

ADULT ACTIVITIES AND SERVICES

A comprehensive listing for those age 60 and better

Forsyth County Senior Services

JULY - SEPTEMBER 2026 PROGRAM & RESOURCE GUIDE



Your guide to a vibrant summer
of celebration and discovery



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



Forsyth County Senior Services

Our Mission

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

Our Purpose

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

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

Central Park

2300 Keith Bridge Road
Cumming, Georgia 30040

Sexton Hall

2115 Chloe Road
Cumming, Georgia 30041

Welcome!

This newsletter covers programs and activities
July 6 - October 2.

Registration begins Monday, July 6.

On Friday, August 14, Central Park will be closed.

**Centers will be closed Monday, September 7
due to observance of Labor Day**

On Friday, September 11, 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.

Special Events

Member Exclusive Events

These exclusive events are a benefit of your Membership.

Summer Member Lunch

Held at Central Park *No charge*

Let us thank you for your support of our programs at this Members Only luncheon. Enjoy dancing, door prizes and socialize with your fellow Members. Limited seats available, so register ASAP to secure your spot. Kindly sponsored by Northeast Georgia Medical Center.

Wednesday July 22 11 a.m. - 1 p.m.

Active Adult Events

These events are for older adults age 60 and better.

America's Birthday Bingo

Held at Sexton Hall *No charge*

Celebrate the 250th birthday of America and have a great time playing Bingo.

Kindly sponsored by Comfort Keepers.

Wednesday July 8 1 - 3 p.m.

Rock Around The Sock Hop

Held at Central Park *No charge*

Travel back to the 1950s for an afternoon of retro styles, poodle skirts, dancing and nostalgic fun.

Friday July 17 12:30 - 2:30 p.m.

Twilight Tuesday Kick-off Cookout

Held at Central Park *No charge*

This award-winning evening program series premieres at our Central Park location! We'll have a DJ, dancing, outdoor games and light dinner will be served.

Tuesday July 21 5:30 - 7 p.m.

Site Council Presents: Fruitful Summer

Held at Central Park *No charge*

Cool off with refreshing watermelon and pineapple treats while enjoying games, laughter and summertime socializing with friends.

Friday July 31 12:30 - 2:30 p.m.

Casino Royale

Held at Central Park *\$5 members/\$10 non-members*

This exciting casino-style play provides a thrilling afternoon of fun. We don't use real money, but we do have a good time engaging in a variety of games.

Kindly sponsored by Mobility Plus.

Friday August 7 12:30 - 3:30 p.m.

Summer Music Party

Held at Sexton Hall *\$5 members/\$10 non-members*

Back by popular demand is an afternoon performance from the Man of 1000 Vocals; Light refreshments served.

Wednesday August 12 1 - 3 p.m.

Endless Summer Bingo

Held at Central Park *No charge*

Celebrate the carefree spirit of summer with tropical-themed bingo and prizes. Light refreshments served.

Friday August 21 12:30 - 2:30 p.m.

Special Events

Line Dance America Party

Held at Central Park \$5 members/\$10 non-members
Celebrate America with energetic line dancing and community spirit. Kindly sponsored by Age Well Forsyth.

Friday September 18 12:30 - 2:30 p.m.

Senior Chef

Held at Central Park *No charge*
Show off your culinary skills and compete for a trophy. See the front desk for chef competition rules. Register to secure your spot in the audience. Kindly sponsored by Sunset Insurance Solutions.

Friday September 25 12:30 - 2:30 p.m.

Fall Flowers Bingo

Held at Sexton Hall *No charge*
Welcome the beauty of autumn with flower-themed bingo, seasonal décor and prizes. Light refreshments served.

Kindly sponsored by Arise Family Chiropractic.

Wednesday September 30 1 - 3 p.m.



Calling all Vendors!

Get a space at our Fall Craft Fair!

Held at Central Park Saturday, October 17

Vendor registration now open

Email:

**seniorservices@forsythco.com
for more info**

Small Group Events

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

Pinewood Derby

Held at Central Park *No charge*
Scout Troop #3740, Pack 39/811 will lead us through a Pinewood Derby competition. Come support your fellow members as they race their handmade derby cars.

Friday July 10 9 - 11 a.m.

The Golden Spelling Bee

Held at Central Park *No charge*
Enjoy a competitive and engaging competition designed to spark excitement and brain-boosting momentum. Come to compete or just to cheer your friends on!

Friday July 24 9 - 11 a.m.

Ping-Pong Tournament

Held at Central Park *No charge*
Gather for a friendly game of table tennis. Stop by the front desk for more information to join as a competitor.

Wednesday August 5 1 - 3 p.m.

Tournament of Titans Table Games

Held at Central Park *No charge*
Compete in your favorite games for the ultimate title and bragging rights. Challenge Forsyth County employees, conquer your opponents and claim victory in this action-packed competition.

Friday August 28 9 - 11 a.m.

Special Events

All Star: Battle of the Brains Edition

Held at Central Park *No charge*
Put your knowledge and quick thinking to the test with an exciting mix of trivia and fast-paced challenges.
Friday September 11 9 - 11 a.m.

Lip Sync Battle

Held at Central Park *No charge*
Gather your team and step into the spotlight for lively music and friendly competition as groups perform their favorite songs in an exciting showdown.
Friday September 4 9 - 11 a.m.

Community Events

These events are open to all ages.

Summer Craft Fair

Held at Sexton Hall *No charge*
Browse the creations of local artisans at this indoor arts and crafts extravaganza.
Saturday July 18 10 a.m. - 2 p.m.



Volunteer Fair

Held at Sexton Hall *No charge*
Are you looking to contribute your time and talent in your community? Browse the many volunteer positions with local non-profits, hospitals and government organizations. Explore and see if these opportunities are a fit for you.
Wednesday August 19 1 - 3 p.m.

Sounds of Sawnee Concert Band Presents: Fall Concert

Held at Sexton Hall *\$10 in advance/\$15 at the door*
Experience the talent and dedication of this beloved group of musicians. Their afternoon performance features songs and melodies chosen to be enjoyed by all generations. Light refreshments kindly sponsored by Sunset Insurance Solutions.
Sunday September 27 3 - 5 p.m.

Forsyth Symphony Orchestra Presents: October Concert

Held at Sexton Hall *\$10 in advance/\$15 at the door*
Enjoy an afternoon of exciting orchestral music celebrating imagination, energy and the spirit of the season. Light refreshments served.
Sunday October 18 3 - 5 p.m.

The CP Counter

Located at the main entrance of Central Park Senior Recreation & Services
High-quality coffee, tea, water and light bites available.
Open weekdays
8:30 - 10:30 a.m. & 2 - 3 p.m.
\$1 per item - CASH only.
Kindly sponsored by:
July - Cornerstone Caregiving
August - Arise Family Chiropractic

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 Central Park

Tuesday, July 21

5:30 - 7 p.m. - Twilight Tuesday Kick-off Cookout (pg. 3)

Tuesday, July 28

5:15 – 5:45 p.m. – Dance Body Fitness (pg. 9)

5:45 – 6:30 p.m. – The Triple Threat of Processed Foods (pg. 17)

6:30 – 7:30 p.m. – Tech Basics for Caregiving (pg. 20)

Tuesday, August 4

5:15 – 5:45 p.m. – Strengthen You! (pg. 9)

5:45 – 6:30 p.m. – 100th Anniversary of Route 66 (pg. 17)

6:30 – 7:30 p.m. – Is that AI? (pg. 21)

Tuesday, August 11

5:15 – 7:15 p.m. – The Scenic Route (Art Class)(pg. 13)

5:15 – 5:45 p.m. – Fitness Foundations (pg. 9)

5:45 – 6:30 p.m. - Ted Talk Norman Lear: An Entertainment Icon on Living a Life of Meaning (pg. 16)

6:30 – 7:30 p.m. – Protecting Medical Information Online (pg. 21)

Resources & Support

Community Collaboration

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

A Paw-sitive Leash on Life

Held at Central Park & Sexton Hall *No charge*

Learn how this department helps connect loving pets with caring companions through adoption opportunities, foster programs and even weekend pet sleepovers designed to give animals a break from shelter life.

Presented by Forsyth County Pet Resource Center.

Held at Central Park

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

Held at Sexton Hall

Thursday **July 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 **July 15** **10 - 11 a.m.**

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

Wednesday **September 16** **10 - 11 a.m.**

Coffee with a Cop

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 July 29 10 - 11 a.m.

Wednesday August 12 10 - 11 a.m.

Wednesday September 23 10 - 11 a.m.

Held at Sexton Hall

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

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

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

Disaster Preparedness

Held at Central Park & Sexton Hall *No charge*

September is Disaster Preparedness month. Tom Cisco, Forsyth County Emergency Management Agency, will share tips to help you prepare and plan for the unexpected.

Held at Central Park

Tuesday September 1 10:15 - 11 a.m.

Held at Sexton Hall

Thursday September 3 12:15 - 1 p.m.

Fall Prevention

Held at Central Park & Sexton Hall *No charge*

Prevent falls before they happen. Learn safety tips, balance exercises and simple home modifications.

Presented by Legacy Link.

Held at Central Park

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

Held at Sexton Hall

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



Bookmobile Visit

Held at Central Park *No charge*

Our friends from the Forsyth County Public Library will stop by the 2nd Wednesday of every month with their Bookmobile. Browse through their latest selection of books. You must have a Library card to check out books.

2nd Wednesday of every month 11 a.m. - Noon

Matters of the Mind

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

New Advances in Alzheimer's Treatments

Held at Central Park & Sexton Hall *No charge*

This presentation provides an overview of how disease-modifying treatments slow disease progression, the intended candidates, potential benefits and side effects and pathways for access. Presented by Alzheimer's Association.

Held at Central Park

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

Held at Sexton Hall

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

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 September 7. See below for additional no class dates.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| Fitness Foundations 8:45 - 9:30 a.m. | Circuit Training 8:45 - 9:30 a.m. SKIP Sept 29 | Fitness Foundations 8:45 - 9:30 a.m. SKIP Aug 12 & Sept 9 | Flex & Balance 8:45 - 9:30 a.m. | Stretch & Flex 8:15 - 8:45 a.m. |
| Monday Movement 9 - 9:45 a.m. July 20 Aug 10, 17, 24 & 31 | | Full Body Fitness 9 - 9:45 a.m. | Flex & Balance 9 - 9:45 a.m. | Circuit Training 9 - 9:45 a.m. SKIP Sept 24 & Oct 1 |
| Drumming 101 9:30 - 10:15 a.m. July 6, 13 & 27 Aug 3 Sept 14, 21 & 28 | Seated Strength Training 9:45 - 10:30 a.m. SKIP Aug 12 & Sept 9 | | Intro to Drumming 10:45 - 11:15 a.m. July 9 & 23 Aug 13 & 27 Sept 10 & 24 | These Fitness classes are all offered at no charge to our Members. |
| Seated Strength Training 10:30 - 11:15 a.m. | Total Body Alignment 1 - 1:45 p.m. Begins July 15 | | | |

Central Park
 Sexton Hall

Circuit Training: Complete rotations of weight training with cardio intervals 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 and improve balance.

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

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

Monday Movement: Make Monday matter with movement and music. **NEW**

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.

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

Total Body Alignment: Low-impact class to improve posture, balance, flexibility and core strength through controlled, mindful movements. **NEW**

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

Fitness

Sexton Hall

Specialty Fitness

Line Dancing at Sexton Hall

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

\$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 July 14 - Aug 11 12:45 - 1:30 p.m.

(five-week session)

Tuesdays Aug 25 - Sept 29 12:45 - 1:30 p.m.

(six-week session)

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 July 14 - Aug 11 1:30 - 2:30 p.m.

(five-week session)

Tuesdays Aug 25 - Sept 29 1:30 - 2:30 p.m.

(six-week session)

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 July 14 - Aug 11 2:30 - 3:30 p.m.

(five-week session)

Tuesdays Aug 25 - Sept 29 2:30 - 3:30 p.m.

(six-week session)

Fitness

Central Park

Specialty Fitness

Line Dancing

\$30 members/\$40 non-members per six-week session

Instructor: Cindy Bowman

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

Mondays Aug 3 - Sept 14 1:15 - 2:15 p.m.

(No class September 7)

Monday Sept 28 - Nov 2 1:15 - 2:15 p.m.

Mat Yoga

\$30 members/\$40 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. Please bring your own mat to class.

Mondays Aug 10 - Sept 21 Noon - 12:45 p.m.

(No class September 7)

Chair Yoga

\$30 members/\$40 non-members per six-week session

Instructor: Tracey Martin

Most 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.

Wednesdays Aug 12 - Sept 23 10:30 - 11:15 a.m.

(No class September 9)

Twilight Tuesday - Evening Fitness - Held at Central Park - No charge

July 28

5:15 - 5:45 p.m.

Dance Body Fitness

August 4

5:15 - 5:45 p.m.

Strengthen You

August 11

5:15 - 5:45 p.m.

Fitness Foundations

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 **July 6**; non-members may register starting **July 13**.

Western Booth Museum of Art Cartersville

Departs from Central Park
\$20 members/\$25 non-members
Tour this Smithsonian Institute affiliate and the world's largest permanent exhibition space for Western art. Lunch in Downtown Cartersville
Wednesday July 29 8:15 a.m. - 4 p.m.

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

Habersham Winery and Helen

Departs from Central Park
\$20 members/\$25 non-members
Visit one of Georgia's oldest wineries. Enjoy time touring the grounds and shopping in their gift shop. Wine tasting is available and paid for on your own. Afterwards, experience the charm of Bavaria with lunch on your own in Helen and time to take in the many shops. There is indoor and outdoor walking. Helen has some hills. Expect one to two miles of walking.
Wednesday August 5 9 a.m. - 3:30 p.m.

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

Get to Know Forsyth

Tour the Forsyth County Jail and learn more about this facility from the Forsyth County Sheriff's Office.

Registration is required
\$5 members/\$10 non-members.

Meetup address:

202 Veterans Memorial Blvd, Cumming, GA 30040

Wednesday August 12 1 p.m.

Rock Garden - Calhoun

Departs from Central Park
\$20 members/\$25 non-members
Explore a garden filled more than 50 miniature castles, churches and other structures. After lunch in Calhoun, we'll stop at Buc-ees.

Wednesday August 19 8:30 a.m. - 4:30 p.m.

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

Apple Orchards - Ellijay

Departs from Central Park
\$20 members/\$25 non-members
After a visit to Penland Orchards, we'll head to Ellijay for lunch on your own. Next, we'll visit B.J. Reece Orchards.

Wednesday Sept 16 9 a.m. - 3:30 p.m.

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

Les Miserables - City Springs Theater

Departs from Central Park
\$80 members/\$85 non-members
Head down to Sandy Springs for this beloved performance that takes place in 19th century France. This story has tales of redemption, love, political unrest and a musical score that ranks top-tier for most theater enthusiasts.

Saturday Sept 26 Noon - 5:30 p.m.

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

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 **July 6**;
non-members may register starting **July 13**.

Qualifying Hike

Hiking Distance: 2 miles Elevation change: 505 feet

Gather at Sawnee Mountain Preserve

2500 Bettis-Tribble Gap Rd.

Pack your own snacks.

| | | |
|---------------|----------------|----------------------|
| Monday | July 13 | Noon - 2 p.m. |
| Monday | Sept 14 | Noon - 2 p.m. |

Hiking Difficulty:
Moderate



Island Ford

Hiking Distance: 4.5 miles Elevation change: 290 feet

Departs from Central Park

\$15 members/\$20 non-members

Lunch in Downtown Roswell

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

Hiking Difficulty:
Moderate



Cartecay River Loop

Hiking Distance: 4 miles Elevation change: 482 feet

Departs from Central Park

\$15 members/\$20 non-members

Lunch Reese Apple House

Wednesday Sept 9 8 a.m. - 4 p.m.

Hiking Difficulty:
Moderate



Outdoor Adventures

\$20 members/\$25 non-members. Facilitated by Forsyth County Parks & Rec Staff. Registration required.

Paddle Boarding

Experience gliding across the water on a stable board, using a paddle to gently propel yourself. Equipment is provided.

Meet at: Shady Grove Campground

7800 Allyn Lane Memorial Way Cumming, GA 30041

Friday August 7 10 a.m. - Noon

Rock Climbing/Ziplining

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

Meet at: Sawnee Mountain Preserve Visitor Center

4075 Spot Road Cumming, GA 30041

Friday September 4 10 a.m. - Noon

Archery Central Park

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.

Meet at: Central Park

2300 Keith Bridge Road Cumming, GA 30040

Friday October 2 1 - 3 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.**

(No class September 7)

Thursdays **9:30 - 11 a.m.**

Exploration in the Abstract - NEW

\$25 members/\$35 non-members per five-week session
\$10 supply fee

Explore the work of abstract art using various techniques and styles in this instructor led course.

Mondays July 13 - Aug 10 **1:30 - 3:30 p.m.**

Mondays Aug 24 - Sept 28 **1:30 - 3:30 p.m.**

(No class September 7)

Dive Deep Into Watercolor - NEW

\$20 members/\$30 non-members per six-week session
\$15 supply fee

Take your watercolor painting to the next level with deeper exploration into a world of watercolors. Each student will receive an art book for this class.

Wednesdays July 15 - Aug 19 **1:30 - 3:30 p.m.**

Wednesdays Aug 26 - Sept 30 **1:30 - 3:30 p.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 July 14 **1:30 - 3:30 p.m.**

Tuesday August 11 **1:30 - 3:30 p.m.**

Tuesday September 8 **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.

Friday July 17 **9:30 - 11:30 a.m.**

Friday August 7 **9:30 - 11:30 a.m.**

Friday September 11 **9:30 - 11:30 a.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 July 22 **9:30 - 11:30 a.m.**

Wednesday August 12 **9:30 - 11:30 a.m.**

Wednesday September 16 **9:30 - 11:30 a.m.**

Beginner Acrylic Painting

\$25 members/\$35 non-members per six-week session
\$10 supply fee

Learn the basics of acrylic painting, including brush strokes, color mixing and more.

Tuesdays July 28 - Sept 1 **9:30 - 11:30 a.m.**

Wrap Up Workshop

Finish up or make changes to an art piece you created this month. (Registration by request to art instructor)

Friday July 31 **9:30 - 11 a.m.**

Friday August 28 **9:30 - 11 a.m.**

Friday September 25 **9:30 - 11 a.m.**

Art & Creativity

Central Park

Red White & Blooms

\$15 members/\$20 non-members

Design a seasonal faux floral arrangement for a hanging basket that will brighten your space all season long.

Tuesday July 7 1:30 - 3:30 p.m.

3D Flag & Flowers

\$15 members/\$20 non-members

Create a patriotic wreath by combining painting with mixed media featuring a real American flag and layered artificial flowers.

Tuesday August 25 1:30 - 3:30 p.m.

Brush & Beverage: Freedom's Horizon

\$20 members/\$25 non-members

Sip on sparkling beverages as an instructor leads this activity with step-by-step instructions for all levels of painting skills. Paint a glowing night sky inspired by the beauty of the American flag. Canvas size is 16" x 20".

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

"Hello Fall" Door Hanger

\$15 members/\$20 non-members

Welcome the season in style with a hand-painted door hanger full of autumn charm.

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

Pressed Flower Bookmarks

\$15 members/\$20 non-members

Design elegant wooden bookmarks adorned with delicate dried flowers. This unique creation is perfect for gifting or personal use.

Tuesday September 29 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. Facilitated by Staff.

Farmhouse Folk Art

Create two eye-catching, Farmhouse designs on mini canvases using bold, high-contrast colors.

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

Center of Attention

Warm up your walls with a bold plant portrait peeking through a window, using the element of space to create depth and focus.

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

Soda Shop Still Life

Take a trip down memory lane as you paint a nostalgic root beer float, practicing realism and classic still life techniques.

Tuesday August 4 1:30 - 3:30 p.m.

The Scenic Route

Celebrate the 100th birthday and capture the spirit of Route 66 while using depth and perspective to create a sense of distance and adventure.

Tuesday August 11 5:15 - 7:15 p.m.

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

Foliage & Fun

Paint a Calico kitten nestled in vibrant fall leaves, capturing the warmth and color of the season.

Tuesday September 22 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.

Trinket Boxes

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

Cactus Rock Planter Pots

Tuesday **July 28** **1:30 - 3 p.m.**

Summer Flamingo Painted Wine Glass

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

Decoupaged Soap Dish

Tuesday **August 25** **1:30 - 3 p.m.**

Lemon Slice Tote Bag

Monday **September 14** **9:30 - 11 a.m.**

Dragonfly Clothespin

Tuesday **September 29** **1:30 - 3 p.m.**

Come and Go Art

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

Thursday **July 2 & 16** **10:30 - 11:30 a.m.**

Thursday **August 6 & 20** **10:30 - 11:30 a.m.**

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

Acrylic Painting Classes

Brush & Beverage - A Taste of Red, White & Blue

\$20 members/\$25 non-members

Sip on sparkling beverages as an instructor leads this activity with step-by-step instructions for all levels of painting skills. Paint a patriotic cupcake with seasonal decor. Canvas size is 16" x 20".

Wednesday **July 15** **2 - 4 p.m.**

Intermediate Acrylic Painting

\$60 members/\$75 non-members per six-week session

Immerse yourself in a blend of creativity and learning as you paint. Basic painting knowledge and technique required.

Vintage Vibes

Turn back the clock canvas scenes and paint bygone images

Thursdays **July 16 - Aug 20** **10 a.m. - 1 p.m.**

Fridays **July 17 - Aug 21** **10 a.m. - 1 p.m.**

Travel Memories

Capture that quiet mix of stories of travel on canvas

Thursdays **Aug 27 - Oct 1** **10 a.m. - 1 p.m.**

Fridays **Aug 28 - Oct 2** **10 a.m. - 1 p.m.**

Beginner Acrylics

\$5 members/\$10 non-members per class

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

Monday **July 20** **9:30 - 11 a.m.**

Wednesday **August 19** **2 - 3:30 p.m.**

Art & Creativity

Sexton Hall

Swim Season Wreath

\$10 members/\$15 non-members

Create a seasonal-themed wreath that celebrates this favorite summer pastime.

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

Tabletop Utensil Basket

\$10 members/\$15 non-members

Assemble this useful decor for outdoor dining activities.

Tuesday August 18 2 - 3:30 p.m.

Ceramics & Pottery

Classes taught by resident artist.

Clay & Glaze Intermediate/Skilled

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

\$10 discount when signing up for consecutive sessions.

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

Mondays July 6 - Aug 10 Noon - 3 p.m.

Mondays Aug 17 - Sept 28 Noon - 3 p.m.

(No class September 7)

.....
Tuesdays July 14 - Aug 18 9 a.m. - noon

Tuesdays Aug 25 - Sept 29 9 a.m. - noon

.....
Wednesdays July 15 - Aug 19 10 a.m. - 1 p.m.

Wednesdays Aug 26 - Sept 30 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 July 14 Noon - 1:30 p.m.

Wednesday July 29 1 - 2:30 p.m.

August Workday registration begins August 3

Tuesday August 11 Noon - 1:30 p.m.

Wednesday August 26 1 - 2:30 p.m.

September Workday registration begins September 1

Tuesday September 15 Noon - 1:30 p.m.

Wednesday September 30 1 - 2:30 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 July 27 10 - 11 a.m.

Wednesday Sept 9 2 - 3 p.m.

Bisqueware Projects

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

Choose three pieces of bisqueware. Guided instruction is provided in these workshops. Cost includes bisqueware, glaze and firing.

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

Wednesday August 12 1:30 - 3:30 p.m.

Wednesday September 23 1:30 - 3:30 p.m.

Lifelong Learning

MEMBER PERK!

Priority registration for Lifelong Learning begins Monday, July 6; Non-members may register beginning Monday, July 13.

Education & Entertainment

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

Forsyth County Library Presents

This series of presentations are facilitated by the Cumming Library.

Held at Central Park *No charge*

America's 250th Anniversary

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

Stargazing

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

Secrets of the Biltmore Hotel

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

The Bird Theory

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

Veteran's Benefits

Held at Central Park *No charge*

Discover more about VA benefits that help provide and pay for in-home caregivers, including VA Healthcare, the Homemaker Program, Aid & Attendance and other support services available to Veterans, spouses, surviving spouses and their families.

Presented by fellow Veterans from Comfort Keepers In-Home Care.

Held at Central Park

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

Held at Sexton Hall

Thursday July 30 12:15 - 1 p.m.

TED TED Talks

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

How to Get People to Do What You Want

Presented via TED Talk Visual by Barry Sonnefeld.
Thursday July 9 10:15 - 11 a.m.

How to Squeeze All the Juice Out of Retirement

Presented via TED Talk Visual by Riley Moynes.
Thursday July 23 10:15 - 11 a.m.

The Art of Reading Minds

Presented via TED Talk Visual by Oz Pearlman.
Thursday August 6 10:15 - 11 a.m.

Norman Lear: An Entertainment Icon on Living a Life of Meaning.

Presented via TED Talk Visual by Norman Lear.
Tuesday August 11 5:45 - 6:45 p.m.

The Trap of Win-lose Thinking (and how to escape it)

Presented via TED Talk Visual by John Mackey.
Thursday August 13 10:15 - 11 a.m.

How to Disagree Productively and Find Common Ground

Presented via TED Talk Visual by Julia Dhar.
Thursday September 3 10:15 - 11 a.m.

The Science Behind Dramatically Better Conversations

Presented via TED Talk Visual by Eric Hirshberg.
Thursday September 10 10:15 - 11 a.m.

Lifelong Learning

Future Ready After 55

Held at Central Park *No charge*

Understand ways to right-size your lifestyle and make estate planning easier.

Presented by Premier Realty Group.

Wednesday August 12 10 a.m. - Noon

The Triple Threat of Processed Foods

Held at Central Park *No charge*

Get tips to avoid or reduce the added sugar, unhealthy fats and excess sodium that often accompany these foods.

Presented by Lycia Rettig, Staff.

Tuesday July 28 5:45 - 6:30 p.m.

100th Anniversary of Route 66

Held at Central Park *No charge*

Explore the rich history and cultural legacy of America's most iconic highway.

Presented by Serena Telleria, Staff.

Tuesday August 4 5:45 - 6:30 p.m.

Aging & Thriving

Held at Central Park & Sexton Hall *No charge*

Discover simple and engaging ways to keep your mind sharp, boost memory and support lifelong brain health through fun mental exercises and healthy habits.

Presented by Serena Telleria, Staff.

Held at Central Park

Wednesday August 5 11:30 a.m. - Noon

Held at Sexton Hall

Wednesday September 9 11 a.m. - Noon

Learn Your Library

Held at Sexton Hall *No charge*

Discover more about the Sharon Forks Library.

Presented by Forsyth County Public Library - Sharon Forks.

Tuesday August 18 11 - 11:30 a.m.

Scam Protection

Held at Central Park *No charge*

Get tips from professionals in banking and law enforcement on scam protection. Discover ways to safeguard your finances, personal information and online accounts.

Presented by Debbie Nowark of Renasant Bank and Forsyth County Sheriff's Office.

Monday August 31 10:15 - 11 a.m.

Exploring Essential Oils

Held at Central Park *No charge*

Discover the benefits of essential oils and learn how they can support stress relief, relaxation, wellness and everyday self-care through natural, holistic practices.

Presented by Susan McGowan, Holistic Expert.

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

Medicare Ice Cream Social

Held at Central Park & Sexton Hall *No charge*

Learn the ins and outs of Medicare, with special emphasis on Medicare Advantage, Medicare Supplement Plans and Medicare Part D.

Presented by Sunset Insurance Solutions.

Held at Central Park

Monday September 21 10:15 - 11 a.m.

Held at Sexton Hall

Wednesday September 9 11 a.m. - Noon

Lifelong Learning

Health, Finances & Wishes

Held at Central Park *No charge*

This seminar encourages proactive planning to protect your healthcare options and expand your future choices before a crisis hits. We'll explore essential legal documents like the Georgia Advance Healthcare Directive, Financial Power of Attorney and Wills.

Presented by Hurley Elder Law.

Held at Central Park

Thursday September 24 10:15 - 11 a.m.

Long Term Care Planning

Held at Central Park & Sexton Hall *No charge*

Learn how long term care insurance can provide a plan for care if you or a loved one has an illness or accident.

Presented by Lee Cantrell, Comprehensive Care Insurance.

Held at Central Park

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

Held at Sexton Hall

Monday September 21 9:45 - 10:30 a.m.

Ikigai - Living Long & Aging Well

Held at Central & Sexton Hall *No charge*

Pronounced Ick-ee-guy, this Japanese concept examines "the reason for being." Discovering your own ikigai is said to bring fulfillment and happiness. This way of life is often linked to cultures with extended longevity.

Presented by Courtney Fleming, MSW, Staff.

Held at Central Park

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

Held at Sexton Hall

Thursday September 17 12:15 - 1 p.m.

Health & Wellness

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

The Heat is On!

Held at Central Park *No charge*

From regulating body temperature to keeping the joints lubricated, being well hydrated benefits the body in so many ways.

Presented by Nurses & Companions.

Monday July 6 10:15 - 11 a.m.

Tackling Summer Allergies

Held at Central Park & Sexton Hall *No charge*

Understand allergens that peak in the summer and how to manage them.

Presented by North Atlanta ENT.

Held at Central Park

Tuesday July 21 10:15 - 11 a.m.

Held at Sexton Hall

Thursday July 16 12:15 - 1 p.m.

Understanding Spine Health

Held at Central Park & Sexton Hall *No charge*

Explore the anatomy of the back and the common causes of spinal discomfort. Learn how daily exercises can prevent injuries and maintain long-term mobility.

Presented by Peachtree Orthopedics.

Held at Central Park

Monday July 27 10:15 - 11 a.m.

Held at Sexton Hall

Wednesday July 29 10 - 11 a.m.

Lifelong Learning

The Power of Physical Therapy

Held at Central Park & Sexton Hall *No charge*

Learn how you can reclaim physical independence and restore mobility.

Presented by ATI Physical Therapy.

Held at Central Park

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

Held at Sexton Hall

Wednesday August 26 10:45 - 11:30 a.m.

Sun Safety Essentials

Held at Central Park & Sexton Hall *No charge*

Protect your skin and health from the sun.

Presented by Emory Johns Creek Hospital.

Held at Central Park

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

Held at Sexton Hall

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

Focusing on Healthy Vision

Held at Central Park & Sexton Hall *No charge*

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

Presented by Marietta Eye Clinic.

Held at Central Park

Monday August 24 10:15 - 11 a.m.

Held at Sexton Hall

Thursday August 13 12:15 - 1 p.m.

MEMBER PERK!

Priority registration for Lifelong Learning begins Monday, July 6; Non-members may register beginning Monday, July 13.

Urology Health

Held at Central Park & Sexton Hall *No charge*

Learn how to recognize problematic symptoms, preventive lifestyle habits and modern treatment options to support lifelong bladder and kidney health.

Presented by Georgia Urology.

Held at Central Park

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

Held at Sexton Hall

Thursday September 3 12:15 - 1 p.m.

Early Detection, Strong Protection

Held at Central Park & Sexton Hall *No charge*

Empower yourself with the knowledge to intercept women's cancer risks early through regular screenings, self-exams and proactive medical consultations.

Presented by Northside Hospital.

Held at Central Park

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

Held at Sexton Hall

Thursday September 10 12:15 - 1 p.m.

Lifelong Learning

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 | July 2 | 1 - 1:30 p.m. |
| Thursday | August 6 | 1 - 1:30 p.m. |
| Thursday | September 3 | 1 - 1:30 p.m. |

Held at Sexton Hall

| | | |
|----------------|--------------------|--------------------------|
| Tuesday | July 7 | Noon - 12:30 p.m. |
| Tuesday | August 4 | Noon - 12:30 p.m. |
| Tuesday | September 1 | Noon - 12:30 p.m. |

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 Preview

Held at Central Park & Sexton Hall

Want to know more about upcoming Senior Planet technology classes? Attend this short, informative workshop to learn more and see if an upcoming class is a fit for you.

Presented by Senior Planet Trainers.

Held at Central Park

Monday **July 6** **1:45 - 2:15 p.m.**

Held at Sexton Hall

Tuesday **July 7** **11 - Noon**

SENIOR PLANET

FROM **AARP**

Exploring SeniorPlanet.org

Held at Central Park & Sexton Hall

Get an inside look at Senior Planet's redesigned website and learn to use its features.

Held at Central Park

| | | |
|----------------|------------------|-------------------------|
| Tuesday | July 7 | 1:30 - 2:45 p.m. |
| Monday | August 31 | 1:30 - 2:45 p.m. |

Held at Sexton Hall

| | | |
|----------------|---------------------|-------------------------|
| Tuesday | August 11 | 10 - 11:15 a.m. |
| Monday | September 14 | 2:15 - 3:30 p.m. |

Tech Basics for Caregiving

Held at Central Park & Sexton Hall

Caregiving is hard, but tech tools can make it easier! Join us in this lecture to find out how.

Held at Central Park

| | | |
|-----------------|------------------|-------------------------|
| Tuesday | July 28 | 6:30 - 7:30 p.m. |
| Thursday | August 20 | 1:30 - 2:45 p.m. |

Held at Sexton Hall

| | | |
|------------------|---------------------|-------------------------|
| Monday | July 13 | 2:15 - 3:30 p.m. |
| Wednesday | September 16 | 10 - 11:15 a.m. |

Streaming & Smart TVs

Held at Central Park & Sexton Hall

Are you paying for TV channels you don't watch? Learn why people are "cutting the cord" and using streaming services instead!

Held at Central Park

Thursday **July 30** **1:30 - 2:45 p.m.**

Held at Sexton Hall

Tuesday **September 15** **11 a.m. - 12:15 p.m.**

Lifelong Learning

Meal Kit Services

Held at Central Park & Sexton Hall

Don't want to cook? Learn about meal kit services that take the stress out of meal time!

Held at Central Park

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

Held at Sexton Hall

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

Is that AI?

Held at Central Park & Sexton Hall

Can we really believe what we see? Come to this class to train your eye to recognize AI!

Held at Central Park

Thursday July 16 1:30 - 2:45 p.m.

Tuesday August 4 6:30 - 7:30 p.m.

Held at Sexton Hall

Tuesday July 28 11 a.m. - 12:15 p.m.

Instagram Privacy

Held at Central Park & Sexton Hall

Instagram accounts are public by default, but you can change this in Settings. In this hands-on workshop, you'll learn how to do that and more.

Held at Central Park

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

Held at Sexton Hall

Monday August 17 2:15 - 3:30 p.m.

Protecting Medical Information Online

Held at Central Park & Sexton Hall

Learn how to keep your MyChart and other health accounts secure and private!

Held at Central Park

Tuesday August 11 6:30 - 7:30 p.m.

Thursday September 24 1:30 - 2:45 p.m.

Held at Sexton Hall

Tuesday September 29 11 a.m. - 12:15 p.m.

Digital Vaults

Held at Central Park & Sexton Hall

Ready to ditch the filing cabinet and store your documents virtually? Join this lecture on Digital Vaults to learn how!

Held at Central Park

Thursday August 27 1:30 - 2:45 p.m.

Held at Sexton Hall

Tuesday August 25 11 a.m. - 12:15 p.m.

Tech Tips for Disaster Preparedness

Held at Central Park & Sexton Hall

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

Held at Central Park

Monday September 21 1:30 - 2:45 p.m.

Held at Sexton Hall

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

Facebook

Held at Central Park & Sexton Hall

During this hands-on workshop, you will sign up for Facebook and begin building your profile. You'll also learn how to find friends and will get a brief introduction to Facebook's privacy settings. If you're ready to join Facebook, then this workshop is for you!

Held at Central Park

Monday September 28 1:30 - 2:45 p.m.

Held at Sexton Hall

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

Lifelong Learning

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*

Native Plants

Presented by Jodi Morgan.

Monday July 6 10 - 11:30 a.m.

Honeybees

Presented by Gene Armstrong.

Monday August 3 10 - 11:30 a.m.

Learning About Trees is Worthwhile

Presented by Bill Roper.

Monday September 14 10 - 11:30 a.m.

STAY IN THE KNOW

Follow us on Facebook:

facebook.com/forsythcountyseniorservices

Request the weekly email announcements:

seniorservices@forsythco.com

Visit our website:

www.forsythco.com/seniors

History & Culture

Delve into rich histories, cultures and music appreciation.

True Crime - Cold Case Files - **NEW!**

Held at Central Park *No charge*
Discuss popular unsolved mysteries of crime cases from across the country.

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

Thursday August 20 10:15 - 11 a.m.

Thursday September 17 10:15 - 11 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.

Monday August 31 2 :15 - 3 p.m.

Monday September 28 2 :15 - 3 p.m.



Conversational Italian

Held at Sexton Hall *No charge*
Practice with a group for better fluency in conversational Italian. Some Italian language skill is required.

Facilitated by Antonella Di Meo, Volunteer Instructor.

Monday Sept 14 - Oct 19 11:30 a.m. - 12:30 p.m.

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

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

Explore Together

Early registration for day trips & hikes

Get Creative

Art classes at no charge

Make New Friends

Social & game groups for members

Get Educated

Priority registration for Lifelong Learning presentations

Have Fun

Member-exclusive perks to register early for members-only and 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.

Member 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

Discuss hobbies, interests, sports and current events.

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.

Monday 10:30 a.m. - noon

(No meeting September 7)



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.

Build lifelong connections and enjoy laughter as the goal of this group is to stay active and engaged.

(No meeting September 7)

Sassy Ladies

Held at Central Park

Thursdays Noon - 1 p.m.

Gather for fun, friendship and shared activities.

Men's 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 the book before the meeting is encouraged but not required. Contact center for book titles.

Page Turners

Held at Central Park

Monday July 13 1:30 - 2:30 p.m.
Monday August 10 1:30 - 2:30 p.m.
Monday September 14 1:30 - 2:30 p.m.

To Thine Own Shelf Be True

Held at Sexton Hall

Wednesday July 15 2:30 - 3:30 p.m.
Wednesday Aug 19 2:30 - 3:30 p.m.
Wednesday Sept 16 2:30 - 3:30 p.m.

Game Club

Wi-Fit

Held at Central Park

Get fit playing Wii Bowling or Tennis.

Monday & Wednesdays 9 - 9:45 a.m.

Ping Pong Club

Held at Central Park

Join in some fun playing rounds of ping pong.

Registration/waivers required.

Tuesdays 10 - 11:30 a.m.

Thursdays 10 - 11:30 a.m.

Fridays 1 - 3 p.m.

(No games Sept 11)

Crafting 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 Monday, September 7.

Held at Central Park

Weekly Bingo

Wednesdays

10 - 11 a.m.

No games

7/29, 8/12 & 9/23

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 (No games 8/14 & 9/11) |
| 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. 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

- 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

- 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 living with early-stage cognitive changes. 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

- Respite Program Aide: Assists staff with program supporting those living with early-stage cognitive changes.
- 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 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 in our 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

As you've probably noticed, the exciting upgrades around the Sexton Hall grounds are well underway. Work is progressing in our parking area. As we are regrading and redeveloping the parking lot, spaces will be a bit more limited than usual.

To accommodate reduced parking spaces, we've got you covered during large events or busy program times! Our team will be running shuttle vans and buses to and from an off-site parking lot at Sharon Springs Park (right in front of their Community Building).

Need the details?

Swing by the Sexton Hall front desk! Our team has a flyer ready for you with all the information on our parking backup plan.

We appreciate your understanding as we've navigated program adjustments, especially to the game group times. Our staff is working diligently to ensure your safety through this construction phase.

The anticipated completion date 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 the project,
visit www.forsythco.com**



Forsyth County Senior Services
2115 Chloe Road
Cumming, GA 30041

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

