

ADULT ACTIVITIES AND SERVICES

Your guide to activities for those age 60 and better

Forsyth County Senior Services

APRIL - JUNE 2025 NEWSLETTER



Central Park Senior Recreation & Services

Programs begin the week of May 5

Grand Opening Celebration

Monday, May 19 • 10 a.m. - 2 p.m.



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



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

Central Park

2300 Keith Bridge Road
Cumming, Georgia 30040

Sexton Hall

2115 Chloe Road
Cumming, Georgia 30041

Welcome!

This newsletter covers programs and activities
April 7 - July 3

Registration begins Monday, March 31

Charles Place will be closed April 28 - May 2.

Centers will be closed Monday, May 26 and Friday, July 4.

On May 15, Centers will close at 1 p.m.

Registration for Activities

Registration is required to participate in activities.

Register in-person or call (770) 781-2178,

option 1 for Charles Place/Central Park 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 individually evaluated.

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

Annual membership includes access to our two locations, each providing unique programming. **Annual membership** is \$60 for individuals, \$40 for each additional household member.

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.

Credit/debit card payments will incur a convenience fee of 2.95 % of the transaction with a minimum fee of \$2.00.

Special Events

Active Adult Events

These events are for Active Adults age 60 and better.

Egg-Cellent Bingo

Held at Charles Place *No charge*
Go on the hunt for a Bingo and enjoy some time mixing and mingling with friends. Light refreshments provided. Kindly sponsored by Gutter Shutter.
Registration begins **Monday, March 31.**
Friday April 11 1 - 3 p.m.

Screening Event

Held at Sexton Hall *No charge*
Preventative health checks for older adults may help with early detection of potential health concerns. A variety of screening opportunities will be available onsite.
Registration begins **Monday, March 31.**

Suggested time slots for attending:

Wednesday	April 30	10 - 11:30 a.m.
Wednesday	April 30	11:30 a.m. - 1 p.m.

Twilight Tuesday Dance

Held at Sexton Hall *No charge*
Enjoy the extra daylight as we began our six-week offerings of evening programming. Stop in for some trivia and enjoy dinner from our taco bar. Finish off the evening dancing with tunes provided by a local DJ. Entertainment kindly provided by OPA Home Care. Food kindly provided by Vitality Living Milton.
Registration begins **Monday, March 31.**
Tuesday May 6 6 - 8 p.m.

“Viva La Fiesta!”

Held at Central Park *No charge*
Celebrate the first day open at Central Park with an afternoon of festive refreshments and dancers showcasing Mexican culture. Kindly sponsored by Everleigh Deerfield.
Registration begins **Monday, March 31.**
Monday May 5 1 - 2:30 p.m.

Scandals and Scones Tea Party

Held at Central Park *No charge*
Inspired by the elegance of the early 19th century, this gathering provides a morning of tasty treats and tea. Bring your fancy hat and gloves if you'd like to add a touch of sophistication to the occasion. Light refreshments kindly provided by Oaks at Gracemont.
Registration begins **Monday, March 31.**
Friday May 9 9:30 - 11:30 a.m.

Gifts from the Garden Bingo

Held at Sexton Hall *No charge*
Dig deep to find a Bingo and watch your fun bloom. Light refreshments provided. Kindly sponsored by Brickmont Senior Living.
Registration begins **Monday, April 21.**
Wednesday May 21 1 - 3 p.m.

Food Truck Friday

Held at Central Park *No charge*
Kickoff Father's Day weekend with good food and music. Live entertainment kindly sponsored by Age Well Forsyth. Food truck kindly provided by Oaks at Gracemont.
Registration begins **Monday, May 19.**
Friday June 20 1 - 3 p.m.

Island Breeze Bingo

Held at Central Park *No charge*
Feel the breeze as you find your numbers and win Bingo. Light refreshments provided.
Registration begins **Tuesday, May 27.**
Friday June 27 1 - 3 p.m.

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

Special Events

Community Events

These events are open to all ages and held at Sexton Hall.

Senior Life in 2025

No charge

These 2024 Georgia Recreation and Park Association Senior Talent Show winners grace the stage again to present comedy skits about the challenges they face in modern life. Have a laugh about the complexities of aging and shared experiences with this talented group of older adults. Performance by North Park Pretenders.

Wednesday April 9 11 - 11:45 a.m.

Youth Musical Performance

No charge

This group of performing arts students showcases a medley of music and dance.

Presented by Christian Fine Arts of Forsyth.

Friday April 25 2 - 3 p.m.

Forsyth Symphony Orchestra Presents: Winds of Change

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

This powerful and uplifting concert features stirring melodies and inspiring themes that celebrate resilience, nostalgia and new beginnings.

Kindly sponsored by Mansions at Alpharetta.

Sunday May 18 3 - 5 p.m.

Daylily Show - A Season of Color

No charge

The Daylily Society of Greater Atlanta showcases this perennial favorite at their 2025 Daylily Show and Plant Sale. Daylilies will be available for purchase 10 a.m. - 3 p.m. The Daylily Show and judged exhibits will be open to the public 1 - 4 p.m. Attendees will vote on their favorite daylily blooms and the photography entries that day.

Saturday June 14 10 a.m. - 4 p.m.

Sounds of Sawnee Concert Band Presents: Patriotic Concert

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

Put on your red, white and blue to join friends and family for two hours of patriotic music.

Kindly sponsored by Arbor Terrace.

Sunday June 22 3 - 5 p.m.



Forsyth County Senior Services

Aging Well Expo

Resources, products and services for older adults

Thursday, April 17, 2025 • 10 a.m. - 2 p.m.

Forsyth County Conference Center at Lanier Tech

3410 Ronald Reagan Boulevard, Cumming, Georgia

FREE ADMISSION • 70+ BOOTHS OF RESOURCES FOR AGING WELL

Visit www.forsythco.com/seniors/expo for a complete list of sponsors and vendors.

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

Calling all Craft Vendors!

Get a space at our Summer Craft Show!

Saturday, July 19, 10 a.m. - 2 p.m.

Located at Sexton Hall

Registration now open.

Email seniorservices@forsythco.com
for more information

Small Group Events

These events are typically for smaller groups of attendees.
Space is limited, so pre-registration is required.

All-Star Fridays

Held at Charles Place and Central Park *No charge*
Get ready for the ultimate showdown. Enjoy balloon volleyball, a thrilling matchup of a variety of games and other friendly competitions with community partners and center friends.

Held at Charles Place

Friday April 4 9:30 - 11:30 a.m.

Held at Central Park

Friday May 16 9:30 - 11:30 a.m.

Friday June 6 9:30 - 11:30 a.m.

Special Events

Member Exclusive Events

These exclusive events are a benefit of your Membership.

Family Formal Dance

Held at Sexton Hall *No charge; members only*
Gather all generations of your family for an afternoon of dancing and making memories. Enjoy an opportunity to capture some great family photos in dressy attire.

Live entertainment provided by Rachael Mann.

Wednesday June 4 4 - 6 p.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 April 11 2 - 3 p.m.

National Senior Health & Fitness Day: Move Today for a Better Tomorrow!

Join us for the nation's largest annual older adult health and wellness event, with goals to help keep older adults healthy and fit.

Kindly sponsored by Everleigh Deerfield and Northside Hospital Forsyth.



Held at Sexton Hall *No charge*
Gather for a sunrise, outdoor workout celebrating health and vitality. Experience a fun-filled sampling of our popular, staff-led fitness classes.
Wednesday May 28 7:30 - 8:30 a.m.

Held at Central Park *No charge*
Come to a fun-filled hour focused on fitness and experience Functional Fitness, Balance and Mobility, Strength & Performance, then stretch and cool down.
Wednesday May 28 10:30 - 11:30 a.m.

Resources & Support

Community Collaboration

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

Seniors and Lawmen Together (SALT)

Held at Fraternal Order of Police Lodge
248 Castleberry Industrial Drive, Cumming, 30040
Gathering time and breakfast begin at 9:30 a.m.

Pre-registration required for breakfast.

This monthly meeting features different speakers and topics pertaining to older adult safety. Presented by the Forsyth County Sheriff's Office and guest speakers.

Wednesday	April 16	10 - 11 a.m.
Wednesday	May 21	10 - 11 a.m.
Wednesday	June 18	10 - 11 a.m.

Older Americans Month 2025: Flip the Script on Aging

Held at Central Park & Sexton Hall *No charge*
May is Older Americans Month and we celebrate this year's theme: "Flip the Script on Aging." It's time to challenge outdated stereotypes and embrace a fresh perspective - one that recognizes aging as a time of growth, opportunity and contribution. Let's celebrate the resilience of older adults and their impact in our communities. Presented by Staff.

Held at Central Park

Monday	May 12	10:30 - 11:15 a.m.
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Held at Sexton Hall

Tuesday	May 13	6:15 - 7 p.m.
Thursday	May 22	12:15 - 1 p.m.

Learn Your Library

Held at Sexton Hall *No charge*
Discover more about the Sharon Forks Library including how you can participate in their Summer Reading Program. Presented by Forsyth County Public Library - Sharon Forks.

Wednesday	May 14	1:30 - 2:30 p.m.
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Earth Day A Week of Celebrations

Get to Know Forsyth - Water Treatment Plant Tour

See page 15 for details.

Monday	April 21	1:30 p.m.
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These presentations are Held at Sexton Hall.
No charge.

Celebrate Earth Day

Discuss the history of Earth Day and explore the 2025 theme Our Power, Our Planet.

Presented by Master Naturalists Extension Volunteers, Forsyth County.

Monday	April 21	Noon - 1 p.m.
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Keep Forsyth Beautiful

Learn about waste reduction and recycling, beautification and community greening.

Presented by Keep Forsyth Beautiful.

Tuesday	April 22	2 - 2:45 p.m.
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Protecting Lake Lanier

Did you know there is a group whose sole focus is to keep Lake Lanier safe and clean for all users? Come learn about their efforts and ways to get involved.

Presented by Lake Lanier Association.

Wednesday	April 23	11 a.m - noon
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The Water Systems of Forsyth

Learn about how Forsyth County manages water quality for all residents as well as the raw water intake project.

Presented by Forsyth County Water & Sewer.

Thursday	April 24	12 - 12:45 p.m.
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Resources & Support

Our Local Water in Forsyth County

Held at Central Park *No charge*

Take a closer look at the water quality and sources in Forsyth County, including where our water comes from and how it's treated. Suggested hydration tips for the warm summer months will be shared.

Presented by Forsyth County Water and Sewer.

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

Men Who Shaped History

Held at Central Park *No charge*

Learn about influential men who have made an impact through their innovation and contributions.

Presented by Forsyth County Public Library - Cumming.

Monday June 16 10:15 - 11:15 a.m.

Matters of the Mind

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

Stress Management

Held at Charles Place & Sexton Hall *No charge*

Discuss practical stress-reducing techniques, levels of stress and when to ask for help. Learn deep breathing techniques and visualization to help cope with stress and lessen the effects to your overall health. Presented by Cristy Russell, MSW, FCSS Senior Advocacy Manager.

Held at Charles Place

Tuesday April 8 10:30 - 11:15 a.m.

Held at Sexton Hall

Thursday April 10 Noon - 12:45 p.m.

Mental Health Presentation

Held at Central Park & Sexton Hall *No charge*

Learn about caring for yourself and your loved ones who may be experiencing symptoms of depression, anxiety, memory loss and other mental health issues. We'll also teach coping skills, warning signs and how to handle problems when they arise.

Presented by Sherilyn Queen, LMFT, Behavioral Health Counselor, AVITA Community Partners.

Held at Central Park

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

Held at Sexton Hall

Thursday May 15 10:30 - 11:15 a.m.

Decluttering the Mind

Held at Central Park & Sexton Hall *No charge*

Learn simple techniques to organize your thoughts, set boundaries and create habits that support emotional balance and mental clarity.

Presented by Sherilyn Queen, LMFT, Behavioral Health Counselor, AVITA Community Partners.

Held at Central Park

Tuesday May 20 10:15 - 11:15 a.m.

Held at Sexton Hall

Thursday May 29 Noon - 1 p.m.

Dementia Care Panel

Held at Sexton Hall *No charge*

During this panel discussion, learn all about organizations that can help you or your loved one with Alzheimer's. Discover information about what to expect, home care, living options, hospice and legal matters. Panel includes: Alzheimer's Association, Oasis Senior Advisors, Nurse Toni Rotalsky and Attorney Elizabeth Lewis.

Tuesday June 10 6:15 - 7:15 p.m.

Resources & Support

10 Warning Signs of Alzheimer's

Held at Central Park & Sexton Hall *No charge*
Learn about the common signs of Alzheimer's and how to recognize them in yourself or a loved one. Identify the next steps to take, including how to talk with your doctor. Presented by Alzheimer's Association Georgia.

Held at Sexton Hall

Thursday June 19 12:15 - 1 p.m.

Held at Central Park

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

Estate Planning

Held at Charles Place & Sexton Hall *No charge*
Understand the importance of estate planning and how to incorporate philanthropy and charitable giving in your plans. Presented Elizabeth Lewis, Attorney at Law.

Held at Charles Place

Monday April 21 10:30 - 11:15 a.m.

Held at Sexton Hall

Friday April 25 10:30 - 11:15 a.m.

Potpourri of Metaphysical Insights

Held at Sexton Hall

No charge; two-week workshop

Through guided meditation, breathing techniques and astrological charting/insights, you will better understand your character, opportunities and challenges. Presented by Judith Gabriel, Volunteer Instructor.

Mondays May 5 - 12 11:45 a.m. - 12:45 p.m.

Medicare 101

Held at Central Park & 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 Steve Alexander, Medicare and Other Red Tape.

Held at Sexton Hall

Tuesday May 20 6:15 - 7:15 p.m.

Thursday June 12 Noon - 1 p.m.

Held at Central Park

Tuesday June 3 10 - 11 a.m.

Advance Directives

Held at Central Park & Sexton Hall *No charge*
Learn why you need a Georgia Advance Directive for Health Care and what can happen if you don't have one and cannot express your wishes.

Presented by Georgia Estate & Elder Law, LLC

Held at Sexton Hall.

Wednesday June 18 10:30 - 11:15 a.m.

Held at Central Park

Monday June 23 10:30 - 11:15 a.m.

Lifelong Learning

Education & Entertainment

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

AARP Driver Safety™

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.

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

Lifelong Learning

Estate Planning - Twilight Tuesday

Held at Sexton Hall *No charge*
Review the importance protecting your assets to pass on to your heirs.
Presented by Michelle Wilson, Wilson Legal, PC.
Tuesday June 3 6:15 - 7:15 p.m.

TED

TED Talks - NEW!

Watch an informative presentation, then participate in a staff led discussion.
Held at Central Park. No charge.

Norman Lear, An Entertainment Icon on Living a Life of Meaning

Presented via TED Talk Visual by Filmmaker Norman Lear and Eric Hirshberg
Thursday May 15 10:30 - 11:15 a.m.

The Secret to Living Longer May Be Your Social Life

Presented via TED Talk Visual by Susan Pinker.
Thursday June 5 10:30 - 11:15 a.m.

How to Find Laughter Anywhere

Presented via TED Talk Visual by Gina Brillon.
Thursday June 19 10:30 - 11:15 a.m.

History & Culture

Delve into rich histories, cultures and music appreciation.

True Crime Fridays: Unraveling Mysteries

Held at Charles Place & Central Park *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.

Held at Charles Place
Friday April 25 9:30 - 11:15 a.m.

Held at Central Park
Friday May 30 9:30 - 11:15 a.m.

Introduction to the Dulcimer

Held at Sexton Hall *No charge; six-week sessions*
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 April 8 - May 13 10 - 11:30 a.m.
Tuesdays May 20 - June 24 10 - 11:30 a.m.

Matinee Marvels

Held at Charles Place & Central Park *No charge*
Light refreshments served.
Movies kindly provided by Civitan Club.

Held at Charles Place
Friday April 18 9:30 - 11:30 a.m.

Held at Central Park
Friday May 23 9:30 - 11:30 a.m.
Friday June 13 9:30 - 11:30 a.m.

Additional programs will be added at Central Park as we get settled in our new space. Also, more to come for Twilight Tuesdays evening programming at Sexton Hall.

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

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*

How to Create Seed Snails

Monday **April 7** **10 - 11:30 a.m.**

Organize Your Garden Shed

Monday **May 5** **10 - 11:30 a.m.**

Recipes from our Garden

Monday **June 2** **10 - 11:30 a.m.**

Garden Tea & Treats

Held at Sexton Hall *No charge*

This outdoor gathering is held in our garden area where we'll chat about gardening topics. Community garden bed users are encouraged to attend.

Light refreshments served.

Monday **May 12** **10 - 11:30 a.m.**

Daylily Society Presentation

Held at Sexton Hall *No charge*

Learn about the different types of this perfect perennial, get tips for care and how to use them in floral design. A pre-show plant sale will be available.

Presentation

Friday **June 13** **2 - 3 p.m.**

Plant Sale

Friday **June 13** **3 - 4 p.m.**

Health & Wellness

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

Walking Tall One Step at a Time

Held at Charles Place & Sexton Hall *No charge*

Learn how proper footwear can help with foot, joint and back pain as well as stability, safety and balance. Presented by Foot Solutions.

Held at Charles Place

Monday **April 14** **10:30 - 11:15 a.m.**

Held at Sexton Hall

Tuesday **April 15** **10:30 - 11:15 a.m.**

The Benefits of Chiropractic Care

Held at Charles Place & Sexton Hall *No charge*

Learn about the fundamentals of chiropractic care. Get tips for maintaining spinal alignment for mobility and the importance of stretching and movement breaks during sedentary activities.

Presented by Kratz Chiropractic.

Held at Charles Place

Tuesday **April 22** **10:30 - 11:15 a.m.**

Held at Sexton Hall

Thursday **May 1** **10:30 - 11:15 a.m.**

Understanding and Managing Neuropathy

Held at Charles Place & Sexton Hall *No charge*

Learn about Neuropathy and its impacts on the nervous symptoms, underlying causes and symptoms. Presented by Northside Hospital Forsyth.

Held at Charles Place

Monday **April 7** **10:30 - 11:15 a.m.**

Held at Sexton Hall

Thursday **May 8** **Noon - 12:45 p.m.**

Lifelong Learning

Head & Neck Cancer Awareness

Held at Sexton Hall *No charge*

Learn about the various forms of cancer that can impact the head and neck, signs and symptoms and the latest in treatment options.

Presented by Northside Hospital Forsyth.

Tuesday April 29 10:30 - 11:15 a.m.

Better Sleep

Held at Central Park & Sexton Hall *No charge*

Trouble sleeping? Come learn tips and techniques for a better night's sleep and what underlying issues might be causing poor rest.

Presented by Northside Hospital Forsyth.

Held at Sexton Hall

Friday May 9 10:30 - 11:15 a.m.

Held at Central Park

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

Matter of Balance

Held at Central Park *No charge*

This eight-week evidence-based class is designed to reduce fear of falling, increasing activity levels and educate you on how to remain independent.

Presented by Serena Telleria, Staff and Deanna Moore, Legacy Link.

Mondays May 12 - June 30 1 - 3 p.m.

(No class May 26; Makeup class will be held on Tuesday, May 27)

Skin Cancer Awareness

Held at Sexton Hall *No charge*

Learn how to spot the various types of skin cancer and symptoms. Discover more about prevention and treatment options.

Presented by Northside Hospital Forsyth.

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

Liver Health

Held at Central Park & Sexton Hall *No charge*

Get tips to keep your liver health and functioning well. Discuss the various diseases that affect this organ and treatment options.

Presented by Northside Hospital Forsyth.

Held at Sexton Hall

Tuesday June 3 10:30 - 11:15 a.m.

Held at Central Park

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

It's About You - Wellness Series

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

Presented by Lisa Ciotto.

Held at Central Park. No charge.

Aromatic Wellness: Introduction to Essential Oils

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

Tuesday June 10 10:30 - 11:30 a.m.

Healing Touch: Introduction to Reiki Energy

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

Tuesday June 17 10:30 - 11:30 a.m.

Finding Peace Within: Introduction to Mindfulness and Meditation

Take a moment to reconnect with your inner calm.

Tuesday June 24 10:30 - 11:30 a.m.

Lifelong Learning

Brain Health & Aging

Held at Sexton Hall *No charge*

This presentation aims to provide a foundation for educating adults and their caregivers about brain health, including ways to promote healthy aging and reduce potential threats to Brain Health.

Presented by Courtney Fleming, MSW.

Thursday	June 5	Noon - 12:45 p.m.
Tuesday	June 17	6:15 - 7 p.m.



Migraine and Headache Awareness

Held at Central Park & Sexton Hall *No charge*

Why does my head ache? Learn about various types of headaches, common triggers and treatment options.

Presented by Aura Functional Neurology Center.

Held at Sexton Hall

Tuesday June 24 6:15 - 7:15 p.m.

Held at Central Park

Tuesday June 1 10:30 - 11:15 a.m.

Twilight Tuesday Evening Classes

Enjoy the extra summer daylight!

This evening programming is perfect for those who are still working during the day and adults of any age who want to know more about our services for their loved ones.

Held at Sexton Hall; no charge for activities, with the exception of Art.

Event

6 - 8 p.m.

May 6: Twilight Tuesday Dance, pg. 3

Fitness

5:15 - 6 p.m

May 13 - June 24: Circuit Training, pg.16
(No class May 27)

Lifelong Learning

See each listing as times vary

May 13: Flip the Script on Aging, pg. 6

May 20: Medicare 101, pg. 8

June 3: Estate Planning, pg. 9

June 10: Dementia Panel, pg. 7

June 17: Brain Health & Aging, pg. 11

June 24: Migraine & Headache, pg. 11

Art

5:30 - 7 p.m.

June 3 & 10: Art Sampler, pg. 20

* fee for supplies

Current members and program participants are encouraged to attend this engaging "after-hours" offering.

Twilight Tuesday Evening Classes

Held at Sexton Hall and offered at no charge.

Intro to AI

Come chat with ChatGPT and learn about AI!
Tuesday May 13 5:45 - 6:45 p.m.

Everyday Uses of AI

Everyone is talking about AI! Come to this class to see how AI is part of everyday life.
Tuesday May 20 5:45 - 6:45 p.m.

Is that AI?

Can we really believe what we see? Come to this class to train your eye to recognize AI!
Tuesday June 3 5:45 - 6:45 p.m.

AI Image Generators

Go beyond stick figures and bring your imagination to life with AI image generators!
Tuesday June 17 5:45 - 6:45 p.m.

Monthly Tech Q & A

Bring your technology questions to this group discussion or request assistance with a technical issue. All levels of tech skills are welcome.

Tuesday April 8 Noon - 12:30 p.m.
Tuesday May 6 Noon - 12:30 p.m.
Tuesday June 3 Noon - 12:30 p.m.

Lifelong Learning

Sexton Hall

Technology

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

SENIOR PLANET
FROM **AARP**

Online RX Drug Resources

Learn how to research, purchase and save on prescription drugs with these online tools!
Monday April 14 10 - 11:15 a.m.

Intro to Estate Planning Resources & Tools

A simple plan is better than no plan! Get to know a few free and low-cost resources that make it simple to plan your estate.
Monday April 21 10 - 11:15 a.m.

Intro to Booking Vacation Stays Online

Need a vacation? Learn about popular websites and apps for booking vacation rentals.
Thursday May 1 Noon - 1:15 p.m.

Digital Coupon Tools

Learn how digital coupon tools can help you save money!
Monday June 16 10 - 11:15 a.m.

Lifelong Learning

Charles Place & Central Park

Classes in April are held at Charles Place.
Beginning May 5, classes are held at Central Park.

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

Don't let your smartphone's settings stump you! Learn the basics in this workshop.

Thursday April 10 1:30 - 3 p.m.

Intro to AI

Come chat with ChatGPT and learn about AI!

Thursday April 24 1:30 - 3 p.m.

Computer Basics for Older Adults

No charge for ten-week course

Unlock the power of your PC and explore the world of the internet in this course! Learn how to use email, search online, access entertainment and other useful resources.

Tues & Thurs May 13 - July 17 1:30 - 3 p.m.
(No class May 15 & 26)

Staff Led Classes

Beginner Tech with Christina

Held at Charles Place & Central Park *No charge*
Whether you're just starting or looking to brush up on your skills, we're here to help you feel more comfortable and confident with technology. Receive step by step guidance, exploring how to use computers, tablets and cell phones.

Held at Charles Place

Thursday April 10 9:30 - 11 a.m.

Thursday April 24 9:30 - 11 a.m.

Held at Central Park

Thursday May 8 9:30 - 11 a.m.

Thursday May 22 9:30 - 11 a.m.

Thursday June 12 9:30 - 11 a.m.

Monthly Tech Q & A

Held at Charles Place & Central Park

Bring your technology questions to this group discussion or request assistance with a technical issue. All levels of tech skills are welcome.

Held at Charles Place

Thursday April 10 3 - 3:30 p.m.

Held at Central Park

Thursday May 8 3 - 3:30 p.m.

Thursday June 12 3 - 3:30 p.m.



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.

Wastewater Treatment Plant

Learn about how wastewater is treated to be used again and again!

Meet at Fowler Water Reclamation Facility
 4050 Carolene Way, Cumming, GA 30040
 \$5 members/\$10 non-members.

Registration required.

Monday April 21 1:15 p.m.

FurKids

Learn about our area’s largest, not-for-profit, no-kill shelter, which has become a destination for animal rescues.

Meet at FurKids
 5235 Union Hill Road, Cumming, GA 30040
 \$5 members/\$10 non-members. **Registration required.**

Monday June 9 12:45 p.m.

Outdoor Adventures

Outdoor Archery

\$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.

Held at Charles Place

Friday April 18 1 - 3 p.m.

Held at Sexton Hall

Friday April 25 10 a.m. - noon

Kayaking at Lake Lanier

\$20 members/\$25 non-members

Embark on a kayak adventure on Lake Lanier where Forsyth County Parks & Rec staff will guide you around the lake and teach you a little about kayaking! Equipment is provided.

Meet at:

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

Wednesday May 14 10 a.m.

Thursday May 15 10 a.m.

Fitness

Members Only - Charles Place

Drop in classes offered weekly unless otherwise noted.

Charles Place Schedule for April 7 - 25

Monday	Tuesday	Wednesday	Thursday	Friday
Get Fit 9:30 - 10:15 a.m. Seated Strength Training 10:30 - 11:15 a.m.	Full Body Fitness 9:30 - 10:15 a.m.	Flex & Balance 9:30 - 10:15 a.m.	Drumming 101 9:30 - 10:15 a.m.	Stretch & Strengthen 8:30 - 9:15 a.m.

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

Fitness

Members Only

Drop in classes offered weekly unless otherwise noted.

Central Park Schedule Begins May 5

Monday	Tuesday	Wednesday	Thursday	Friday
Fitness Foundations 8:45 - 9:30 a.m. <u>Sexton Hall</u>	Circuit Training 8:45 - 9:30 a.m. <u>Sexton Hall</u>	Fitness Foundations 8:45 - 9:30 a.m. (No class April 30, May 7 & 28) <u>Sexton Hall</u>	Flex & Balance 8:45 - 9:30 a.m. (No class April 17) <u>Sexton Hall</u>	Stretch & Strengthen 8:30 - 9:15 a.m. <u>Central Park</u>
Get Fit 9 - 9:45 a.m. <u>Central Park</u>	Full Body Fitness 9 - 9:45 a.m. <u>Central Park</u>	Flex & Balance 9 - 9:45 a.m. <u>Central Park</u>	Drumming 101 9:30 - 10:15 a.m. <u>Central Park</u>	Circuit Training 8:45 - 9:30 a.m. <u>Sexton Hall</u>
Seated Strength Training 10:30 - 11:15 a.m. <u>Central Park</u>	Stretch & Strengthen Beginning June 3 1:15 - 2 p.m. <u>Central Park</u>	Seated Strength Training 9:45 - 10:30 a.m. (No class April 30 & May 7) <u>Sexton Hall</u>	Flex & Balance 1:45 - 2:30 p.m. (No class April 17 & May 15) <u>Sexton Hall</u>	Double Trouble Mystery Workout 2 - 3 p.m. May 7 & June 20 <u>Sexton Hall</u>

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

Double Trouble Mystery Workout: Come for a mash-up of our popular fitness classes with a surprise at every turn.

Drumming 101: Cardio drumming with a former PE teacher.

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

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

Full Body Fitness: Use weight balls to enhance strength interspersed with cardio bursts keeping your heart rate up to promote endurance and fat burning.

Get Fit: Alternate between standing and seated exercises, incorporating small hand weights and resistance bands to target different muscle groups.

Intro to Drumming: Improve your cardio and brain health with a robust drumming class. Registration required.

Seated Strength Training: 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.

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

Intro to Drumming
 10:45 - 11:15 a.m.
 April 10 & 24
 May 8 & 22
 June 12 & 26
Sexton Hall

These Fitness classes are all offered at no charge to our Members.

Fitness

Specialty Fitness

Restore Your Core - Level 1

Held at [Central Park](#) and [Sexton Hall](#)

These classes are a combination of education and full-body mindful movements in standing or sitting positions. Learn about optimal breathing patterns, body alignment, core and pelvic floor engagement that will help you move better and feel stronger.

No previous movement experience required.

Instructor: Aliya Yakhina.

Held at [Sexton Hall](#)

\$30 members/\$45 non-members for six-week session

Mondays April 7 - May 19 10:45 - 11:45 a.m.

(No class April 21)

\$25 members/\$35 non-members for five-week session

Mondays June 2 - 30 10:45 - 11:45 a.m.

Held at [Central Park](#)

Demo class held at no charge; seven-week session

Wednesdays May 7 - June 18 10 - 11 a.m.

(No class May 26)

Restore Your Core - Level 2

Held at [Sexton Hall](#)

Building on the techniques from Level 1, move beyond the basics and into more challenging full-body exercises, designed to retrain your core and pelvic floor muscles to be functional, reflexive, responsive and supportive to your body. Instructor: Aliya Yakhina.

\$30 members/\$45 non-members for six-week session

Mondays April 7 - May 19 9:45 - 10:45 a.m.

(No class April 21)

\$25 members/\$35 non-members for five-week session

Mondays June 2 - 30 9:45 - 10:45 a.m.

Line Dancing at Sexton Hall

\$30 members/\$45 non-members per six-week session

Instructor: Nancy Anthony

Intro to Line Steps

This class is instructed at a slower pace to learn the sequence of simple steps and line dance terminology.

Tuesdays April 8 - May 13 12:45 - 1:30 p.m.

Tuesdays May 20 - July 1 12:45 - 1:30 p.m.

(No class May 27)

Beginner Line Dancing

Learn low-impact dance steps to lively, upbeat music.

Tuesdays April 8 - May 13 1:30 - 2:30 p.m.

Tuesdays May 20 - July 1 1:30 - 2:30 p.m.

(No class May 27)

Intermediate Line Dancing

This class is for experienced line dancers familiar with line dance terminology and steps.

Tuesdays April 8 - May 13 2:30 - 3:30 p.m.

Tuesdays May 20 - July 1 2:30 - 3:30 p.m.

(No class May 27)

Line Dancing

Dance to lively tunes while learning simple, rhythmic dance steps for a full-body workout. Instructor: Cindy Bowman.

\$25 members/\$35 non-members for five-week session

Held at [Charles Place](#) (Session 1)

Mondays April 14 & 21 1:15 - 2:15 p.m.

Held at [Central Park](#) (Session 1)

Mondays May 5 - 19 1:15 - 2:15 p.m.

\$30 members/\$42 non-members for six-week session

Held at [Central Park](#) (Session 2)

Mondays June 2 - July 7 1:15 - 2:15 p.m.

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.

Central Park

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 Aide

Assists staff with the memory support program

Dining Room Assistant

Assist patrons with ordering lunch, answering questions about the menu choices and supporting staff.

Central Park & Sexton Hall

Front Desk or Lobby Assistant

Assist with welcoming patrons into the building or front desk tasks

Art Activities Aide

Assist art 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

Program Instructors Needed

Central Park is opening soon! 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

FITNESS INSTRUCTORS

- Dance • Fitness
- Zumba

WELLNESS INSTRUCTORS

- Yoga
- Mindfulness

Art & Creativity

Charles Place & Central Park

Classes in April are held at Charles Place.
Beginning May 5, art classes will be held at Central Park.

Members Only Art

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

Mondays 9:30 - 11:30 a.m.
Mondays 1:30 - 3:30 p.m.
Thursdays 9:30 - 11:30 a.m.

Watercolor Wednesdays

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

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

Crystal Clarity:

Crafting with Fine Stones & Glass

\$20 members/\$25 non-members
Explore the art of jewelry-making in our expert-led class. You'll craft a stunning piece using high-quality materials and exquisite stones. Facilitated by Sherry Bottorf, Volunteer Instructor.

Tuesday **April 8** 1:30 - 3:30 p.m.
Tuesday **May 13** 1:30 - 3:30 p.m.

Springtime In Paris

\$20 members/\$25 non-members
Capture the beauty of the Eiffel Tower. In week one, you'll sketch the iconic structure. During week two, you'll bring the scene to life with bold acrylics. Canvas size is 16" x 20".

Tuesday **April 15 & 22** 1:30 - 3:30 p.m.

Flourish of May

\$15 members/\$20 non-members
Using dynamic brushstrokes and vivid colors, capture the essence of spring in this acrylic painting. Canvas size is 16" x 20".

Tuesday **May 6** 1:30 - 3:30 p.m.

Message in a Bottle

\$15 members/\$20 non-members
Dive into an underwater adventure in this acrylic painting. Brilliant blues and greens swirl around, sparking curiosity about the mysterious message hidden inside the bottle. Canvas size is 16" x 20".

Tuesday **May 20** 1:30 - 3:30 p.m.

Beach Wreath

\$20 members/\$25 non-members
Embrace the carefree vibes of summer with this mixed media wreath, featuring a playful beach scene that transports you straight to the shore.

Tuesday **May 27** 1:30 - 3:30 p.m.

Red Rock Sunrise

\$20 members/\$25 non-members
In this acrylic painting, two riders on horseback soak in the peaceful, adventurous vibe of the morning light. Canvas size is 16" x 20".

Tuesday **June 3 & 10** 1:30 - 3:30 p.m.

A Homey Reminder

\$20 members/\$25 non-members
Paint houses in acrylic paint on a wood board to make an adorable wall hanging. Whether you use it as a key hook, or a playful way to keep track of birthdays, this versatile decor adds a homey touch that's both functional and fun.

Tuesday **June 17** 1:30 - 3:30 p.m.

Rustic Blooms

\$20 members/\$25 non-members
Beautiful flowers and twine adorn a horseshoe shape for this rustic yet stylish decor.

Tuesday **June 24** 1:30 - 3:30 p.m.

Art & Creativity

Sexton Hall

Crafty Creations

Members Only *No charge*
 Come socialize and assemble an upcycled craft.
 All supplies provided.

	<u>Twine Bunny</u>	
Monday	April 14	9:30 - 11 a.m.
	<u>Plastic Spoon Flower Wreath</u>	
Tuesday	April 22	1:30 - 3 p.m.
	<u>Teacup Pin Cushion</u>	
Monday	May 19	9:30 - 11 a.m.
	<u>Egg Carton Canvas Flowers</u>	
Tuesday	May 27	1:30 - 3 p.m.
	<u>Aquatic Wooden Spoon Holders</u>	
Monday	June 9	9:30 - 11 a.m.
	<u>Fabric Sunflower on Wooden Board</u>	
Tuesday	June 24	1:30 - 3 p.m.

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	April 9 & 16	1:30 - 3:30 p.m.
Mondays	June 16 & 23	9:30 - 11:30 a.m.

Solar Garden Decor

\$10 members/\$15 non-members
 Three terracotta pots are layered then painted to celebrate the spring season. Top off your project with a solar light for added illumination in your garden.

Friday	April 18	10 a.m. - noon
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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.

Significant Stories

Thursdays **April 10 - May 22** **10 a.m. - 1 p.m.**
 (No class April 17 & May 15)

Fridays **April 11 - May 16** **10 a.m. - 1 p.m.**
 (No class April 18)

Slice of Life Scenes

Thursdays **May 29 - June 26** **10 a.m. - 1 p.m.**

Fridays **May 23 - June 27** **10 a.m. - 1 p.m.**
 (No class June 20)

Seashell Trinket Craft

\$10 members/\$15 non-members
 Two seashells are trimmed in gold paint then decouped with design. Use these creations for holding rings, change or small loose items.

Wednesday **May 7** **1:30 - 3:30 p.m.**

Twilight Tuesday Art Sampler

\$25 members/\$30 non-members per two-week workshop
 Discover more about our offerings in acrylics, crafts, clay and bisqueware. Participants will create four summer-themed projects.

Tuesdays **June 3 & 10** **5:30 - 7 p.m.**

Brush & Beverage - Summer Shack

\$15 members/\$20 non-members
 Sip on sparking 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 **June 18** **1 - 3 p.m.**

Art & Creativity

Sexton Hall

Ceramics & Pottery

Classes taught by resident artist.

Clay & Glaze Basics

No charge

Learn about the terms and techniques used in our Clay & Glaze programs. This introductory class is a pre-requisite to the Intermediate/Skilled program.

Tuesday	April 8	1:30 - 2:30 p.m.
Wednesday	May 28	1:30 - 2:30 p.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.

Mondays	April 14 - June 16	Noon - 3 p.m.
	<i>(No class May 26)</i>	

\$95 members/\$125 non-members for eight-week session plus \$10 supply fee per 12.5 lbs. of clay.

Tuesdays	April 8 - May 6	9 a.m. - noon
Tuesdays	May 20 - June 17	9 a.m. - noon

\$65 members/\$80 non-members for five-week session plus \$10 supply fee per 12.5 lbs. of clay.

\$10 discount when signing up for consecutive sessions.

Wednesdays	April 9 - May 7	9 a.m. - noon
Wednesdays	May 21 - June 18	9 a.m. - noon

\$65 members/\$80 non-members for five-week session plus \$10 supply fee per 12.5 lbs. of clay.

\$10 discount when signing up for consecutive sessions.

Advanced Raw Clay Projects

\$20 members/\$25 non-members

Create an outdoor birdhouse out of raw clay, then glaze with color of your choice. Previous clay experience is required as instruction is at a faster pace.

Mondays	April 21 & 28	9:30 - 11:30 a.m.
Mondays	June 16 & 23	1 - 3 p.m.

Bisqueware Projects

\$20 members/\$25 non-members

Paint three pieces of your choice with guided instruction. Cost includes bisqueware, glaze and firing.

Tuesday	April 29	1:30 - 3:30 p.m.
Wednesday	May 21	1:30 - 3:30 p.m.

Clay Wrap-up Workdays

Registration in advance required. *No charge*

This time is available for Clay students to finish an ongoing Sexton Hall Clay project.

Tuesday	April 15	Noon - 1:30 p.m.
Wednesday	April 23	Noon - 1:30 p.m.
Tuesday	May 6	Noon - 1:30 p.m.
Wednesday	May 14	Noon - 1:30 p.m.
Tuesday	June 3	Noon - 1:30 p.m.
Wednesday	June 11	Noon - 1:30 p.m.



Trips

State Supreme Court Tour

Departs from Sexton Hall

\$20 members/\$25 non-members

Learn about Georgia's judicial branch of government and participate in a mock trial.

Lunch on your own at No Mas! Cantina.

Wednesday April 9 8:30 a.m. - 2:30 p.m.

Walking Difficulty:
Moderate



Braves vs. Cardinals

Departs from Sexton Hall

\$95 members/\$100 non-members

Enjoy a day at the ball park watching the Atlanta Braves take on the St. Louis Cardinals.

Lunch on your own at Truist Park.

Wednesday April 23 10 a.m. - 5:30 p.m.

Walking Difficulty:
Moderate - Strenuous



Beautiful at City Springs Theater

Departs from Sexton Hall

\$75 members/\$80 non-members

This performance chronicles the rise of Carole King, beginning with her roots as Carole Klein, a young songwriter who wrote hits for the biggest acts in the music industry to her own groundbreaking album, *Tapestry*.

Concessions at theater on your own.

Saturday May 10 Noon - 5:30 p.m.

Walking Difficulty:
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 March 31; non-members may register starting April 7 .

Madison Tour of Homes

Departs from Sexton Hall

\$40 members/\$45 non-members

The self-guided tour will feature a selection of Madison's treasured historic and modern homes.

You can experience the living history of the town while strolling through the city's architecturally significant homes as they come into full bloom.

Lunch on your own in Madison.

Friday May 16 8:30 a.m. - 4:30 p.m.

Walking Difficulty:
Moderate - Strenuous



Atlanta Botanical Gardens

Departs from Sexton Hall

\$50 members/\$55 non-members

Explore the evolving gardens, which are never the same place twice.

Lunch on your own at the Gardens.

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

Walking Difficulty:
Moderate - Strenuous



Dahlonega Gold Mine

Departs from Central Park

\$45 members/\$50 non-members

Travel back in time as you descend over 200 feet into an historic gold mine to learn about life as a miner. Tour, panning for gold and gemstone mining all included. Lunch and shopping on your own in Dahlonega.

Tuesday June 17 9 a.m. - 4 p.m.

Walking Difficulty:
Moderate - Strenuous



Hikes

Settlers Bridge Park - Suwanee

Departs from Sexton Hall

\$15 members/\$20 non-members

Hiking Distance: 4 miles Elevation change: 177 feet

Enjoy a hike through Settlers Bridge Park.

Lunch on your own in Suwanee.

Wednesday April 2 8 a.m. - 4 p.m.

Hiking Difficulty:
Easy - Moderate



Heritage Center - Buford

Departs from Sexton Hall

\$15 members/\$20 non-members

Hiking Distance: 4.5 miles Elevation change: 30 feet

Enjoy a walk on a natural trail around this educational center focused on the environment.

Lunch on your own at Mall of Georgia.

Wednesday April 30 8:30 a.m. - 4 p.m.

Hiking Difficulty:
Easy



Don Carter State Park - Gainesville

Departs from Central Park

\$15 members/\$20 non-members

Hiking Distance: 4 miles Elevation change: 229 feet

Enjoy a hike around the lake.

Lunch on your own in Gainesville.

Wednesday May 14 8 a.m. - 4 p.m.

Hiking Difficulty:
Easy - Moderate



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 March 31; non-members may register starting April 7.

Raven Cliff - Cleveland

Departs from Central Park

\$15 members/\$20 non-members

Hiking Distance: 5 miles Elevation change: 623 feet

Shaded by towering hardwoods, the Raven Cliff wilderness is home to a tumbling trout stream with a beautiful cascading waterfall.

Lunch on your own at Rib Country.

Wednesday May 21 8 a.m. - 4 p.m.

Hiking Difficulty:
Moderate - Strenuous



Bowmans Island Trail - Cumming

Meet at Bowmans Island

\$15 members/\$20 non-members

Hiking Distance: 4 miles Elevation change: 826 feet

Come enjoy a hike on Bowman’s Island and help clean up as we go. Lunch on your own in Cumming.

Wednesday June 11 8 a.m. - 4 p.m.

Hiking Difficulty:
Moderate



Hemlock Falls - Clarksville

Departs from Central Park

\$15 members/\$20 non-members

Hiking Distance: 3.3 miles Elevation change: 321 feet

Follow a meandering fern covered path along serene Moccasin Creek to the base of beautiful Hemlock Falls.

Lunch on your own in Clarksville.

Wednesday June 25 8 a.m. - 4 p.m.

Hiking Difficulty:
Moderate



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

(No meeting May 26)

Biscuit Boyz

Held at Charles Place, then Central Park

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

Thursdays 8:30 - 10 a.m.

Java Gents

Held at Charles Place, then Central Park

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

Held at Sexton Hall

Mondays (No meeting May 26) 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 - 11:30 a.m.

Specialty Clubs for Members

Book Club

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

Contact center for book titles.

To Thine Own Shelf Be True

Held at Sexton Hall

Wednesday	April 23	2:30 - 3:30 p.m.
Wednesday	May 21	2:30 - 3:30 p.m.
Wednesday	June 18	2:30 - 3:30 p.m.

Crafting Club

Needle Craft & Sewing Club

Held at Charles Place, then Central Park

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! You'll sew, socialize and share our common interests. Bring your own supplies. Open to men and women.

Now held in a larger, crafty space!

Thursdays 1:30 - 3:30 p.m.

Game Groups for Members

Weekly Bingo

Held at Central Park

Wednesdays
10 - 10:45 a.m.

Morning - Open Games
Daily - 9 - 11 a.m.

Afternoon - Open Games
Daily - 12:30 - 4 p.m.

New players are welcome.

Membership is required to be a game player.

Centers will be closed on Monday, May 26 & Friday, July 4.

	Monday	Tuesday	Wednesday	Thursday	Friday
Charles Place, then Central Park 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

Older Americans Act Nutrition & Wellness Programs

Forsyth County hosts Older Americans Act Programs, partially funded through the North Georgia Area Agency on Aging known as Legacy Link. These programs primarily emphasize nutrition through the provision of a daily meal. Additionally, socialization and wellness initiatives are offered to support older adults in maintaining their independence and remaining integral members of the community.

To participate, you must be 60 years of age, reside in of Forsyth County and complete an assessment process. Arrangements can be made to sample programs before formal registration. Once registered, participants are expected to engage regularly in the activities.

Meals are offered on a donation basis with a suggested contribution of \$5.05 per day.

For Congregate programs, participants are expected to obtain membership, which is \$60 per year, \$40 for each additional household member, with scholarships available. Please contact the centers directly for more information.

Programs include:

Congregate

- At Charles Place, there is a meal along with center activities.
Beginning May 5, this program will move to Central Park.
- 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.
Beginning May 5, this program will move to Central Park.

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.

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.





Forsyth County Senior Services
2115 Chloe Road
Cumming, GA 30041



GRAND OPENING
Central Park Senior Recreation & Services
Monday, May 19 • 10 a.m. - 2 p.m.

Come and see what a modern senior center is all about!

- Refreshments
- Live Music
- Entertainment
- Preview Art & Fitness Studios
- Building Tours
- Friendly Staff

Kindly sponsored by CenterWell