

**SUMMER NEWSLETTER
JULY - AUGUST 2024**

ADULT ACTIVITIES AND SERVICES

Your guide to activities for those age 60 and better
Forsyth County Senior Services

UPCOMING EVENTS

Themed Bingo

Member Luncheon

Summer Craft Fair

Volunteer Fair

All-Star Fridays

Movie Events





Forsyth County Senior Services

Our Mission

To provide engaging, impactful life enrichment programs and services for adults age 60 and better in Forsyth County.

Our Purpose

To be the resource and destination for aging well. To respond to the diverse needs and interests of several generations of older adults. To promote and provide opportunities for wellness.

Whether you are physically active, enjoy a good discussion, want to meet new friends or plan to explore your creative side, you can find your place in our community. We invite you to stop by either location on weekdays from 8 a.m. - 4:30 p.m. for a tour.

Charles Place

595 Dahlonega Street
Cumming, Georgia 30040

Sexton Hall

2115 Chloe Road
Cumming, Georgia 30041

Welcome!

This newsletter covers programs and activities
July 8 - August 30.
Centers will be closed July 4.
Registration begins July 2.

Registration for Activities

Registration is required to participate in activities. Register in-person or call (770) 781-2178, option 1 for Charles Place or option 2 for Sexton Hall. Online registration through www.forsythco.com/seniors

Special Event & Class Refund Policy

A refund will be issued for requests received at least 7 days prior to the first class date. Subsequently, a 50% refund will be issued for requests received before the second meeting of the class. Other refund requests will be reviewed by staff.

Trips/Hikes Refund Policy

A full refund will be issued for requests received at least two weeks prior to the departure date of the trip or hike. Subsequently, a refund will be issued only if your spot is filled by a paying participant.

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! Milestone membership is FREE for Forsyth County residents age 85 and better, \$30 per year for non-residents.

Additional Fees

An additional 20% will be added to all out-of-county resident registrations.

STAY IN THE KNOW

Visit our website:

www.forsythco.com/seniors

Follow us on Facebook:

facebook.com/forsythcountyseniorservices

Request the weekly email announcements:

seniorservices@forsythco.com

Register at least one week in advance to secure your spot.

Special Events

Active Adult Events

These events are for Active Adults age 60 and better.

Fun in the Sun Bingo

Held at Sexton Hall *No charge*
Play several rounds of bingo and win themed prizes.
Light refreshments and prizes sponsored by
My Vitality Senior Living.

Wednesday July 10 1:30 - 3:30 p.m.

Member Appreciation Luncheon

Held at Sexton Hall *No charge; members only*
Mix and mingle over lunch and entertainment. Limited
seats available, so register ASAP to secure your spot.
Kindly sponsored by Arbor Terrace - South Forsyth,
CenterWell & Foot Solutions

Wednesday July 17 11 a.m. - 12:30 p.m.

All-Star Fridays

Held at Charles Place *No charge; members only*
Get ready for the ultimate showdown. Enjoy thrilling
matchups of games and other friendly competitions with
community partners and center friends.

Friday July 19 9 - 11 a.m.

Friday August 23 9 - 11 a.m.

Matinee Marvels

Held at Charles Place *No charge; members only*
Light refreshments served.

Movies kindly provided by Civitan Club.

Mission Impossible Part 2

Friday July 26 9 - 11 a.m.

Grease

Friday August 9 9 - 11 a.m.

Community Events

These events are open to all ages.

Summer Craft Fair

Held at Sexton Hall
No charge to attend. Vendor spaces still available.
Browse the creations of local artisans at this indoor
arts and crafts extravaganza. Refreshments kindly
sponsored by Anlea Real Estate Group.

Lunch provided for vendors by Papa Johns.

Saturday July 20 10 a.m. - 1 p.m.



Volunteer Fair

Held at Sexton Hall *No charge*
Are you looking to contribute your time and talents
in Forsyth County? Local non-profits, hospitals and
government organizations will be here to tell you
about their volunteer opportunities. Light refreshments
kindly sponsored by The Oaks at Shiloh Point.

Wednesday August 21 2 - 4 p.m.

Register at least one week in advance to secure your spot.

Special Events

Community Events

These events are open to all ages.

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.



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.



Resources & Support

Community Collaboration

Government partners provide updates and news about topics relevant to older adults.

Coffee with a Cop - **NEW TIME!**

Held at Charles Place, Sexton Hall & Online *No charge*
This monthly program focuses on community awareness for older adults. Presented by Forsyth County Sheriff's Office and other speakers.

Held at Charles Place

Monday July 8 10:30 - 11:15 a.m.

Monday August 5 10:30 - 11:15 a.m.

Held at Sexton Hall & Online

Tuesday July 9 Noon - 12:45 p.m.

Tuesday August 6 Noon - 12:45 p.m.

Matters of the Mind

Just like physical health,
your mental health is important too.

The Basics of Alzheimer's Disease and other Dementias

Held at Sexton Hall and Online *No charge*

Learn the difference between Alzheimer's and dementia, disease stages and risk factors, current research, treatments available and resources.

Presented by The Alzheimer's Association.

Tuesday July 30 1 - 2 p.m.

Register at least one week in advance to secure your spot.

Lifelong Learning

Technology

Senior Planet programs offered at no charge thanks to a partnership with Older Adults Technology Services (OATS) from AARP. Presented by Staff.

Getting to Know Your Smartphone

Held at Charles Place & Sexton Hall *No charge*
Don't let your smartphone's settings stump you!
Learn the basics in this workshop.

Held at Sexton Hall
Thursday July 11 Noon - 1:15 p.m.
Held at Charles Place
Friday July 12 10 - 11:30 a.m.

Android Essentials

Held at Sexton Hall *No charge; five-week course*
Get the most out of your Android tablet. Learn how to get online, take photos, connect with others, use apps and more!
Tues & Thurs Jul 16 - Aug 15 10:30 - 11:45 a.m.

Monthly Tech Q & A

Held at Charles Place & Sexton Hall *No charge*
Bring your technology questions to this group discussion or request assistance with a technical issue. All levels of tech skills are welcome.
Facilitated by Staff.
Held at Charles Place
Tuesday July 9 10 - 10:30 a.m.
Tuesday August 20 10 - 10:30 a.m.
Held at Sexton Hall
Tuesday July 16 11:45 a.m. - 12:30 p.m.
Tuesday August 13 11:45 a.m. - 12:30 p.m.

SENIOR PLANET

FROM ~~AARP~~

Spotify

Held at Charles Place & Sexton Hall *No charge*
If you love music, you'll love Spotify! Be your own DJ with help from Spotify.

Held at Sexton Hall
Thursday July 18 Noon - 1:15 p.m.
Held at Charles Place
Friday July 26 10 - 11:30 a.m.



Is That AI?

Held at Charles Place *No charge*
Can we really believe what we see? Come to this class to train your eye to recognize AI!

Held at Sexton Hall
Thursday July 25 Noon - 1:15 p.m.
Held at Charles Place
Friday August 9 10 - 11:30 a.m.

Job Searching in the Digital Age

Held at Charles Place & Sexton Hall *No charge*
You can find anything on the internet, even a job!
Learn the basics on online job searching in this lecture.

Held at Sexton Hall
Monday August 12 Noon - 1:15 p.m.
Held at Charles Place
Friday August 16 10 - 11:30 a.m.

Register at least one week in advance to secure your spot.

Lifelong Learning

Health & Wellness

These programs provide tips and guidance on all aspects of wellness and brain health.

Mobility: Being Active as Long as Possible

Held at Charles Place and Sexton Hall *No charge*

Understand different restorative techniques to recover lost mobility. A posture screening is provided after the presentation.

Presented by Kratz Chiropractic.

Held at Sexton Hall

Thursday July 11 2:30 - 3:15 p.m.

Held at Charles Place

Tuesday July 23 10:30 - 11:15 a.m.

Monday July 29 10:30 - 11:15 a.m.

Hydration Awareness Month

Held at Charles Place & Sexton Hall *No charge*

From regulating body temperature to keeping the joints lubricated, being well hydrated benefits the body. Learn strategies to increase water intake that doesn't just include drinking H2O.

Presented by CenterWell.

Held at Charles Place

Monday July 15 10:30 - 11:15 a.m.

Tuesday July 16 10:30 - 11:15 a.m.

Held at Sexton Hall

Tuesday July 23 10:15 - 11 a.m.

Living with Low Vision:

How to Continue Doing What You Love

Held at Charles Place and Sexton Hall *No charge*
Manage your vision loss and maintain your independence with tools and techniques offered in this presentation.

Presented by Center for the Visually Impaired.

Held at Sexton Hall

Friday July 19 10:30 - 11:15 a.m.

Held at Charles Place

Friday August 2 10:30 - 11:15 a.m.

Strong Foundations: Nurturing Bone Health

Held at Charles Place & Sexton Hall *No charge*

Learn ways to assess and maintain healthy bones in order to move better, protect our vital organs and store nutrients and minerals that keep us alive.

Presented by Northside Hospital.

Held at Charles Place

Monday August 12 10:30 - 11:15 a.m.

Held at Sexton Hall

Tuesday August 27 12 - 12:45 p.m.

Vision Vitality: Eye Health

Held at Charles Place & Sexton Hall *No charge*

Review the various diseases of the eye and how to maintain healthy vision.

Presented by Marietta Eye Clinic.

Held at Charles Place

Tuesday August 13 10:30 - 11:15 a.m.

Held at Sexton Hall

Tuesday August 20 1:15 - 2 p.m.

Register at least one week in advance to secure your spot.

Lifelong Learning

Hearing Health

Held at Charles Place & Sexton Hall *No charge*
Get tips to help maintain your hearing and better navigate your world. Presented by Hearing Life.

Held at Sexton Hall

Tuesday August 13 1:15 - 2 p.m.

Held at Charles Place

Monday August 19 10:30 - 11:15 a.m.

Garden & Nature

Enjoy your time outdoors exploring our community and pollinator gardens, learn something new at our Live Well Gardens series or join us for one of our many upcoming garden events.

Live Well Garden Presentations

Enjoy a variety of gardening topics.

Held at Sexton Hall

No charge

Bonsai
Monday July 8 10 - 11:30 a.m.

Bats
Monday August 5 10 - 11:30 a.m.

Lunch and Learn Conversations: The Garden, More than Just Digging

Held at Sexton Hall

No charge

Open to adults of all ages. Bring your lunch so you can eat, socialize and learn about gardening topics all in one afternoon. Presented by UGA Extension Services - Master Gardeners.

No meeting in July

Putting the Garden to Bed

Wednesday August 28 12:30 - 2 p.m.

It's About You - Wellness Series

Held at Sexton Hall

No charge

In this three-part series, learn different ways to discover a happier, healthier, more mindful you. Presented by Lisa Ciotto.

Aromatic Wellness: Introduction to Essential Oils

Learn how fragrant oils can support your health, soothe your senses, and promote relaxation.

Tuesday July 23 1:30 - 2:30 p.m.

Healing Touch: Introduction to Reiki

Discover how this ancient Japanese technique can promote relaxation and reduce stress.

Tuesday August 6 1:30 - 2:30 p.m.

Finding Peace Within:

Introduction to Mindfulness and Meditation

Take a moment to reconnect with your inner calm.

Tuesday August 27 1:30 - 2:30 p.m.



Register at least one week in advance to secure your spot.

Lifelong Learning

History & Culture

Delve into rich histories and cultures through language immersion and music appreciation.

Introduction to the Dulcimer - *NEW DAY & TIME!*

Held at Sexton Hall *No charge*
During this six-week session, learn how to play the Mountain Dulcimer from a player with over 20 years of experience. You can play by number tabs and do not have to read music. Dulcimers may be available or can be brought in by students.
Presented by Pat Hobson, Volunteer Instructor.
Tuesdays Jul 16 - Aug 20 10 - 11:30 a.m.



Travelogue Program

Held at Sexton Hall *No charge*
Calling all travel enthusiasts. Share adventures of your local, national and world travels. This is a planning meeting for interested participants to form a group and determine how this program will be structured for future presentations.
Held at Sexton Hall
Wednesday August 7 1 - 2:30 p.m.

Digital Photography Classes

Instructor: Starr Petronella,
owner of Starr Petronella Photography.

Out of the Box

Held at Sexton Hall

\$35 members/\$45 non-members

Did you just get a DSLR or mirrorless camera? This one-day class is for a super beginner who has no clue what any of the buttons or functions on the camera mean.

Thursday August 1 1:30 - 3:30 p.m.

Introduction to Digital Photography

Held at Sexton Hall

*\$145 members/\$165 non-members
for four-week course*

Let's get you off auto mode and show you how to control more of your creative vision by learning the professional modes on your DSLR camera. Learn to prevent blurry images, freeze action and create beautiful portraits and capture gorgeous landscapes.

Thursdays August 8 - 29 1:30 - 3:30 p.m.



Register at least one week in advance to secure your spot.

Art & Creativity

Charles Place

Afternoon Art

Members Only *No charge*
Enjoy various beginner level projects. All supplies provided. Drop in classes offered weekly unless otherwise noted. Facilitated by staff.

Mondays **1:30 - 3 p.m.**

Watercolor Wednesdays

Members Only *No charge*
Enjoy creating your own watercolor masterpiece.

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

Watercolor Mastery Workshop

Members Only *\$5 supply fee per class*
Consolidate all your learnings from this month about watercolor and showcase your skills in a single masterpiece.

Wednesday **July 31** **1:30 - 3 p.m.**

Wednesday **August 28** **1:30 - 3 p.m.**



Specialty Art

Classes taught by resident artist and free spirit, Jane Mauldin. Supplies included. Fun guaranteed!

Fun in the Sun

\$15 members/\$20 non-members per two-week workshop

Citrus Glass Acrylic Painting

Tuesdays **July 9 - 16** **1:30 - 3:30 p.m.**

Terra Cotta Clay Pot

Tuesdays **July 23 - 30** **1:30 - 3:30 p.m.**



Summer Nights

\$15 members/\$20 non-members per two-week workshop

Camping Scenes Acrylic Painting

Tuesdays **August 6 - 13** **1:30 - 3:30 p.m.**

Lake Views Acrylic Painting

Tuesdays **August 20 - 27** **1:30 - 3:30 p.m.**

Register at least one week in advance to secure your spot.

Art & Creativity

Sexton Hall

Crafty Creations

Members Only \$5 supply fee per class
Come socialize and assemble a high quality upcycled craft. All supplies provided. Facilitated by staff.

	<u>Seed Packet Wreath</u>	
Monday	July 15	9:30 - 11 a.m.
	<u>Lime Slices Coaster</u>	
Tuesday	July 23	1:30 - 3 p.m.
	<u>Garden Gnomes</u>	
Monday	August 12	9:30 - 11 a.m.
	<u>Garden Cloche</u>	
Tuesday	August 20	1:30 - 3 p.m.

Wrap-up Workdays

Registration in advance required. *No charge*
Need some more time to complete your painting or work on your clay creation? This time is available for Acrylics and Clay students to finish an ongoing Sexton Hall project.

Tuesday	July 16	Noon - 1:30 p.m.
Tuesday	July 30	Noon - 1:30 p.m.
Tuesday	August 13	Noon - 1:30 p.m.
Tuesday	August 27	Noon - 1:30 p.m.



Specialty Art

Classes taught by resident artist, Lisa Mann.

Paint & Sip - Hot Air Balloons

\$15 members/\$20 non-members

Sip on sparkling beverages as the instructor leads this activity with step-by-step instructions for all levels of painting skills. Canvas size is 16" x 20".

Wednesday **July 10** **11 a.m. - 1 p.m.**



Beginner Acrylics Techniques

\$5 members/\$10 non-members per class

	<u>Brush Care</u>	
Wednesday	July 24	1 - 3 p.m.
	<u>Color Theory for Beginners</u>	
Wednesday	August 28	1 - 3 p.m.

Intermediate Acrylic Painting

\$65 members/\$80 non-members per seven-week session
Immerse yourself in a blend of creativity and learning as you paint. Basic painting knowledge and technique required.

	<u>Historical Artist Style Series</u>	
Thursdays	July 11 - August 29	10 a.m. - 1 p.m.
	(No class August 1)	
Fridays	July 12 - August 30	10 a.m. - 1 p.m.
	(No class August 2)	

Register at least one week in advance to secure your spot.

Art & Creativity

Sexton Hall

Ceramics & Pottery

Classes taught by resident artist, Lisa Mann.

Clay & Glaze Basics

No charge

Learn about the terms and techniques used in our Clay & Glaze programs. Acquire the skills you need to create your own clay pieces or bisqueware.

This introductory class is a pre-requisite to the Intermediate/Skilled program.

Wednesday July 17 9:30 - 10:30 a.m.

Wednesday August 7 9:30 - 10:30 a.m.

Clay & Glaze Intermediate/Skilled

Join us for a fast paced and fun session where you can build your own clay pieces. Instructor provides technical instruction and guidance on slab rolling, pinching, glazing, stamping and using decorative tools.

Mondays Jul 8 - Aug 19 Noon - 3 p.m.

\$75 members/\$85 non-members for five-week session plus \$10 supply fee for 12.5 lbs. of clay

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Tuesdays July 9 - 30 9 a.m. - noon

Tuesdays August 6 - 27 9 a.m. - noon

\$50 members/\$55 non-members for four-week session plus \$10 supply fee for 12.5 lbs. of clay



Raw Clay Bird Feeder

\$15 members/\$20 non-members per three-week workshop

Create a custom clay piece and glaze with color.

Cost includes clay, glaze and firing.

Hanging Bird Feeder

Wednesdays August 7 - 21 1 - 3 p.m.

Bisqueware Projects

\$20 members/\$25 non-members

Paint three themed pieces with guided instruction.

Cost includes bisqueware, glaze and firing.

Holiday Ornaments

Wednesday July 17 1 - 3 p.m.



Register at least one week in advance to secure your spot.

Fitness

Charles Place

Members Only

Drop in classes offered weekly unless otherwise noted.
Instructed by staff.

Get Fit

Light weights and resistance bands are used to work on balance and strength.

Mondays 9:30 - 10:15 a.m.
Thursdays (No class July 4) 9:30 - 10:15 a.m.



Chair Exercise

Using a chair and light weights, this class focuses on building strength and improving balance and flexibility.

Mondays 10:30 - 11:15 a.m.



Full Body Exercise

This class is a blend of cardio intervals and strengthening movements, with a dose of motivational coaching on the side.

Tuesdays 9:30 - 10:15 a.m.

Flex & Balance - *NEW*

Improve your flexibility, balance and strength.

Wednesdays 9:30 - 10:15 a.m.

Stretch & Strengthen

This series of stretching exercises improves your range of motion, muscle recovery and flexibility.

Fridays 8:30 - 9:15 a.m.



Specialty Fitness

Line Dancing

\$40 members/\$50 non-members per eight-week session

This class is easy, fun and a great low-impact workout!

Instructor: Cindy Bowman.

Mondays Jul 8 - Aug 26 1:30 - 2:30 p.m.

Register at least one week in advance to secure your spot.

Fitness

Sexton Hall

Members Only

Drop in classes offered weekly unless otherwise noted.
Instructed by staff.

Fitness Foundations

Use small hand weights and resistance bands to maintain muscle strength along with cardio to increase endurance.

Mondays (No class July 8) **8:45 - 9:30 a.m.**
Wednesdays **8:45 - 9:30 a.m.**

Circuit Training

This class is a rotation of weight training and cardio exercises to build strength and endurance.

Tuesdays **8:45 - 9:30 a.m.**
Fridays (No class July 5) **8:45 - 9:30 a.m.**

Intro to Seated Strength Training

Do gentle routines with resistance bands and light weights to build strength.

Wednesdays **9:45 - 10:30 a.m.**

Intro to Drumming - *NEW!*

Improve your cardio and brain health with a robust drumming class. Limited space. Registration required.

Thursdays **Jul 11 & Aug 8** **10:45 - 11:15 a.m.**

Flex & Balance

Focus on stretching and balancing both sides of the body to increase your range of motion and improve balance.

Thursdays (No class July 4) **1:30 - 2:15 p.m.**

Specialty Fitness

Beginner Line Dancing

Learn low-impact dance steps to lively, upbeat music. Dancing styles covered include Country-Western, Swing, Salsa, Tango, Cha Cha, Waltz and more.

Instructor: Nancy Anthony.

\$40 members/\$55 non-members per eight-week session

Tuesdays **July 9 - August 27** **1:30 - 2:30 p.m.**

Intermediate Line Dancing

This class is for experienced line dancers familiar with line dance terminology and steps. We'll be learning dances with a variety of tempos, turns, syncopated steps, tags and restarts.

Instructor: Nancy Anthony.

\$40 members/\$55 non-members per eight-week session

Tuesdays **July 9 - August 27** **1:30 - 2:30 p.m.**

Restore Your Core

Retrain core and pelvic floor muscles to be functional, reflexive, responsive and supportive to your body.

Move better, exercise better and uncover movement compensations to create new patterns of strength, mobility, length and support.

Instructor: Aliya Yakhina

July: Free Demo of Restore Your Core

Mondays **July 8 - 29** **11:45 a.m. - 12:45 p.m.**

\$20 members \$25 non-members for four-week session

Mondays **August 5 - 26** **11:45 a.m. - 12:45 p.m.**



Forsyth County Senior Services | (770) 781-2178 | www.forsythco.com/seniors

Register at least one week in advance to secure your spot.

Hikes

Embark on an exciting journey with our hiking program! Discover the joy of exploring scenic trails while making memories with fellow hikers. Hikers who want to go on hikes rated three “mountains” and above will need to complete a Qualifying Hike. Ask our staff about household discounts for an opportunity to share these moments with loved ones.

Members may register July 10; non-members may register starting July 17.

No Hikes in July.

Annual Hiking Meeting

Held at Sexton Hall

No charge

Everyone is encouraged to come meet hikers, like yourself, and view the new hiking schedule for 2024 - 2025.

Friday July 26 2 p.m.

Qualifying Hike & Hiker Meet Up

Hiking Distance: 2 miles Elevation change: 505 feet

Gather at Sawnee Mountain Preserve

2500 Bettis-Tribble Gap Rd.

Pack your own snacks.

Wednesday August 7 10:30 a.m. - 12:30 p.m.

Hiking Difficulty:

Easy - Moderate



Helen to Unicoi - Helen

Departs from Central Park

\$15 members/\$20 non-members

Travel Distance: 52 miles

Hiking Distance: 4 miles Elevation change: 157 feet

Pack your own lunch.

Wednesday August 28 7:45 a.m. - 4:30 p.m.

Hiking Difficulty:

Moderate



Outdoor Adventures

Stand Up Paddle Boarding

\$20 members/\$25 non-members

Experience the tranquility of gliding across the water on a stable board, using a paddle to gently propel yourself. Parks and Rec will guide you in this serene and enjoyable activity that offers a safe, low-impact workout. Equipment is provided.

Meet at:

Shady Grove Campground
7800 Allyn Lane Memorial Way
Cumming, GA 30041

Wednesday August 7 9:45 a.m.
Thursday August 8 9:45 a.m.

Register at least one week in advance to secure your spot.

Trips

Jersey Boys - Sandy Springs Performing Arts Center

Departs from Sexton Hall

\$80members/\$85 non-members

With phenomenal music, memorable characters, and great storytelling, *Jersey Boys* follows the fascinating evolution of four blue-collar kids who became one of the greatest successes in pop-music history.

Concessions at theater on your own.

Sunday August 4 Noon - 5:30 p.m.

Walking Difficulty:
Easy - Moderate



You can sit back and relax while we do the driving! Don't delay in registering as our trips often sell out. **All trips have lots of walking, uneven surfaces and some stairs.** Members may register **July 10**; non-members may register starting **July 17**.
No Trips in July.

Tellus Museum and Planetarium - Cartersville

Departs from Sexton Hall

\$40 members/\$45 non-members

Because science matters, explore Tellus, a world-class museum featuring eye-popping exhibits and hands on activities. "Live Tour of Tonight's Sky" Planetarium show included. Lunch on your own at Tellus Museum Café.

Wednesday August 21 9 a.m. - 3:45 p.m.

Walking Difficulty:
Moderate



Get to Know Forsyth

This activity is great for newcomers, or locals, to meet up and experience our own "home town". You will meet Senior Services Staff at the designated location. Participants will provide their own transportation.

Bowling at Stars and Strikes

Lace up your bowling shoes and knock down those pins. Join us for three games of bowling.

Meet at Stars and Strikes

133 Merchants Square, Cumming, 30040

\$6 per three games.

Shoe rental available for \$2 per pair at the Stars and Strikes Counter.

Registration required.

Monday August 12 10 a.m. - noon



Social Clubs for Members

Men's Clubs

Bagel Boys

Held at Sexton Hall

Men, join this group for camaraderie and lively discussions about hobbies, interests, home life, sports, current events and a myriad of other topics.

Mondays 10:30 a.m. - noon

Biscuit Boyz

Held at Charles Place

Be part of a group for men, established in 2007, with over 700 years of different life experiences. Meet with friends that are discussing present day events.

Thursdays 8:30 - 10 a.m.

(No meeting July 4)

Java Gents

Held at Charles Place

Meet for breakfast and coffee with discussion, fellowship and activities. This group comes from a variety of backgrounds like nuclear plant engineer, college professor and a hobby shop owner. Many of us are veterans!

Fridays 8:30 - 10 a.m.

Women's Clubs

Ladies, gather with your gal pals and make new ones. Enjoy friendly banter while discussing life interests.

Golden Gals - *NEW TIME!*

Held at Sexton Hall

Mondays 1 - 2 p.m.



Men and Women's Clubs

Common Grounds

Held at Sexton Hall

This group gathers to make new friends and find common interests.

Thursdays 10:30 a.m. - noon
(No meeting July 4)

Specialty Clubs for Members

Book Club

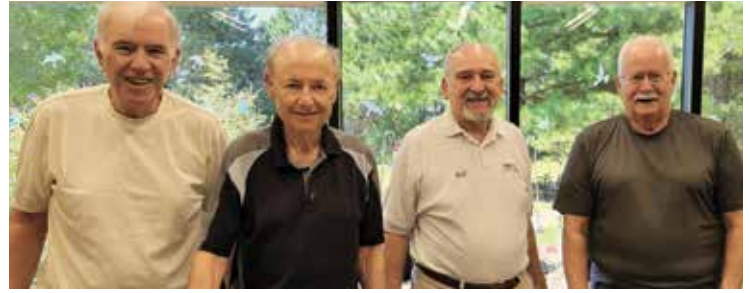
Come join us for a monthly series of book club discussions. Reading of the book encouraged before the meeting, but not required. Contact center for book titles.

To Thine Own Shelf Be True

Held at Sexton Hall

Wednesday	July 17	2:30 - 3:30 p.m.
Wednesday	August 21	2:30 - 3:30 p.m.

Specialty Clubs for Members



Crafting Club

Needle Craft Club

Held at Charles Place

Open to all who knit, crochet, cross stitch, needle point, quilt or sew. Here is your chance to finally finish or start a new project! We'll sew, socialize and share our common interests. Bring your own supplies. Open to men and women.

Thursdays 1:30 - 3 p.m.

Walking Club

Walkie Talkies

Meet at Sharon Springs Park

Join our member-led social walking club for a refreshing blend of fitness, friendship and fantastic talks.

No Meetings in July or August.

This walking club will return in the fall.

Game Groups for Members



New players are welcome.

Membership is required to be a game player.

Centers will be closed on July 4.

	Monday	Tuesday	Wednesday	Thursday	Friday
Charles Place Game groups meet 12:30 - 4 p.m.	Mah Jongg & Mexican Train	Canasta & RummiKub	Advanced Bridge & Mexican Train	Bridge & RummiKub	Canasta & Mexican Train
Sexton Hall Game groups meet noon - 4 p.m.	Social Bridge	Mah Jongg	Pinochle	Canasta	Open game or gathering time for members

Congregate Older Adult Programs

Gathering For A Meal & More

These Older Americans Act programs are held at both Charles Place and Sexton Hall. The focus of the program is the daily meal, offered at 11:30 a.m., with activities going on throughout the day in the centers. Participants must be 60 years of age or older and complete a registration process. You may make arrangements to give the program a try before officially signing up. Meals are offered on a donation basis (\$4.75). Membership in the centers is expected of participants - \$60 per year, \$40 for each additional household member, with scholarships available. Please ask for the Congregate and Center activity calendars to see the schedule of activities.

Charles Place - located in central Cumming, next to the public library.

This center is moving to Central Park in late 2024.

Center hours are 8 a.m. - 4:30 p.m. Most Congregate members attend on selected days in the morning.

Sexton Hall - located in the south part of the county, off of Sharon Road.

Congregate is held Tuesday, Thursday and Friday, 10 a.m. to 1 p.m.

Transportation is available to the centers through Access Forsyth buses or Common Courtesy ride-share service. Ask for the Public Transportation flyer. Or go to the county website for more information: www.forsythco.com/Access-Forsyth. Call for further information at (770) 781-2195.



Forsyth County Senior Services

Older Adult Services

Information and Referral

The department's Social Services Division provides assistance on all issues related to aging. Call Charles Place. For further assistance, contact the Area Agency on Aging/Legacy Link, Aging & Disability Resource Connection at (770) 538-2650.

Meals on Wheels

Weekly delivery of meals to homes by a friendly visitor. Call Charles Place.

Assistance for Caregivers

Senior Services also provides educational presentations to help you navigate the challenges of caregiving. See page four.

Memory Support Program

This Respite program for families, affectionately known as The Sunshine Club, is for older adults with early-stage dementia. It is held at Charles Place four days per week, Monday - Thursday, 11 a.m. - 3 p.m. The program will move to Central Park, the new home of Charles Place, in late 2024. Please call for further information or to give the program a try. Fees may apply; the program is offered on a sliding scale fee basis.

Caregiver Support Group

Contact the department's Social Services division, located at Charles Place and later Central Park, for more information.

Home Medical Equipment

Charles Place has a few items to loan. A large selection of items can be found at the Area Agency on Aging, known as Legacy Link, in Gainesville. Call Emily Major at (770) 538-2641. You may also offer to donate items to both locations.

Guardian Call Service

The Forsyth County 911 Center, along with the Forsyth County Sheriff's Office, offers personal phone calls to make contact by phone at the same time every day. If assistance is needed, or if the participant does not respond, an officer will be sent to verify all is well. Sign up by contacting the Forsyth County 911 Center, (678) 455-8073.

Senior Resource Guide

A free guide about nonprofit and government services for older adults can be found at www.forsythco.com/seniors. Printed copies available in centers.

Age Well Forsyth

A local nonprofit organization that works to help older adults. They offer grants to those that need work on their home and property. They also offer travel to regional and international locations. Call Linda Ledbetter for further information at (404) 245-7949.

Volunteer Opportunities

with Forsyth County Senior Services

We are currently seeking applicants to connect with older adults and engage in meaningful interactions for these volunteer positions. Contact us at (770) 781-2178 or volunteer@forsythco.com for more information.

Charles Place

Outreach Worker for Food Pantry

Help set-up and provide an outdoor mobile food pantry

Meals on Wheels Driver/Friendly Visitor

Delivers meals to homebound elders

Memory Support Program Aid

Assists staff with the memory support program



Charles Place & Sexton Hall

Front Desk or Lobby Assistant

Assist with welcoming patrons into the building or front desk tasks

Art Activities Aide

Assist art room instructor and class participants

Congregate Activity Assistant

Assist staff with games, exercises, crafts and lunch

Special Events Assistant

Assist staff with check-in registration, greeting and welcoming

Garden Assistant

Offers help in the garden area and on the grounds at Sexton Hall

INSTRUCTORS NEEDED

Central Park is opening late 2024! Senior Services is seeking program instructors, both volunteer and paid. Opportunities are also currently available at Sexton Hall. Find out more information by calling (770) 781-2178 or send us an email at seniorservices@forsythco.com.

ART INSTRUCTORS

- Painting • Crafting
- Drawing

LANGUAGE INSTRUCTORS

- Spanish • French
- Italian • ESL

FITNESS INSTRUCTORS

- Dance • Fitness
- Zumba

WELLNESS INSTRUCTORS

- Yoga
- Mindfulness