

ADULT ACTIVITIES AND SERVICES

A comprehensive listing for those age 60 and better

Forsyth County Senior Services

JANUARY-MARCH 2026 PROGRAM & RESOURCE GUIDE

A group of people, mostly seniors, are hiking on a dirt path through a forest. They are wearing backpacks and some are using walking sticks. The path is surrounded by trees and foliage.

Join us on the path to wellness
with our engaging programs



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

January 5 - April 3

Registration begins **Monday, December 15**

Centers will be closed January 19.

On Friday, March 13, Central Park will be closed.

On Thursday, March 26, Centers will close at 1 p.m.

Registration for Activities

Registration is required to participate in activities.

Register in-person or call (770) 781-2178,

option 1 for Central Park or option 2 for Sexton Hall.

Online registration through www.forsythco.com/seniors

Special Event & Class Refund Policy

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

Other refund requests will be individually evaluated.

Trips/Hikes Refund Policy

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

Other refund requests will be reviewed by staff.

Additional Fees

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

Credit/debit card payments will incur a convenience fee of 2.95% of the transaction with a minimum fee of \$2.00.

Membership

Annual membership includes access to our two locations, each providing unique programming. **Annual membership** is \$60 for individuals, \$40 for each additional household member.

Milestone membership is FREE for Forsyth County residents age 85 and better, \$30 per year for non-residents.

Membership rate will increase in 2026. See page 23.

Special Events

Active Adult Events

These events are for older adults
age 60 and better.

MEMBER PERK!

Priority registration for Active Adult Special Events
begins Monday, December 15; Non-members
may register beginning Monday, December 29.

New Year's Resolution Bingo

Held at Sexton Hall *No charge*
Ring in the new year playing Bingo with friends.
Themed prizes will be awarded.

Wednesday January 7 1 - 3 p.m.

Hands On STEAM Fun!

Held at Central Park *No charge*
Challenge yourself and take part in friendly,
competitive STEAM challenges that mix creativity
with curiosity. You'll experiment, problem-solve
and have a blast while learning something new.

Friday January 16 9 - 11 a.m.

Valentine Event

Held at Sexton Hall *No charge*
Begin the month of love and friendship with this
endearing afternoon of fun from our friends at Age
Well Forsyth. Enjoy door prizes, dancing, singing
and much more. Light refreshments available.
Kindly sponsored by Age Well Forsyth.

Wednesday February 4 1 - 3 p.m.

Mardi Gras Murder Mystery Masquerade

Held at Central Park *No charge*
Laissez les bon temps rouler! Put on your mask
and join us. Enjoy laughter, clues and a little
detective work as you uncover "whodunit" in true
New Orleans style.

Friday February 13 1 - 3 p.m.

Member Mixer

Held at Sexton Hall *No charge; members only*
Interactive and engaging activities provide the
opportunity to make new connections and have fun.
Whether you're new to the center or have been with
us for a while, this event is the perfect setting to
make new friends. Light refreshments available.

Wednesday February 25 1 - 3 p.m.

Queen of Hearts Bingo

Held at Central Park *No charge*
Crown yourself with good fortune! Enjoy an
afternoon of fun, friendship and fabulous prizes
fit for a queen or king.

Friday February 27 1 - 3 p.m.

Bunny Hop Bingo

Held at Sexton Hall *No charge*
This cheerful, springtime event offers fun games
and seasonal prizes.

Wednesday March 25 1 - 3 p.m.

The CP Counter

Located at the main entrance of
Central Park Senior Recreation & Services
High quality coffee, tea, water and lite bites available.
Open weekdays 8:30 - 10:30 a.m. & 2 - 3 p.m.

\$1 per item - CASH only.

Kindly sponsored by:

January - Mobility Plus

February - Blue Summit Hospice

March - Assisted Living Locators

Special Events

Community Events

These events are open to all ages.

Sounds of Sawnee Concert Band Presents: Celtic Concert

Held at Sexton Hall \$10 in advance, \$15 at the door
This concert features two hours of music plus a special performance by the North Atlanta Pipes & Drums. Light refreshments kindly sponsored by Wilson Legal, PC.
Sunday March 8 3 - 5 p.m.

Spring Craft Fair

Held at Central Park No charge
Browse the creations of local artisans at this indoor arts and crafts extravaganza.
Saturday March 21 10 a.m. - 2 p.m.



Get a space at our Spring Craft Fair!

Registration now open.
Email seniorservices@forsythco.com
for more information

Small Group Events

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

Hot Chocolate Karaoke Showdown

Held at Central Park No charge
Don't miss out on the fun of a friendly karaoke competition and a tasty beverage.
Friday January 9 9:30 - 11 a.m.

Paint & Party - Mardi Gras

Held at Sexton Hall \$20 members/\$25 non-members
Paint a Mardi Gras mask, sip on a sparkling beverage and sample some festive food. Your instructor leads you with step-by-step instruction. All skill levels welcome. Canvas size is 16" x 20".
Wednesday January 21 1 - 3 p.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 January 30 9 - 11 a.m.
Friday February 20 9 - 11 a.m.
Friday March 20 9 - 11 a.m.

Luck of the Irish Trivia

Held at Central Park No charge
From pop culture to history, test your knowledge of St. Patrick's Day trivia.
Tuesday March 17 10:15 - 11 a.m.

Tournament of Titans Table Games Tournament

Held at Central Park *No charge*

Who will reign supreme? Go head-to-head against County Administrators, 911 operators and Sheriff's Deputies in Rummikub, Skipbo and Mexican Train. Fun, friendly rivalry and bragging rights await.

Friday **March 27** **9 - 11 a.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 **January 21** **10 - 11 a.m.**

Wednesday **February 18** **10 - 11 a.m.**

Wednesday **March 18** **10 - 11 a.m.**

Resources & Support

Community Collaboration

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

Self Awareness - Self-Defense

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 Deputy Sheriff Shannon Carrizal.

Part 1

Held at Central Park
Tuesday **January 27** **10 - 11 a.m.**

Held at Sexton Hall
Monday **February 2** **10 - 11 a.m.**

Part 2 (Part 1 is a prerequisite)
Registration for Part 2 begins February 3.

Held at Central Park
Tuesday **March 24** **10 - 11 a.m.**

Held at Sexton Hall
Monday **March 30** **10 - 11 a.m.**

Medicare Fraud Awareness

Held at Central Park & Sexton Hall *No charge*
Scams are everywhere, especially in the Medicare Program. Learn how you can protect your information and avoid Medicare scams. Presented by Senior Medicare Patrol.

Held at Central Park
Monday **March 2** **10 - 11 a.m.**

Held at Sexton Hall
Wednesday **March 11** **10:30 - 11:30 a.m.**

Matters of the Mind

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

10 Warning Signs of Alzheimer's

Held at Central Park & Sexton Hall *No charge*
Learn about the common signs of Alzheimer's and how to recognize them in yourself or a loved one. Identify the next steps to take, including how to talk with your doctor. Presented by Alzheimer's Association Georgia.

Held at Central Park
Monday **February 9** **Noon - 1 p.m.**

Held at Sexton Hall
Wednesday **March 18** **11 a.m. - noon**

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 January 19.

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 - NEW TIME! 8:15 - 8:45 a.m. <u>Central Park</u> (No class March 13) |
| Step into the Week 9 - 9:45 a.m. <u>Central Park</u> Drumming 101 - NEW DAY! 9:30 - 10:15 a.m. January 5 & 12 March 2, 9 & 23 <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. January 8 & 22 February 12 & 26 March 12 & 26 <u>Sexton Hall</u> | These Fitness classes are all offered at no charge to our Members. |

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

Drumming 101: Cardio drumming with a former PE teacher.

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

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

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

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

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

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

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

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

Flex & Balance
1:45 - 2:30 p.m.
Sexton Hall



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 | Jan 6 - Feb 10 | 12:45 - 1:30 p.m. |
| Tuesdays | Feb 17 - Mar 24 | 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 | Jan 6 - Feb 10 | 1:30 - 2:30 p.m. |
| Tuesdays | Feb 17 - Mar 24 | 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 | Jan 6 - Feb 10 | 2:30 - 3:30 p.m. |
| Tuesdays | Feb 17 - Mar 24 | 2:30 - 3:30 p.m. |

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 | Jan 5 - Feb 16 | 1:15 - 2:15 p.m. |
| (No class January 19) | | |

| | | |
|----------------|----------------------|-------------------------|
| Mondays | Mar 2 - Apr 6 | 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. 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 | Jan 5 - Feb 16 | Noon - 12:45 p.m. |
| (No class January 19) | | |

| | | |
|----------------|------------------------|--------------------------|
| Mondays | Feb 23 - Mar 30 | Noon - 12:45 p.m. |
|----------------|------------------------|--------------------------|

Chair Yoga - **NEW TIME!**

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

Instructor: Tracey Martin

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

| | | |
|-------------------|------------------------|---------------------------|
| Wednesdays | Jan 7 - Feb 11 | 10:30 - 11:15 a.m. |
| Wednesdays | Feb 18 - Mar 25 | 10:30 - 11:15 a.m. |

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 **December 15**; non-members may register starting **December 29**.

Historic Marietta and Acworth Tour

Departs from Sexton Hall
\$30 members/\$35 non-members
Jim Howe, a Trips guide favorite, takes us through the historic cities of Marietta and Acworth, highlighting the history of the Marietta Square, historic homes, the Old WWII Bell Bomber Plant, where the railroad ran through from "Marthasville" and even Acworth Lake.
Lunch on your own at Marietta Diner.
Wednesday January 21 9 a.m. - 4 p.m.

Walking Difficulty:
Easy - Moderate



Senior Day at the Capitol

Departs from Sexton Hall
\$15 members/\$20 non-members
Learn about legislative issues that impact older adults. You might even have a chance to meet elected officials from the Forsyth County delegation. Event is coordinated by The Georgia Council on Aging with a boxed lunch provided onsite.
Wednesday February 11 8:30 a.m. - 2:30 p.m.

Walking Difficulty:
Moderate - Strenuous



Georgia Racing Hall of Fame

Departs from Central Park
\$30 members/\$35 non-members
This museum showcases the achievements of Georgian drivers and exhibits vintage and modern race cars.
Lunch on your own at The Station House.
Friday February 6 9:30 a.m. - 3 p.m.

Walking Difficulty:
Moderate



Georgia Capitol Tour

Departs from Sexton Hall
\$20 members/\$25 non-members
View first-hand the most important government building in the state. Get an overview of Georgia history and the Capitol building.
Lunch on your own at The Cheesecake Factory.
Wednesday March 4 9:15 a.m. - 3 p.m.

Walking Difficulty:
Moderate - Strenuous



Come From Away - City Springs Theater

Departs from Central Park
\$80 members/\$85 non-members
Based on the true story of how the isolated community of Gander, Newfoundland, came together to welcome 38 planes diverted from their destinations on September 11, 2001. What starts as an average day, turns into an international sleepover, as the people of Gander cheer the stranded travelers with music, an open bar and the recognition that we're all part of a global family.
Concessions available at theater.
Saturday March 28 Noon - 5:30 p.m.

Walking Difficulty:
Moderate



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 **December 15**; non-members may register starting **December 29**.

Qualifying Hike & Hiker Meet Up

Hiking Distance: 2 miles Elevation change: 505 feet

**Gather at Sawnee Mountain Preserve
2500 Bettis-Tribble Gap Rd.**

Pack your own snacks.

Monday January 5 Noon - 2 p.m.

Hiking Difficulty:
Easy - Moderate



Little Mulberry Park, Dacula

Departs from Central Park

\$15 members/\$20 non-members

Hiking Distance: 4 miles Elevation change: 30 feet

Walk around Little Mulberry Park with paved even to uneven surfaces. Facilities available.

Lunch on your own at Gyro City.

Wednesday January 14 8 a.m. - 4 p.m.

Hiking Difficulty:
Easy



West Palisades, Smyrna

Departs from Central Park

\$15 members/\$20 non-members

Hiking Distance: 4 miles Elevation change: 590 feet

Beautiful wide river views in a blooming forest with rocky bluffs and sandy shorelines on the banks of the Chattahoochee River. Lunch in Smyrna on your own.

Wednesday February 18 8 a.m. - 4 p.m.

Hiking Difficulty:
Moderate - Strenuous



Qualifying Hike & Hiker Meet Up

Hiking Distance: 2 miles Elevation change: 505 feet

**Gather at Sawnee Mountain Preserve
2500 Bettis-Tribble Gap Rd.**

Pack your own snacks.

Monday March 2 Noon - 2 p.m.

Hiking Difficulty:
Easy - Moderate



Vickery Creek - Roswell

Departs from Sexton Hall

\$15 members/\$20 non-members

Travel Distance: 20 miles

Hiking Distance: 5.25 miles Elevation change: 377 feet

Lunch on your own at Souper Jenny's.

Wednesday March 11 8 a.m. - 4 p.m.

Hiking Difficulty:
Moderate



Outdoor Adventures

Tree Climbing

\$20 members/\$25 non-members

Enjoy a fun and educational tree climbing experience. Let professional instructors provide you with safe instruction on basic tree climbing equipment, safety and double rope technique for tree climbing. This is not the tree climbing from your youth but it will bring out the child within you!

Meet at:

Sawnee Mountain Preserve Visitor Center
4075 Spot Road
Cumming, GA 30041

Friday March 6 1 - 3 p.m.

Lifelong Learning

Education & Entertainment

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

MEMBER PERK!

Priority registration for Active Adult Special Events begins Monday, December 15; Non-members may register beginning Monday, December 29.

Your Guide to Government Benefits and Resources

Held at Central Park *No charge*

Learn about Veteran's, nutrition and Medicare benefits in this panel discussion.

Tuesday January 6 10:15 - 11 a.m.

The Essentials of 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 Elizabeth Lewis, Attorney at Law.

Held at Central Park

Monday January 12 10:15 - 11 a.m.

Held at Sexton Hall

Monday January 26 10 - 10:45 a.m.

Overview of In-Home Care

Held at Central Park *No charge*

Learn about what is provided and how insurance, government benefits and private pay cover expenses.

Presented by John Hall, Homewatch Caregivers.

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

TED TED Talks

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

Held at Central Park. No charge.

Why We Need to Know Our Lives Matter

Presented via TED Talk Visual by Jennifer Wallace.

Thursday January 8 10 - 11 a.m.

The Benefits of Not Being a Jerk to Yourself

Presented via TED Talk Visual by Dan Harris.

Thursday January 22 10 - 11 a.m.

The Fine Art of Fibbing

Presented via TED Talk Visual by Athena Kugblenu.

Thursday February 5 10 - 11 a.m.

What It's Really Like to Win the Lottery

Presented via TED Talk Visual by Matt Pitcher.

Thursday February 19 10 - 11 a.m.

You Don't Actually Know What Your Future Self Wants

Presented via TED Talk Visual by Shankar Wedantam.

Thursday March 5 10 - 11 a.m.

The Shared Experience of Absurdity

Presented via TED Talk Visual by Charlie Todd.

Thursday March 19 10 - 11 a.m.

Details for the 2026 TED Talks schedule at Sexton Hall will be available at our front desks when registration opens December 2025. Call (770) 781-2178 for details.

Lifelong Learning

Learn Your Library

Held at Sexton Hall *No charge*
Learn what's new at Sharon Forks Library.
Presented by Forsyth County Public Library.
Tuesday February 17 11 - 11:45 a.m.

An Animal's Safe Haven

Held at Central Park *No charge*
Learn about how this Forsyth County department provides housing, care and medical treatment for animals. You may even be able to pet an animal or two. Presented by Forsyth County Pet Resource Center.
Tuesday February 24 10 - 11 a.m.

Dementia Care Panel

Held at Central Park *No charge*
During this panel discussion, learn all about organizations that can help you or your loved one with Alzheimer's. Discover information about what to expect, home care, living options, hospice and legal matters. Panel includes Alzheimer's Association, Oasis Senior Advisors, Nurse Toni Rotalsky and Attorney Elizabeth Lewis.
Monday March 30 10 - 11:15 a.m.

My Life as a Sportscaster

Held at Central Park & Sexton Hall *No charge*
From CNN to the Atlanta Braves, this remarkable individual's career spanned over 30 years. Presented by Jerome Jurenovich, Retired Sports Broadcaster.
Held at Central Park
Tuesday March 31 10:15 - 11 a.m.
Held at Sexton Hall
Thursday March 26 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.

What's New at Northside Forsyth

Held at Central Park & Sexton Hall *No charge*
Discover the latest in enhancements to patient care. Learn about the new medical services provided close to home. Presented by Lynn Jackson, CEO, Northside Hospital Forsyth.
Held at Central Park
Monday January 5 10:15 - 11 a.m.
Held at Sexton Hall
Thursday January 8 12:15 - 1 p.m.

Glaucoma Awareness

Held at Central Park & Sexton Hall *No charge*
During Glaucoma Awareness Month, learn about this disease and various treatments. Presented by Marietta Eye Clinic.
Held at Central Park
Monday January 26 10:15 - 11 a.m.
Held at Sexton Hall
Thursday January 15 12:15 - 1 p.m.

Heart Health Awareness

Held at Central Park & Sexton Hall *No charge*
February is Heart Health Month. Get tips to keep your heart healthy and nearby options for treatment. Presented by Northside Hospital Forsyth.
Held at Central Park
Tuesday February 3 10:15 - 11 a.m.
Held at Sexton Hall
Thursday February 19 12:15 - 1 p.m.

Lifelong Learning

MEMBER PERK!

Priority registration for Active Adult Special Events begins Monday, December 15; Non-members may register beginning Monday, December 29.

Healthy Heart, Healthy You

Held at Central Park & Sexton Hall *No charge*

Discover how to maintain a healthy heart, diseases impacting the heart and treatment options.

Presented by Cathy Ross.

Held at Central Park

Monday February 9 10:15 - 11 a.m.

Held at Sexton Hall

Tuesday February 17 12:15 - 1 p.m.

Heart-Smart Food

Held at Central Park *No charge*

Discover easy ways to make healthier food choices everyday. Presented by Andrea, Executive Chef, Antebellum James Burgess.

Monday February 16 10:15 - 11 a.m.

Key to Healthy Kidneys

Held at Central Park & Sexton Hall *No charge*

March is National Kidney Health Month. Learn about the kidney's role in the body and how to keep this organ functioning at its best.

Presented by Northside Hospital Forsyth.

Held at Central Park

Tuesday March 3 10:15 - 11 a.m.

Held at Sexton Hall

Tuesday March 10 12:15 - 1 p.m.

Breakthroughs in Medical Technology

Held at Central Park & Sexton Hall *No charge*

The Watchman Device

Discover how this small implant in the heart reduces the risk of stroke, primarily used for patients with non-valvular atrial fibrillation.

Presented by Boston Scientific.

Held at Central Park

Tuesday January 13 10:15 - 11 a.m.

Held at Sexton Hall

Thursday January 22 12:15 - 1 p.m.

Incontinence Solutions

This presentation shares expert insights on the causes, treatments and management of bladder and bowel incontinence. Get practical tips and resources to help improve your quality of life.

Presented by Dr. Vishal Bhalani.

Held at Central Park

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

Held at Sexton Hall

Thursday February 5 12:15 - 1 p.m.

Breakthroughs in Medical Technology: Cochlear Implants

Are you or your loved one struggling with your hearing even when using hearing aids? You are not alone. Learn more about these implants, how they work and if you qualify for this procedure. Presented by Cochlear America.

Held at Central Park

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

Held at Sexton Hall

Monday March 16 12:15 - 1 p.m.

Lifelong Learning

Clean up Your Colon

Held at Central Park & Sexton Hall *No charge*

March is Colon Awareness Month. Colorectal cancer is the second deadliest disease in the US. Learn about prevention, screening techniques and treatment options.

Presented by Northside Hospital Forsyth.

Thursday March 5 12:15 - 1 p.m.

Nutrition and You

Held at Central Park & Sexton Hall *No charge*

Good nutrition is important. Learn about small steps you can take every day to incorporate good nutrition into your daily diet.

Presented by FCSS Staff.

Held at Central Park

Monday March 23 10:15 - 11 a.m.

Held at Sexton Hall

Thursday March 12 12:15 - 1 p.m.

STAY IN THE KNOW

Visit our website:

www.forsythco.com/seniors

**Request the weekly
email announcements:**

seniorservices@forsythco.com

Follow us on Facebook:

facebook.com/forsythcountyseniorservices

History & Culture

Delve into rich histories, cultures and music appreciation.

Matinee Marvels

Held at Central Park

No charge

Light refreshments served.

Friday January 2 9:15 - 11:15 a.m.

Friday January 23 9:15 - 11:15 a.m.

Friday February 6 9:15 - 11:15 a.m.

Friday March 6 9:15 - 11:15 a.m.

Ciao Italia! A Fun Start to Italian with Antonella

Held at Sexton Hall

No charge

This course is designed for beginners with no previous, or very limited, knowledge of Italian. Experience the Italian language in a relaxed, interactive and culturally engaging way. Each class uses conversational themes, visual aids and group activities. Level 1 is a prerequisite for Level 2.

Presented by Volunteer Instructor Antonella Di Meo.

Level 1: six-week session

Mondays Jan 5 - Feb 16 11:30 a.m. - 12:30 p.m.

(No class January 19)

Level 2: six-week session

Mondays Mar 23 - Apr 27 11:30 a.m. - 12:30 p.m.

Registration for Level 2 begins February 16.

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. You can play by number tabs and do not have to read music. Dulcimers may be available or can be brought in by students.

Presented by Pat Hobson, Volunteer Instructor.

Tuesdays Jan 13 - Mar 31 10 - 11:30 a.m.

Lifelong Learning

Mardi Gras Battle

Held at Sexton Hall *No charge*

Learn more about the long-standing, friendly rivalry of the New Orleans vs. Mobile Mardi Gras. Which city really celebrated first, and which celebration is right for you?

Presented by FCSS Staff.

Tuesday January 13 2:30 - 3:30 p.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 January 15 10:15 - 11:15 a.m.

Thursday February 12 10:15 - 11:15 a.m.

Thursday March 12 10:15 - 11:15 a.m.

Meet the Musician

Held at Sexton Hall *No charge*

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

Monday January 26 2:15 - 3 p.m.

Monday February 23 2:15 - 3 p.m.

Monday March 30 2:15 - 3 p.m.

Celebrate Mardi Gras

Held at Central Park *No charge*

Let the good times roll! Explore the history and traditions around this celebration.

Presented by FCSS Staff.

Tuesday February 17 10:15 - 11 a.m.

MEMBER PERK!

Priority registration for Active Adult Special Events begins Monday, December 15; Non-members may register beginning Monday, December 29.

Celebrate Black History

Held at Central Park & Sexton Hall *No charge*

Help us honor the achievements, culture and contributions of Black Individuals throughout history and be inspired by the stories that shaped our world. Presented by FCSS Staff.

Held at Central Park

Monday February 23 10:15 - 11 a.m.

Held at Sexton Hall

Thursday February 26 12:15 - 1 p.m.

Celebrating Women's History

Held at Central Park *No charge*

Honor the courage, creativity and impact of women that made a difference.

Presented by Forsyth County Public Library.

Monday March 16 10:15 - 11 a.m.

Garden & Nature

Discover tips for gardening with seasonally focused topics.

Live Well Garden Presentations

Enjoy a variety of gardening topics.

Held at Sexton Hall *No charge*

Planning your 2026 Georgia Garden - Zone 8

Presented by Gene Armstrong, Sexton Hall Gardener

Monday January 5 10 - 11:30 a.m.

Starting Seeds

Presented by Michael Williams, Sexton Hall Gardener

Monday February 2 10 - 11:30 a.m.

Bats & Pollinators

Presented by Laurie & Larry Alford,

Forsyth County Master Naturalists

Monday March 2 10 - 11:30 a.m.

Lifelong Learning

Daylily Dreaming

Held at Sexton Hall *No charge*
Ever dream of growing daylilies? Learn about the beautiful blooms and blossoms of this summer flower. Presented by Daylily Society of Greater Atlanta Membership.

Wednesday January 14 11 a.m. - noon



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 | January 8 | 1:30 - 2 p.m. |
| Thursday | February 5 | 1:30 - 2 p.m. |
| Thursday | March 5 | 1:30 - 2 p.m. |

Held at Sexton Hall

| | | |
|----------------|-------------------|--------------------------|
| Tuesday | January 6 | Noon - 12:30 p.m. |
| Tuesday | February 3 | Noon - 12:30 p.m. |
| Tuesday | March 3 | 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
FROM **AARP**

Senior Planet Class 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 | January 5 | 1:30 - 2 p.m. |
| Thursday | January 8 | 2 - 2:30 p.m. |

Held at Sexton Hall

| | | |
|-----------------|------------------|------------------------|
| Tuesday | January 6 | 10:30 - 11 a.m. |
| Thursday | January 8 | 1 - 1:30 p.m. |

Using Your iPhone

Held at Central Park & Sexton Hall

In this multi-week series, you'll learn to navigate your iPhone more comfortably and confidently. We'll practice using basic features, downloading apps and adjusting device and privacy settings. You'll also learn to use free messaging apps for voice and video calls and explore wearables, AI and more!

Held at Central Park

Mon & Thu Jan 12 - Feb 16 1:30 - 2:45 p.m.
(No class January 19)

Lifelong Learning

Podcasts

Held at Central Park & Sexton Hall

Learn what Podcasts are and where to find them!

Held at Central Park

Monday February 23 1:30 - 2:45 p.m.

Held at Sexton Hall

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

Banking and Finance Apps at a Glance

Held at Central Park & Sexton Hall

Discover what you can do with online and mobile banking!

Held at Central Park

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

Held at Sexton Hall

Tuesday February 3 10 - 11:15 a.m.



How to Choose a New Computer

Held at Central Park & Sexton Hall

Overwhelmed by the choices of a new computer? We'll help you simplify so you can decide!

Held at Central Park

Monday March 12 1:30 - 2:45 p.m.

Held at Sexton Hall

Tuesday January 13 10 - 11:15 a.m.

Thursday January 15 1 - 2:15 p.m.

Using Voice Assistants

Held at Central Park & Sexton Hall

In this hands-on workshop, we'll go beyond Alexa and Google Nest and demonstrate how to use the voice assistant features embedded into most smartphones and available in the Chrome web browser. You'll learn about Apple's Siri and Google Assistant and practice using them on your own device. We'll also review some of the most popular uses for voice-activated home assistants.

Held at Central Park

Monday March 23 1:30 - 2:45 p.m.

Held at Sexton Hall

Tuesday March 3 10 - 11:15 a.m.

Intro to Digital Wallets

Held at Sexton Hall

You CAN leave home without your wallet! Learn about popular digital wallets and their many uses.

Tuesday March 24 10 - 11:15 a.m.

Intro to Booking Vacation Stays Online

Held at Central Park & Sexton Hall

Need a vacation? Learn about popular websites and apps for booking vacation rentals.

Held at Central Park

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

Held at Sexton Hall

Tuesday March 17 10 - 11:15 a.m.

Thursday March 19 1 - 2:15 p.m.

Passwords, Passkeys and More

Held at Central Park & Sexton Hall

Tired of resetting your password all the time? Join this lecture to discover password alternatives and different ways to manage your passwords.

Held at Central Park

Thursday April 2 1:30 - 2:45 p.m.

Held at Sexton Hall

Tuesday January 27 10 - 11:15 a.m.

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

Social Clubs for Members

See flyers in centers for complete descriptions of clubs or call (770) 781 - 2178.

Men's Clubs

Discuss hobbies, interests, sports and current events.

| | | | |
|---------------------|-----------------------------|------------------|--|
| Bagel Boys | Held at <u>Sexton Hall</u> | Mondays | 10:30 a.m. - noon (No meeting January 19) |
| Biscuit Boyz | Held at <u>Central Park</u> | Thursdays | 8:30 - 10 a.m. |
| Java Gents | Held at <u>Central Park</u> | Fridays | 8:30 - 10 a.m. (No meeting March 13) |

Women's Clubs

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

| | | | |
|---------------------|-----------------------------|------------------|---|
| Golden Gals | Held at <u>Sexton Hall</u> | Mondays | 1 - 2 p.m. (No meeting January 19) |
| Sassy Ladies | Held at <u>Central Park</u> | Thursdays | 12 - 1 p.m. |

Men's and Women's Clubs

Gather to make new friends and find common interests.

| | | | | |
|---------------------------------|-----------------------------|---------------------------------|------------------------------------|-------------------------|
| Book Club | Held at <u>Sexton Hall</u> | Wednesdays | Jan 21, Feb 18 & Mar 18 | 2:30 - 3:30 p.m. |
| Common Grounds | Held at <u>Sexton Hall</u> | Thursdays | | 10 - 11:30 a.m. |
| Needle Craft/Sewing Club | Held at <u>Central Park</u> | Thursdays | | 1:30 - 3:30 p.m. |
| Ping Pong Club | Held at <u>Central Park</u> | Tuesdays & Thursdays | | 10 - 11 a.m. |

Game Groups for Members

New players are welcome.

Membership is required to be a game player. Centers will be closed on Monday, January 19.

Held at Central Park

Weekly Bingo
Wednesdays
10 - 11 a.m.

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

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|------------------------------|-----------------------|------------------------------------|-----------------|---|
| Central Park Game groups meet 12:30 - 4 p.m. | Mah Jongg & Mexican Train | Canasta & RummiKub | Advanced Bridge & Mexican Train | RummiKub | Open Games & Canasta (No games March 13) |
| Sexton Hall Game groups meet noon - 4 p.m. | Social Bridge | Mah Jongg | Pinochle (No play Jan 28) | Canasta | Open game or gathering time for members |

Art & Creativity

Central Park

Members Only Art

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

| | |
|------------------|----------------|
| Mondays | 9:30 - 11 a.m. |
| Mondays | 1:30 - 3 p.m. |
| Thursdays | 9:30 - 11 a.m. |

(No class January 19)

Watercolor Wednesdays

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

| | |
|-------------------|------------------|
| Wednesdays | 1:30 - 3:30 p.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 | Jan 13 - Feb 17 | 9:30 - 11 a.m. |
| Tuesdays | Feb 24 - Mar 31 | 9:30 - 11 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 | January 14 | 9:30 - 11:30 a.m. |
| Wednesday | February 11 | 9:30 - 11:30 a.m. |
| Wednesday | March 11 | 9:30 - 11:30 a.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 | January 9 | 9:30 - 11:30 a.m. |
| Friday | February 13 | 9:30 - 11:30 a.m. |
| Friday | March 6 | 9:30 - 11:30 a.m. |

Crystal Clarity:

Crafting with Fine Stones & Glass

\$20 members/\$25 non-members per class

Explore the art of jewelry-making in our expert-led class. You'll craft a stunning piece using high-quality materials and stones. Facilitated by Sherry Bottorf, Volunteer Instructor.

| | | |
|----------------|--------------------|-------------------------|
| Tuesday | January 13 | 1:30 - 3:30 p.m. |
| Tuesday | February 10 | 1:30 - 3:30 p.m. |
| Tuesday | March 10 | 1:30 - 3:30 p.m. |

Mixed Media Mountain Scene

\$10 members/\$15 non-members

Build a textured mountain landscape using paint and tissue paper for a layered, snowy effect.

| | | |
|----------------|-------------------|-------------------------|
| Tuesday | January 20 | 1:30 - 3:30 p.m. |
|----------------|-------------------|-------------------------|

Sparkling Snowflake Art

\$10 members/\$15 non-members

Design your own unique snowflake scene using mixed materials.

| | | |
|----------------|-------------------|-------------------------|
| Tuesday | January 27 | 1:30 - 3:30 p.m. |
|----------------|-------------------|-------------------------|

Art & Creativity

Central Park

Groundhog & Golf Art

\$10 members/\$15 non-members

Inspired by the movie, *Caddyshack*, create a playful painting featuring a 3D clay golf ball to bring this classic comedy to life.

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



Irish Drinking Glass

\$10 members/\$15 non-members

Paint your own Irish-style drinking mug with festive clovers and symbols - great for display or sipping.

Tuesday March 17 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.

Metallic Snowy Forest Scene

Create a peaceful winter forest painting using metallic paints that shimmer and shine.

Tuesday January 6 1:30 - 3:30 p.m.

Chinese New Year: The Year of the Horse

Celebrate the Year of the Horse with a glowing nighttime painting in rich gold and red tones.

Tuesday February 17 1:30 - 3:30 p.m.

Northern Lights

Capture the beauty of the aurora borealis in a colorful night-sky painting.

Tuesday February 24 1:30 - 3:30 p.m.

Monochrome Art

Explore the power of a single color by using shades of green to create depth.

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

Monet Flowers

Recreate Monet's dreamy flower fields in your own colorful impressionist painting.

Tuesday March 24 1:30 - 3:30 p.m.

Cubism - Animals in Art.

Learn about cubism and create a colorful animal design inspired by stained glass patterns.

Tuesday March 31 1:30 - 3:30 p.m.



Art & Creativity

Sexton Hall

Crafty Creations

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

| | | |
|---------|-------------------------------------|----------------|
| | <u>Mitten Art</u> | |
| Monday | January 12 | 9:30 - 11 a.m. |
| | <u>Clothespin Flower Art</u> | |
| Tuesday | January 20 | 1:30 - 3 p.m. |
| | <u>Valentine Heart Wine Glasses</u> | |
| Monday | February 9 | 9:30 - 11 a.m. |
| | <u>Fabric Birdhouses</u> | |
| Tuesday | February 17 | 1:30 - 3 p.m. |
| | <u>Marbled Tin Can Luminary</u> | |
| Monday | March 9 | 9:30 - 11 a.m. |
| | <u>Spring Floral Wall Hanger</u> | |
| Tuesday | March 17 | 1:30 - 3 p.m. |

Come and Go Art

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

| | | |
|----------|-----------------|--------------------|
| Thursday | January 15 & 29 | 10:30 - 11:30 a.m. |
| Thursday | February 5 & 19 | 10:30 - 11:30 a.m. |
| Thursday | March 5 & 19 | 10:30 - 11:30 a.m. |



Acrylic Painting Classes

Beginner Acrylics

\$5 members/\$10 non-members

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

| | | |
|-----------|-------------|----------------|
| Tuesday | January 20 | 9:30 - 11 a.m. |
| Wednesday | February 18 | 2 - 3:30 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.

Winter's Reflections

Capture the unique mood of the colder season.

| | | |
|-----------|----------------|------------------|
| Thursdays | Jan 8 - Feb 12 | 10 a.m. - 1 p.m. |
| Fridays | Jan 9 - Feb 13 | 10 a.m. - 1 p.m. |

Echoes of Spring

Paint the memories of spring's gentle awakening and new life.

| | | |
|-----------|-----------------|------------------|
| Thursdays | Feb 19 - Mar 26 | 10 a.m. - 1 p.m. |
| Fridays | Feb 20 - Mar 27 | 10 a.m. - 1 p.m. |

Art & Creativity

Sexton Hall

Scented Serenity - Candle Workshop

\$15 members/\$20 non-members

Create two small candles with wax, fragrance and some light glitter.

Tuesday January 6 1:30 - 3:30 p.m.

Celtic Felt Door Decor

\$10 members/\$15 non-members

Shamrocks, green felt and other whimsical items are added to make a festive top hat for your March celebrations.

Monday February 23 9:30 - 11:30 a.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 January 7 1:30 - 3:30 p.m.

Wednesday February 4 1:30 - 3:30 p.m.

Wednesday March 4 1:30 - 3:30 p.m.

Spring Planters

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

Clay-ful Fungi

Monday March 30 10 a.m. - noon

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 February 16 10 - 11 a.m.

Tuesday March 31 1 - 2 p.m.

Clay & Glaze Intermediate/Skilled

\$65 members/\$80 non-members for five-week session plus \$10 supply fee per 12.5 lbs. of clay.

\$10 discount when signing up for consecutive sessions.

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

Mondays Jan 5 - Feb 16 Noon - 3 p.m.

(No class January 19 & 26)

Mondays Feb 23 - Mar 23 Noon - 3 p.m.

Tuesdays Jan 6 - Feb 10 9 a.m. - noon

(No class January 20)

Tuesdays Feb 24 - Mar 24 9 a.m. - noon

Wednesdays Jan 7 - Feb 11 10 a.m. - 1 p.m.

(No class January 28)

Wednesdays Feb 25 - Mar 25 10 a.m. - 1 p.m.

Clay Wrap-up Workdays

Registration in advance required.

No charge

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

Wednesday January 14 1 - 2:30 p.m.

Tuesday January 27 Noon - 1:30 p.m.

Wednesday February 11 1 - 2:30 p.m.

Tuesday February 24 Noon - 1:30 p.m.

Wednesday March 11 1 - 2:30 p.m.

Tuesday March 24 Noon - 1:30 p.m.

Older Americans Act Nutrition & Wellness Programs

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

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

Meals are offered on a donation basis with a suggested contribution of \$5.65 per day.

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

Programs include:

Congregate

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

Caregiver Relief Respite Program, known as The Sunshine Club

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

Home Delivered Meals

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

Volunteer Opportunities

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

Forsyth County Senior Services Additional Programs & Services

Transportation

Available to the centers through the county public transportation service known as Access Forsyth or the county ride-share service known as Common Courtesy. Call (770) 781-2195 for more information.

Information and Referral

The department's **Social Services** division provides assistance on all issues related to aging such as: housing, home care, hospice, counseling, doctor referrals, legal aid, home repair, home safety, Medicare, Medicaid, Social Security and more.

Contact us at: (770) 781-2178, option 1
or seniorsupport@forsythco.com

Guardian Call Service

The Forsyth County 911 Center, along with the Forsyth County Sheriff's Office, offers personal phone calls to make contact by phone at the same time every day with you or your loved one.

Sign up by contacting the
Forsyth County 911 Center, (678) 455-8073.

Senior Resource Guide

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

Age Well Forsyth

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

AARP Tax-Aide Program

Held at Central Park

Tuesdays, February - March 2026

Service is provided by appointment only.

The nation's largest free tax assistance and preparation service comes to our Central Park location for those who cannot afford a tax preparation service.

AARP membership is not required.

Tax returns are prepared and filed electronically by IRS-certified tax counselors.

Stop by our front desks at
Central Park or Sexton Hall for more information.

Membership Update

We are thrilled to share that our department has reached its highest Membership enrollment ever, with over 1,300 Members taking advantage of the value we offer including five-day-a-week fitness classes, early registration perks and class discounts. In addition, there are free art offerings and Member exclusive events as a benefit of your Membership.

To ensure we can continue to provide and expand our programming, we will be increasing our annual Membership rates for 2026.

This is our first Membership increase since 2008.

Individual Membership will increase to \$65.00 a year beginning February 1, 2026. Each additional household member will be \$45.00. Milestone Membership remains free for those 85+.

Please contact us if you have any questions.

Our department appreciates your incredible support of our two centers. We look forward to another wonderful year bringing you engaging, impactful life enrichment programs!



Forsyth County Senior Services
2115 Chloe Road
Cumming, GA 30041

- SAVE THE DATE! -

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

For additional questions contact expo@forsythco.com