

ART CLASSES & WORKSHOPS		FITNESS			CLUBS & CARDS	
MON	<p><b>Clay &amp; Glaze Basics</b> February 10 9:30 - 10:30 a.m.</p> <p><b>Crafty Creations - Button Rose</b> February 17 9:30 - 11 a.m.</p>	<p><b>Clay &amp; Glaze Intermediate/Skilled*</b> February 10 - March 24 Noon - 3 p.m.</p>	<p><b>Fitness Foundations</b> 8:45 - 9:30 a.m.</p>	<p><b>Restore Your Core - Level 2*</b> February 3 - March 24 9:45 - 10:45 a.m.</p> <p><b>Restore Your Core - Level 1*</b> February 3 - March 24 10:45 - 11:45 a.m.</p>		<p><b>Bagel Boys</b> 10:30 - noon</p> <p><b>Social Bridge</b> Noon - 4 p.m.</p> <p><b>Golden Gals</b> 1 - 2 p.m.</p>
	<p><b>Clay &amp; Glaze Intermediate/Skilled*</b> February 4 - 25 9 a.m. - noon</p> <p><b>Clay Wrap-up Workdays</b> February 25 Noon - 1:30 p.m.</p>	<p><b>Crafty Creations - Cork Heart</b> February 4 1:30 - 3 p.m.</p>	<p><b>Circuit Training</b> 8:45 - 9:30 a.m.</p> <p><b>Absolute Beginner Line Dancing*</b> February 4 - 25 12:45 - 1:30 p.m.</p>	<p><b>Beginner Line Dancing*</b> February 4 - 25 1:30 - 2:30 p.m.</p> <p><b>Intermediate Line Dancing*</b> February 4 - 25 2:30 - 3:30 p.m.</p>		<p><b>Mah Jongg</b> Noon - 4 p.m.</p>
WED	<p><b>Clay &amp; Glaze Intermediate/Skilled* - NEW DAY!</b> February 5 - 26 9 a.m. - noon</p> <p><b>Jewelry Workshop*</b> February 19 &amp; 26, 1:30 - 3:30 p.m.</p>	<p><b>Clay Wrap-up Workdays</b> February 12 Noon - 1:30 p.m.</p>	<p><b>Fitness Foundations</b> 8:45 - 9:30 a.m.</p>	<p><b>Seated Strength Training</b> 9:45 - 10:30 a.m.</p>		<p><b>Book Club</b> 2:30 - 3:30 p.m. February 19</p> <p><b>Pinochle</b> Noon - 4 p.m.</p>
	<p><b>Intermediate Acrylic Painting - Cultural Destinations*</b> February 13 - March 27, 10 a.m. - 1 p.m.</p>		<p><b>Flex &amp; Balance</b> 8:45 - 9:30 a.m.</p>	<p><b>Intro to Drumming</b> February 13 &amp; 27 10:45 - 11:15 a.m.</p>	<p><b>Flex &amp; Balance</b> 1:45 - 2:30 p.m. (No class February 6)</p>	<p><b>Common Grounds Social Club</b> 10 - 11:30 a.m.</p> <p><b>Canasta</b> Noon - 4 p.m. (No meeting February 6)</p>
FRI	<p><b>Intermediate Acrylic Painting - Cultural Destinations*</b> February 14 - March 28, 10 a.m. - 1 p.m.</p>		<p><b>Circuit Training</b> 8:45 - 9:30 a.m.</p>	<p><b>Double Trouble Mystery Workout</b> February 21 2 - 3 p.m.</p>		<p><b>Members Only - Open Building</b> Noon - 4 p.m.</p>



LIFELONG LEARNING CLASSES

IMPORTANT INFORMATION

SPECIAL EVENTS

MON

**Garden Presentation - Special Love Language of Flowers**  
February 3  
10 - 11:30 a.m.

**Exploring & Downloading Apps**  
February 10  
11:15 a.m. - 12:30 p.m.

**Emojis, GIFs, and More!**  
February 17  
11:15 a.m. - 12:30 p.m.


TUE

**Intro to the Dulcimer**  
February 4 - March 25  
10 - 11:30 a.m.

**Vascular Vein Care**  
February 18  
Noon - 12:45 p.m.

WED

**Travel Group - Share Travel Photos**  
February 5  
1 - 2:30 p.m.

**What is Respite Care**   
February 12  
1 - 2 p.m.

THU

**Heart Health Month**  
February 6  
Noon - 12:45 p.m.

**Tech: Monthly Q & A**  
February 11  
Noon - 12:30 p.m.

**Medicare 101**  
February 20  
1:30 - 2:30 p.m.

**Finding Information Online**  
February 27  
Noon - 1:15 p.m.

**How to Prepare for Outdoor Adventures**  
February 27  
1:30 - 2:30 p.m.

**KEY:**



**Hybrid Programs**  
Offered in-center and online

\*See newsletter for pricing

**Membership Benefits**

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

**STAY IN THE KNOW**

Visit our website:

[www.forsythco.com/seniors](http://www.forsythco.com/seniors)

Follow us on Facebook:

[facebook.com/forsythcountyseniorservices](https://facebook.com/forsythcountyseniorservices)



**Member Mixer**  
Wednesday, February 19  
1 - 3 p.m.

**AI Tech Event**  
Wednesday, February 26  
1 - 3 p.m.

**TRIPS**

**Black Heritage Bus Tour - Atlanta**  
Wednesday, February 5  
9 a.m. - 3 p.m.

**Senior Day at the Capital**  
Tuesday, February 11  
8:30 a.m. - 2:30 p.m.

**HIKES**

**Blood Mountain - Cleveland**  
Wednesday, February 12  
8 a.m. - 5 p.m.

**Solar System - Gainesville**  
Wednesday, February 26  
8 a.m. - 4 p.m.

**Get to Know Forsyth: Northside Forsyth Hospital**  
Monday, February 24 • 10 a.m. - noon

Meet at Sexton Hall  
**Registration required**

