

ADULT ACTIVITIES AND SERVICES

Your guide to activities for those age 60 and better

Forsyth County Senior Services

A Great
Place to
Grow

FEBRUARY - MARCH 2025 NEWSLETTER



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

Sexton Hall

2115 Chloe Road
Cumming, Georgia 30041

Welcome!

This newsletter covers programs and activities
February 3 - April 4

Registration begins Wednesday, January 29
Centers will be closed at 1 p.m. on Thursday, February 6

Registration for Activities

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

Special Event & Class Refund Policy

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

Trips/Hikes Refund Policy

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

Membership

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.

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

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

Special Events

Member Exclusive Events

These exclusive events are a benefit of your Membership.

Member Mixer

Held at Sexton Hall *No charge; members only*
Interactive and engaging activities provide the opportunity to make new connections and have fun. Whether you're new to the center or have been with us for a while, this event is the perfect setting to make new friends. Light refreshments available. Kindly sponsored by Assisted Living Locators of North Georgia.

Wednesday February 19 1 - 3 p.m.

Murder Mystery: Mystery On Bourbon Street

Held at Charles Place *No charge; members only*
Solve a thrilling murder mystery amidst masks, beads and jazz. Uncover clues, interrogate suspects and enjoy a day of suspense and fun.

Tuesday March 4 9:30 - 11:15 a.m.

Tournament of Titans Games

Held at Charles Place *No charge; members only*
Compete in your favorite games for the ultimate title and bragging rights. Challenge friends, conquer opponents and claim victory in this action-packed competition.

Friday March 28 9 - 11 a.m.

Active Adult Events

These events are for Active Adults age 60 and better.

Members may register January 29.

Non-members may register starting February 5.

Cupid's Masquerade Dance

Held at Charles Place *No charge*

Step into the magic of a party filled with mystery, excitement and the celebration of love and friendship. Dress to impress or come as you are, and revel in the thrill of a mask-themed event. Light refreshments available.

Kindly sponsored by Age Well Forsyth.

Friday February 14 1 - 3 p.m.

XOXO Bingo

Held at Charles Place *No charge*

Whether you are a seasoned player or new to the game, enjoy a thrilling game of bingo. Full of laughter and surprises. Do not miss out on this exciting experience.

Friday February 28 1 - 3 p.m.

70's Sitcom Bingo

Held at Sexton Hall *No charge*

Get ready for a groovy game of bingo. If inspired, come dressed as your favorite 70's TV character. Light refreshments available.

Kindly sponsored by EVOQ.

Wednesday March 12 1 - 3 p.m.

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

Special Events

STEAM Friday

Held at Charles Place *No charge*
Dive into hands-on activities, such as science, technology, exercise, art and mathematics. Perfect for curious minds and lifelong learners. This program was a Mather Institute - 2024 Promising Practices Award Winner. Space is limited so sign-up soon.
Friday March 14 9 a.m. - noon

Shamrock Showdown Trivia

Held at Charles Place *No charge*
Test your luck and knowledge. Celebrate St. Patrick's Day with some fun-filled trivia featuring festive surprises and laughter. No team required.
Monday March 17 10:30 - 11:15 a.m.

Spring Fever Dance Party

Held at Sexton Hall *No charge*
Shake off the winter blues and welcome the warmth of spring. It's time to put on your dancing shoes with live music from a local performer. Light refreshments available. Kindly sponsored by Affordable Medicare Solutions.
Wednesday March 26 1 - 3 p.m.

Community Events

These events are open to all ages.

AI Tech Event

Held at Sexton Hall *No charge*
Curious about the world of Artificial Intelligence? Get a sneak peek at the latest innovations and upcoming classes offered by Senior Services. Discover how AI can enhance your life and get safety tips for exploring this rapidly evolving technology. Learn about emerging tech trends for older adults.
Wednesday February 26 1 - 3 p.m.

Sounds of Sawnee Concert Band Presents: Celtic Concert

Held at Sexton Hall *\$10 in advance, \$15 at the door*
The concert features two hours of music plus a special performance by the North Atlanta Pipes & Drums. Light refreshments kindly sponsored by Wilson Legal.
Sunday March 9 3 - 5 p.m.



Calling all 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

Resources & Support

Community Collaboration

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

How to Prepare for Outdoor Adventures

Held at Sexton Hall *No charge*

Whether hiking, walking, kayaking or more, learn what it takes to be prepared for outdoor activities. Equipment, clothing and more are discussed. Presented by our friends at Forsyth County Parks and Recreation.

Thursday February 27 1:30 - 2:30 p.m.



Aging with Limited Means

Held at Charles Place & Sexton Hall *No charge*
Learn about benefits older adults can qualify for and resources available to you in the Forsyth County area. We will discuss everything from governmental benefits to those available for utilities, food and healthcare. Presented by Cristy Russell, Senior Advocacy Manager.

Held at Sexton Hall
Friday March 7 10 - 11 a.m.

Held at Charles Place
Monday March 24 10:30 - 11:15 a.m.

History of Forsyth County

Held at Sexton Hall *No charge*
Explore the rich history of Forsyth County as we delve into stories, book artifacts and events that shaped our community. Perfect for history enthusiasts and anyone curious about our local heritage. Presented by Historical Society of Forsyth County

Held at Charles Place
Tuesday March 11 10:30 - 11:15 a.m.

Held at Sexton Hall
Friday April 4 10:30 - 11:15 a.m.

Here's What's Coming Up at Sharon Forks Library

Held at Sexton Hall *No charge*
Learn about upcoming programs at Sharon Forks Library and other resources available to you. Presented by our friends at Forsyth County Library.

Wednesday March 19 1:30 - 2:30 p.m.

Matters of the Mind

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

What is Respite Care?

Held at Charles Place, Sexton Hall & Online *No charge*
Discover the resources available from Senior Services to provide social, physical and cognitive support for those diagnosed with Alzheimer's or other related dementias. Learn more about our day program held for your loved one. They enjoy fun activities, while caregivers can use the time for self-care and bring a sense of balance to their life. Presented by Andrew Greeson, Senior Support Services Manager.

Held at Sexton Hall & Online
Wednesday February 12 1 - 2 p.m.

Held at Charles Place
Monday February 17 10:30 - 11:15 a.m.

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

Lifelong Learning

History & Culture

Delve into rich histories, cultures and music appreciation.

Introduction to the Dulcimer

Held at Sexton Hall *No charge*
Learn how to play the Mountain Dulcimer from a player with over 20 years of experience. You can play by number tabs and do not have to read music. Dulcimers may be available or can be brought in by students. Presented by Pat Hobson, Volunteer Instructor.
Tuesdays Feb 4 - Mar 25 10 - 11:30 a.m.

Matinee Marvels

Held at Charles Place *No charge; members only*
Light refreshments served.
Movies kindly provided by Civitan Club.
Little
Friday February 7 9:30 - 11:15 a.m.

Black History Month

Held at Charles Place *No charge*
We'll discuss historical events and celebrate notable individuals who impacted society through contribution and achievement. Presented by Staff.
Tuesday February 11 10:30 - 11:15 a.m.

History of Lake Lanier

Held at Charles Place *No charge*
Take a trip back in time to learn about the history of Lake Lanier.
Presented by Forsyth County Water & Sewer.
Tuesday February 18 10:30 - 11:15 a.m.

True Crime Fridays: Unraveling Mysteries

Held at Charles Place *No charge*
Channel your inner detective and explore a gripping case. Discuss the details, motivations, psychological profiles and societal implications behind true crimes. Presented by Retired Police Chief, Joe Estey.
Friday March 21 9:30 - 11 a.m.

HerStory: Celebrating Women Who Shaped History

Held at Charles Place *No charge*
Learn about three incredible women who inspired us and changed the way the world operates today. Presented by Forsyth County Library, Cumming Library.
Tuesday March 25 10:30 - 11:15 a.m.

Education & Entertainment

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

Travel Group

Held at Sexton Hall *No charge*
Share stories of national and world travels with this enthusiastic group. Get tips for planning and best practices when traveling as an older adult.

Share Travel Photos

Wednesday February 5 1 - 2:30 p.m.

Cruises

Wednesday March 5 1 - 2:30 p.m.

Medicare 101

Held at Sexton Hall *No charge*
Attend for an overview of Medicare and the recent changes. Presented by Affordable Medicare Solutions.
Thursday February 20 1:30 - 2:30 p.m.

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

Lifelong Learning

Health & Wellness

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

Heart Health Month

Held at Charles Place & Sexton Hall *No charge*

Learn about signs and symptoms of common heart diseases and ways to keep your heart healthy.

Presented by Northside Hospital Forsyth.

Held at Charles Place

Tuesday February 4 10:30 - 11:15 a.m.

Held at Sexton Hall

Thursday February 6 Noon - 12:45 p.m.

Vascular Vein Care

Held at Charles Place & Sexton Hall *No charge*

Learn about the various diseases of the veins, treatments and ways to keep your veins healthy.

Presented by Northside Hospital Forsyth.

Held at Charles Place

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

Held at Sexton Hall

Tuesday February 18 Noon - 12:45 p.m.

Spice Rack Remedies

Held at Charles Place & Sexton Hall *No charge*

Discover how common spices found in your kitchen promote health and holistic wellness. Get tips to help you integrate these remedies into your daily routine.

Presented by Christine Cesta, Curana Health.

Held at Charles Place

Tuesday February 25 10:30 - 11:15 a.m.

Held at Sexton Hall

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

Kidney Health

Held at Charles Place & Sexton Hall *No charge*

Learn about the various diseases of the kidneys, treatments and ways to keep your kidneys healthy.

Presented by Northside Hospital Forsyth.

Held at Charles Place

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

Held at Sexton Hall

Thursday March 13 Noon - 12:45 p.m.

The Brain's Best Diet

Held at Charles Place *No charge*

Learn about nutritional strategies for managing blood sugar and cognitive health. Presented by

Dr. Diana Tyler, Aura Functional Neurology Center.

Tuesday March 18 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*

Special Love Language of Flowers

Monday February 3 10 - 11:30 a.m.

Spring Garden Prep

Monday March 3 10 - 11:30 a.m.

Spring Daylily Gardening Tips and Hints

Held at Sexton Hall *No charge*

Get tips to help you have a beautiful Daylily season.

Presented by Bruce & Levi Alsup, Alsup's Garden and Daylily Society of Greater Atlanta

Wednesday March 26 11 a.m. - noon

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.

Exploring & Downloading Apps

Held at Charles Place & Sexton Hall *No charge*
There's an app for that! Come learn how to search for and download apps.

Held at Sexton Hall
Monday February 10 11:15 a.m. - 12:30 p.m.
Held at Charles Place
Thursday February 13 1:30 - 3 p.m.



Emojis, GIFs, and More!

Held at Charles Place & Sexton Hall *No charge*
Learn how to use emojis, GIFs and more to quickly say what you mean!

Held at Sexton Hall
Monday February 17 11:15 a.m. - 12:30 p.m.
Held at Charles Place
Thursday February 20 1:30 - 3 p.m.

SENIOR PLANET

FROM **AARP**

Finding Information Online

Held at Charles Place & Sexton Hall *No charge*
Take advantage of the power of the internet to find information, search topics and more!

Held at Sexton Hall
Thursday February 27 Noon - 1:15 p.m.
Held at Charles Place
Thursday February 27 1:30 - 3 p.m.

Smartphone Photography

Held at Sexton Hall
No charge for five-week course
Learn the essentials of smartphone photography including tips for organizing and sharing your photos. Course time includes lunch break on your own.
Thursdays March 6 - April 3 10 a.m. - 2 p.m.

P2P Payment Services

Held at Charles Place & Sexton Hall *No charge*
From splitting the bill at dinner to sending a friend money, learn what payment apps can do for you.

Held at Charles Place
Thursday March 6 1:30 - 3 p.m.
Held at Sexton Hall
Monday March 17 11:15 a.m. - 12:30 p.m.



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

Lifelong Learning

Saving Money with Tech

Held at Charles Place & Sexton Hall *No charge*
Explore ways that tech can help you save money and manage your finances!

Held at Sexton Hall

Monday March 10 11:15 a.m. - 12:30 p.m.

Held at Charles Place

Thursday March 13 1:30 - 3 p.m.



Streaming and Smart TVs

Held at Charles Place & Sexton Hall *No charge*
Are you paying for TV channels you don't watch? Learn why people are "cutting the cord" and using streaming services instead!

Held at Charles Place

Thursday March 20 1:30 - 3 p.m.

Held at Sexton Hall

Monday March 24 11:15 a.m. - 12:30 p.m.

Intro to Social Media

Held at Charles Place & Sexton Hall *No charge*
Social media is everywhere these days. We'll introduce you to the most popular platforms!

Held at Charles Place

Thursday March 27 1:30 - 3 p.m.

Held at Sexton Hall

Tuesday April 1 Noon - 1:15 p.m.

Staff Lead Classes

Beginner Tech with Christina - *NEW!*

Held at Charles Place *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.

Thursday February 13 10:30 - 11:15 a.m.

Thursday February 27 10:30 - 11:15 a.m.

Thursday March 13 10:30 - 11:15 a.m.

Thursday March 27 10:30 - 11:15 a.m.

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.

Held at Charles Place

Thursday February 6 3 - 3:30 p.m.

Thursday March 6 3 - 3:30 p.m.

Held at Sexton Hall

Tuesday February 11 12 - 12:30 p.m.

Tuesday March 11 12 - 12:30 p.m.

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

Art & Creativity

Charles Place

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.



Brush & Beverage - Love is in the Air

\$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".
Special guest instructor Lisa Mann.
Friday **February 7** **1 - 3 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 **February 11** **1:30 - 3:30 p.m.**
Tuesday **March 11** **1:30 - 3:30 p.m.**

A Winter's Welcome

\$15 members/\$20 non-members
In this enchanting acrylic painting, a glowing lamppost stands amid a snowy landscape, its light casting a warm and welcoming glow. Canvas size is 16" x 20".
Tuesday **February 18** **1:30 - 3:30 p.m.**

Lotus Light Candle Holder

\$15 members/\$20 non-members
This calming and creative project made of air-dry clay lets you shape a beautiful flower that will add a peaceful touch to any space.
Tuesday **February 25** **1:30 - 3:30 p.m.**

Luck of the Irish

\$15 members/\$20 non-members
This whimsical acrylic painting captures the playful spirit of St. Patrick's Day. The vibrant colors and lighthearted details make this piece a true celebration of Irish charm. Canvas size is 16" x 20".
Tuesday **March 4** **1:30 - 3:30 p.m.**

Spring & Summer Welcome Sign

\$20 members/\$25 non-members per two-week session
Create your own beautiful welcome sign, with a spring theme on one side and a summer vibe on the other. This fun craft is the perfect way to celebrate the seasons while adding a personal touch to your home.
Tuesday **March 18 & 25** **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 *No charge*
Come socialize and assemble an upcycled craft.
All supplies provided.

	<u>Cork Heart</u>	
Tuesday	February 4	1:30 - 3 p.m.
	<u>Button Rose</u>	
Monday	February 17	9:30 - 11 a.m.
	<u>Mardi Gras Mosaic</u>	
Tuesday	March 4	1:30 - 3 p.m.
	<u>Kite Décor</u>	
Monday	March 17	9:30 - 11 a.m.

Intermediate Acrylic Painting

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

	<u>Cultural Destinations</u>	
Thursdays	Feb 13 - Mar 27	10 a.m. - 1 p.m.
Fridays	Feb 14 - Mar 28	10 a.m. - 1 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.

Wednesday	February 19 & 26	1:30 - 3:30 p.m.
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Spring Luminary

\$10 members/\$15 non-members
Illuminate your space with a handcrafted mason jar accentuated with natural elements, designed to add a warm touch to any room.

Monday	March 24	9:30 - 11:30 a.m.
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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.

Monday	February 10	9:30 - 10:30 a.m.
Monday	March 10	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.

Mondays	Feb 10 - Mar 24	Noon - 3 p.m.
<i>\$80 members/\$90 non-members for seven-week session plus \$10 supply fee per 12.5 lbs. of clay.</i>		

Tuesdays	February 4 - 25	9 a.m. - noon
Tuesdays	March 4 - 25	9 a.m. - noon

\$55 members/\$65 non-members for four-week session plus \$10 supply fee per 12.5 lbs. of clay.
\$10 discount when signing up for consecutive sessions.

NEW DAY!

Wednesdays	February 5 - 26	9 a.m. - noon
Wednesdays	March 5 - 26	9 a.m. - noon

\$55 members/\$65 non-members for four-week session plus \$10 supply fee per 12.5 lbs. of clay.
\$10 discount when signing up for consecutive sessions.

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.

Wednesday	February 12	Noon - 1:30 p.m.
Tuesday	February 25	Noon - 1:30 p.m.
Wednesday	March 12	Noon - 1:30 p.m.
Tuesday	March 18	Noon - 1:30 p.m.

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

Fitness

Members Only

Drop in classes offered weekly unless otherwise noted.

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. <u>Sexton Hall</u>	Flex & Balance 8:45 - 9:30 a.m. <u>Sexton Hall</u>	Stretch & Strengthen 8:30 - 9:15 a.m. (No class February 14 & March 14) <u>Charles Place</u>
Get Fit 9:30 - 10:15 a.m. <u>Charles Place</u>	Full Body Fitness 9:30 - 10:15 a.m. (No class March 4) <u>Charles Place</u>	Flex & Balance 9:30 - 10:15 a.m. <u>Charles Place</u>	Drumming 101 9:30 - 10:15 a.m. <u>Charles Place</u>	Circuit Training 8:45 - 9:30 a.m. <u>Sexton Hall</u>
Seated Strength Training 10:30 - 11:15 a.m. <u>Charles Place</u>	These Fitness classes are all offered at no charge to our Members.	Seated Strength Training 9:45 - 10:30 a.m. <u>Sexton Hall</u>	Flex & Balance 1:45 - 2:30 p.m. <u>Sexton Hall</u> (No class February 6)	Double Trouble Mystery Workout 2 - 3 p.m. February 21 & March 21 <u>Sexton Hall</u>
			Intro to Drumming 10:45 - 11:15 a.m. February 13 & 27 March 13 & 27 <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 two of our popular fitness classes. You'll never know what to expect.

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.

Fitness

Restore Your Core - Level 1

Held at Sexton Hall

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

In this introductory class, you will experience a combination of education and full-body mindful movements off the mat. Learn about optimal breathing patterns, body alignment, core and pelvic floor engagement that will help you uncover and correct compensation patterns, move better and feel stronger. No previous experience required.

Instructor: Aliya Yakhina.

Mondays Feb 3 - Mar 24 10:45 - 11:45 a.m.



Restore Your Core - Level 2

Held at Sexton Hall

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

Building upon the foundational knowledge and skills learned in the Level 1 course, this session moves beyond the basics and into more challenging full-body exercises. It is designed to retrain your core and pelvic floor muscles to be functional, reflexive, responsive and supportive to your body.

Instructor: Aliya Yakhina.

Mondays Feb 3 - Mar 24 9:45 - 10:45 a.m.

Specialty Fitness

Line Dancing

Held at Charles Place

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

Dancing to lively tunes while learning simple, rhythmic dance steps. This class offers a full-body workout, improving your coordination and cardiovascular health.

Instructor: Cindy Bowman

Mondays February 3 - March 31 1:15 - 2:15 p.m.

Line Dancing at Sexton Hall

Absolute Beginner Line Dancing

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

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

Instructor: Nancy Anthony.

Tuesdays February 4 - 25 12:45 - 1:30 p.m.

Tuesdays March 4 - 25 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 Feb 4 - Mar 25 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.

Instructor: Nancy Anthony.

Tuesdays Feb 4 - Mar 25 2:30 - 3:30 p.m.

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

Hikes

Blood Mountain - Cleveland

Departs from Central Park

\$15 members/\$20 non-members

Travel Distance: 60 miles

Hiking Distance: 5.5 miles Elevation change: 4,459 feet

Bring your own picnic lunch.

Wednesday February 12 8 a.m. - 5 p.m.

Hiking Difficulty:
Strenuous



Solar System - Gainesville

Departs from Central Park

\$15 members/\$20 non-members

Travel Distance: 15 miles

Hiking Distance: 4 miles Elevation change: 10 feet

Lunch on your own in Gainesville.

Wednesday February 26 8 a.m. - 4 p.m.

Hiking Difficulty:
Easy



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 January 15; non-members may register starting January 29.

Vickery Creek - Roswell

Departs from Sexton Hall

\$15 members/\$20 non-members

Travel Distance: 20 miles

Hiking Distance: 5.25 miles Elevation change: 377 feet

Lunch on your own at Souper Jenny's.

Wednesday March 12 8 a.m. - 4 p.m.

Hiking Difficulty:
Moderate



AT/Hog Pen Gap - Cleveland

Departs from Central Park

\$15 members/\$20 non-members

Travel Distance: 60 miles

Hiking Distance: 6 miles Elevation change: 1,456 feet

Bring your own picnic lunch.

Wednesday March 26 8 a.m. - 5 p.m.

Hiking Difficulty:
Strenuous



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

Trips

Black Heritage Bus Tour - Atlanta

Departs from Sexton Hall

\$30 members/\$35 non-members

With a Tour Guide, tour the center of the Civil Rights movement in Atlanta, including stops at the Martin Luther King Jr. Historic District, a walk to MLK Jr.'s tomb and visitor's center. After lunch, the tour will continue through the Atlanta University complex, the largest consortium of Historically Black Colleges and Universities in the United States. Lunch on your own at Six Feet Under.

Wednesday February 5 9 a.m. - 3 p.m.

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



Senior Day at the Capitol

Departs from Sexton Hall

\$10 members/\$15 non-members

See the State of Georgia Legislature in action. Learn about legislative issues that impact older adults. You might even have a chance to meet elected officials from the Forsyth County delegation. Event is coordinated by The Georgia Council on Aging with a boxed lunch provided onsite.

Tuesday February 11 8:30 a.m. - 2:30 p.m.

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

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 January 15; non-members may register starting January 29.

Georgia Aquarium

Departs from Sexton Hall

\$60 members/\$65 non-members

Explore the mysteries of the ocean, and view sharks, whales, penguins and more! In the largest aquarium in the western hemisphere, be thrilled by sights of the deep and a dolphin show. Lunch on your own onsite.

Wednesday March 5 9 a.m. - 4 p.m.

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

The Atlanta History Center

Departs from Sexton Hall

\$45 members/\$50 non-members

Experience the vibrant history of Atlanta at one of the largest history museums in the United States. Lunch on your own onsite.

Wednesday March 19 9 a.m. - 4 p.m.

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



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

Get to Know Forsyth

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

Northside Forsyth Hospital

\$5 members/\$10 non-members

Come see the inner workings of Forsyth County’s premier hospital.

Meet at Sexton Hall

Due to construction on Northside’s Campus, Senior Services will provide transportation for this trip.

Registration required.

Monday February 24 10 a.m. - noon

Monday March 24 10 a.m. - noon



Outdoor Adventures



Tree Climbing

\$20 members/\$25 non-members

Enjoy a fun and educational tree climbing experience. Let professional instructors provide you with safe instruction on basic tree climbing equipment, safety and double rope technique for tree climbing. This is not the tree climbing from your youth but it will bring out the child within you!

Meet at:

Sawnee Mountain Preserve Visitor Center
4075 Spot Road
Cumming, GA 30041

Friday March 21 11 a.m. - 1 p.m.

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

Social Clubs for Members

Men's Clubs

Bagel Boys

Held at Sexton Hall

Mondays 10:30 a.m. - noon

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

Golden Gals

Held at Sexton Hall

Mondays 1 - 2 p.m.

Men and Women's Clubs

Common Grounds

Held at Sexton Hall

Thursdays 10 - 11:30 a.m.

Book Club

To Thine Own Shelf Be True

Held at Sexton Hall

Wednesday February 19 2:30 - 3:30 p.m.

Wednesday March 19 2:30 - 3:30 p.m.



Crafting Club

Needle Craft Club

Held at Charles Place

Thursdays 1:30 - 3 p.m.

Game Groups for Members

New players are welcome.
Membership is required to be a game player.
No games on Thursday, February 6.

	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	RummiKub	Canasta & Mexican Train
Sexton Hall Game groups meet noon - 4 p.m.	Social Bridge	Mah Jongg	Pinochle	Canasta	Games Groups

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. The focus of these programs is nutrition with the provision of a daily meal. Socialization and wellness programs are also provided to enable older adults to maintain their independence and remain an important part of the community.

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

Programs include:

Congregate

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

Caregiver Relief Respite Program, known as The Sunshine Club

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

Home Delivered Meals

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

Volunteer Opportunities

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

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

Forsyth County Senior Services

Additional Programs & Services

Transportation

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

Information and Referral

The department's **Social Services** division provides assistance on all issues related to aging such as: housing, home care, hospice, counseling, doctor referrals, legal aid, home repair, home safety, Medicare, Medicaid, Social Security and more.

Contact us at: (770) 781-2178, option 1 or seniorsupport@forsythco.com.

Another source of assistance is: Area Agency on Agency/Legacy Link - Aging & Disability Resource Connection (770) 538-2650.

Home Medical Equipment

We have a few items to loan. A large selection of items can be found at the Area Agency on Aging, known as Legacy Link, in Gainesville.

Call Emily Major at (770) 538-2641.

Guardian Call Service

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

Senior Resource Guide

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

Age Well Forsyth

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

Central Park Update

Thank you for your patience as we navigate into our new space at Central Park. Our date of opening is near, but not available at the time of this newsletter printing. If we happen to move into Central Park before or during the publication of this newsletter, do note that all events, programs, social groups and card games will meet at the same day and time published in the newsletter.

Please be sure that you are receiving our emails, as news of our move into Central Park will go out via email, Facebook and announcements in our centers.

Contact our centers at (770) 781-2178 to make sure your email is up to date.



Forsyth County Senior Services
2115 Chloe Road
Cumming, GA 30041

- SAVE THE DATE! -

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

For additional questions contact expo@forsythco.com