

July

Charles Place Adult Activity Calendar

2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BRAIN GAMES

Table Games: Monday - Thursday, 9:15 - 11:15 a.m.

Open Game Time: Monday - Friday, 12:30 - 4 p.m.

FITNESS

Get Fit  
9:30 - 10:15 a.m.

Full Body Exercise  
9:30 - 10:15 a.m.

Flex & Balance  
9:30 - 10:15 a.m.

Get Fit  
9:30 - 10:15 a.m.  
(No class July 4)

Stretch  
& Strengthen  
8:30 - 9:15 a.m.

SPECIAL EVENTS

Chair Exercise  
10:30 - 11:15 a.m.

All-Star Friday  
Friday, July 19  
9 - 11 a.m.



Matinee Marvels  
*Mission Impossible*  
Part 2  
Friday, July 26  
9 - 11 a.m.

Line Dancing - Fees  
July 8 - August 26  
1:30 - 2:30 p.m.

Most activities are free with a center membership, \$60 per year. Lunch reservations due by Tuesday AM for the following week. Lunch donations are appreciated - \$4.75 per meal.

ART

Morning Art: Monday - Thursday, 9:30 - 11 a.m.

Members Only Art  
1:30 - 3:30 p.m.

Specialty Art - Fees  
1:30 - 3:30 p.m.

Watercolor  
Wednesdays  
1:30 - 3:30 p.m.



TECHNOLOGY

SENIOR PLANET: Tech Classes from AARP

Q & A  
Tuesday, July 9  
10 - 10:30 a.m.

Getting to Know Your Smartphone  
Friday, June 12  
10 - 11:30 a.m.

Spotify  
Friday, July 26  
10 - 11:30 a.m.



Charles Place | 595 Dahlonega Street | Cumming, Georgia 30040  
Forsyth County Senior Services | (770) 781-2178 | www.forsythco.com/seniors

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GAME GROUPS FOR MEMBERS

<b>Mah Jongg</b> 12:30 - 4 p.m.	<b>Canasta</b> 12:30 - 4 p.m.	<b>Advanced Bridge</b> 12:30 - 4 p.m.	<b>Bridge</b> 12:30 - 4 p.m.	<b>Open Game</b> 12:30 - 4 p.m.
<b>Mexican Train</b> 12:30 - 4 p.m.	<b>RummiKub</b> 12:30 - 4 p.m.	<b>Mexican Train</b> 12:30 - 4 p.m.	<b>RummiKub</b> 12:30 - 4 p.m.	<b>Mexican Train</b> 12:30 - 4 p.m.

PROGRAMS & EVENTS

<p><b>Coffee with a Cop</b> Monday July 8 10:30 - 11:15 a.m.</p> <p><b>Hydration Awareness Month</b> Monday, July 15 or Tuesday, July 16 10:30 - 11:15 a.m.</p> <p><b>Mobility: Being Active as Long as Possible</b> Tuesday, July 23 or Monday, July 29 10:30 - 11:15 a.m.</p>
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GROUPS & ACTIVITIES

<b>Bingo</b> 10:30 - 11:15 a.m.	<b>Biscuit Boyz</b> 8:30 - 10:30 a.m. (No class July 4)	<b>Java Gents</b> 8:30 - 10 a.m.
<p><b>SAVE THE DATE!</b></p> <p>Seeking performers of all types ages 50 or better!</p> <p><b>Senior Talent Show 2024</b></p> <p>Saturday, September 14</p> <p><u>Deadline to register is August 15</u></p>	<b>Bingo</b> 10:30 - 11:15 a.m.	<b>Games, movies &amp; member-only events</b> 9 - 11:15 a.m.
		
	<b>Needle Craft Club</b> 1:30 - 3 p.m.	

