

FALL/WINTER NEWSLETTER
NOVEMBER 2024 - JANUARY 2025

ADULT ACTIVITIES AND SERVICES

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



Seasonal Fun!

with
Forsyth County Senior Services





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
November 4 - January 31.

Centers will be closed:

**Nov 11, 28 & 29, Dec 24 & 25 and Jan 1 & 20.
Registration begins Wednesday, October 23.**

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. Other refund requests will be reviewed by staff.

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.

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

Holiday Giving

Thank you for considering one of the below three options for giving to needy elders in Forsyth County. Your kindness and caring will help to make the holidays bright for some of our most vulnerable citizens.

Angel Tree Program

Be an angel this holiday season by selecting an individual elder from our Giving Tree and fulfilling a part of their gift list.

Gift lists will be available at both centers starting **Monday, November 4**.

Bring your unwrapped gift back to the center in a gift bag with the Angel tag attached, no later than **Friday, December 6**.

Please note: If you are not able to visit one of our centers to make a donation or receive a gift request, please contact us by phone or email: (770) 781-2178 or seniorservices@forsythco.com.

Thank you for bringing the blessings of the season to our seniors in need.

Meal Sponsorship

Sponsor a meal for a day, week, month or the year. Meals are delivered through the Meals on Wheels program that continues all year long, but has special features during the holidays. Forms for sponsorship are available in both centers beginning **Monday, November 4**.

Home Repair Program

Donate to this program that assists low income, isolated elders with repairs, safety modifications and property clean-ups. Much of the labor is donated by volunteers, with funds primarily going to materials.



Members Only Holiday Events

Member Appreciation Luncheon

Held at Sexton Hall

No charge

Register by Friday, December 6.

Let us thank you for your support of our programs and department. Mix and mingle with other members over lunch and entertainment. Limited seats available, so register ASAP to secure your spot. Lunch kindly sponsored by Synergy Home Care and Stephen R. Lewis, Attorney at Law.

Wednesday December 11 Noon - 2 p.m.



Holiday Bliss:

A Festive Photo Booth Experience!

Held at Charles Place

No charge

Registration is required by Friday, December 6.

Gather your friends for a morning filled with laughter, joy and holiday spirit. Capture the magic of the season at our themed photo booth, complete with fun props and festive backdrops. Enjoy complimentary hot chocolate to warm your hearts as you create beautiful memories together.

Friday December 13 9 - 11 a.m.

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

Special Events

Community Events

These events are open to all ages.

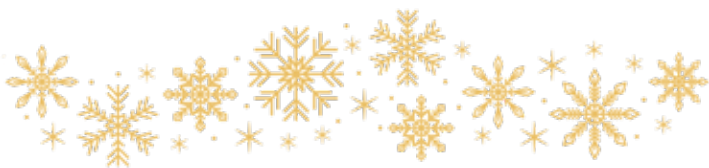
Seasonal Celebrations

Diwali Performance

Held at Sexton Hall *No charge*
Celebrate the festival of lights with a performance by the Heritage School of Performing Arts.
Tuesday November 5 10:15 - 11:15 a.m.

Youth Musical: Holiday Performance

Held at Sexton Hall *No charge*
This talented group of performing arts students presents a timeless story about the origin of Christmas.
Presented by Christian Fine Arts of Forsyth.
Wednesday December 4 10:30 - 11:30 a.m.



Atlanta Concert Ringers Presents: Shall We Dance?

Held at Sexton Hall
\$10 in advance/\$15 at the door
For the first time at Sexton Hall, we welcome the Atlanta Concert Ringers, a group of handbell performers. From Brazil to Disco, Celtic to Swing, Polka to Tarantella, friends and family will enjoy the performance of this classic art form. Light refreshments kindly sponsored by Senior Helpers.
Saturday November 16 3 - 4:30 p.m.

Sounds of Sawnee Concert Band Presents: Holiday Concert

Held at Sexton Hall
\$10 in advance/\$15 at the door
Bring friends and family to ring in holiday cheer at this annual community event. Sing along as the band performs two hours of holiday favorites. Light refreshments kindly sponsored by Phoenix Senior Living.
Saturday December 7 3 - 5 p.m.

Active Adult Events

These events are for Active Adults age 60 and better.

Table Games Tournament

Held at Charles Place *No charge; members only*
Players of all skill levels can compete in a variety of classic and modern games! Test your strategy and luck in a friendly, social atmosphere while enjoying refreshments.
Friday November 1 9:15 - 11:15 a.m.
Friday December 27 9:15 - 11:15 a.m.
Friday January 3 9:15 - 11:15 a.m.



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

Special Events

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 **November 8** **9:15 - 11:15 a.m.**
Friday **December 6** **9:15 - 11:15 a.m.**
Friday **January 10** **9:15 - 11:15 a.m.**

Matinee Marvels

Held at Charles Place *No charge; members only*
Light refreshments served.
Movies kindly provided by Civitan Club.

The Help
Friday **November 15** **9 - 11:15 a.m.**
It's A Wonderful Life
Friday **December 20** **9 - 11:15 a.m.**
Fly Me To The Moon
Friday **January 17** **9 - 11:15 a.m.**

Aging Well Fitness Sampler

Held at Sexton Hall *No charge*
New to Senior Services? Interested in checking out our fitness classes? Sample each of our staff led fitness classes at Sexton Hall. Even if you're a regular participant in some of our classes, you may find a new class that suits your fitness plan.

Friday **November 22** **2 - 3 p.m.**
Wednesday **December 4** **2 - 3 p.m.**

Pumpkin Pie Bingo

Held at Sexton Hall *No charge*
Indulge in fall treats and enjoy several rounds of bingo with themed prizes.
Light refreshments served.
Kindly sponsored by Assisting Hands Home Care.
Wednesday **November 20** **1 - 3 p.m.**

Rudolph's Misfit Island Bingo

Held at Charles Place *No charge*
Play several rounds of bingo and come dressed in your most creative holiday attire. Enjoy an afternoon of laughter and cheer.
Friday **December 13** **12:30 - 2:30 p.m.**



Snowball Bingo

Held at Sexton Hall *No charge*
Come out of the cold and enjoy several rounds of bingo with themed prizes. Light refreshments served.
Kindly sponsored by Celebration Village Forsyth.
Wednesday **January 8** **1 - 3 p.m.**

Decades Dance

Held at Sexton Hall
\$5 members/\$10 non-members
Dance to the tunes of the 60s,70s and 80s.
Add to the fun and come dressed in attire from your favorite decade.
Live entertainment provided by Rachael Mann.
Kindly sponsored by Senior Helpers.
Wednesday **January 22** **1 - 3 p.m.**

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

Resources & Support

Community Collaboration

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

Assistive Technology

Held at Sexton Hall *No charge*
Assistive Technology includes various devices, equipment and systems that help people live independently and perform daily tasks more effectively. Learn about products that may help you as you age independently or provide care to a loved one.

Presented by Emily Major, Assistive Technology Coordinator, Legacy Link.

Held at Sexton Hall
Thursday November 7 Noon - 12:45 p.m.



Coffee with a Cop

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 Sexton Hall & Online
Tuesday November 19 Noon - 12:45 p.m.
Tuesday December 3 Noon - 12:45 p.m.
Tuesday January 7 Noon - 12:45 p.m.

Held at Charles Place
Tuesday November 12 10:30 - 11:15 a.m.
Monday December 16 10:30 - 11:15 a.m.
Monday January 13 10:30 - 11:15 a.m.

Library Resources

Held at Sexton Hall *No charge*
From eBooks to Georgia State Park passes, hear from the library about their many resources and unique programs they offer.

Presented by Forsyth County Public Library.
Wednesday January 22 1:30 - 2:30 p.m.



Matters of the Mind

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

Holiday Boundaries

Held at Charles Place & Sexton Hall *No charge*
Get practical strategies for setting healthy boundaries and prioritizing self-care during the hectic holiday season. Learn how to manage stress, navigate family dynamics and maintain your well-being.

Presented by Cristy Russell, MSW, Senior Advocacy Manager, FCSS Staff.

Held at Charles Place
Monday November 18 10:30 - 11:15 a.m.

Held at Sexton Hall
Thursday November 21 Noon - 12:45 p.m.

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

Lifelong Learning

Education & Entertainment

Explore fascinating topics and discover ways to age with vitality and independence.

Travel Group

Held at Sexton Hall *No charge*

Share stories of national and world travels with this enthusiastic group. Get tips for planning and best practices when traveling as an older adult.

Travel to Asia & Australia

Wednesday November 6 1 - 2:30 p.m.

Share Your Travel Photos

Wednesday December 4 1 - 2:30 p.m.

Travel to Central & South America

Wednesday January 8 1 - 2:30 p.m.

Living Options for Older Adults

Held at Charles Place & Sexton Hall *No charge*

Whether you plan to age in place, downsize or right size, or find a perfect fit senior community - we'll provide options to explore, available resources to help you and next steps to consider.

Presented by AnLea Realty Group & Golden Year Services.

Held at Sexton Hall

Thursday November 14 Noon - 12:45 p.m.

Held at Charles Place

Monday November 25 10:30 - 11:15 a.m.

Demystifying Hospice

Held at Charles Place & Sexton Hall *No charge*

Learn about all aspects of hospice care: what it is, where it is, when you can engage it, how it's paid for and that it is not for just the dying. Presented by Capstone Hospice.

Held at Charles Place

Monday December 9 10:30 - 11:15 a.m.

Held at Sexton Hall

Thursday December 12 1:30 - 2:30 p.m.

Estate Planning

Held at Charles Place & Sexton Hall *No charge*

Ensure your legal affairs are in order to protect your loved ones. Discuss wills, advance directives, trusts and more. Presented by Wellborne Law Firm.

Held at Charles Place

Tuesday December 10 10:30 - 11:15 a.m.

Held at Sexton Hall

Thursday January 9 1:30 - 2:30 p.m.

Longevity: Insights from the Blue Zones

Held at Charles Place & Sexton Hall *No charge*

Explore key factors that contribute to long, healthy lives in the Blue Zones, regions where people frequently live past 100. This session will dive into the daily practices, diet and community connections that promote longevity and well-being. Get tips to enhance your own life span and vitality.

Charles Place presentation facilitated by Serena Telleria, FCSS Staff.

Sexton Hall presentation facilitated by Courtney Fleming, FCSS Staff.

Held at Charles Place

Tuesday January 7 10:15 - 11:15 a.m.

Held at Sexton Hall

Friday January 10 9:45 - 10:45 a.m.



Potpourri of Metaphysical Insights

Held at Sexton Hall *No charge*

Through guided meditation, breathing techniques and astrological charting/insights, you will better understand your character, opportunities and challenges.

Presented by Judith Gabriel, Volunteer Instructor.

Wednesdays January 8, 15 & 29 10:30 - 11:30 a.m.

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

Lifelong Learning

Garden & Nature

Discover tips for gardening with seasonally focused topics.

Live Well Garden Presentations

Enjoy a variety of gardening topics.

Held at Sexton Hall *No charge*

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|---------------|--------------------------|------------------------|
| | <u>Poppies</u> | |
| Monday | November 4 | 10 - 11:30 a.m. |
| | <u>Holiday Party</u> | |
| Monday | December 2 | 10 - 11:30 a.m. |
| | <u>DIY in the Garden</u> | |
| Monday | January 6 | 10 - 11:30 a.m. |

2025 Live Well Gardens

Want to garden but don't have the space?
 More spots for gardeners are available in the upcoming year! Raised garden plots and flowerbeds are available at Sexton Hall for you to stretch your green thumb. Plots will be randomly assigned through a lottery system.

Informational Meetings held at Sexton Hall

- | | | |
|------------------|--------------------|----------------|
| Wednesday | November 13 | 2 p.m. |
| | or | |
| Wednesday | November 20 | 10 a.m. |

Center membership and attendance at an interest meeting is required to enter the garden lottery.

If you'd like more information, contact seniorservices@forsythco.com or (770) 781-2178, option 2.

Daylily Dreaming

Held at Sexton Hall *No charge*
 Ever dream of growing daylilies? Learn about the beautiful blooms and blossoms of this summer flower. Presented by Daylily Society of Greater Atlanta Membership.

Wednesday January 22 11 a.m. - noon

History & Culture

Delve into rich histories, cultures and music appreciation.

Genealogy

Held at Charles Place *No charge for six-session course*
 This course is perfect for those with a basic understanding of genealogy who want to refine their research skills. Participants will explore intermediate-level tools, learn to evaluate sources more critically and discover techniques for organizing and expanding family history research. Presented by Jim Eggensperger, Volunteer Instructor.

Fridays Nov 1 & 15 12:30 - 2:30 p.m.
Dec 6 & 20
Jan 10 & 31

Introduction to the Dulcimer

Held at Sexton Hall *No charge*
 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 Nov 6 - Dec 17 10 - 11:30 a.m.
Tuesdays Jan 7 - 28 10 - 11:30 a.m.

History of Lake Lanier

Held at Sexton Hall *No charge*
 Take a trip back in time to learn about the history of Lake Lanier. Presentation will be followed by an opportunity to create your own watercolor painting. Presented by Forsyth County Water & Sewer.

Friday December 6 10 - 11 a.m.

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

Lifelong Learning

True Crime Fridays: Unraveling Mysteries

Held at Charles Place *No charge*

Channel your inner detective and explore a gripping case. Discuss the details, motivations, psychological profiles and societal implications behind true crimes. Presented by Retired Police Chief, Joe Estey.

1980's Connecticut River Valley Murders

Friday January 24 9:30 - 11 a.m.

Health & Wellness

These presentations are meant to be informative and educational. We encourage further conversation with your own healthcare provider, if needed.

Healthy Lungs

Held at Charles Place & Sexton Hall *No charge*

Learn about common lung diseases, treatment management and best practices on how to keep your lungs healthy. Presented by Northside Hospital Forsyth.

Held at Sexton Hall

Tuesday November 12 Noon - 12:45 p.m.

Held at Charles Place

Tuesday November 19 10:30 - 11:15 a.m.

Diabetes Awareness

Held at Charles Place & Sexton Hall *No charge*

Concerned about diabetes? Learn about effective management of diabetes and early prevention techniques. Presented by Northside Hospital Forsyth.

Held at Charles Place

Monday December 2 10:30 - 11:15 a.m.

Held at Sexton Hall

Thursday December 5 Noon - 12:45 p.m.

Food Safety Month

Held at Charles Place

No charge

Get food safety tips, tailored for older adults, focusing on how to prevent foodborne illness and handle food properly. Learn about proper food storage, cooking temperatures and hygiene practices to ensure meals are safe and healthy.

Presented by Susan Wright, FCSS Staff.

Tuesday December 3 10:30 - 11:30 a.m.

What's New at Northside Forsyth

Held at Charles Place & Sexton Hall

No charge

Discover the latest in enhancements to patient care. Learn about the new medical services provided close to home. Presented by Lynn Jackson, CEO, Northside Hospital Forsyth.

Held at Charles Place

Monday January 6 10:30 - 11:15 a.m.

Held at Sexton Hall

Tuesday January 14 Noon - 12:45 p.m.

The Brain's Best Diet

Held at Sexton Hall

No charge

Learn about nutritional strategies for managing blood sugar and cognitive health. Presented by Dr. Diana Tyler, Aura Functional Neurology Center.

Thursday January 16 Noon - 12:45 p.m.

Healthy Year; Healthy You

Held at Sexton Hall

No charge

Kick the year off with better health. Learn ways to conquer those weight and exercise resolutions in a safe and healthy manner.

Presented by Northside Hospital Forsyth.

Tuesday January 28 Noon - 12:45 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.



Monthly Tech Q & A

Held at Charles Place & Sexton Hall
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 November 12 10 - 10:30 a.m.

Tuesday December 10 10 - 10:30 a.m.

Tuesday January 14 10 - 10:30 a.m.

Held at Sexton Hall

Thursday November 14 1 - 1:30 p.m.

Thursday December 19 1 - 1:30 p.m.

Thursday January 16 1 - 1:30 p.m.

Online Shopping

Held at Charles Place & Sexton Hall *No charge*
Can't find it in the store? Learn about shopping online!

Held at Charles Place

Friday November 1 9:30 - 11 a.m.

Held at Sexton Hall

Monday November 18 11:15 a.m. - 12:30 p.m.

Intro to AI

Held at Charles Place & Sexton Hall *No charge*
Come chat with ChatGPT and learn about AI!

Held at Charles Place

Friday November 15 9:30 - 11 a.m.

Held at Sexton Hall

Tuesday November 26 11:15 a.m. - 12:30 p.m.



Intro to Technology Wearables

Held at Sexton Hall *No charge*
Learn about tech you can wear and what it can do for you!

Monday November 25 11:15 a.m. - 12:30 p.m.

Online Health Resources at a Glance

Held at Sexton Hall *No charge*
Don't just Google it! Use these reputable health info websites instead.

Thursday December 5 Noon - 1:15 p.m.

Fitness Apps

Held at Charles Place & Sexton Hall *No charge*
Learn how fitness apps can help you track and conquer your goals!

Held at Charles Place

Friday December 6 1:30 - 3 p.m.

Held at Sexton Hall

Tuesday December 10 Noon - 1:15 p.m.

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

Lifelong Learning

Intro to Chatting with AI

Held at Sexton Hall *No charge*
Learn how to make the most out of ChatGPT and other AI software.

Monday December 9 11:15 a.m. - 12:30 p.m.

Mobile Health Apps

Held at Sexton Hall *No charge*
Come learn how your phone can count your steps and check your heart rate!

Monday December 23 11:15 a.m. - 12:30 p.m.

Mindfulness Apps

Held at Charles Place & Sexton Hall *No charge*
Learn about devices and apps that can help you get more Zzz's.

Held at Charles Place
Friday December 27 1:30 - 3 p.m.

Held at Sexton Hall
Thursday November 21 1 - 2:15 p.m.

Affordable Home Internet

Held at Sexton Hall *No charge*
Don't overpay for internet. Learn about programs offering low-cost home internet that can help save you money.

Thursday January 9 Noon - 1:15 p.m.

Protecting your Personal Information Online

Held at Sexton Hall *No charge*
Learn how to protect your personal information online while doing research, using email, and more.

Monday January 13 11:15 a.m. - 12:30 p.m.

How to Choose a New Computer

Held at Charles Place & Sexton Hall *No charge*
Overwhelmed by the choices of a new computer? We'll help you simplify so you can decide!

Held at Charles Place
Friday January 17 1:30 - 3 p.m.

Held at Sexton Hall
Thursday January 30 Noon - 1:15 p.m.

Smartphones at a Glance

Held at Charles Place & Sexton Hall *No charge*
How smart are they? We'll tell you all about smartphones.

Held at Sexton Hall
Tuesday January 21 11:15 a.m. - 12:30 p.m.

Held at Charles Place
Friday January 31 1:30 - 3 p.m.



Connecting to the Internet

Held at Sexton Hall *No charge*
Unsure how to get online? Learn how to check your WiFi connection and use a hotspot.

Thursday January 23 Noon - 1:15 p.m.

Cloud Storage

Held at Sexton Hall *No charge*
Goodbye floppy discs and USB drives! Learn about cloud storage options that save your files remotely.

Monday January 27 11:15 a.m. - 12:30 p.m.

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

Art & Creativity

Charles Place

Afternoon Art

Members Only *All supplies provided*
Enjoy various beginner level projects. All supplies provided. Drop in classes offered weekly unless otherwise noted. Facilitated by staff.

Mondays **1:30 - 3:30 p.m.**
(No class November 11 & January 20)



Watercolor Wednesdays

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

Wednesdays **1:30 - 3:30 p.m.**
(No class November 27 & January 1)

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	November 20	1:30 - 3:30 p.m.
Wednesday	December 18	1:30 - 3:30 p.m.
Wednesday	January 29	1:30 - 3:30 p.m.

Specialty Art

Classes taught by resident artist. Supplies included.
Fun guaranteed!

Orchard Basket

\$20 members/\$25 non-members per two-session workshop
Create a beautiful apple orchard scene painted directly onto a charming apple basket. Leave with a unique, hand-painted basket that's perfect for seasonal décor or gifting.

Tue & Thu **November 12 & 14** **1:30 - 3:30 p.m.**



Gingerbread Cheer Wreath

\$20 members/\$25 non-members
Using vibrant, festive colors and delightful gingerbread-inspired decorations, you'll craft a cheerful décor piece that captures the magic of the holidays. Celebrate the season and leave with a beautiful, personalized decoration that will brighten your home throughout the holidays.

Tuesday **December 3** **1:30 - 3:30 p.m.**

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

Art & Creativity

Charles Place

Volunteer Instructed Art

Classes taught by Sherry Bottorf.

Crystal Clarity: Crafting with Fine Stones & Glass

\$15 members/\$20 non-members

Explore the art of jewelry-making in our expert-led class. You'll craft a stunning seasonal piece using high-quality materials and exquisite stones.

Tuesday **November 19** **1:30 - 3:30 p.m.**
Tuesday **December 10** **1:30 - 3:30 p.m.**
Tuesday **January 7** **1:30 - 3:30 p.m.**

Profile Vase

\$20 members/\$25 non-members

Using acrylic paint, you'll transform a simple vase by painting a shadowed side profile. With guided instruction, you'll create a charming and eye-catching piece that adds personality to any space.

Tuesday **January 14** **1:30 - 3:30 p.m.**

Community Treasures Snow Globe

\$20 members/\$25 non-members per two-week workshop

Paint a stunning wooden snow globe cutout featuring your favorite state and local landmarks in vibrant acrylics. With step-by-step guidance, you'll create a unique piece of art that beautifully captures the essence of Georgia.

Tuesdays **January 21 & 28** **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 *All supplies provided*
Come socialize and assemble a high quality upcycled craft. All supplies provided. Facilitated by staff.

Pumpkin Wreath

Tuesday November 5 1:30 - 3 p.m.

Bottle Décor - Fall Wild Grapes

Monday November 18 9:30 - 11 a.m.

Reindeer Cork Ornaments

Tuesday December 10 1:30 - 3 p.m.

Holiday Gift Tags & Toppers

Monday December 23 9:30 - 11 a.m.

Winter Cardinal on a Pizza Pan

Tuesday January 7 1:30 - 3 p.m.

Forest Winter Luminaries

Monday January 13 9:30 - 11 a.m.



Beginner Acrylics Techniques

Members Only *No charge*
Learn the basics to embark on one of our acrylics classes.

Brush Care

Wednesday November 20 10 a.m. - noon

Color Theory for Beginners

Wednesday January 15 10 a.m. - noon

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 November 12 Noon - 1:30 p.m.

Wednesday November 27 9:30 - 11 a.m.

Tuesday December 3 Noon - 1:30 p.m.

Wednesday December 18 9:30 - 11 a.m.

Tuesday January 14 Noon - 1:30 p.m.

Wednesday January 29 9:30 - 11 a.m.



Specialty Art

Classes taught by resident artist. Supplies included.
Fun guaranteed!

Intermediate Acrylic Painting

\$50 members/\$65 non-members per five-week session
Immerse yourself in a blend of creativity and learning as you paint. Basic painting knowledge and technique required.

Seasonal Scenes

Thursdays Nov 7 - Dec 19 10 a.m. - 1 p.m.
(No class November 21 & 28)

Fridays Nov 8 - Dec 20 10 a.m. - 1 p.m.
(No class November 22 & 29)

Folk Artists

Thursdays Jan 2 - 30 10 a.m. - 1 p.m.

Fridays Jan 3 - 31 10 a.m. - 1 p.m.

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

Art & Creativity

Sexton Hall

Paint & Sip - Holiday Cardinal

\$15 members/\$20 non-members

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

Wednesday November 27 1 - 3 p.m.



Pinecone Wreath

\$15 members/\$20 non-members

Paint pine cones, trim with ribbon and form into a wreath that you can enjoy all throughout the season.

Wednesday December 4 1 - 3 p.m.

Mardi Gras Mask Centerpiece

\$15 members/\$20 non-members

Combine felt, floral inserts, glitter and much more to create a colorful mask to celebrate the beginning of this festive season.

Wednesday January 22 10:30 a.m. - 12:30 p.m.

Ceramics & Pottery

Classes taught by resident artist.

Holiday Bisqueware Projects

\$20 members/\$25 non-members

Create unique gifts for loved ones during the holidays. Paint three themed pieces with guided instruction.

Cost includes bisqueware, glaze and firing

Wednesday November 6 10:30 a.m. - 12:30 p.m.

Wednesday November 13 1:30 - 3:30 p.m.

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 November 6 9:30 - 10:30 a.m.

Wednesday December 4 9:30 - 10:30 a.m.

Wednesday January 8 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 Nov 4 - Jan 13 Noon - 3 p.m.

\$85 members/\$90 non-members for eight-week session plus \$10 supply fee for 12.5 lbs. of clay

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Tuesdays Nov 12 - Dec 10 9 a.m. - noon

\$60 members/\$65 non-members for five-week session plus \$10 supply fee for 12.5 lbs. of clay.

Tuesdays Jan 7 - 28 9 a.m. - noon

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

\$10 discount when signing up for both Tuesday sessions.

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

Fitness

Members Only

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

Fitness Foundations

Held at Sexton Hall

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

Mondays 8:45 - 9:30 a.m.

(No class Nov 11, Dec 23 & Jan 20)

Wednesdays 8:45 - 9:30 a.m.

(No class Nov 6 & 27, Dec 25 & Jan 1)



Get Fit

Held at Charles Place

Alternate between standing and seated exercises, incorporating small hand weights and resistance bands to target different muscle groups. Whether you're a beginner or experienced, this low-impact class helps you maintain functional fitness and build a stronger, more balanced body.

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

(No class Nov 11, Dec 23 & Jan 20)

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

(No class Nov 28 & Dec 26)

Seated Strength Training

Held at Charles Place & Sexton Hall

Ideal for those just starting a fitness routine or returning to fitness after time away, you'll use body weight, resistance bands and light weights to gently build muscle strength and improve endurance. A dose of balance work and seated cardio is included too.

Held at Charles Place

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

(No class Nov 11, Dec 23 & Jan 20)

Held at Sexton Hall

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

(No class Nov 6 & 27, Dec 25 & Jan 1)

Circuit Training

Held at Sexton Hall

Complete rotations of weight training with intervals of cardio exercises to build strength and endurance.

Tuesdays (No class Dec 24) 8:45 - 9:30 a.m.

Fridays (No class Nov 22, 29 & Dec 27) 8:45 - 9:30 a.m.

Full Body Fitness

Held at Charles Place

Use weight balls to enhance strength interspersed with cardio bursts keeping your heart rate up to promote endurance and fat burning. Enjoy the extra dose of motivational coaching! Great for those looking to take their workouts to the next level.

Tuesdays (No class Dec 24) 9:30 - 10:15 a.m.

Flex & Balance

Held at Charles Place & Sexton Hall

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

Held at Charles Place

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

(No class Dec 25 & Jan 1)

Held at Sexton Hall

Thursdays (No class Nov 28 & Dec 26) 8:45 - 9:30 a.m.

Thursdays (No class Nov 28 & Dec 26) 1:45 - 2:30 p.m.

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

Fitness

Intro to Drumming

Held at Sexton Hall

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

Thursday	November 14	10:45 - 11:15 a.m.
Thursday	December 12	10:45 - 11:15 a.m.
Thursday	January 9 & 23	10:45 - 11:15 a.m.

Stretch & Strengthen

Held at Charles Place

Complete stretching exercises to improve your range of motion, enhance muscle recovery and boost flexibility.

Fridays	8:30 - 9:15 a.m.
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(No class Nov 29 & Dec 27)

Specialty Fitness

Restore Your Core - *NEW TIME!*

Held at Sexton Hall

\$25 members/\$35 non-members per five-week session
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.

Mondays	November 4 - December 9	10 - 11 a.m.
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(No class Nov 11)

Mondays	December 16 - January 27	10 - 11 a.m.
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(No class Dec 23 & Jan 20)

Line Dancing - *NEW TIME!*

Held at Charles Place

\$45 members/\$60 non-members per nine-week session
Dancing to lively tunes while learning simple, rhythmic dance steps. This class offers a full-body workout, improving your coordination and cardiovascular health.

Instructor: Cindy Bowman

Mondays	Nov 4 - Jan 27	1:15 - 2:15 p.m.
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(No class Nov 11, Dec 23 & 30 and Jan 20)

Line Dancing at Sexton Hall

No Line Dance Classes in December

Absolute Beginner Line Dancing

\$20 members/\$25 non-members per four-week session
This class is instructed at a slower pace to learn the sequence of simple steps and line dance terminology.

Instructor: Nancy Anthony.

Tuesdays	Nov 5 - 26	12:45 - 1:30 p.m.
Tuesdays	Jan 7 - 28	12:45 - 1:30 p.m.

Beginner Line Dancing

\$20 members/\$25 non-members per four-week session
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.

Tuesdays	Nov 5 - 26	1:30 - 2:30 p.m.
Tuesdays	Jan 7 - 28	1:30 - 2:30 p.m.

Intermediate Line Dancing

\$20 members/\$25 non-members per four-week session
This class is for experienced line dancers familiar with line dance terminology and steps.

Instructor: Nancy Anthony.

Tuesdays	Nov 5 - 26	2:30 - 3:30 p.m.
Tuesdays	Jan 7 - 28	2:30 - 3:30 p.m.

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

Hikes

No Hikes in December.

Oxbow/Cooke Trail - Athens

Departs from Sexton Hall

\$15 members/\$20 non-members

Travel Distance: 60 miles

Hiking Distance: 4.5 miles Elevation change: 259 feet

Lunch on your own in Athens.

Wednesday November 6 8 a.m. - 4 p.m.

Hiking Difficulty:
Moderate



Qualifying Hike

Hiking Distance: 2 miles Elevation change: 505 feet

No charge.

Gather at Sawnee Mountain Preserve

2500 Bettis-Tribble Gap Rd.

Pack your own snacks.

Wednesday November 13 10:30 a.m. - 12:30 p.m.

Hiking Difficulty:
Easy - Moderate



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. **Members may register October 23; non-members may register starting November 1.**

Qualifying Hike

Hiking Distance: 2 miles Elevation change: 505 feet

No charge.

Gather at Sawnee Mountain Preserve

2500 Bettis-Tribble Gap Rd.

Pack your own snacks.

Wednesday January 8 10:30 a.m. - 12:30 p.m.

Hiking Difficulty:
Easy - Moderate



Little Mulberry Park - Dacula

Departs from Sexton Hall

\$15 members/\$20 non-members

Travel Distance: 31 miles

Hiking Distance: 4 miles Elevation change: 30 feet

Lunch on your own at Gyro City.

Wednesday January 22 8 a.m. - 4 p.m.

Hiking Difficulty:
Moderate



2025 Overnight Trips

These trips are offered through **Age Well Forsyth**, a local nonprofit dedicated to older adults. Trips often require deposits and full payment months in advance.

2025 International Trips

Ireland (March 7 - 14), Italy (April 21 - May 1),
Rhine & Roselle Rivers Cruise (September 14 -22),
Iceland (October 24 - 30)

Check out videos on agewellforsyth.com.

For further information, contact Linda at 404-245-7949 or drlindaledbetter@aol.com.

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

Trips

Putt Nation and Mall of Georgia

Departs from Sexton Hall

\$50 members/\$55 non-members

This indoor miniature golf course takes putt-putt to a whole new level. Each hole is a unique and different experience. Special themes are featured such as a pub course and a circus course. Afterwards, shop and enjoy lunch at The Mall of Georgia.

Wednesday November 13 10 a.m. - 3:30 p.m.

Walking Difficulty:
Moderate



'Twas The Night Before at the Fox Theatre

Departs from Charles Place

\$100 members/\$105 non-members

Enjoy Cirque du Soleil's first-ever holiday production, a thrilling interpretation of a well-known holiday classic. This joyful show is about the virtues of generosity and friendship.

Concessions available on your own.

Saturday December 14 9:30 a.m. - 4 p.m.

Walking Difficulty:
Moderate - Strenuous



Get to Know Forsyth

This activity is great for newcomers, or locals, to meet up and experience our own "home town".

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 October 23; non-members may register starting November 1.

Exhibit Hub - Titanic and Van Gogh

Departs from Sexton Hall

\$65 members/\$70 non-members

Head down to Peachtree Corners and treat yourself to two immersive experiences.

Step into a 360 degree Van Gogh digital exhibition. "Set sail" on the Titanic with life sized recreations of rooms, immersive video and 3D views that place you on the ship as a passenger. Lunch on your own at Lazy Dog.

Wednesday January 15 9 a.m. - 3:45 p.m.

Walking Difficulty:
Moderate



Crawford Long Museum - Jefferson

Departs from Sexton Hall

\$20 members/\$25 non-members

Learn about the doctor who invented ether during the Civil War and other medical history. Lunch on your own at Cream and Shuga.

Wednesday January 29 9 a.m. - 3:45 p.m.

Walking Difficulty:
Moderate



Emergency Management Agency Tour.

Learn the ins and outs of the Emergency Operations Center and the 911 Call Center.

\$5 members/\$10 non-members

Meet at:

3520 Settingdown Road, Cumming, GA 30028

Friday December 6 11 a.m.

Social Clubs for Members

Men's Clubs

Bagel Boys

Held at Sexton Hall

Mondays 10:30 a.m. - noon
(No meeting Nov 11 & Jan 20)

Biscuit Boyz

Held at Charles Place

Thursdays (No meeting Nov 28) 8:30 - 10 a.m.

Java Gents

Held at Charles Place

Fridays (No meeting Nov 29) 8:30 - 10 a.m.

Women's Clubs

Golden Gals

Held at Sexton Hall

Mondays 1 - 2 p.m.
(No meeting Nov 11 & Jan 20)

Men and Women's Clubs

Common Grounds

Held at Sexton Hall

Thursdays (No meeting Nov 28) 10 - 11:30 a.m.

Book Club

To Thine Own Shelf Be True

Held at Sexton Hall

Wednesday November 20 2:30 - 3:30 p.m.

Wednesday December 18 2:30 - 3:30 p.m.

Wednesday January 15 2:30 - 3:30 p.m.

Crafting Club

Needle Craft Club

Held at Charles Place

Thursdays (No meeting Nov 28) 1:30 - 3 p.m.

Game Groups for Members

New players are welcome.

Membership is required to be a game player.

Centers will be closed on November 11, 28 & 29,
December 24 & 25 and January 1 & 20.

	Monday	Tuesday	Wednesday	Thursday	Friday
Charles Place Game groups meet 12:30 - 4 p.m.	Mah Jongg & Mexican Train	Canasta & RummyKub	Advanced Bridge & Mexican Train	Bridge & RummyKub	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

Forsyth County Senior Services - 2024 Recognition & Awards

Our department celebrated **FIVE** Year Work Anniversaries of two staff members. Both employees were also recognized this year for their high achievements through an award and grant.



Serena Telleria

Activities Team Leader at Charles Place

Serena designed a program called STEAM (Science, Technology, Exercise, Art & Math) specifically for older adults. This lively competition not only engaged participants, but also offered wellness benefits. Her efforts were recognized by Mather Lifeway's 2024 Promising Practices Award for an organization reshaping the aging services industry.



Matt Bradford

Communications Team Leader at Sexton Hall

Because of Matt's offerings of Senior Planet education on Artificial Intelligence, a \$10,000 Grant was awarded from OATS (Older Adult Technology Services) and OpenAI. This grant funded WiFi improvement at Sexton Hall and technology upgrades for classroom instruction.

The department received **TWO** National awards for recognition of our Social Services division. These awards were from organizations that are highly regarded by aging services professionals.



Innovation & Social Impact Award

American Society on Aging

This award recognizes an individual, team or organization using creativity and ingenuity to solve issues affecting older adults. Staff received recognition for the creation of a Social Services Division to serve the dire needs of older adults.

Winner of the Social and Support Services category in the annual Programs of Excellence contest

National Council on Aging & National Institute of Senior Centers

This award acknowledges innovative ways senior centers have addressed basic needs in their communities. The Social Services division was recognized for individual services to elders in need, including outreach efforts to underserved areas.



Older Americans Act Nutrition & Wellness Programs

Forsyth County is fortunate to host Older Americans Act Programs, partially funded through the North Georgia Area Agency on Aging known as Legacy Link. These programs were the start of the Senior Services Department, and remain one of the largest things (in terms of numbers) that the department does, with over 55,000 meals served each year. The focus is nutrition with the provision of a daily meal. Other purposes are to provide socialization, promote health and well-being, and to enable older adults to maintain their independence and remain an important part of the community.

To participate, you must be 60 years of age, a resident of Forsyth County and undergo an assessment process. You may make arrangements to give programs a try before officially signing up. Once registered, it is an expectation that you will participate on a regular basis. Meals are offered on a donation basis, \$5.05 per day. For Congregate programs, membership in the center is expected of participants - \$60 per year, \$40 for each additional household member, with scholarships available. Please contact the centers for additional information.

Programs include:

Congregate

- At Charles Place there is a meal, with most Congregate members attending on select days in the morning. The center offers a separate activity program for all vitality levels from 8 a.m. - 4:30 p.m.
- At Sexton Hall, there is a three day a week meal and older adult activity program, 10 a.m. - 1 p.m.

Caregiver Relief Respite Program, known as The Sunshine Club

- At Charles Place, there is a four day a week meal and memory support program, 11 a.m. - 3 p.m. This is for those with early-stage dementia. Fees determined on a sliding scale household income basis, with scholarships given to those who qualify.

Home Delivered Meals

- Commonly known as Meals on Wheels, this program is for those who are no longer mobile or able to prepare meals. Meals are delivered by friendly visitor volunteers.

Volunteer Opportunities

- Memory Support Program Aide: Assists staff with the memory support program
- Meals on Wheels Driver/Friendly Visitor: Delivers meals to homebound elders
- Congregate Activities Assistant: Assist staff with games, exercises, crafts and lunch

Forsyth County Senior Services

Additional Programs & Services

Transportation

Available to the centers through the county public transportation service known as Access Forsyth or the county ride-share service known as Common Courtesy. Ask for the Public Transportation flyer. Or go to <https://www.forsythco.com/Departments-Offices/Public-Transportation>

Information and Referral

The department's **Social Services** division provides assistance on all issues related to aging such as: housing, home care, hospice, counseling, doctor referrals, legal aid, home repair, home safety, Medicare, Medicaid, Social Security and more. Contact us at: (770) 781-2178, option 1 or seniorsupport@forsythco.com. Another source of assistance is: Area Agency on Agency/Legacy Link - Aging & Disability Resource Connection (770) 538-2650.



Home Medical Equipment

We have 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.

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.

Central Park Update

We are pleased to say that Central Park will be opening by the end of the year. Make sure your email is up-to-date to hear the latest opening announcements. Once opened, any Charles Place program listed in this newsletter will transfer over to Central. See below for the many communications channels to get department updates.

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

Eagle Scout Project at Sexton Hall

Achintya Murugaraj kindly constructed and painted a set of five benches for the gardens and grounds of Sexton Hall. These will be used for our garden visitors and volunteers to enjoy the outdoors. These benches also serve as a great meeting space for Sexton Hall's Live Well Garden presentations. Achintya is a senior at Alliance Academy of Innovation High School and part of Scouting BSA Troop 608. Their troop also donated \$546.25 to our Meals on Wheels homebound elders.

