

FALL NEWSLETTER
SEPTEMBER - OCTOBER 2024

ADULT ACTIVITIES AND SERVICES

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



FALL FUN

with

Forsyth County Senior Services

Talent Show
Bingo
Concerts
Shred Event



Movies
Parties
Silent Auction & Raffle
Medicare Education



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
September 3 - November 1
Centers will be closed Monday, September 2.
Registration begins August 20.

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

Community Events

These events are open to all ages.

Senior Talent Show

Held at Sexton Hall \$3 in advance/\$5 at the door
Support older adult performers as we celebrate the talents and creativity within our community! Additional sponsorship by Arbor Terrace South Forsyth. Special thanks to our partners Age Well Forsyth.

Saturday September 14 10 a.m. - 3 p.m.



Epic Soundscapes: A Journey Through Music

Held at Sexton Hall
\$10 in advance/\$15 at the door
The Sounds of Sawnee concert band performs the powerful and evocative compositions of Holst, Williams, Bernstein and more.

Light refreshments kindly sponsored by My Vitality Senior Living.

Sunday September 29 3 - 5 p.m.



Disaster Preparedness Week

Held at Sexton Hall

County Partners - pg. 4

Stories of Disaster Recovery - pg. 7

Red Cross Disaster Readiness - pg. 7

Tech Tips for Disaster Preparedness - pg. 9

Bisqueware Showcase Celebration

Held at Sexton Hall

No charge

Come see the works of older adult art students as we celebrate Hispanic Heritage Month. Students will display painted bisqueware pieces showcasing the vibrant colors of Costa Rica and Mexico (see page 14). Celebrate this grant-funded project with guest speakers and light refreshments.

Funds for this project were provided by The Forsyth County Arts Alliance Fund at the North Georgia Community Foundation.

Friday October 4 2 - 3 p.m.

Across the Pond: A Journey Through Sound

Held at Sexton Hall

\$10 in advance/\$15 at the door

The Forsyth Symphony orchestra performs selections with diverse musical landscapes. This enchanting concert features timeless classics and modern masterpieces. Light refreshments kindly sponsored by The Mansions at Alpharetta.

Sunday October 13 3 - 5 p.m.

Document Shredding Event

Held at Sexton Hall

No charge

Clean up your clutter and bring over your items to shred. Amount limited to three boxes or bags. Shred truck kindly sponsored by AARP.

Wednesday October 16 11 a.m. - 1 p.m.

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.

Sports Fan Bingo

Held at Sexton Hall *No charge*

Wear your favorite sports gear and play several rounds of bingo to win themed prizes. Light refreshments and prizes sponsored by Antebellum at James Burgess.

Tuesday September 3 1:30 - 3:30 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 September 13 9 - 11 a.m.

Friday October 11 9 - 11 a.m.

Silent Auction

Held at Charles Place

Bid on an array of exclusive items, including upscale art, unique memorabilia and premium gifts.

Facilitated by The Charles Place Site Council.

Monday - Friday September 16 - 20 8 a.m. - 3 p.m.

Proceeds help assist with holiday activities for older adults in the Congregate program.

Matinee Marvels

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

Movies kindly provided by Civitan Club.

The Union

Friday September 20 9 - 11 a.m.

Wild Oats

Friday October 18 9 - 11 a.m.

Halloween Party

Held at Sexton Hall *No charge*

Dress in costume and join us for a spooky good time. There will be dancing, a costume contest and great people watching. Light lunch will be served. Kindly sponsored by Age Well Forsyth, a local nonprofit dedicated to older adults.

Thursday October 31 1 - 3 p.m.



Raffle Baskets

Held at Sexton Hall

Tickets are \$5 for three tickets.

Baskets consist of assorted themes such as kitchen, spa and more!

Facilitated by Sexton Hall Congregate.

Wednesday, September 25 - Wednesday, October 2

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

Resources & Support

Matters of the Mind

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

Depression & Seasonal Affective Disorder

Held at Sexton Hall & Online *No charge*

Seasonal Affective Disorder is a type of depression often occurring in fall and winter months due to shorter days and less daylight. Learn more about the signs, symptoms and treatments of SAD.

Presented by Trinity Graves, Behavioral Health Counselor, Avita Community Partners

Tuesday October 22 1:45 - 2:30 p.m.

Community Collaboration

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

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 September 3 Noon - 12:45 p.m.

Tuesday October 1 Noon - 12:45 p.m.

Held at Charles Place

Tuesday September 17 10:30 - 11:15 a.m.

Monday October 14 10:30 - 11:15 a.m.

Patriot Day Flag Ceremony

Held at Charles Place

No charge

Join us for a meaningful flag ceremony on Patriot Day, as we gather to honor and remember the fallen heroes of 9/11. We invite everyone to reflect, unite, and pay homage to our heroes. Presented by VFW Post 9143.

Wednesday September 11 9:30 - 10 a.m.

Senior Advocacy Opportunities: 2025 CO-AGE Agenda

Held at Sexton Hall

No charge

Learn more about the 2025 CO-AGE (Coalition of Advocates for Georgia's Elderly) advocacy agenda for the upcoming legislative session of the Georgia General Assembly. Legislation priorities include elder abuse prevention, assisted living options, independent living support and funding support for non-Medicaid Home & Community Services. Speakers will share tips on successful public policy advocacy.

Presented by Forsyth County resident and Georgia Council on Aging member, Vicki Johnson and Debra Stokes, Executive Director, Georgia Council on Aging. Attendees will receive the first chance to sign-up for the 2025 Senior Day at the Capitol in Atlanta.

Wednesday September 18 11 a.m. - noon

County Partners Disaster Preparedness

Held at Sexton Hall & Online

No charge

Representatives from Forsyth County Fire, Sheriff and Emergency Management Departments will participate in a Q & A panel discussion on how to be disaster ready.

Friday September 20 Noon - 1 p.m.

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

Resources & Support

Fire Safety

Held at Charles Place *No charge*
Learn crucial tips tailored to keeping your home and yourself safe from fire hazards. This event offers a unique opportunity to interact with local firefighters, ask questions and gain knowledge essential for your safety and peace of mind. Presented by Forsyth County Fire Department.
Monday October 7 10:30 - 11:15 a.m.

Voting 101

Held at Sexton Hall *No charge*
Learn about the absentee ballot process, how to become a poll worker, check your voter status and precinct, access a sample ballot, view results after the election and much more! Presented by Anita Tucker, Forsyth County Voter Registration & Elections
Thursday October 10 Noon - 1 p.m.

Caregiver Support

Whether it's Alzheimer's or aging-related challenges, these classes give you the resources to cope and provide care.

Grandparents Raising Grandchildren

Held at Sexton Hall and Online *No charge*
Explore resources, information and available support services while connecting with other grandparents raising grandchildren. Presented by Forsyth County Community Connection.
Tuesday September 17 1:45 - 2:45 p.m.

Staying Home vs. Moving into a Retirement Community

Held at Sexton Hall *No charge*
This seminar is geared towards older adults and their adult children. It will take you through issues of home maintenance, potential modifications, utilities and other homeownership expenses, considering the in-home care cost of staying at home and finally crunching the numbers. Presented by Richard Roberts, PhD, CDS, CSA from Voices, Choices, and Solutions.
Tuesday October 8 1:45 - 3:45 p.m.



Lifelong Learning

History & Culture

Delve into rich histories, cultures and music appreciation.

Intro to Genealogy

Held at Charles Place *No charge for four-session course*
This course will provide an engaging introduction to genealogy, the study of family history. Participants will learn essential research methods, how to use various genealogical tools and databases and tips for organizing and preserving family records. Presented by Jim Eggensperger, Volunteer Instructor.
Fridays Sep 6, 20 & Oct 11, 18 12:30 - 2:30 p.m.

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

Lifelong Learning

Introduction to the Dulcimer

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 Sep 10 - Oct 15 10 - 11:30 a.m.

Flight: A Visual History of Aviation

Held at Charles Place *No charge*
Discover the wonders of flight and aviation history through personal stories shared by retired pilots. Gain insight into the thrill of flying and the evolution of aircraft in this engaging and informative presentation. Join us for a unique perspective on the skies above!
Presented by Volunteer Presenters.
Monday October 28 10:30 - 11:15 a.m.
Tuesday October 29 10:30 - 11:15 a.m.

Ghost Stories of Forsyth County

Held at Charles Place *No charge*
Dive into the eerie and intriguing world of Forsyth County's ghost stories. This presentation explores the chilling tales, haunted locations and local legends that have captivated residents and visitors alike. From spectral sightings to mysterious occurrences, discover the rich folklore that make Forsyth County a hotspot for ghostly encounters.
Presented by Linda Ledbetter, Volunteer Presenter.
Wednesday October 30 10:30 - 11:15 a.m.

Health & Wellness

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

Fall Prevention Month: Staying Steady

Held at Charles Place & Sexton Hall *No charge*
Discover practical strategies and get tips to help individuals maintain balance and independence. Gain the knowledge and tools to stay safe and reduce the risk of falls. Presented by Lisa Howard, Legacy Link.

Held at Charles Place
Monday September 23 10:30 - 11:15 a.m.
Tuesday September 24 10:30 - 11:15 a.m.
Held at Sexton Hall
Thursday September 26 Noon - 12:45 p.m.

Brain Training 101: The Power of Neuroplasticity

Held at Charles Place *No charge*
Discover the extraordinary capabilities of your brain. Gain insights to maximize your mental agility to benefit from a sharper, more resilient mind. Learn about harnessing the transformative power of neuroplasticity, which is the brain's ability to change and adapt due to an experience. Presented by Dr. Diana Tyler, Aura Functional Neurology Center.
Tuesday October 15 10:30 - 11:15 a.m.
Monday October 21 10:30 - 11:15 a.m.

Breast Cancer Awareness

Held at Charles Place, Sexton Hall & Online *No charge*
Learn about the signs, symptoms and the importance of proactive imaging to detect breast cancer, along with the latest treatment options.
Presented by Northside Hospital.
Held at Sexton Hall and Online
Thursday October 17 Noon - 12:45 p.m.
Held at Charles Place
Tuesday October 22 10:30 - 11:15 a.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*
Come for a presentation, then chat afterwards with this enthusiastic group to share and get tips for national and world travels.

International Travel

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

Solo Travel

Wednesday October 2 1 - 2:30 p.m.

Long Term Care Planning

Held at Charles Place & Sexton Hall *No charge*
Learn how long term care insurance can provide a plan for care if you or a loved one has an illness or accident.

Presented by New York Life.

Held at Sexton Hall

Thursday September 5 1:30 - 2:15 p.m.

Held at Charles Place

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

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

Ready, Set, Prepare:

Red Cross Disaster Readiness

Held at Charles Place & Sexton Hall *No charge*
Discuss simple steps you can take now to help prepare and protect your family in the event of a disaster.

Presented by the American Red Cross.

Held at Charles Place

Monday September 16 10:30 - 11:15 a.m.

Held at Sexton Hall

Wednesday September 18 1:30 - 2:15 p.m.

From the Field: Stories of Disaster Recovery

Held at Sexton Hall *No charge*

Hear stories from a patron that spent her career in disaster recovery. Presented by Dorothy Jubon.

Tuesday September 17 Noon - 12:45 p.m.

Medicare 101

Held at Sexton Hall *No charge*

Learn the ins and outs of Medicare, with special emphasis on Medicare Advantage, Medicare Supplement Plans and Medicare Part D.

Presented by Lori Cox, Sunset Insurance Solutions.

Thursday September 19 1:30 - 2:30 p.m.

Medicare Q & A

Held at Charles Place *No charge*

In this informative session, our expert presenters will provide clarity on a wide range of topics, including the different parts of Medicare, eligibility requirements, enrollment periods, coverage options and cost considerations.

Presented by Legacy Link.

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

AARP Smart Driver™

Held at Sexton Hall

\$20 AARP Members/\$25 Non-AARP Members

Bring cash or a check payable to AARP, as the instructor will handle all financials.

Learn about new rules of the road and traffic laws, defensive driving techniques and proven safety strategies. Bring your own lunch. Upon completion of this course, you may be eligible for an insurance discount. Inquire with your individual insurance company.

Presented by Arthur Sheehan.

Pre-registration is required by October 7.

Wednesday October 9 9 a.m. - 4 p.m.

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

Lifelong Learning

Medicare Open Enrollment

Held at Sexton Hall *No charge*

Discover the changes coming in 2025 to your Medicare plan. Open enrollment is October 15 - December 7. You can compare your current plan to new options and look for lower costs and better coverage.

Presented by Legacy Link and Georgia Cares.

Friday October 18 Noon - 12:45 p.m.

Navigating Family Feuds and Wealth Transfer with Grace and Harmony

Held at Sexton Hall *No charge*

Most homeowners and real estate investors don't realize that their family members, in addition to dealing with grief, experience division due to a lack of clarity with their real estate assets. Learn tips and tools to ease your family through this difficult time.

Presented by AnLea Realty Group.

Wednesday October 30 10:30 - 11:30 a.m.

Ghost Hunting 101

Held at Charles Place & Sexton Hall *No charge*

Learn the basics of ghost hunting. Discuss hauntings, psychic studies, equipment involved and actual evidence showing that the paranormal may exist.

Presented by Institute of Paranormal Research.

Held at Sexton Hall

Tuesday October 29 Noon - 12:45 p.m.

Held at Charles Place

Thursday October 31 10:30 - 11:15 a.m.

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*

Garden Design

Monday September 9 10 - 11:30 a.m.

Plant Out Your Year

Monday October 7 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.

Composting and Soil Improvement

Wednesday September 25 12:30 - 2 p.m.

No Meeting in October

Scarecrow Decorating Contest

Held at Sexton Hall *No charge*

Begins October 1.

Contact seniorservices@forsythco.com to inquire about participation. See page 13 to sign-up for the workshop that will give you tips to make your own scarecrow.



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 September 10 10 - 10:30 a.m.
Tuesday October 8 10 - 10:30 a.m.

Held at Sexton Hall

Tuesday September 24 Noon - 12:30 p.m.
Tuesday October 1 Noon - 12:30 p.m.

Using GovTrack.us

Held at Sexton Hall
Whether you're completely new to politics or a seasoned expert, there's valuable information on GovTrack.us for everyone.

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



SENIOR PLANET

FROM **AARP**

Gardening Tech At a Glance

Held at Sexton Hall

Can tech give you a green thumb? Come to this lecture to find out!

Monday September 9 11:45 a.m. - 1 p.m.



Tech Tips for Disaster Preparedness

Held at Charles Place & Sexton Hall

Technology can play an important role in making sure you're prepared for an emergency. Come to this lecture to find out how.

Held at Charles Place

Friday September 13 9:30 - 10:45 a.m.

Held at Sexton Hall

Monday September 16 10:30 - 11:45 a.m.

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

Lifelong Learning

Everyday uses of AI

Held at Charles Place & Sexton Hall

Everyone is talking about AI! Come to this class to see how AI is part of everyday life.

Held at Charles Place

Friday September 27 9:30 - 10:45 a.m.

Held at Sexton Hall

Monday October 21 10:30 - 11:45 a.m.



Finding Information Online

Held at Sexton Hall

Take advantage of the power of the internet to find information, search topics and more!

Thursday October 3 Noon - 1:15 p.m.



AI Image Generators

Held at Charles Place & Sexton Hall

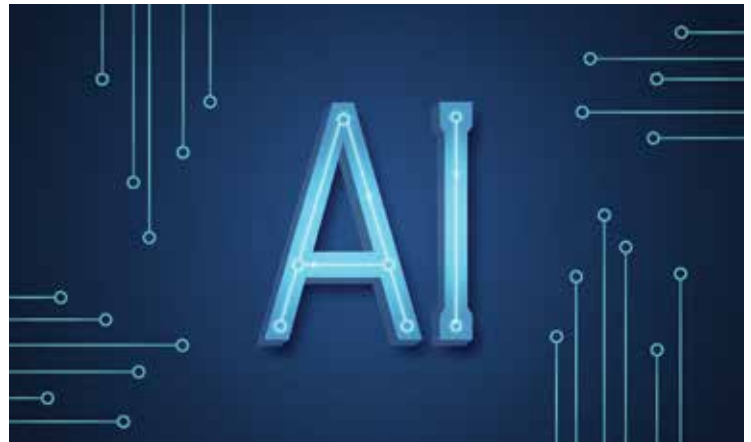
Make your imagination come alive with AI image generators!

Held at Charles Place

Friday October 4 9:30 - 10:45 a.m.

Held at Sexton Hall

Monday October 7 11:45 a.m. - 1 p.m.



Video Chat

Held at Charles Place

See who you are talking to with video chat apps!

Friday October 18 9:30 - 10:45 a.m.

Using Fact Checking Sites

Held at Sexton Hall

Concerned about fake news? Learn how to use fact-checking sites to evaluate misinformation.

Thursday October 24 Noon - 1:15 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 (No class September 2) **1:30 - 3:30 p.m.**



Watercolor Wednesdays

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

Wednesdays **1:30 - 3:30 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 **September 25** **1:30 - 3:30 p.m.**

Wednesday **October 30** **1:30 - 3:30 p.m.**

Crystal Clarity: Crafting with Fine Stones & Glass

\$15 members/\$20 non-members per class
Explore the art of jewelry-making in our expert-led class. You'll craft a stunning fall colored bracelet using high-quality materials and exquisite stones. Facilitated by Sherry Bottorf, Volunteer Instructor.

Tuesdays **September 10** **1:30 - 3:30 p.m.**

Tuesdays **October 8** **1:30 - 3:30 p.m.**



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

Art & Creativity

Charles Place

Specialty Art

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

Carnival Creations

\$20 members/\$25 non-members per two-week workshop
Three captivating acrylic paintings and a craft project depict fireworks, a Ferris wheel and a photo display feature.

Tuesdays September 17 & 24 1:30 - 3:30 p.m.



Bewitching Wreath

\$20 members/\$25 non-members
Create a bewitching 14-inch Halloween wreath, perfect for adding a touch of spooky charm to your October decor!

Tuesday October 1 1:30 - 3:30 p.m.

Fall Fantasy

\$20 members/\$25 non-members per two-week workshop
Join our whimsical Halloween-themed painting class, where creativity takes flight over two enchanting weeks! Paint charming scenes of friendly ghosts and playful gnomes amidst pumpkins on 11" x 14" canvases and immerse yourself in the season's festive spirit.

Tuesdays October 15 & 22 1:30 - 3:30 p.m.



Paint & Sip - Brushes & Broomsticks

\$15 members/\$20 non-members
Sip on sparkling beverages as the instructor leads this activity with step-by-step instruction for all levels of painting skills. Canvas size is 16" x 20".

Tuesday October 29 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>Birds on a Wire</u>	
Tuesday	September 3	1:30 - 3 p.m.
	<u>Light Switch Decoupage</u>	
Monday	September 16	9:30 - 11 a.m.
	<u>Wine Cork Pumpkin</u>	
Tuesday	October 1	1:30 - 3 p.m.
	<u>Gnome Foliage Door Décor</u>	
Monday	October 14	9:30 - 11 a.m.

Beginner Acrylics Techniques

Members Only No charge

	<u>Brush Care</u>	
Wednesday	October 9	Noon - 2 p.m.
	<u>Color Theory for Beginners</u>	
Wednesday	October 16	Noon - 2 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	September 10	Noon - 1:30 p.m.
Tuesday	September 24	Noon - 1:30 p.m.
Tuesday	October 8	Noon - 1:30 p.m.
Tuesday	October 22	Noon - 1:30 p.m.

Specialty Art

Classes taught by resident artist, Lisa Mann.

Intermediate Acrylic Painting - Things that Fly

\$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.

Thursdays	Sep 12 - Oct 24	10 a.m. - 1 p.m.
Fridays	Sep 13 - Oct 25	10 a.m. - 1 p.m.

Scarecrow Workshop

\$10 members/\$15 non-members

Get guidance and supplies for creating your own fall scarecrow with hats, sunglasses, shoes, pool noodles and string.

Thursday	September 5	Noon - 2 p.m.
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Fall Centerpiece Workshop

\$10 members/\$15 non-members

Craft a seasonal centerpiece with small pumpkins, flowers, styrofoam and tealights.

Friday	September 6	10 a.m. - noon
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Jewelry Workshop

\$25 members/\$30 non-members per two-week workshop

Work with beads, string and fine tools to create a bracelet, earrings and a necklace.

Wednesdays	October 23 & 30	11 a.m. - 1 p.m.
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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 September 4 9:30 - 10:30 a.m.
Wednesday October 2 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 Sep 9 - Oct 21 Noon - 3 p.m.
\$75 members/\$85 non-members for seven-week session plus \$10 supply fee for 12.5 lbs. of clay

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Tuesdays September 3 - 24 9 a.m. - noon
Tuesdays October 8 - 29 9 a.m. - noon
\$50 members/\$55 non-members for four-week session plus \$10 supply fee for 12.5 lbs. of clay



Hispanic Heritage Month Bisqueware Project

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

Create six unique pieces of bisqueware in the vibrant colors of Mexico and Costa Rica. Discover more about the significance of color in Mexican pottery and learn about the ecosystem of Costa Rica.

This engaging program celebrates Hispanic Heritage Month and offers the chance to showcase your pieces to the community (see page two).

Cost of class supplemented by funds from The Forsyth County Arts Alliance Fund at the North Georgia Community Foundation.

Wednesdays September 18 & 25 9:30 - 11:30 a.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 (No class September 2) 9:30 - 10:15 a.m.
Thursdays 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.
(No class September 2)



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

Improve your flexibility, balance and strength.

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

Stretch & Strengthen - **NEW DAY!**

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

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

Instructor: Cindy Bowman.

Mondays Sep 9 - Oct 28 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 September 2) **8:45 - 9:30 a.m.**
Wednesdays (No class September 18) **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 **8:45 - 9:30 a.m.**

Intro to Seated Strength Training

Use body weight, resistance bands and light weights to build strength.

Wednesdays (No class September 18) **9:45 - 10:30 a.m.**

Intro to Drumming

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

Thursday **September 12** **10:45 - 11:15 a.m.**
Thursday **September 26** **10:45 - 11:15 a.m.**
Thursday **October 10** **10:45 - 11:15 a.m.**
Thursday **October 24** **10:45 - 11:15 a.m.**

Flex & Balance - *NEW TIME!*

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

Thursdays **8:45 - 9:30 a.m.**
Thursdays (No class October 31) **1:45 - 2:30 p.m.**

Specialty Fitness

Absolute Beginner Line Dancing - *NEW!*

\$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 **Sep 10 - Oct 1** **12:45 - 1:30 p.m.**
Tuesdays **Oct 8 - 29** **12:45 - 1:30 p.m.**

Beginner Line Dancing

\$40 members/\$55 non-members per eight-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 **Sep 10 - Oct 29** **1:30 - 2:30 p.m.**

Intermediate Line Dancing

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

Tuesdays **Sep 10 - Oct 29** **2:30 - 3:30 p.m.**

Restore Your Core

\$20 members/\$25 non-members per four-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 **Sep 9 - 30** **11:45 a.m. - 12:45 p.m.**
Mondays **Oct 7 - 28** **11:45 a.m. - 12:45 p.m.**

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.

Members may register August 20; non-members may register starting September 4.

Noses Creek Loop - Kennesaw

Departs from Sexton Hall

\$15 members/\$20 non-members

Travel Distance: 60 miles

Hiking Distance: 3.6 miles Elevation change: 497 feet

Lunch on your own in Kennesaw.

Wednesday September 18 8 a.m. - 4 p.m.

Hiking Difficulty:

Easy - Moderate



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 September 25 10:30 a.m. - 12:30 p.m.

Hiking Difficulty:

Easy - Moderate



Fort Mountain - Chatsworth

Departs from Sexton Hall

\$15 members/\$20 non-members

Travel Distance: 47 miles

Hiking Distance: 5.5 miles Elevation change: 423 feet

Pack your own picnic lunch.

Wednesday October 9 8 a.m. - 4 p.m.

Hiking Difficulty:

Moderate



Akers to Paces - Atlanta

Departs from Sexton Hall

\$15 members/\$20 non-members

Travel Distance: 31 miles

Hiking Distance: 5.5 miles Elevation change: 650 feet

Lunch on your own in Atlanta.

Wednesday October 23 10:30 a.m. - 4 p.m.

Hiking Difficulty:

Strenuous



Outdoor Adventures

Kayaking

\$20 members/\$25 non-members

Embark on a kayak adventure down the Chestatee River. Parks and Rec will lead us down river.

Previous kayaking experience required.

Bring water, a sack lunch and snacks.

Meet at:

Sawnee Mountain Preserve

4075 Spot Road

Cumming, GA 30041

Thursday September 26 9 a.m.

Archery

Held at Sexton Hall

\$20 members/\$25 non-members

Join us for an exploration of archery, where you can unleash your inner archer and enjoy the thrill of precision in just one session! A skilled instructor will introduce you to the basics, providing a safe and enjoyable environment.

Thursday October 17 1 - 2 p.m.

Thursday October 24 1 - 2 p.m.

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

Trips

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 August 20; non-members may register starting September 4.

Tabor Museum and Ellijay

Departs from Sexton Hall

\$20 members/\$25 non-members

Step back in time at this 1870's Victorian era home filled with artifacts of North Georgia's history of the Cherokee Indians, early settlers, local history, the Civil War and military history. Enjoy lunch and some shopping time in the quaint town of Ellijay.

Wednesday September 4 9 a.m. - 3:30 p.m.

Walking Difficulty: **1 2 3 4 5**
Moderate - Strenuous

Gwinnett Stripers

Departs from Sexton Hall

\$40 members/\$45 non-members

Enjoy a Minor League ball game as the Gwinnett Stripers take on the Buffalo Bisons.

Lunch on your own at the stadium.

Wednesday September 11 10:15 a.m. - 3:15 p.m.

Walking Difficulty: **1 2 3 4 5**
Moderate

Get to Know Forsyth

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

Helen, GA Shopping Trip

Departs from Sexton Hall

\$20 members/\$25 non-members

Visit Old Sautee Store, Georgia's longest operating store, known for its baked goods and ice cream. Nora Mill Granary is an operational gristmill sitting alongside the Chattahoochee River, producing corn and wheat-based products. Then venture into quaint, German inspired Helen for additional shopping and lunch on your own.

Wednesday October 2 9 a.m. - 3:30 p.m.

Walking Difficulty: **1 2 3 4 5**
Moderate - Strenuous

Blue Ridge Scenic Railway

Departs from Charles Place

\$90 members/\$95 non-members

Enjoy the fall foliage as you journey by train through the countryside along the Toccoa River. Be prepared for extended walking on this trip. Lunch and shopping available during your stop in McCaysville/Copperhill.

Friday November 1 7:30 a.m. - 5 p.m.

Walking Difficulty: **1 2 3 4 5**
Moderate - Strenuous

Martin Marietta Quarry

Learn about the quarry process and what all goes into crushing rock. Tour into the quarry included.

Bus transportation departs from Sexton Hall

\$10 members/\$15 non-members

Monday October 21 9:30 a.m. - 12:30 p.m.

Social Clubs for Members

Men's Clubs

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

Bagel Boys

Held at Sexton Hall

Mondays 10:30 a.m. - noon
(No meeting September 2)

Biscuit Boyz

Held at Charles Place

Thursdays 8:30 - 10 a.m.

Java Gents

Held at Charles Place

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

Held at Sexton Hall

Mondays 1 - 2 p.m.
(No meeting September 2)

Men and Women's Clubs

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

Common Grounds

Held at Sexton Hall

Thursdays 10:30 a.m. - noon



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 September 18 2:30 - 3:30 p.m.
Wednesday October 16 2:30 - 3:30 p.m.

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.



Game Groups for Members



New players are welcome.
 Membership is required to be a game player.
 Centers will be closed on September 2.

	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

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.

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

Memory Support Program Aid

Assists staff with the memory support program

Meals on Wheels Driver/Friendly Visitor

Delivers meals to homebound elders



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