

| ART CLASSES & WORKSHOPS | | | FITNESS | | | CLUBS & CARDS | | | |
|-------------------------|---|--|---|-----|---|--|-----|--|--|
| MON | Crafty Creations - Twine Bunny April 14 9:30 - 11 a.m. | Clay & Glaze Intermediate/Skilled* April 14 - June 16 Noon - 3 p.m. | Advanced Raw Clay Projects* April 21 & 28 9:30 - 11:30 a.m. | MON | Fitness Foundations 8:45 - 9:30 a.m. | Restore Your Core - Level 2* April 7 - May 19 9:45 -10:45 a.m. (No class April 21) | MON | Bagel Boys 10:30 - noon | |
| | Clay & Glaze Intermediate/Skilled* April 8 - May 6 9 a.m. - noon | Clay Wrap-up Workdays April 15 Noon - 1:30 p.m. | Restore Your Core - Level 1* April 7 - May 19 10:45 -11:45 a.m. (No class April 21) | | Social Bridge Noon - 4 p.m. | | | | |
| TUE | Clay & Glaze Basics April 8 1:30 - 3:30 p.m. | Crafty Creations - Plastic Spoon Flower Wreath April 22 1:30 - 3 p.m. | Bisqueware Projects* April 29 1:30 - 3:30 p.m. | TUE | Circuit Training 8:45 - 9:30 a.m. | Beginner Line Dancing* April 8 - May 13 1:30 - 2:30 p.m. | TUE | Mah Jongg Noon - 4 p.m. | |
| | Clay & Glaze Intermediate/Skilled* April 9 - May 7 9 a.m. - noon | Jewelry Workshop* April 9 & 16 1:30 - 3:30 p.m. | Clay Wrap-up Workdays April 23 Noon - 1:30 p.m. | | Intro to Line Steps* April 8 - May 13 12:45 - 1:30 p.m. | Intermediate Line Dancing* April 8 - May 13 2:30 - 3:30 p.m. | | WED | Book Club 2:30 - 3:30 p.m. April 23 |
| WED | Clay & Glaze Intermediate/Skilled* April 9 - May 7 9 a.m. - noon | Jewelry Workshop* April 9 & 16 1:30 - 3:30 p.m. | Clay Wrap-up Workdays April 23 Noon - 1:30 p.m. | WED | Fitness Foundations 8:45 - 9:30 a.m. (No class April 30) | Seated Strength Training 9:45 - 10:30 a.m. (No class April 30) | WED | | Pinochle Noon - 4 p.m. |
| THU | Intermediate Acrylic Painting - Significant Stories* April 10 - May 22, 10 a.m. - 1 p.m. (No class April 17) | | | THU | Flex & Balance 8:45 - 9:30 a.m. (No class April 17) | Intro to Drumming April 10 & 24 10:45 - 11:15 a.m. | | Flex & Balance 1:45 - 2:30 p.m. (No class April 17) | THU |
| FRI | Intermediate Acrylic Painting - Significant Stories* April 11 - May 23, 10 a.m. - 1 p.m. (No class April 18) | Solar Garden Decor* April 18 10 a.m. - noon | | FRI | Circuit Training 8:45 - 9:30 a.m. | | | FRI | |



LIFELONG LEARNING CLASSES

IMPORTANT INFORMATION

SPECIAL EVENTS

MON

How to Create Seed Snails
April 7
10 - 11:30 a.m.

Online RX Drug Resources
April 14
10 - 11:15 a.m.

Tech: Intro to Estate Planning
April 21

Celebrate Earth Day
April 21
Noon - 1 p.m.



KEY:

Hybrid Programs

Offered in-center and online

*See newsletter for pricing

Senior Life in 2025
Wednesday, April 9
11 - 11:45 a.m.

Aging Well Fitness Sampler
Friday, April 11
2 - 3 p.m.

Youth Musical Performance
Friday, April 25
2 - 3 p.m.

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.

Screening Event
Wednesday, April 30

Suggested time slots for attending:
10 - 11:30 a.m. &
11:30 a.m. - 1 p.m.

TUE

Tech: Monthly Q & A
April 8
Noon - 12:30 p.m.

Keep Forsyth Beautiful
April 22
2 - 2:45 p.m.

Walking Tall One Step at a Time
April 15
10:30 - 11:15 a.m.

Head & Neck Cancer Awareness
April 29
10:30 - 11:15 a.m.

21ST ANNUAL

Forsyth County Senior Services

Aging Well Expo

Thursday, April 17
10 a.m. - 2 p.m.

Forsyth County Conference Center at Lanier Tech

TRIPS

State Supreme Court Tour*
Wednesday, April 9
8:30 a.m. - 2:30 p.m.

Braves vs. Cardinals*
Wednesday, April 23
10 a.m. - 5:30 p.m.

WED

AARP Driver Safety*
April 9
9 a.m. - 4 p.m.

Protecting Lake Lanier
April 23
11 a.m. - noon

HIKES

Settlers Bridge Park-Suwanee*
Wednesday, April 2
8 a.m. - 4 p.m.

Heritage Center - Buford*
Wednesday, April 30
8:30 a.m. - 4 p.m.

THU

Stress Management
April 10
Noon - 12:45 p.m.

The Water Systems of Forsyth
April 24
Noon - 12:45 p.m.

Get to Know Forsyth: Water Treatment Plant*

Monday, April 21 • 1:15 p.m.

Meet at Fowler Water Reclamation Facility

Registration required

Outdoor Adventures

Outdoor Archery*
Friday, April 25 • 10 a.m. - noon

Held at Sexton Hall

FRI

Estate Planning
April 25
10:30 - 11:15 a.m.

