

ART CLASSES & WORKSHOPS		FITNESS		CLUBS & CARDS	
MON	<p>Clay & Glaze Intermediate/Skilled* July 8 - August 19 Noon - 3 p.m.</p> <p>Crafty Creations* Seed Packet Wreath July 15 9:30 - 11 a.m.</p>	MON	<p>Fitness Foundations 8:45 - 9:30 a.m. (No class July 8)</p> <p>Restore Your Core - Free Demo July 8 - 29 11:45 - 12:45 p.m.</p>	MON	<p>Bagel Boys 10:30 - noon</p> <p>Social Bridge Noon - 4 p.m.</p> <p>Golden Gals 1 - 2 p.m.</p>
TUE	<p>Clay & Glaze Intermediate/Skilled* July 9 - 30 9 a.m. - noon</p> <p>Wrap-up Workdays July 16 & 30 Noon - 1:30 p.m.</p> <p>Crafty Creations* Lime Slices Coaster July 23 1:30 - 3 p.m.</p>	TUE	<p>Circuit Training 8:45 - 9:30 a.m.</p> <p>Beginner Line Dancing* July 9 - August 27 1:30 - 2:30 p.m.</p> <p>Intermediate Line Dancing* July 9 - August 27 2:30 - 3:30 p.m.</p>	TUE	<p>Mah Jongg Noon - 4 p.m.</p>
WED	<p>Paint & Sip - Hot Air Balloons* July 10 11 a.m. - 1 p.m.</p> <p>Bisqueware Projects - Holiday Ornaments* July 17 1 - 3 p.m.</p> <p>Clay & Glaze Basics July 17 9:30 - 10:30 a.m.</p> <p>Beginner Acrylic Techniques - Brush Care* July 24 1 - 3 p.m.</p>			WED	<p>Book Club July 17 2:30 - 3:30 p.m.</p> <p>Pinochle Noon - 4 p.m.</p>
THU	<p>Intermediate Acrylic Painting - Historical Artist Style Series* July 11 - August 15, 10 a.m. - 1 p.m.</p>	WED	<p>Fitness Foundations 8:45 - 9:30 a.m.</p> <p>Intro to Seated Strength Training 9:45 - 10:30 a.m.</p>	THU	<p>Common Grounds Social Club 10:30 a.m. - noon (No meeting July 4)</p> <p>Canasta Noon - 4 p.m.</p>
FRI	<p>Intermediate Acrylic Painting - Historical Artist Style Series* July 12 - August 29, 10 a.m. - 1 p.m.</p>	THU	<p>Intro to Drumming July 11 10:45 - 11:15 a.m.</p> <p>Flex & Balance 1:30 - 2:15 p.m. (No class July 4)</p>	FRI	<p>Circuit Training 8:45 - 9:30 a.m. (No class July 5)</p> <p>Members Only - Open Building Noon - 4 p.m.</p>




LIFELONG LEARNING CLASSES

COMMUNITY & GARDEN

SPECIAL EVENTS

TUE	<p>Tech: Monthly Q & A July 16 11:45 a.m. - 12:30 p.m.</p>	<p>Android Essentials Tu & Th July 16 - August 15 10:30 - 11:45 a.m.</p>	<p>Hydration Awareness July 23 10:15 - 11 a.m.</p>
	<p>The Basics of Alzheimer's Disease and other Dementias July 30 1 - 2 p.m.</p>	<p>Intro to the Dulcimer July 16 - August 20 10:30 - 11:45 a.m.</p>	<p>Aromatic Wellness July 23 1:30 - 2:30 p.m.</p>

MON	<p>Garden & Nature Presentation - Bonsai July 8 10 - 11:30 a.m.</p>
TUE	<p>Coffee with a Cop July 9 Noon - 12:45 p.m.</p> 

<p>Fun in the Sun Bingo Wednesday, July 10 1:30 - 3:30 p.m.</p>
<p>Member Appreciation Luncheon Wednesday, July 17 11 a.m. - 12:30 p.m.</p>
<p>Summer Craft Fair Saturday, July 20 10 a.m. - 1 p.m.</p>



Georgia Recreation & Parks Association presents:

Senior Talent Show
Held at Sexton Hall
\$3 in advance/\$5 at the door
Show off your skills or support the performers as we celebrate the talents and creativity within our community!
Lunch orders must be in by August 15th.
Saturday September 14 10 a.m. - 3 p.m.

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Seeking performers of all types age 50 or better
Deadline for acts to register is August 15th
Additional sponsorship by Arbor Terrace South Forsyth
Special thanks to our partners Age Well Forsyth
Call (770) 781-2178 for more information.

THU	<p>Mobility: Being Active as Long as Possible July 11 2:30 - 3:15 p.m.</p>	<p>Getting to Know Your Smartphone July 11 Noon - 1:15 p.m.</p>
	<p>Spotify July 18 Noon - 1:15 p.m.</p>	<p>Is That AI? July 25 Noon - 1:15 p.m.</p>

FRI	<p>Living with Low Vision July 19 10:30 - 11:15 a.m.</p>	<p>Annual Hiking Meeting July 26 2 - 4 p.m.</p>
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IMPORTANT INFORMATION

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.
That breaks down to only \$5 a month or less for tons of fun!

