City, and Clubs. Lunch on your own at Brooklyn Cafe.

Wednesday November 19 9 a.m. - 3:30 p.m.

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



December Pop-up Trip

Details will be announced via email and in our centers for a special holiday-themed trip.

Look for additional information coming in late November.

Hikes

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 **September 25**; non-members may register starting **October 6**.

Bear Creek (Apple Trail), Ellijay

Departs from Central Park

\$15 members/\$20 non-members

Hiking Distance: 4 miles

Lunch on your own in Ellijay.

Wednesday October 15 8 a.m. - 4 p.m.

Hiking Difficulty:
Moderate - Strenuous 

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 November 3 Noon - 2 p.m.

Hiking Difficulty:
Easy - Moderate 

Mary Alice Park Meet Up & Clean Up

Hiking Distance: 4 miles Elevation change: 41 feet

Gather at Mary Alice Park

1820 Mary Alice Park Road

Bring your own picnic lunch.

Wednesday November 12 11 a.m. - 3 p.m.

Hiking Difficulty:
Easy 

Get to Know Forsyth

This activity is great for newcomers, or locals, to meet up and experience our own hometown.

You will meet Senior Services Staff at the designated location.

Participants will provide their own transportation.

Forsyth County Fire Station

Monday, November 17 • 11 a.m.

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

Visit a working fire station and see what goes into protecting and rescuing the citizens of Forsyth County.

Meet at: 234 Castleberry Industrial Drive
Cumming, GA 30040

Outdoor Adventures



Outdoor Archery

\$20 members/\$25 non-members

Join us for an exploration of archery, where you can unleash your inner archer and enjoy the thrill of precision in just one session. A skilled instructor will introduce you to the basics, providing a safe and enjoyable environment.

Held at Central Park

Thursday, October 16 • 1 - 3 p.m.

Held at Sexton Hall

Friday, October 17 • 1 - 3 p.m.

Resources & Support

Community Collaboration

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

Fire Safety

Held at Central Park & Sexton Hall *No charge*

Learn tips and tricks to keep your homes safe from fire during the winter months.

Presented by Forsyth County Fire Department.

Held at Central Park

Monday **October 6** **10:15 - 11 a.m.**

Held at Sexton Hall

Thursday **October 16** **12:15 - 1 p.m.**

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 **October 15** **10 - 11 a.m.**

Wednesday **November 19** **10 - 11 a.m.**

Wednesday **December 17** **10 - 11 a.m.**

Georgia Council on Aging Presents: Advocacy and The Legislative Process

Held at Central Park

No charge

Learn more about the 2026 CO-AGE (Coalition of Advocates for Georgia's Elderly) priority issues, GCOA and Senior Day at the Capitol. Discover advocacy tips and strategies to have a role in the legislative process. Legislators will be in attendance to share suggestions on how residents can have input in public policy decisions. Audience participation encouraged. Facilitated by Georgia Council on Aging and State Legislators.

Tuesday

October 14

2 - 3:30 p.m.



Tools for Life - Assistive Technology

Held at Central Park & Sexton Hall

No charge

Discover and identify the functions and features of Assistive Technology devices. Learn about the AT that best meets your needs and assists you in completing tasks. Virtually presented by Tools for Life, Center for Inclusive Design & Innovation, Georgia Tech.

Central Park & Sexton Hall

Monday **November 17** **11:15 a.m. - 12:45 p.m.**

2026 Overnight Trips

These trips are offered through **Age Well Forsyth**, a local nonprofit dedicated to older adults. Trips often require deposits and full payment months in advance.

Check out videos on agewellforsyth.com.

For further information, contact Linda at 404-245-7949 or drlindaledbetter@aol.com.

Biloxi and New Orleans, February 9 - 13, 2026.

Spotlight on New York, March 16 - 20, 2026

Gems of Greece: Athens, Naxos, & Crete, April 23 - May 6, 2026

National Parks of America, June 17 - 28, 2026

Washington, DC, August 13 - 18, 2026

Magical Rhine and Moselle Rivers, September 13 - 21, 2026

Biltmore Estate & Asheville, NC, November 10 - 12, 2026

Resources & Support

Matters of the Mind

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

Mindful Moments: Gratitude & Mental Awareness

Held at Central Park & Sexton Hall *No charge*

Understand how living a life with gratitude helps you stay grounded and positive. Learn strategies to implement gratitude into your daily lives.

Presented by Cristy Russell, Senior Advocacy Manager.

Held at Central Park

Monday November 3 10:15 - 11 a.m.

Held at Sexton Hall

Tuesday November 25 12:15 - 1 p.m.



Holiday Boundaries

Held at Central Park & Sexton Hall *No charge*

Get practical strategies for setting healthy boundaries and prioritizing self-care during the hectic holiday season. Learn how to manage stress, navigate family dynamics and maintain your well-being.

Presented by Beyond Today Counseling.

Held at Central Park

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

Held at Sexton Hall

Thursday November 6 12:15 - 1 p.m.

Lifelong Learning

NEW - MEMBER PERK!

Priority registration for Lifelong Learning programs begins Thursday, September 25; Non-members may register beginning Monday, October 6.

Education & Entertainment

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

AARP Smart Driver™

Held at Sexton Hall

\$20 AARP Members/\$25 Non-AARP Members

Bring cash or a check payable to AARP, as the instructor will handle all financials.

Learn about new rules of the road and traffic laws, defensive driving techniques and proven safety strategies. Bring your own lunch. Upon completion of this course, you may be eligible for an insurance discount. Inquire with your individual insurance company. Presented by Arthur Sheehan.

Pre-registration is required by October 13.

Wednesday October 15 9 a.m. - 4 p.m.



Lifelong Learning

Education & Entertainment

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

Medicare Open Enrollment

Held at Central Park & Sexton Hall *No charge*
Discover the changes coming in 2026 to your Medicare plan. Open enrollment is October 15 - December 7. Compare your current plan to new options and look for lower costs and better coverage.
Presented by Legacy Link.

Held at Central Park
Monday October 20 11 a.m. - noon
Held at Sexton Hall
Wednesday October 15 12:15 - 1:15 p.m.

The TV Shows We Grew Up With

Held at Central Park *No charge*
Take a lighthearted look back at the TV shows you grew up with.
Facilitated by Staff.
Monday November 24 10:15 - 11 a.m.

Prepare to Rightsize

Held at Central Park & Sexton Hall *No charge*
Uncover all aspects of evaluating your living space, resources available, steps to take and living options available.
Presented by Al Pratte, Senior Real Estate Specialist.
Held at Central Park
Monday December 15 10:15 - 11 a.m.
Held at Sexton Hall
Thursday December 18 12:15 - 1 p.m.

NEW - MEMBER PERK!

Priority registration for Lifelong Learning programs begins Thursday, September 25; Non-members may register beginning Monday, October 6.

Presentations from our Friends at Forsyth County Public Library

Learn Your Library

Held at Sexton Hall *No charge*
Learn what's new at Sharon Forks Library.
Wednesday October 15 1 - 2 p.m.

American Innovations that Changed the World

Held at Central Park *No charge*
Learn about the greatest innovations this country has ever produced.
Monday November 17 10:15 - 11 a.m.

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 October 23 10:15 - 11:15 a.m.
Thursday November 6 10:15 - 11:15 a.m.
Thursday December 11 10:15 - 11:15 a.m.

Lifelong Learning

Introduction to the Dulcimer

Held at Sexton Hall *No charge; ten-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.

Tuesdays Oct 7 - Dec 16 10 - 11:30 a.m.
(No class November 11)

Matinee Marvels

Held at Central Park *No charge*

Light refreshments served.

Friday October 24 9:15 - 11:15 a.m.

Friday November 14 9:15 - 11:15 a.m.

Friday December 19 9:15 - 11:15 a.m.

Meet the Musician

Held at Sexton Hall *No charge*

Share the tales of a local talent and discover more about their musical journey. Enjoy a few tunes played on their instruments. Facilitated by Staff.

Monday October 27 2:15 - 3 p.m.

Monday November 24 2:15 - 3 p.m.

Monday December 22 2:15 - 3 p.m.

Travelogue

Join us for a facilitated travelogue video discussion.

We'll cover landscapes, culture, history and people.

This presentation will give you a vivid sense of being there and inspiring your own travels.

Presented by Staff.

Held at Sexton Hall *No charge*

Meteora, Greece

Wednesday October 29 10 - 11:15 a.m.

Dubai, United Arab Emirates

Wednesday November 26 10 - 11:15 a.m.

Montreux, Switzerland

Wednesday December 10 10 - 11:15 a.m.

TED TED Talks

Watch an informative presentation, then participate in a staff-led discussion.

Held at Central Park. No charge.

My Year of Saying Yes to Everything

Presented via TED Talk Visual by Shonda Rimes.

Thursday October 9 10:30 - 11:15 a.m.

What Makes a Good Life? Lessons for the Longest Study on Happiness

Presented via TED Talk Visual by Robert Waldinger.

Thursday October 30 10:30 - 11:15 a.m.

How to Speak So That People Want to Listen

Presented via TED Talk Visual by Julian Treasure.

Thursday November 13 10:30 - 11:15 a.m.

How Not to Take Things Personally

Presented via TED Talk Visual by Frederik Imbo.

Thursday November 20 10:30 - 11:15 a.m.

How to Discover Your Authentic Self at Any Age

Presented via TED Talk Visual by Bevy Smith.

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

Why Social Health is the Key to Happiness and Longevity

Presented via TED Talk Visual by Kasley Killam.

Thursday December 18 10:30 - 11:15 a.m.

TED Talks

Held at Sexton Hall

Explore and discuss topics of interest and establish a meeting schedule for this group.

Facilitated by Volunteer Patrons.

Wednesday November 12 10 - 10:45 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.

Tapping Your Way to Health

Held at Central Park & Sexton Hall *No charge*
Learn Emotional Freedom Techniques (EFT Tapping), a self-help method that combines elements of ancient acupressure with modern cognitive therapies to address stress, anxiety or even pain. Presented by Dr. Michael Reins.

Held at Central Park
Tuesday October 7 10:15 - 11 a.m.
Held at Sexton Hall
Thursday October 23 12:15 - 1 p.m.



Sugar Busters

Held at Central Park & Sexton Hall *No charge*
Understand the impact of sugar on your diet and changes you can make to maximize your health. Presented by Cathy Ross, RN.

Held at Central Park
Monday October 13 10:15 - 11 a.m.
Held at Sexton Hall
Tuesday October 21 12:15 - 1 p.m.

Mobility Matters

Held at Central Park & Sexton Hall *No charge*
Navigating choices in manual and powered mobility equipment, home access products such as stairlifts and ramp systems, and medical equipment can be daunting. Come learn how to leverage your insurance benefits and find the best solution for your personal needs and living context.

Presented by Mobility Plus Alpharetta.

Held at Central Park
Monday October 20 1 - 1:45 p.m.
Held at Sexton Hall
Thursday October 30 12:15 - 1 p.m.

Aging & Immunity: Preparing for Cold & Flu Season

Held at Central Park & Sexton Hall *No charge*
Learn how to best protect yourself during cold and flu season.

Presented by Kroger Pharmacy.

Held at Central Park
Tuesday November 4 10:15 - 11 a.m.
Held at Sexton Hall
Thursday November 13 12:15 - 1 p.m.

Holistic Health with Dr. Jack Winner

Held at Central Park & Sexton Hall *No charge*
Learn how optimal health is within everyone's reach and how a more holistic approach to health could serve you. Presented by Dr. Jack Winner, DC, AK.

Held at Central Park
Monday November 10 10 - 11 a.m.
Held at Sexton Hall
Thursday November 20 Noon - 1 p.m.

Lifelong Learning

Understanding Leg Health

Held at Central Park & Sexton Hall *No charge*

Understand the importance of keeping your legs healthy by learning the common signs and symptoms of poor leg health along with practical tips to keep your legs in good working order.

Presented by North Georgia Vein & Aesthetics.

Held at Central Park

Monday **December 1** **10:15 - 11 a.m.**

Held at Sexton Hall

Thursday **December 11** **12:15 - 1 p.m.**

Gut Brain Connection

Held at Central Park & Sexton Hall *No charge*

Understand how your digestive system and your brain are connected.

Presented by Cathy Ross, RN.

Held at Central Park

Tuesday **December 2** **10:15 - 11 a.m.**

Held at Sexton Hall

Tuesday **December 9** **12:15 - 1 p.m.**



NEW - MEMBER PERK!

Priority registration for Lifelong Learning programs begins Thursday, September 25; Non-members may register beginning Monday, October 6.

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*

Body Mechanics for Tilling our Gardens

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

Cornucopia Workshop

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

Holiday Cheer Ideas

Monday **December 1** **10 - 11:30 a.m.**

Technology

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 **October 9** **1:30 - 2 p.m.**

Thursday **November 6** **1:30 - 2 p.m.**

Thursday **December 4** **1:30 - 2 p.m.**

Held at Sexton Hall

Tuesday **October 7** **Noon - 12:30 p.m.**

Tuesday **November 4** **Noon - 12:30 p.m.**

Tuesday **December 2** **Noon - 12:30 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**

Managing Privacy Settings on Your Android Phone

Held at Central Park & Sexton Hall
Keep your browsing your business! Learn how to manage Chrome's Incognito mode and adjust app permissions on your Android device. Participants should bring their Android device to class.

Held at Central Park
Monday **October 6** **1:30 - 2:45 p.m.**
Held at Sexton Hall
Tuesday **October 7** **10 - 11:15 a.m.**

Managing Privacy Settings on an iPhone

Held at Central Park & Sexton Hall
Keep your browsing your business! Learn how to manage Safari's private mode and adjust app permissions on your iPhone. Participants should bring their iPhone device to class.

Held at Central Park
Tuesday **October 7** **1:30 - 2:45 p.m.**
Held at Sexton Hall
Thursday **October 16** **1 - 2:15 p.m.**

NEW - MEMBER PERK!

Priority registration for Lifelong Learning programs begins Thursday, September 25; Non-members may register beginning Monday, October 6.

Online Tools for Contacting Your Lawmakers

Held at Central Park & Sexton Hall
Sharing your opinions with your reps is easy with these online tools.

Held at Central Park
Monday **October 13** **1:30 - 2:45 p.m.**
Held at Sexton Hall
Tuesday **October 14** **10 - 11:15 a.m.**



Getting Started with Facebook

Held at Central Park & Sexton Hall
Ready to join Facebook? Come to this workshop to sign up! Participants should bring their device to class.

Held at Central Park
Monday **October 20** **1:30 - 2:45 p.m.**
Held at Sexton Hall
Thursday **October 9** **Noon - 1:15 p.m.**

Technology for Aging in Place

Held at Central Park & Sexton Hall
Come learn how smart technology can help you maintain your independence in your own home.

Held at Central Park
Tuesday **October 28** **1:30 - 2:45 p.m.**
Held at Sexton Hall
Thursday **October 30** **1 - 2:15 p.m.**

Lifelong Learning

Mobile Health Apps

Held at Central Park & Sexton Hall

Come learn how your phone can count your steps and check your heart rate!

Held at Central Park

Monday November 3 1:30 - 2:45 p.m.

Held at Sexton Hall

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

Healthcare & Tech at a Glance

Held at Central Park & Sexton Hall

Technology meets healthcare. Learn about how AI and telemedicine are shaping the way we manage our health.

Held at Central Park

Monday November 10 1:30 - 2:45 p.m.

Held at Sexton Hall

Tuesday November 4 10 - 11:15 a.m.

Wearables at a Glance

Held at Central Park & Sexton Hall

Learn about tech you can wear and what it can do for you!

Held at Central Park

Monday November 17 1:30 - 2:45 p.m.

Held at Sexton Hall

Tuesday November 25 10 - 11:15 a.m.

Intro to Sleep Technologies

Held at Central Park & Sexton Hall

Learn about devices and apps that can help you get more Zzz's.

Held at Central Park

Monday December 1 1:30 - 2:45 p.m.

Held at Sexton Hall

Monday November 10 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 December 8 1:30 - 2:45 p.m.

Held at Sexton Hall

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

Mindfulness Apps

Held at Central Park & Sexton Hall

Plug in to these apps to help you unplug from everything else!

Held at Central Park

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

Held at Sexton Hall

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

Intro to Chatting with AI

Held at Central Park & Sexton Hall

Learn how to make the most out of ChatGPT and other AI software.

Held at Central Park

Monday December 29 1:30 - 2:45 p.m.

Held at Sexton Hall

Tuesday December 30 10 - 11:15 a.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 Nov 27, Dec 25 & Jan 1)

Watercolor Wednesdays

Members Only *No charge*
Enjoy creating your own watercolor masterpiece.
Wednesdays 1:30 - 3:30 p.m.
(No class November 25 & December 24)

Beginner Acrylic Painting

\$35 members/\$45 non-members per six-week session
Learn the basics of acrylic painting including brush strokes, color mixing and more.
Tuesdays **Oct 14 - Dec 2** 9:30 - 11 a.m.
(No class November 11 & 25)

Pan Pastels

\$15 members/\$20 non-members per class
Learn this unique approach to using pastel paints. With this up-and-coming art technique, you'll blend and layer vibrant colors.
Volunteer Instructor: Kate Holmes.
Wednesday **October 22** 9:30 - 11:30 a.m.
Wednesday **December 10** 9:30 - 11:30 a.m.

Brush & Beverage - Frankenstein's Creepy Castle

\$15 members/\$20 non-members
Sip a creepy mocktail and paint Frankenstein's Creepy Castle while your instructor leads you with step-by-step instructions. All skill levels welcome. Canvas size is 16" x 20".
Tuesday **October 7** 1:30 - 3:30 p.m.



Pour Painting

\$15 members/\$20 non-members per class
Be inspired to create a dramatic art piece as you mix your colors and pour onto an 8" x 10" canvas. Then use various techniques to enhance your design. Facilitated by Volunteer Instructor, Faye Boles.
Friday **October 10** 9:30 - 11:30 a.m.
Friday **December 12** 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 stones. Facilitated by Sherry Bottorf, Volunteer Instructor.
Tuesday **October 14** 1:30 - 3:30 p.m.
Tuesday **December 2** 1:30 - 3:30 p.m.

Art & Creativity

Central Park

So, You Want to SEW

\$20 Supply Fee per class

This class is for those with little or no sewing experience where experienced sewers will teach you machine use and basic hand sewing techniques. Machines, fabric and supplies included. Facilitated by Volunteers.

Thursdays Oct 9 - Dec 18 1 - 3 p.m.
(No class November 27)



Fall/Winter Welcome Sign

\$20 members/\$25 non-members per 2-week workshop

Celebrate the season with this reversible wooden sign: fall decor on one side and a wintry scene on the other.

Tuesdays Oct 28 & Nov 4 1:30 - 3:30 p.m.

Folk Art Frosty

\$10 members/\$15 non-members

Create a rustic snowman ornament using wood, buttons and festive ribbons.

Tuesdays December 16 1:30 - 3:30 p.m.

Acrylic Painting Workshops

\$15 members/\$20 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.

Frankenstein's Monster

Paint a spooky Frankenstein under a moody sky.

Tuesday October 21 1:30 - 3:30 p.m.

Cozy Moments

Capture a peaceful windowsill scene celebrating the warmth of the fall season.

Tuesday November 18 1:30 - 3:30 p.m.

Snowy Songbird

Highlight the colors of the season with a bright red cardinal perched on a snowy branch.

Tuesday December 9 1:30 - 3:30 p.m.

Specialty Workshop

Busted Canvas Skyline Celebration

\$20 members/\$25 non-members

Capture the spirit of the New Year with a city skyline lit up with fireworks in this layered painting project. Canvas size is 11" x 14".

Facilitated by Staff.

Tuesday December 30 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.

	<u>Puzzle Pumpkins</u>	
Tuesday	October 7	1:30 - 3 p.m.
	<u>Skeleton Cork Face</u>	
Monday	October 20	9:30 - 11 a.m.
	<u>Harvest Gnomes</u>	
Tuesday	November 4	1:30 - 3 p.m.
	<u>Fall Votives</u>	
Monday	November 17	9:30 - 11 a.m.
	<u>Holiday Paintbrush Decor</u>	
Tuesday	December 9	1:30 - 3 p.m.
	<u>Santa Seashells</u>	
Monday	December 22	9:30 - 11 a.m.

Come and Go Art

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

Thursday	October 2 & 9	10:30 - 11:30 a.m.
Thursday	November 6 & 20	10:30 - 11:30 a.m.
Thursday	December 4 & 18	10:30 - 11:30 a.m.



Acrylic Painting Classes

Beginner Acrylics - *NEW!*

\$5 members/\$10 non-members

Brush strokes, color mixing and techniques are taught.
This class is a prerequisite to Intermediate Acrylic Painting.

Tuesday	October 21	2 - 3:30 p.m.
Monday	November 10	9:30 - 11 a.m.

Intermediate Acrylic Painting

\$50 members/\$65 non-members per five-week session
Immerse yourself in a blend of creativity and learning as you paint. Basic painting knowledge and technique required.

Nature's Bounty

Harvest and nature themed paintings
bring cozy beauty to canvases.

Thursdays	Oct 9 - Nov 6	10 a.m. - 1 p.m.
Fridays	Oct 10 - Nov 7	10 a.m. - 1 p.m.

Holiday Lights & Decor

Celebrate the season with memories,
music and mistletoe.

Thursdays	Nov 13 - Dec 18	10 a.m. - 1 p.m.
Fridays	Nov 14 - Dec 19	10 a.m. - 1 p.m.

Explore on a Canvas Board - *NEW!*

\$10 members/\$15 non-members

Create your own acrylic painting on an 8" x 10" canvas board. Brushes and paint provided. Instructor available to lend inspiration to your unique canvas scene. Participants are encouraged to have some painting experience.

Monday	October 13	9 - 11 a.m.
Monday	November 24	9 - 11 a.m.
Monday	December 15	9 - 11 a.m.

Art & Creativity

Sexton Hall

Holiday Frame Decor

\$15 members/\$20 non-members per workshop
'Tis the season in reds and silvers adorning a wooden frame.

Tuesday November 18 1:30 - 2:30 p.m.

Rosemary Soap

\$20 members/\$25 non-members per workshop
Mix and mold three bars of glycerin-based soap with fragrant hints of rosemary.

Monday December 8 9:30 - 11:30 a.m.

Jewelry Box Workshop

\$15 members/\$20 non-members per workshop
Design this 8" x 10" box and adorn with custom jewelry pieces for fabulous and functional storage.

Tuesday December 23 10 a.m. - noon

Ceramics & Pottery

Classes taught by resident artist.

Bisqueware Projects

\$20 members/\$25 non-members per class
Paint three pieces of your choice with guided instruction. Cost includes bisqueware, glaze and firing.

Wednesday October 8 1:30 - 3:30 p.m.
Wednesday November 5 1:30 - 3:30 p.m.
Wednesday December 3 1:30 - 3:30 p.m.

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.

Monday October 27 9 - 10 a.m.
Wednesday December 22 1 - 2 p.m.

Clay & Glaze Intermediate/Skilled

\$65 members/\$80 non-members for five-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 Oct 6 - Nov 3 Noon - 3 p.m.
Mondays Nov 17 - Dec 15 Noon - 3 p.m.

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Tuesdays Oct 7 - Nov 4 9 a.m. - noon
Tuesdays Nov 18 - Dec 16 9 a.m. - noon

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Wednesdays Oct 8 - Nov 5 10 a.m. - 1 p.m.
Wednesdays Nov 19 - Dec 17 10 a.m. - 1 p.m.



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.

Wednesday October 15 1 - 2:30 p.m.
Tuesday October 28 Noon - 1:30 p.m.
Wednesday November 12 1 - 2:30 p.m.
Tuesday November 25 Noon - 1:30 p.m.
Tuesday December 2 Noon - 1:30 p.m.
Wednesday December 17 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

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.
(No meeting November 27 or December 25)

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.
(No meeting November 28)



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 1 - 2 p.m.

Sassy Ladies

Held at Central Park

Thursdays 12 - 1 p.m.
(No meeting November 27 or December 25)

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.
(No meeting November 27 or December 25)

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 **October 15** **2:30 - 3:30 p.m.**
Wednesday **November 19** **2:30 - 3:30 p.m.**
Wednesday **December 17** **2:30 - 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 November 11, 27 & 28, December 24 & 25 and January 1.

	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	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

Game Club

Ping Pong Club - **NEW!**

Held at Central Park

Join in some fun playing rounds of ping pong.

Registration and waivers required.

Tuesdays **10 - 11 a.m.**

(No meeting November 11)

Thursdays **10:30 - 11:30 a.m.**

(No meeting November 27 or December 25)

Crafting Club

Needle Craft Club

Held at Central Park

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

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

(No meeting November 27 or December 25)

Held at Central Park

Weekly Bingo

Wednesdays

10 - 11 a.m.

(No Bingo Oct 22)

Morning - Open Games

Daily - 9 - 11 a.m.

(No games Oct 22)

Afternoon - Open Games

Daily - 12:30 - 4 p.m.

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 \$5.65 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.

Volunteer Opportunities

- Memory Support Program Aide: Assists staff with the memory support program
- Meals on Wheels Driver/Friendly Visitor: Delivers meals to homebound elders
- Congregate Activities Assistant: Assist staff with games, exercises, crafts and lunch

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. Call (770) 781-2195 for more information.

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

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 with you or your loved one.

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. Call Linda Ledbetter for further information at (404) 245-7949.

Holiday Giving Programs at Senior Services

Angel Tree Program:

Brighten the Holidays for a Senior

Support a local senior this holiday season by selecting a name from our Angel Tree, available at both Senior Services centers starting **Monday, November 3rd**. Each Angel includes a gift list of basic needs and personal items. Return unwrapped gifts in a gift bag with the Angel tag attached by **Thursday, December 5th**.

Please note: If you are not able to visit one of our centers to make a donation or receive a gift request, please contact us by phone or email: (770) 781-2178 or seniorservices@forsythco.com.

Thank you for bringing the blessings of the season to our seniors in need.

Meal Sponsorship:

Share a Meal, Share Kindness

Sponsor meals for a local senior through our Meals on Wheels program, which operates all year long. Your support helps provide nutritious meals and caring contact to homebound older adults. Sponsorship forms will be available starting **Monday, November 3rd**, at both centers.

Senior Support Program:

Help Where It's Needed Most

Donate to the Senior Support Program to assist low-income, isolated elders with essential needs such as food, housing support, safety modifications and medical equipment. Flexible funding allows us to respond quickly when urgent needs arise. Donations are accepted year-round at both centers.



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