

ADULT ACTIVITIES AND SERVICES

A comprehensive listing for those age 60 and better

Forsyth County Senior Services

APRIL - JUNE 2026 PROGRAM & RESOURCE GUIDE

22ND ANNUAL

**Aging Well
Expo**

Thursday, April 23

See back cover for details



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
Monday, April 6 - Friday, July 3
Registration begins Monday, March 30
Centers will be closed May 25.
On Thursday, June 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 \$65 for individuals, \$45 for each additional household member. **Milestone membership** is FREE for Forsyth County residents age 85 and better, \$35 per year for non-residents. See page 23 for details.

Special Events

Active Adult Events

These events are for older adults age 60 and better.

Egg-Cellent Bingo Bash

Held at Central Park *No charge*
Go on the hunt for a Bingo and enjoy some time mixing and mingling with friends. Light refreshments provided.
Friday April 10 1 - 3 p.m.

Cinco de Mayo Celebration

Held at Central Park *No charge*
Celebrate Mexican Culture with an afternoon of festive refreshments and activities.
Friday May 1 1 - 3 p.m.

Taco Tuesday Twilight Tuesday Kick Off

Held at Sexton Hall *No charge*
Join us for the kick-off of our evening programming with tacos and fun!
Tuesday May 5 5:30 - 7 p.m.

Scandals & Scones Tea Party

Held at Central Park *No charge*
Inspired by the elegance of the early 19th century, this gathering provides an afternoon of tasty treats and tea. Wear your fancy hat and gloves if you'd like to add a touch of sophistication to the occasion.
Friday May 8 1 - 3 p.m.

Gifts from the Garden Bingo

Held at Sexton Hall *No charge*
Dig deep to find a Bingo and watch your fun bloom. Light refreshments provided.
Wednesday May 13 1 - 3 p.m.

MEMBER PERK!

Priority registration for Active Adult Special Events begins March 30; Non-members may register beginning Monday, April 6.

Jackpot Bingo

Held at Central Park *No charge*
With eyes on your cards and luck on your side, join the excitement where every round brings the chance to win big. Light refreshments provided.
Registration begins Monday, May 4.
Friday June 5 1 - 3 p.m.

Member Exclusive Events

These exclusive events are a benefit of your Membership.

Ice Cream Social

Held at Sexton Hall *No charge*
Scoop up some fun with a cool tasty treat at our sundae bar. Entertainment provided.
Wednesday April 29 1 - 2:30 p.m.

Red Day of Service

Held at Central Park *No charge*
Keller Williams returns with their organization's service and outreach efforts to our community. Lunch and entertainment provided.
Wednesday May 13 Noon - 1:30 p.m.

Strawberry and Sunshine Social

Held at Central Park *No charge*
Come dressed in your summer Hawaiian best and enjoy a strawberry shortcake bar while you get to know your fellow members. Prize awarded for best Hawaiian themed outfit.
Registration begins Monday, May 4.
Friday June 19 1 - 3 p.m.

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

Special Events

MEMBER PERK!

Priority registration for Active Adult Special Events begins March 30; Non-members may register beginning Monday, April 6.

Community Events

These events are open to all ages.

Forsyth Symphony Orchestra Presents: Timeless Classics

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

Come for an uplifting afternoon of familiar and beloved orchestral music performed by your local community orchestra.

Sunday April 19 3 - 5 p.m.

Health Screening Event

Held at Sexton Hall *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.

Wednesday May 6 11 a.m. - 2 p.m.

Daylily Show

Held at Sexton Hall *No charge*
The Daylily Society of Greater Atlanta showcases this perennial favorite at their 2026 Daylily Show and Plant Sale. Attendees will vote on their favorite daylily blooms and the photography entries that day.

Saturday, June 13

Daylilies will be available for purchase

10 a.m. - 3 p.m.

The Daylily Show and judged exhibits

will be open to the public

1 - 4 p.m.

Sounds of Sawnee Concert Band Presents: Patriotic Concert

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

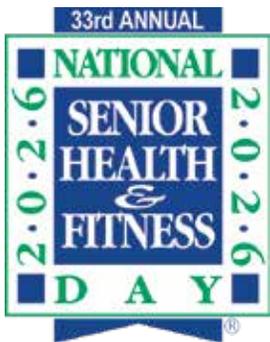
Put on your red, white and blue to join friends and family for two hours of patriotic music.

Kindly sponsored by Woodman Life.

Sunday June 28 3 - 5 p.m.

National Senior Health & Fitness Day

Join us for the nation's largest annual older adult health and wellness event, with goals to help keep older adults healthy and fit.



Held at Sexton Hall *No charge*
Gather for a workout celebrating health and vitality. Experience a fun-filled sampling of our popular, staff-led fitness classes.

Wednesday May 27 8:45 - 9:30 a.m.

Held at Central Park *No charge*
Come to a fun-filled hour focused on fitness and experience functional fitness, balance and mobility, strength and performance, then stretch and cool down.

Wednesday May 27 9 - 10 a.m.

Special Events

Small Group Events

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

Easter Egg Hunt/Outside Tournament

Held at Central Park *No charge*
Go on the hunt for eggs and enjoy some time mixing and mingling with friends playing games. Light refreshments provided.
Friday April 17 9 - 11 a.m.

All-Star Fridays

Held at Central Park *No charge*
Get ready for the ultimate showdown. Enjoy a thrilling matchup of a variety of games and other friendly competitions with community partners and center friends.
Friday April 24 9:15 - 11:15 a.m.
Friday May 22 9:15 - 11:15 a.m.
Friday June 26 9:15 - 11:15 a.m.

Older Americans Month

Held at Central Park & Sexton Hall *No charge*
The month of May celebrates aging as a time of growth, opportunity and connection. Let's celebrate the resilience of older adults and their impact in our communities. Presented by Staff.

Held at Central Park
Monday May 4 10:15 - 11 a.m.
Held at Sexton Hall
Thursday May 21 12:15 - 1 p.m.

Future Ready After 55

Held at Sexton Hall *No charge*
Join this Lunch and Learn to understand ways to right size your lifestyle and make estate planning easier. Lunch is provided.
Sponsored by Premier Realty Group.
Wednesday May 13 11 a.m. - 1 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 May 29 9:15 - 11:15 a.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:
April - Ingram Funeral Home
May - Homewatch Caregivers



Get a space at our SUMMER Craft Fair!
Held at Sexton Hall
Saturday, July 18 • 10 a.m. - 2 p.m.
Email seniorservices@forsythco.com
for more information

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 May 25.

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>	Flex & Balance 8:45 - 9:30 a.m. <u>Sexton Hall</u>	Stretch & Flex 8:15 - 8:45 a.m. <u>Central Park</u>
Wii Sports: Tennis & Bowling - <i>NEW!</i> 9 - 9:45 a.m. <u>Central Park</u> Drumming 101 9:30 - 10:15 a.m. April 13, 20 & 27 May 4 & 18 June 1 & 15 <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>	Circuit Training 9 - 9:45 a.m. <u>Central Park</u>	Power Fit 8:45 - 9:30 a.m. <u>Sexton Hall</u>
Seated Strength Training 10:30 - 11:15 a.m. <u>Central Park</u>	Stretch & Flex 1:15 - 2 p.m. <u>Central Park</u>	Seated Strength Training 9:45 - 10:30 a.m. <u>Sexton Hall</u>	Intro to Drumming 10:45 - 11:15 a.m. April 9 May 14 & 28 June 11 & 25 <u>Sexton Hall</u>	<div style="border: 2px solid green; padding: 5px; text-align: center;"> These Fitness classes are all offered at no charge to our Members. </div> 
			Flex & Balance 1:45 - 2:30 p.m. <u>Sexton Hall</u>	

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

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.

Wii Sports: Tennis & Bowling: Get fit playing Wii Bowling or Tennis.

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

Fitness

Sexton Hall

Specialty Fitness

Line Dancing at Sexton Hall

*\$30 members/\$40 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 April 7 - May 12 12:45 - 1:30 p.m.

Tuesdays May 19 - June 23 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 April 7 - May 12 1:30 - 2:30 p.m.

Tuesdays May 19 - June 23 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 April 7 - May 12 2:30 - 3:30 p.m.

Tuesdays May 19 - June 23 2:30 - 3:30 p.m.

Kickboxing for Older Adults

No charge

This beginner-friendly class improves balance and coordination with some "after-hours" fun. Drop in for one or several classes.

Tuesdays May 12 - June 16 5:15 - 5:45 p.m.

(No class May 26)

Fitness

Central Park

Specialty Fitness

Line Dancing

\$30 members/\$40 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 April 20 - June 1 1:15 - 2:15 p.m.

(No class May 25)

Mondays June 15 - July 20 1:15 - 2:15 p.m.

Mat Yoga

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

Instructor: Tracy 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 April 13 - May 11 Noon - 12:45 p.m.

Mondays May 18 - June 22 Noon - 12:45 p.m.

(No class May 25)

Chair Yoga

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

Instructor: Tracy 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 April 15 - May 13 10:30 - 11:15 a.m.

Wednesdays May 20 - June 24 10:30 - 11:15 a.m.

(No class May 27)

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 **March 30**; non-members may register starting **April 6**.

Braves vs. Detroit Tigers

Departs from Sexton Hall

\$90 members/\$95 non-members

Enjoy a day at the ballpark watching the Atlanta Braves take on the Detroit Tigers.

Lunch on your own at Truist Park.

Thursday April 30 10 a.m. - 5:30 p.m.

Walking Difficulty:
Strenuous



Madison Tour of Homes

Departs from Sexton Hall

\$50 members/\$55 non-members

The self-guided tour will feature a selection of Madison's treasured historic and modern homes. You can experience the living history of the town while strolling through the city's architecturally significant homes as they come into full bloom.

Lunch on your own in Madison.

Friday May 15 8:30 a.m. - 5 p.m.

Walking Difficulty:
Moderate - Strenuous



Gainesville Botanical Gardens

Departs from Central Park

\$35 members/\$40 non-members

Join us for a guided tour of the Botanical Gardens in Gainesville.

Lunch on your own in Gainesville.

Wednesday May 20 9 a.m. - 3 p.m.

Walking Difficulty:
Moderate - Strenuous



Baps Hindu Temple Tour

Departs from Sexton Hall

\$20 members/\$25 non-members

Tour this magnificent temple filled with intricate carvings. Each attendee must bring a canned vegetarian food item for donation. As a place of worship, there is a dress code: no shoes, sleeveless tops, short skirts or shorts are permitted in the temple. Lunch on your own at on-site vegetarian cafe.

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

Walking Difficulty:
Easy - Moderate



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 June 17 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 "hometown".

You will meet Senior Services Staff at the designated location.

Participants will provide their own transportation.

Warbington Farms

May - Date TBD

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

Registration begins May 1.

*We'll send a notice out with info last week of April.

Meet at:

5555 Crow Road
Cumming, GA 30041

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

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 **March 30**; non-members may register starting **April 6**.

Cloudland - Fawn, GA

Departs from Central Park
\$15 members/\$20 non-members
Hiking Distance: 5.5 miles Elevation change: 1,299 ft.
Facilities available.
Bring your own picnic lunch.
Wednesday April 8 7 a.m. - 5 p.m.

Hiking Difficulty:
Strenuous



Warwoman - Clayton, GA

Departs from Central Park
\$15 members/\$20 non-members
Hiking Distance: 4 miles Elevation change: 120 ft.
Facilities available.
Lunch in Clayton.
Wednesday May 13 8 a.m. - 4:30 p.m.

Hiking Difficulty:
Moderate



Panther/Angel Falls - Lakemont, GA

Departs from Central Park
\$15 members/\$20 non-members
Hiking Distance: 4.5 miles Elevation change: 30 ft.
Facilities available.
Lunch in Lakemont.
Wednesday June 10 8 a.m. - 4:30 p.m.

Hiking Difficulty:
Easy - Moderate



Outdoor Adventures

Kayaking at Lake Lanier

\$20 members/\$25 non-members

Embark on a kayaking adventure on Lake Lanier where Forsyth County Parks & Rec staff will guide you around the lake and teach you a little about kayaking! Equipment is provided.

Meet at:

Shady Grove Campground
7800 Allyn Lane Memorial Way
Cumming, GA 30041

Friday, May 1 • 11 a.m. - 1 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.**
 (No class May 25)
Thursdays **9:30 - 11 a.m.**

Watercolor Wednesdays

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

Slice of Scenery

\$10 members/\$15 non-members
 Paint a cross-section of a real tree stump into a glowing forest landscape, complete with fireflies and woodland charm.
Tuesday **April 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 **April 10** **9:30 - 11:30 a.m.**
Friday **May 15** **9:30 - 11:30 a.m.**
Friday **June 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 one or more pieces using a variety of materials and stones. Facilitated by Sherry Bottorf, Volunteer Instructor.

Tuesday **April 14** **1:30 - 3:30 p.m.**
Tuesday **May 12** **1:30 - 3:30 p.m.**
Tuesday **June 9** **1:30 - 3:30 p.m.**

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 **April 15** **9:30 - 11:30 a.m.**
Wednesday **May 20** **9:30 - 11:30 a.m.**
Wednesday **June 17** **9:30 - 11:30 a.m.**

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 **April 21 - May 26** **9:30 - 11 a.m.**

Blush Bloom

\$10 members/\$15 non-members
 Paint an oval-shaped canvas filled with soft, multi-toned pink tulips for a timeless floral composition.
Tuesday **April 21** **1:30 - 3:30 p.m.**

Art & Creativity

Central Park

Brush & Beverage: Field Mouse & Flowers

\$20 members/\$25 non-members

Sip a sparkling beverage as the instructor provides step-by-step instructions to paint a scene featuring a delicate field mouse holding a flower while perched on a rustic fence post. Canvas size is 16" x 20".

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

Beyond the Surface

\$10 members/\$15 non-members

Bring an octagon canvas to life with sculpted 3D clay octopus tentacles emerging outward, paired with an iridescent octopus body.

Part 1

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

Part 2

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

Manatee Mosaic

\$10 members/\$15 non-members

Construct a shimmering mixed-media collage using metallic paint, topped with a detailed paper mosaic manatee.

Tuesday June 16 1:30 - 3:30 p.m.

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.

Desert Glow

Use vibrant sunset hues to make a blooming cactus appear as if it's glowing from within against a desert backdrop.

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

Race Car Rush

Create a bold, high-energy artwork featuring a black background, pour-paint flames, and a real toy racecar bursting through the motion.

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

Aquarium on a Canvas

Create a vibrant coral reef/shipwreck scene using layered 3D fish and trinkets to build a textured underwater environment inspired by life beneath the sea.

Tuesday June 23 1:30 - 3:30 p.m.

Watch and Waves

Paint a dramatic lighthouse scene with waves crashing against rocky shores, using natural tones and flowing, wave-like brushstrokes throughout.

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

Art & Creativity

Sexton Hall

Members Only Art

Facilitated by Staff.

Crafty Creations

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

	<u>Button Canvas Craft</u>	
Monday	April 13	9:30 - 11 a.m.
	<u>Ladybug Garden Golf Balls (3)</u>	
Tuesday	April 28	1:30 - 3 p.m.
	<u>Painted Flower Bottles</u>	
Monday	May 11	9:30 - 11 a.m.
	<u>Bee Mason Jars</u>	
Tuesday	May 19	1:30 - 3 p.m.
	<u>Shell Butterflies</u>	
Monday	June 8	9:30 - 11 a.m.
	<u>Rock People Cards</u>	
Tuesday	June 23	1:30 - 3 p.m.

Come and Go Art

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

Thursday	April 2 & 16	10:30 - 11:30 a.m.
Thursday	May 7 & 21	10:30 - 11:30 a.m.
Thursday	June 4 & 18	10:30 - 11:30 a.m.



Specialty Art

Classes taught by resident artist. Supplies included.
Fun guaranteed!

Beginner Acrylics

\$5 members/\$10 non-members
Brush strokes, color mixing and techniques are taught.
This class is a prerequisite to Intermediate Acrylic Painting.

Wednesday	May 6	2 - 3:30 p.m.
Monday	June 15	9:30 - 11 a.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.

	<u>Garden Life</u>	
	Paint birdhouses, busy bees, flowers and more.	
Thursdays	April 9 - May 21	10 a.m. - 1 p.m.
	(No class April 23)	
Fridays	April 10 - May 15	10 a.m. - 1 p.m.

	<u>Summer Vibes</u>	
	Paint bright colors, outdoor activities, summer images and more.	
Thursdays	May 28 - July 2	10 a.m. - 1 p.m.
Fridays	May 22 - Jun 26	10 a.m. - 1 p.m.

Brush & Beverage - Patriotic Turtle

\$20 members/\$25 non-members
Sip on sparkling beverages as the instructor leads this activity with step-by-step instruction for all levels of painting skills. Add patterns of red, white and blue to a traditional summer scene. Canvas size is 16" x 20".

Tuesday	May 19	5:30 - 7:30 p.m.
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Art & Creativity

Sexton Hall

Lighthouse Bird Feeder

\$15 members/\$20 non-members

Stack painted terracotta pots to make a weather-resistant garden accent.

Tuesday May 12 1:30 - 3:30 p.m.

Twilight Tuesday Art Sampler

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

Discover more about our offerings in acrylics, crafts and bisqueware. Participants will create three summer-themed projects.

Tuesday June 9 - 16 5:30 - 6:45 p.m.

Ceramics & Pottery

Classes taught by resident artist.

Bisqueware Projects

\$25 members/\$30 non-members per class

Guided instruction is provided in these workshops. Cost includes bisqueware, glaze and firing.

Pick Three

Wednesday April 22 1:30 - 3:30 p.m.

Bee Kitchen Dish/Owl Spoon Rest

Wednesday May 27 1:30 - 3:30 p.m.

Turtle Box & Dish

Wednesday June 10 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 April 27 10 - 11 a.m.
Wednesday June 3 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 April 6 - May 11 Noon - 3 p.m.
Mondays May 18 - June 29 Noon - 3 p.m.
 (No class May 25)

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Tuesdays April 7 - May 12 9 a.m. - noon
Tuesdays May 19 - June 23 9 a.m. - noon

Wednesdays April 8 - May 13 10 a.m. - 1 p.m.
Wednesdays May 20 - June 24 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.

Tuesday April 14 Noon - 1:30 p.m.
Wednesday April 29 1 - 2:30 p.m.

May Workday registration begins May 1.

Tuesday May 5 Noon - 1:30 p.m.
Wednesday May 20 1 - 2:30 p.m.

June Workday registration begins May 29.

Tuesday June 2 Noon - 1:30 p.m.
Wednesday June 17 1 - 2:30 p.m.

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	April 15	10 - 11 a.m.
Wednesday	May 20	10 - 11 a.m.
Wednesday	June 17	10 - 11 a.m.

Coffee with a Cop - *IT'S BACK!*

Held at Central Park & Sexton Hall *No charge*

This monthly program focuses on community awareness for older adults. Presented by Forsyth County Sheriff's Office and other speakers.

Held at Central Park

Wednesday	April 29	10 - 10:45 a.m.
Wednesday	May 13	10 - 10:45 a.m.
Wednesday	June 24	10 - 10:45 a.m.

Held at Sexton Hall

Thursday	April 2	12:15 - 1 p.m.
Thursday	May 14	12:15 - 1 p.m.
Thursday	June 4	12:15 - 1 p.m.

Get Ready for Earth Day

Keep Forsyth Beautiful

Held at Sexton Hall *No charge*

This group focuses on enhancing the natural beauty of Forsyth County. Learn about their efforts and how you can get involved.

Presented by: Keep Forsyth County Beautiful.

Wednesday April 15 11 a.m. - 12 p.m.

Garden Explorations

Held at Offsite Location *No charge*

Explore a local landscaping location near Sexton Hall with a guided tour from our resident staff garden specialist, Lisa Mann.

Location details will be shared with registered participants one week prior to the meetup.

Advance registration required.

Monday April 20 10 - 11:30 a.m.

Understanding Your County Water Supply

Held at Central Park & Sexton Hall *No charge*

Understand where your drinking water comes from and how it's prepared and cleaned for your use.

Presented by Forsyth County Water and Sewer.

Held at Central Park

Monday April 20 10:15 - 11 a.m.

Held at Sexton Hall

Thursday April 9 12:15 - 1 p.m.

Earth Day

Held at Sexton Hall *No charge*

Discover the best environmental practices that have impacts on ecosystems and wildlife habitats in our local area. Presented by Master Naturalists, Extension Volunteers, Forsyth County.

Tuesday April 21 12:15 - 1 p.m.

Self-Awareness - Self-Defense Part III

Held at Central Park & Sexton Hall *No charge*
Learn practical safety tips and simple self-defense techniques from a Deputy Sheriff. This session focuses on improving awareness, confidence and personal safety in everyday situations. Presented by Forsyth County Sheriff's Office.

Part 3 (Parts 1 & 2 are a prerequisite)

Held at Central Park

Tuesday **April 21** **10 - 11 a.m.**

Held at Sexton Hall

Monday **April 27** **10 - 11 a.m.**

Intro to Self-Defense

Held at Sexton Hall *No charge*
Get an overview of personal safety tips and simple self-defense techniques. Presented by Forsyth County Sheriff's Department.

Tuesday **May 12** **6:45 - 7:45 p.m.**



Hot Weather Water Tips

Held at Central Park & Sexton Hall *No charge*
Learn how heat affects water supply and usage. Discover simple tips to stay hydrated and conserve water when temperatures rise. Presented by Forsyth County Water and Sewer.

Held at Central Park

Tuesday **May 26** **10:15 - 11 a.m.**

Held at Sexton Hall

Thursday **May 7** **12:15 - 1 p.m.**

Matters of the Mind

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

Living with Parkinson's Disease

Held at Central Park & Sexton Hall *No charge*
Understand the impact to loved ones and resources available for caregivers.

Presented by Dawna Williamson, Right At Home.

Held at Central Park

Monday **April 13** **10:15 - 11 a.m.**

Held at Sexton Hall

Thursday **April 30** **12:15 - 1 p.m.**

Mental Health Awareness Month

Held at Central Park & Sexton Hall *No charge*
Discover ways to engage in activities that promote well-being and reduce stress. As May is Mental Health Awareness Month, get tips to make sure you maintain a healthy relationship with yourself and loved ones. Presented by FCSS Staff.

Held at Central Park

Tuesday **May 5** **10:15 - 11 a.m.**

Held at Sexton Hall

Tuesday **May 19** **12:15 - 1 p.m.**

Understanding Alzheimer's Disease

Held at Central Park & Sexton Hall *No charge*
Understand the early warning signs, treatment options and how to support your loved one battling this disease. Presented by Alzheimer's Association Georgia.

Held at Central Park

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

Held at Sexton Hall

Thursday **June 11** **12:15 - 1 p.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.

Healthy Steps

Held at Central Park *No charge*
April is Foot Health Awareness Month. Our feet are the foundation of our support system. Learn how keeping them healthy helps you with better mobility, posture and movement.

Presented by Foot Solutions.

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

Benefits of Chiropractic Care

Held at Central Park *No charge*
This may help you manage pain, increase mobility and enhance overall well-being. Discover ways this treatment can provide relief from chronic back and neck pain, reduced headaches, improved posture and increased range of motion.

Presented by Kratz Chiropractic.

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

Digestive Health

Held at Central Park *No charge*
Maintain a healthy gut by understanding the signs and symptoms of unhealthy digestion and common gut disorders. Get dietary and lifestyle recommendations as well as treatment options.

Presented by Northside Hospital.

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

MEMBER PERK!

Priority registration for Active Adult Special Events begins March 30; Non-members may register beginning Monday, April 6.

Spot the Stroke

Held at Central Park & Sexton Hall *No charge*

Learn the warning signs and ways to spot a stroke, along with treatment and recovery options.

Presented by Northeast Georgia Medical Center.

Held at Central Park

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

Held at Sexton Hall

Tuesday **May 5** **12:15 - 1 p.m.**

Secrets to Better Sleep

Held at Central Park & Sexton Hall *No charge*

Sleep is the body's repair and reset system. Learn tips and techniques to make the most of your night's sleep.

Presented by Northside Hospital.

Held at Central Park

Tuesday **May 12** **10:15 - 11 a.m.**

Held at Sexton Hall

Thursday **May 28** **12:15 - 1 p.m.**

Living Better with Arthritis

Held at Central Park & Sexton Hall *No charge*

Explore practical strategies to manage arthritis, reduce discomfort and improve daily mobility for a healthier, more active life.

Presented by Peachtree Orthopedics.

Held at Central Park

Monday **May 18** **10:15 - 11 a.m.**

Held at Sexton Hall

Wednesday **May 20** **11 a.m. - 12 p.m.**

Protect the Skin You're In

Held at Central Park *No charge*

Learn tips and tricks to protect your skin from various forms of skin cancer. Understand the signs, symptoms and treatment options.

Presented by Northside Hospital.

Tuesday **May 19** **10:15 - 11 a.m.**

Brain Training 101

Held at Sexton Hall *No charge*

Discover the extraordinary capabilities of your brain.

Gain insights to maximize your mental agility to benefit from a sharper, more resilient mind. Learn about harnessing the transformative power of neuroplasticity, which is the brain's ability to change and adapt due to an experience.

Presented by Dr. Diana Tyler, Aura Functional Neurology Center.

Tuesday **June 2** **6:45 - 7:30 p.m.**

The Headache Guide

Held at Central Park & Sexton Hall *No charge*

Discuss the various kinds of headaches and understand what causes them. Learn about the latest treatment options and ways to keep head pain at bay.

Presented by Northside Hospital.

Held at Central Park

Tuesday **June 16** **10:15 - 11 a.m.**

Held at Sexton Hall

Thursday **June 25** **12:15 - 1 p.m.**

Brain Health & Aging

Held at Sexton Hall *No charge*

June is Alzheimer's and Brain Health Awareness Month. Get tips to promote healthy aging and reduce potential threats to brain health.

Presented by Courtney Fleming, MSW.

Tuesday **June 16** **6:15 - 7 p.m.**

Men's Health Matters

Held at Central Park & Sexton Hall *No charge*

Get informed about the primary diseases that affect men's health, including signs and symptoms, treatment options and ways to maintain overall health.

Presented by Northside Hospital.

Held at Central Park

Tuesday **June 23** **10:15 - 11 a.m.**

Held at Sexton Hall

Thursday **June 18** **12:15 - 1 p.m.**

How Blood Pressure Impacts the Body

Held at Central Park *No charge*

Learn about all the ways your blood pressure affects the body, the heart, brain, kidneys, even your energy levels.

Presented by Village Medical.

Monday **June 29** **10:15 - 11 a.m.**

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

Twilight Tuesday Evening Classes

Enjoy the extra summer daylight! This evening programming is perfect for those who are still working during the day and adults of any age who want to know more about our services for their loved ones.

Held at Sexton Hall; no charge for activities, with the exception of Art.

Event

5 - 6:30 p.m.

May 5: Twilight Tuesday Kick-Off, pg. 3

Fitness

5:15 - 5:45 p.m.

May 12 - June 16: Kickboxing for Older Adults, pg.7

Technology

See each listing as times vary

May 12: Protecting Personal Info Online, pg. 21

May 19: Intro to AI, pg. 21

June 2: Digital Tools for Brain Health, pg. 21

June 9: Outdoor Adventure Apps, pg. 21

Art

5:30 - 6:45 p.m.

June 9 - 16: Art Sampler, pg. 12

Presentations

See each listing as times vary

May 12: Intro to Self Defense, pg. 15

May 19: Estate Planning 101, pg. 19

June 2: Brain Training 101, pg. 17

June 16: Brain Health & Aging, pg. 17

TED TED Talks

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

Listening to Shame

Presented via TED Talk Visual by Brene Brown.

Thursday April 16 10 - 11 a.m.

Why Change is So Scary and How to Unlock It's Potential

Presented via TED Talk Visual by Maya Shankar.

Thursday April 30 10 - 11 a.m.

The Roots of Resilience

Presented via TED Talk Visual by Misty Copeland.

Thursday May 14 10 - 11 a.m.

Who Are You, Really? Puzzle of Personality

Presented via TED Talk Visual by Brian Little.

Thursday May 21 10 - 11 a.m.

Having Fun

Presented via TED Talk Visual by Catherine Price.

Thursday June 4 10 - 11 a.m.

Why I Attempt the World's Most Dangerous Stunts

Presented via TED Talk Visual by Michelle Khare.

Thursday June 25 10 - 11 a.m.

Lifelong Learning

Education & Entertainment

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

AARP Driver Safety™

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. Upon completion of this course, you may be eligible for an insurance discount. Inquire with your individual insurance company.

Bring your own lunch.

Presented by Arthur Sheehan.

Thursday **April 9** **9 a.m. - 4 p.m.**

Advance Directives

Held at Central Park & Sexton Hall *No charge*

Understand the legal importance of what they are and how they work.

Presented by Georgia Legal Services Program.

Held at Central Park

Monday **April 27** **10:15 - 11 a.m.**

Held at Sexton Hall

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

Estate Planning 101

Held at Sexton Hall *No charge*

Get an overview of wills, advance directives and power of attorney.

Presented by Elizabeth A. Lewis, Attorney.

Tuesday **May 19** **6:45 - 7:30 p.m.**

Learn Your Library

Held at Sexton Hall *No charge*

Learn what's new at Sharon Forks Library.

Tuesday **May 19** **11 - 11:45 a.m.**

MEMBER PERK!

Priority registration for Active Adult Special Events begins March 30; Non-members may register beginning Monday, April 6.

A Matter of Balance

Held at Central Park *No charge; eight-week session*

This evidence-based class is designed to reduce fear of falling, increase activity levels and educate you on how to remain independent. Presented by Legacy Link and Serena Telleria, FCSS Staff.

Mondays **June 1 - July 20** **1 - 3 p.m.**

Estate Planning

Held at Central Park & Sexton Hall *No charge*

Understand the legal essentials of estate planning such as wills, trusts, power of attorney and advance directives for medical care.

Presented by Wilson Legal.

Held at Central Park

Monday **June 8** **10:15 - 11 a.m.**

Held at Sexton Hall

Wednesday **June 17** **11 - 11:45 a.m.**

Butterflies & Honeybees

Held at Central Park *No charge*

Discover the fascinating world of butterflies and honeybees. Learn about their vital role in pollination, how they support our environment and simple ways you can help protect these essential pollinators.

Presented by Forsyth County Public Library.

Tuesday **June 9** **10:15 - 11 a.m.**

Funeral Pre-Planning

Held at Central Park *No charge*

Ensure your loved ones are well-prepared for your final event and understand your wishes.

Presented by Ingram Funeral Home.

Tuesday **June 30** **10:15 - 11 a.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 Class Preview

Held at Central Park & Sexton Hall
Want to know more about upcoming Senior Planet technology classes? Attend this short informative discussion to discover if an upcoming class is a fit for you.
Presented by Senior Planet Trainers

Held at Central Park
Monday April 6 1:30 - 2 p.m.
Held at Sexton Hall
Tuesday April 7 11 - 11:30 a.m.

Intro to Smartphone Photography

Held at Central Park & Sexton Hall
Say cheese! Learn more about your smartphone's camera.
Held at Central Park
Monday April 13 1:30 - 2:45 p.m.
Held at Sexton Hall
Tuesday April 14 10 - 11:15 a.m.

Intro to Selling

Held at Central Park
Make money while decluttering with online marketplaces.
Tuesday April 21 1:30 - 2:45 p.m.

MEMBER PERK!

Priority registration for Active Adult Special Events begins March 30; Non-members may register beginning Monday, April 6.

Smartphone Camera Uses Beyond

Held at Central Park & Sexton Hall
Come learn about QR codes and more!
Held at Central Park
Thursday April 30 1:30 - 2:45 p.m.
Held at Sexton Hall
Tuesday April 28 11 a.m. - 12:15 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
Thursday May 7 1:30 - 2:45 p.m.
Held at Sexton Hall
Tuesday May 5 11 a.m. - 12:15 p.m.

Practicing with Google Docs

Held at Sexton Hall
Whatever your word processing needs, Google Docs can help! This 2-session series will give you plenty of hands-on practice using Google Docs, a free alternative to Microsoft Word. You'll learn to use grammar and spellcheck, download your documents in Word and PDF format, use Docs to collaborate with others, and more!
Prerequisites: You must have a Gmail address to take this series. This series is best suited for participants who are comfortable performing internet searches and filling out forms online.
Tuesday May 12 & 19 11 a.m. - 12:15 p.m.

Lifelong Learning

Protecting Personal Info Online

Held at Central Park & Sexton Hall

Learn how to stay safe while you surf the web.

Held at Central Park

Thursday May 14 1:30 - 2:45 p.m.

Held at Sexton Hall

Tuesday May 12 5:45 - 6:45 p.m.

Tuesday May 26 11 a.m. - 12:15 p.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

Thursday May 28 1:30 - 2:45 p.m.

Held at Sexton Hall

Tuesday May 19 5:45 - 6:45 p.m.

Tuesday June 2 11 a.m. - 12:15 p.m.

Watching Videos on YouTube

Held at Central Park & Sexton Hall

During this hands-on workshop, we'll explore YouTube, the popular video-sharing site. You'll learn how to search for videos that you like, use the video controls, subscribe to channels, and more! We will also cover some important account settings.

Held at Central Park

Tuesday June 9 1:30 - 2:45 p.m.

Held at Sexton Hall

Tuesday June 16 11 a.m. - 12:15 p.m.

Digital Tools for 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 Central Park

Tuesday June 23 1:30 - 2:45 p.m.

Held at Sexton Hall

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

Tuesday June 9 6 - 7:15 p.m.

Outdoor Adventure Apps

Held at Central Park & Sexton Hall

Love the great outdoors? Come learn how smart-phone apps can enhance your outdoor hobbies!

Held at Central Park

Thursday June 18 1:30 - 2:45 p.m.

Held at Sexton Hall

Tuesday June 2 5:45 - 6:45 p.m.

Tuesday June 23 11 - 12:15 p.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 April 2 1:30 - 2 p.m.

Thursday May 7 1:30 - 2 p.m.

Thursday June 4 1:30 - 2 p.m.

Held at Sexton Hall

Tuesday April 7 Noon - 12:30 p.m.

Tuesday May 5 Noon - 12:30 p.m.

Tuesday June 2 Noon - 12:30 p.m.

Lifelong Learning

History & Culture

Delve into rich histories, cultures and music appreciation.

Matinee Marvels

Held at Central Park *No charge*

Light refreshments served.

Friday	April 3	9:15 - 11:15 a.m.
Friday	May 15	9:15 - 11:15 a.m.
Friday	June 12	9:15 - 11:15 a.m.

Introduction to the Dulcimer

Held at Sexton Hall *No charge; twelve-week session*

Learn how to play the Mountain Dulcimer from a player with over 20 years of experience. Can't read music? No problem! You can play by using number tabs. Dulcimers may be available or can be brought in by students.

Presented by Pat Hobson, Volunteer Instructor.

Tuesdays **April 7 - June 23** **10 - 11:30 a.m.**

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	April 9	10:15 - 11:15 a.m.
Thursday	May 7	10:15 - 11:15 a.m.
Thursday	June 11	10:15 - 11:15 a.m.

MEMBER PERK!

Priority registration for Active Adult Special Events begins March 30; Non-members may register beginning Monday, April 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*

Honeybees and Other Garden Pollinators

Presented by Gene Armstrong

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

Companion Planting

Presented by Gerry Jones

Monday **May 4** **10 - 11:30 a.m.**

Rose-Rosette Disease

Presented by Mark Sarago

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

Daylily Society Presentation

Held at Sexton Hall *No charge*

Learn about the different types of this perfect perennial, get tips for care and how to use them in floral design. A pre-show plant sale will be available. Presented by Daylily Society of Greater Atlanta Membership.

Presentation

Friday **June 12** **2:30 - 3:30 p.m.**

Plant Sale

Friday **June 12** **3:30 - 4:30 p.m.**

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 you can be a supporter of and active participant in Forsyth County Senior Services.

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 \$65 for individuals, \$45 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.

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 May 25)



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 such as a 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 1 - 2 p.m.

(No meeting May 25)

Sassy Ladies

Held at Central Park

Thursdays 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 Clubs

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.

Page Turners - *NEW Book Club!*

Held at Central Park

Monday	April 13	Noon - 1 p.m.
Monday	May 11	Noon - 1 p.m.
Monday	June 8	Noon - 1 p.m.

To Thine Own Shelf Be True

Held at Sexton Hall

Wednesday	April 15	2:30 - 3:30 p.m.
Wednesday	May 20	2:30 - 3:30 p.m.
Wednesday	June 17	2:30 - 3:30 p.m.

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 - 11:30 a.m.
Thursdays	10 - 11:30 a.m.
Fridays	1 - 3 p.m.

Crafting Club

Needle Craft/Sewing 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.

Game Groups for Members

New players are welcome. Membership is required to be a game player. Centers will be closed on Monday, May 25.

Held at Central Park

Weekly Bingo
Wednesdays
10 - 11 a.m.

(No game April 29,
May 13 & 20 and June 24)

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	RummiKub	Open Games & Canasta
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 \$5.65 per day.

For Congregate programs, participants are expected to obtain membership, which is \$65 per year, \$45 for each additional household member, with scholarships available. Please contact the centers directly for more information.

Programs include:

Congregate Program - Held at both Central Park & Sexton Hall

- A meal is provided along with lifelong learning classes, fitness, art and games.

Caregiver Relief Respite Program - Located at Central Park

- This memory support program is for those with early-stage dementia. Caregivers can use this time to focus on self-care and a temporary rest from the demands of caregiving.
- Held four days a week, 11 a.m. - 3 p.m., with a nutritious lunch provided.
- Loved ones participate in active games, light exercise, art and music.

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.
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 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.

Sexton Hall Site Development

Construction is underway of the exterior amenities at Sexton Hall. This project is part of the Sharon Springs Park Campus large-scale renovation project. Sexton Hall programs and activities held inside the building will continue.

During construction the Sexton Hall Community Garden will be closed to the public.

The renovation project includes the following enhancements to Sexton Hall:

- New large pavilion
- New raised, irrigated garden beds and storage shed
- New 0.2-mile paved loop trail with connectivity to 1.75 miles of trails at Sharon Springs Park
- Expanded parking
- Connectivity to Sharon Springs Park via Chloe Road

The anticipated completion time for the project is early 2028, weather permitting. If feasible, some amenities may be available earlier. We appreciate your patience during the dust and construction phase of this project.

**For the latest updates
to this project,
visit www.forsythco.com**



Forsyth County Senior Services
2115 Chloe Road
Cumming, GA 30041

Forsyth County Senior Services

Aging Well Expo

Resources, products and services for older adults

Thursday, April 23, 2026 • 10 a.m. - 2 p.m.

Forsyth County Conference Center at Lanier Tech

3410 Ronald Reagan Boulevard, Cumming, Georgia

FREE ADMISSION

70+ BOOTHS OF RESOURCES FOR AGING WELL

Visit www.forsythco.com/seniors for more information