


ART CLASSES & WORKSHOPS		FITNESS		CLUBS & CARDS			
MON	<b>Clay &amp; Glaze Intermediate/Skilled*</b> November 4 - January 13 Noon - 3 p.m. (No class November 11)	<b>Crafty Creations Bottle Décor - Fall Wild Grapes</b> November 18 9:30 - 11 a.m.	MON	<b>Fitness Foundations</b> 8:45 - 9:30 a.m. (No class Nov 11, Dec 23 & Jan 20)	<b>Restore Your Core* -</b> November 4 - December 9 10 -11 a.m. (No class Nov 11)	MON	<b>Bagel Boys</b> 10:30 - noon
	<b>Clay &amp; Glaze Intermediate/Skilled*</b> November 12 - December 10 9 a.m. - noon <b>Wrap-up Workdays</b> November 12 Noon - 1:30 p.m.	<b>Crafty Creations Pumpkin Wreath</b> November 5 1:30 - 3 p.m.		<b>Circuit Training</b> 8:45 - 9:30 a.m. (No class Dec 24)	<b>Beginner Line Dancing*</b> November 5 - 26 1:30 - 2:30 p.m.		<b>Social Bridge</b> Noon - 4 p.m.
TUE	<b>Clay &amp; Glaze Basics</b> November 6 9:30 - 10:30 a.m.	<b>Holiday Bisqueware Projects*</b> November 6, 10:30 a.m. - 12:30 p.m. November 13, 1:30 - 3:30 p.m.	TUE	<b>Absolute Beginner Line Dancing*</b> November 5 - 26 12:45 - 1:30 p.m.	<b>Intermediate Line Dancing*</b> November 5 - 26 2:30 - 3:30 p.m.	TUE	<b>Golden Gals</b> 1 - 2 p.m.
	<b>Beginner Acrylic Techniques - Brush Care</b> November 20 10 a.m. - noon	<b>Wrap-up Workdays</b> November 27 9:30 - 11 a.m.		<b>Paint &amp; Sip - Holiday Cardinal</b> November 27 1 - 3 p.m.			<b>Mah Jongg</b> Noon - 4 p.m.
WED	<b>Intermediate Acrylic Painting - Seasonal Scenes*</b> November 7 - December 19, 10 a.m. - 1 p.m. (No class November 21 & 28)	<b>Intermediate Acrylic Painting - Seasonal Scenes*</b> November 8 - December 20, 10 a.m. - 1 p.m. (No class November 22 & 29)	WED	<b>Fitness Foundations</b> 8:45 - 9:30 a.m. (No class Nov 6 & 27, Dec 25 & Jan 1)	<b>Seated Strength Training</b> 9:45 - 10:30 a.m. (No class Nov 6 & 27, Dec 25 & Jan 1)	WED	<b>Book Club</b> November 20 2:30 - 3:30 p.m.
	<b>Flex &amp; Balance</b> 8:45 - 9:30 a.m. (No class Nov 28 & Dec 26)	<b>Intro to Drumming</b> November 14 10:45 - 11:15 a.m.		<b>Flex &amp; Balance</b> 1:45 - 2:30 p.m. (No class Nov 28 & Dec 26)	<b>Pinochle</b> Noon - 4 p.m.		
THU	<b>Flex &amp; Balance</b> 8:45 - 9:30 a.m. (No class Nov 28 & Dec 26)	<b>Intro to Drumming</b> November 14 10:45 - 11:15 a.m.	THU	<b>Circuit Training</b> 8:45 - 9:30 a.m. (No class Nov 22 & 29 and Dec 27)		THU	<b>Common Grounds Social Club</b> 10 - 11:30 a.m.
	<b>Canasta</b> Noon - 4 p.m.						
FRI			FRI			FRI	<b>Members Only - Open Building</b> Noon - 4 p.m.



**LIFELONG LEARNING CLASSES**

<b>MON</b>	<b>Online Shopping</b> November 18 11:15 a.m. - 12:30 p.m.	<b>Intro to Technoogy Wearables</b> November 25 11:15 a.m. - 12:30 p.m.
<b>TUE</b>	<b>Intro to the Dulcimer</b> November 6 - December 17 10 - 11:30 a.m.	<b>Intro to AI</b> November 26 11:15 a.m. - 12:30 p.m.
	<b>Healthy Lungs</b> November 12 Noon - 12:45 p.m.	
<b>WED</b>	<b>Travel Group - Travel to Asia &amp; Australia</b> November 6 1 - 2:30 p.m.	
<b>THU</b>	<b>Assistive Technology</b> November 7 Noon - 12:45 p.m.	<b>Tech: Monthly Q &amp; A</b> November 14 1 - 1:30 p.m.
	<b>Living Options for Older Adults</b> November 14 Noon - 12:45 p.m.	<b>Holiday Boundaries</b> November 21 Noon - 12:45 p.m.
		<b>Mindfulness Apps</b> November 21 1 - 2:15 p.m.

**COMMUNITY & GARDEN**

<b>MON</b>	<b>Garden &amp; Nature Presentation - Poppies</b> November 4, 10 - 11:30 a.m.
<b>TUE</b>	<b>Coffee with a Cop</b> November 19 Noon - 12:45 p.m. 
<b>WED</b>	<b>2025 Live Well Garden Informational Meeting</b> November 13, 2 p.m. or November 20, 10 a.m.

**SPECIAL EVENTS**

<b>Diwali Performance</b> Tuesday, November 5 10:15 - 11:15 a.m.
<b>Atlanta Concert Ringers Presents: Shall We Dance?</b> Saturday, November 16 3 - 4:30 p.m.
<b>Pumpkin Pie Bingo</b> Wednesday, November 20 1 - 3 p.m.
<b>Aging Well Fitness Sampler</b> Friday, November 22 2 - 3 p.m.

**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!

**TRIPS**

<b>Blue Ridge Scenic Railway</b> Wednesday, November 1 7:30 a.m. - 5 p.m.	<b>Putt Nation and Mall of Georgia</b> Wednesday, November 13 10 a.m. - 3:30 p.m.
---	---

**HIKES**

<b>Oxbow/Cooke Trail - Athens</b> Wednesday, November 6 8 a.m. - 4 p.m.	<b>Qualifying Hike</b> Wednesday, November 13 10:30 a.m. - 12:30 p.m.
---	---

**Center Closure Dates:**  
Monday, November 11, Thursday, November 28  
Friday, November 29

**Member Appreciaton Holiday Gathering**  
Wednesday, December 11  
RSVP by Friday, December 6



**Holiday Giving Programs**  
For more information, call (770) 781-2178 or visit [seniorservices@forsythco.com](mailto:seniorservices@forsythco.com)