

TIM D. LEE SENIOR CENTER



WINTER 2024 CLASS LISTING

Registration:

Monday, January 8

9:00 a.m.

Online and in person registration only!

******Please note******

- **Not all the classes are starting the week of January 16**
 - **We are closed on Monday, January 15**
- **You may not have a class every week, please make a note of dates with no class.**

For more information regarding registration please call the center at 770.509.4900 or visit us at 3332 Sandy Plains Road, Marietta, GA 30066

You can also find needed information at www.cobbseiors.org.

Follow us on Facebook: www.Facebook.com/CobbSeniors

Winter 2024 Schedule

Code	Monday	Time	Date	Cost	No Class	Make UP
35493	Kettlebell Exercise	9:30am - 10:30am	1/22-3/11	\$24		
35494	Spanish Beginner	10:00am - 11:00am	1/22-3/11	\$24		
35495	Spanish Advanced/Conversational	11:05am-12:35pm	1/22-3/11	\$36		
35435	Wisdom Warrior Yoga	10:45am - 11:45am	1/22-3/11	\$24		
35540	Playwriting	11:00am-12:00pm	1/22-3/25	\$27	3/18	
35496	Advanced Drumstick Fitness	12:00pm- 12:45pm	1/22-3/11	\$21	2/19	
35445	Smoveys	1:00pm - 1:45pm	1/22-3/11	\$21	2/19	
35497	Absolute Beginner Line Dance	2:15pm – 3:15pm	1/29-3/4	\$18		
35498	Beginner Line Dance	3:30pm-4:30pm	1/29-3/4	\$18		
	Tuesday	Time	Date			
35510	Intermediate St. Training	8:45-9:45am	1/16-3/19	\$30		
35440	Zumba/ Grand Hall	9:15a.m.-10:15a.m.	1/16-2/13	\$15		
35499	Intermediate Watercolor	10:00am-12:00pm	1/16-2/6	\$30		
35500	Smoveys	10:30am-11:15am	1/16-2/13	\$15		
35444	Fitness with Jola	11:30am-12:15pm	1/16-3/12	\$24	2/20	
	Wednesday	Time	Date			
35437	Gentle Yoga	9:15am-10:15am	1/24-2/28	\$18		
35535	Move Fitness/Grand Hall	9:15am-10:15am	1/17-2/14	\$15		
35436	Intermediate Yoga	10:30am-11:30am	1/24-2/28	\$18		
35442	Beginner Tai Chi	1:00pm-2:00pm	1/17-3/20	\$30		
35502	Basic Comp. Class/Windows 11	12:30pm-3:30pm	3/6-4/3	\$5		
35501	Intermediate Computer Class	12:30pm-3:30pm	2/7-2/21	\$3		
35443	Intermediate Tai Chi	2:15pm-3:15pm	1/17-3/20	\$30		
35505	Balance & Strength	3:30pm-4:30pm	1/17-3/20	\$10		
	Thursday	Time	Date			
35141	Zumba	9:15am-10:15am	1/18-3/21	\$27	2/22	
35506	Intermediate St. Training	10:45am-11:45am	1/18-3/21	\$30		
35439	Beginner Yoga	12:00pm-1:00pm	1/18-3/21	\$30		
35507	Bob Ross Art Class	1:00pm-3:00pm	1/18-2/22	\$36 \$35/ Inst		
35438	Chair Yoga	2:30pm-3:30pm	1/18-3/21	\$30		
	Friday	Time	Date			
35508	Intermediate Pilates/ Grand Hall	9:30am-10:30am	1/19-3/1	\$18	2/23	
35445	Fitness with Jola	12:00pm-12:45pm	1/19-3/22	\$27	2/23	

Commonly Asked Questions & Answers

HOW CAN I REGISTER?

Registration can only be done in person or online using CivicRec. Classes are offered on a first come, first served basis. Each person may sign up for himself/herself and one other person who cannot attend registration. If you do not have an account with CivicRec, please call the center for assistance. You can access the page at www.cobbseiors.org.

WHAT TYPE OF PAYMENTS DO YOU ACCEPT?

Payment methods accepted: Visa, MasterCard, Discover or American Express, cash, and check.

MUST I BE REGISTERED TO ATTEND CLASSES?

YES. Paid registration is required for all classes. Instructors are instructed not to permit participants who are not registered to attend classes. However, you may observe one class before registering. Please make an appointment with the front office.

DO I NEED TO PAY FOR THE FULL SESSION IF I CANNOT ATTEND ALL CLASSES?

YES. All registrations are for the entire session, regardless of whether a participant will be able to attend all classes. We do not prorate classes.

WHAT WOULD PROMPT THE CANCELLATION OF A CLASS?

It is imperative that participants register on time to prevent class cancellations. All classes are based on a minimum and maximum number of participants. If a class does not meet its minimum number of registrants, there is a chance the class could be canceled for that session.

WHAT IF A CLASS IS CANCELLED DUE TO INCLEMENT WEATHER, INSTRUCTOR ILLNESS OR CENTER HOLIDAY?

Cancelled classes will be made up by extending the course, when possible. In the event weather causes Cobb County Schools to close, all center sponsored classes and special events will be postponed to a later date. We will be open for daily activities (billiards, library, etc.), if staff can safely open the Center. Call to confirm.

WITHDRAWAL AND REFUND POLICY

Registration fees are 100% refundable when the department cancels the activity. A participant wishing to withdraw from a class that has not been cancelled by the department must provide a request at least seven days before the scheduled start of the class. They may receive 100% credit to their account in CivicRec or may request a refund. Within the week prior to the scheduled start of a class refund/credits will not be given except for verified medical/hardship cases. Refunds for payment made by cash or check will be received approximately 2-4 weeks after the refund is requested.

IF THE CLASS I WANTED IS FULL, CAN YOU OPEN ANOTHER SPOT FOR ME?

NO. Maximum number of students allowed in each class cannot be changed. Once a class is full the registration system will automatically start a waiting list for each class. You may either request staff to register you for the waiting list or register online. When space becomes available, a staff member will then call you to expect payment and to inform you that you have been added to the class.

IF THE SAME CLASS IS OFFERED MULTIPLE DAYS OF THE WEEK OR AT OTHER CENTERS, CAN I MAKE UP A CLASS I MISSED BY ATTENDING ON A DIFFERENT DAY OR AT ANOTHER LOCATION?

NO. Each day of the week is considered a separate class. Classes are not interchangeable with other senior centers. We do not offer make up classes for students who are unable to attend.

CAN I WEAR PERFUME?

We ask that you are respectful to those with everyday allergies and refrain from wearing heavy perfumes and/or cologne during both exercise classes and/or center activities.

MONDAY

Kettlebell Exercise #35493

Instructor: Margaret Souter

January 22 – March 11

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

\$24; Registration required

- **Prerequisite: Intermediate Strength Training**

A challenging class for the fit senior looking for a strength-based workout. Must be a regular exerciser and in a good health, not for beginners. We will be using a Kettlebell (use KettleBell size that you are most comfortable with). Weighted balls, dumbbells, and bands will be used as well. Dress to sweat.

Spanish – Beginner #35494

Instructor: Giulietta Glade

January 22- March 11

10:00a.m. – 11:00a.m.

\$24; Registration required

This class focuses on the development of communication grammar and four language skills of: listening, speaking, reading, and writing. These four skills will be approached and practiced in order to help students immerse and interact in a Spanish language context. ***Books Required: Middle/High School by Cynthia Downs. Easy Spanish Step by Step by Barbara Bregstein.***

Playwriting #35540

Instructor: Carson Letner

January 22 – March 25 (No class 3/18)

11:00a.m. – 12:00p.m.

\$27; Registration required

In playwriting, we will be covering the basics in character, plot structure, theme, styles, and much more! Here, you will not only get the foundation for writing stage plays, but will have the opportunity to write your own project.

Wisdom Warrior Yoga #35435

Instructor: Belinda Vogel

January 22 – March 11

10:45a.m. - 11:45a.m.

\$24; Registration required

Alignment based yoga for beginner, intermediate, and advanced yogis, focusing on beginner and intermediate poses. Slow pace and long holds incorporating breath work and balance. ***Please bring: a yoga mat, yoga blocks, yoga straps (8' is best but 6' will work or a long thin belt with a small buckle), knee cushion if kneeling is challenging (optional).***

Spanish –Advanced/Conversational #35495

Instructor: Giulietta Glade

January 22 - March 11

11:05a.m. – 12:35p.m.

\$36; Registration required

Advanced Spanish is a course designed to develop student fluency in communication with increased linguistic accuracy. Students will develop greater proficiency in the four language skills (listening, speaking, reading, and writing) while deepening insight into Spanish-speaking culture. We will dedicate the first hour to grammar.

Required Books: Easy Spanish Step by Step by Barbara Bregstein , Painless Spanish by Carlos B. Vega, Spanish Verb Tenses by Dorothy Richmond (recommended but not required).

Advanced Drumstick Fitness #35496

Instructor: Jolanta Osoba-Olbrys

January 22 – March 11 (No class 2/19)

12:00p.m. – 12:45p.m.

\$21; Registration required

The class consists of drumming, cardio, and strength training. It fuses cardio interval training with drumming to provide a challenging, heart-pumping workout. The constant up-and-down drumming targets your inner and outer thighs, and core.

Smoveys Workout #35445

Instructor: Jolanta Osoba-Olbrys

January 22 – March 11 (No class 2/19)

1:00p.m. – 1:45p.m.

\$21; Registration required

Join us for this new, fun, and innovative exercise program, which promotes general fitness, weight loss, and provides therapeutic benefits. Smoveys' are a pair of molded hollow rings and each contains four stainless steel balls. Benefits include balance, stability, mobility, endurance, and coordination.

Hollow rings are provided if you do not already have your own. However, space is limited, so please bring your own rings if you have them.

Absolute Beginner Line Dance #35497

Instructor: Gay Davis

January 29 – March 4

2:15p.m. – 3:15p.m.

\$18; Registration required

Learn the basic art of line dance using proper dance techniques. Dance to a wide variety of music from pop, rock and country. This class is for the beginners with little or no experience. Wear comfortable clothing and comfortable shoes.

Beginner Line Dance #35498

Instructor: Gay Davis

January 29 – March 4

3:30p.m. – 4:30p.m.

\$18; Registration required

Continue learning the art of line dancing as a beginner dancer in a fun atmosphere. Must have basic knowledge of line dance steps. Dance to a wide variety of music from pop, rock and country. Wear comfortable clothing and comfortable shoes.

TUESDAY

Zumba #35440

Instructor: Kevin Jaycox

9:15a.m. – 10:15a.m.

January 16 – February 13

Class will be held in the Grand Hall

\$15; Registration required

Zumba is a dance fitness class. It is very fun, and you won't feel like you are exercising. You can expect to tone your entire body while targeting many muscle groups. It boosts your heart health as well as aerobic benefits. No previous experience necessary. Move at your own pace.

Intermediate Strength Training #35510

Instructor: Margaret Souter

January 16 – March 19

8:45a.m. – 9:45a.m.

\$30; Registration required

You must already exercise regularly and be in good health. ***This class is not recommended for beginners.*** If you have not attended a strength class before, you will find this class challenging yet invigorating. This class is full body strengthening with the use of hand weights and a band. Athletic shoes and appropriate clothing required. ***Please bring your own mat and weights. (Weights based on your personal preferences. We do not recommend weights exceeding 15 pounds).***

Intermediate/Advanced Watercolor #35499

Instructor: Ayanna Daughtry

January 16 – February 6

10:00a.m. - 12:00p.m.

\$30; Registration required

Ready to further your skills in watercolor? Come join Intermediate/Advanced watercolor to learn new techniques and to refine your work. We will be building off of the methods learned in beginning and intermediate watercolor. Each week we will paint a new picture, and by the end of the sessions, you will be more confident in your talents as a painter! **Materials:**

- Watercolor tubes and watercolor palette with airtight lid or watercolor set
- Brushes: medium round (sizes 6 to 4), large round (sizes 8 to 10), liner or script, mop, and any other brushes that you want to practice with

- Watercolor paper: Cold press if you want a more textured paper, or hot press for a smoother more absorbent paper
- Pencil Eraser; Painter's tape
- Drawing board; a little larger than your paper; Small bag of salt
- White gouache Masking fluid; Paper towel roll
- Large container for water; Cheap medium and small brush for masking fluid

Optional:

- Watercolor pencils; Sponges; Old toothbrush

Smoveys Workout #35500

Instructor: Jolanta Osoba-Olbrys

January 16 – February 13

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

\$15; Registration required

Join us for this new, fun, and innovative exercise program, which promotes general fitness, weight loss, and provides therapeutic benefits. Smoveys' are a pair of molded hollow rings and each contains four stainless steel balls. Benefits include balance, stability, mobility, endurance, and coordination. **Hollow rings are provided if you do not already have your own. However, space is limited, so please bring your own rings if you have them.**

Fitness with Jola #35444

Instructor: Jolanta Osoba-Olbrys

January 16 – March 12 (No class 2/20)

11:30a.m. - 12:15p.m.

\$24; Registration required

This class is a low impact training, suitable for all fitness levels. Designed to increase muscle strength, range of movement and improve balance for daily life activities. A chair is used for seated exercises and standing support. Class may be modified depending on fitness levels. Selection of the age appropriate music makes class - fun and enjoyable.

- ***What You need to bring: hand-held weights, elastic tubing or resistance band, ball (any ball can be use but no bigger or smaller than the soccer ball), set of "drumsticks" (anything you can find at the house; spatulas, short pool noodles etc. must be at least foot long).***

WEDNESDAY

Gentle Yoga #35437

Instructor: Carolyn Purvis

January 24 – February 28

9:15a.m. – 10:15a.m.

\$18; Registration required

The class will start on a chair. It will include warmups, gentle flows, breath work, meditation, and balance.

Please bring: a yoga mat and a yoga block.

Intermediate Yoga #35436

Instructor: Carolyn Purvis

January 24 – February 28

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

\$18; Registration required

This is a general Hatha Yoga class (standard poses) with modification options. Must be able to get up and down off the floor by yourself. It will include warmups, gentle flows, strength work, breath work, meditation, and balance poses. ***Please bring: a yoga mat and a yoga block.***

Move Fitness #35535

Instructor: Margaret Souter

January 17- February 14

9:15a.m. –10:15a.m.

\$15; Registration required

Class will be held in the Grand Hall

This class incorporates strength training using small hand weights, cardio conditioning, balance/flexibility, and mobility training - the class can be done seated or standing.

An Intermediate Course on Windows 11#35501

Instructor: Paul Beige

February 7- February 21

12:30p.m. – 2:30p.m.

Open Q&A - 2:30p.m.—3:30p.m.

\$3; Registration required

Prerequisite: understanding of the basics on how to: use mouse or touchpad; set up desktop/taskbar/start menu; organize files and folders; perform basic word processing; use an internet/web browser. This course will provide the students with instructions on how to take care of their computer with Disk Cleanup and Files Backup, Useful Windows 11 Apps. Understanding key Settings & Control Panel functions. **No computers will be provided for this class, so students are expected to bring their own laptop for each session (Using an iPad, Macbook or Chromebook will not be covered in this course. Nor will earlier versions of Windows).** Each session will include 2 hours of formal instruction with a 1-hour follow-on period for additional one-on-one help to students on topics of their choice.

Computer Basics using Windows 11 #35502

Instructor: Paul Beige

March 6 – April 3

12:30p.m. – 2:30p.m.

Open Q&A- 2:30p.m.—3:30p.m.

\$5; Registration required

This course will introduce the student to the basics of using a computer with Windows 11 installed as the operating system (**sorry, not for users of iPads or Macbooks or Chromebooks**). During this course, you will learn computer fundamentals, making inputs with a mouse or touchpad, using and controlling Windows 11, organizing data, basic word processing, using the internet, as well as other topics. **No computers will be provided for this class, so students are expected to bring their own laptop for each session.**

Beginner Tai Chi #35442

Instructor: Sachiko Hirata

January 17 – March 20

1:00p.m. - 2:00p.m.

\$30; Registration required

Tai Chi is a "moving meditation" class for new students with less than two years of experience. Discover the benefits of this ancient form of martial arts which will improve balance, agility, strength, and coordination. This unique class will help you flow through your everyday life. All new people should register for the beginner's class please.

Intermediate Tai Chi #35443

Instructor: Sachiko Hirata

January 17 – March 20

2:15p.m.– 3:15p.m.

\$30; Registration required

Tai Chi is a "moving meditation." This class is for the more experienced participants ***who have two or more years of experience***. Discover the benefits of this ancient form of martial arts which will improve balance, agility, strength, and coordination. This unique class will help you flow through your everyday life.

Pre-requisite: Beginner Tai Chi Class required. Intermediate Tai Chi is not appropriate for the beginners.

Balance & Strength #35505

Instructor: Lindsey LeQuier

January 17 – March 20

3:30p.m. – 4:30p.m.

\$10; Registration required

Do you have concerns about falling? You have the power to reduce your risk of falls. This program is a progressive exercise class to assist in fall prevention including an educational component on what may be putting you at risk for falls. Wear comfortable shoes.

THURSDAY

Zumba #35441

Instructor: Kevin Jaycox

9:15a.m. – 10:15a.m.

January 18 -March 21 (No class 2/22)

\$27; Registration required

Zumba is a dance fitness class. It is very fun, and you won't feel like you are exercising. You can expect to tone your entire body while targeting many muscle groups. It boosts your heart health as well as aerobic benefits. No previous experience necessary. Move at your own pace.

Intermediate Strength Training #35506

Instructor: Margaret Souter

January 18 – March 21

10:45a.m. – 11:45a.m.

\$30; Registration required

You must already exercise regularly and be in good health. ***This class is not recommended for beginners.*** If you have not attended a strength class before, you will find this class challenging yet invigorating. This class is full body strengthening with the use of hand weights and a band. Athletic shoes and appropriate clothing required. ***Please bring your own mat and weights. (Weights based on your personal preferences. We do not recommend weights exceeding 15 pounds).***

Beginner Yoga #35439

Instructor: Belinda Vogel

January 18 – March 21

12:00p.m. – 1:00p.m.

\$30; Registration required

This workshop will focus on gently easing us into yoga practice. It will include warm ups, gentle flows, breath work, meditation and balance. ***Please bring: a yoga mat, yoga blocks, yoga straps (8' is best but 6' will work or a long thin belt with a small buckle), knee cushion if kneeling is challenging (optional).***

Bob Ross Art Class #35507

Instructor: Angela Sigari

January 18 – February 22

1:00p.m. - 3:00p.m.

\$36; Plus \$35 supply fee paid to instructor during first class

Registration required

Come and enjoy creating landscapes, seascapes, and floral paintings. Bob Ross Certified Instructor-led classes allow you to create 'happy little clouds' with his simplistic method where there are no mistakes, only 'happy little accidents'. Suitable for all skill levels. Participants will leave each 2-hour class with a finished masterpiece all their own.

Chair Yoga #35438

Instructor: Carmen George

January 18 – March 21

2:30p.m. – 3:30p.m.

\$30; Registration required

Chair yoga is a gentle class adapting yoga poses with a chair. This class cultivates awareness and deep relaxation through meditation, breath work, and gentle stretches all without the stress of getting up and down off the floor. Some balancing postures will require to stand up with the help of the chair. Bring your own strap.

FRIDAY

Intermediate Pilates #35508

Instructor: Margaret Souter

January 19 – March 1 (No class 2/23)

9:30a.m. – 10:30a.m.

\$18; Registration required

Class will be held in Grand Hall

Pilates is a form of low-impact exercise designed to help you strengthen your muscles while improving your flexibility and body alignment. Pilates focuses on your core, low back, pelvic floor, and hips. This Intermediate Pilates workout is perfect for those of you who have mastered the basic pilates exercises and are ready for a challenge. **Not appropriate for beginners.**

Fitness with Jola #35445

Instructor: Jolanta Osoba-Olbrys

January 19 – March 22 (No 2/23)

12:00p.m. – 12:45p.m.

\$27; Registration required

This class is a low impact training, suitable for all fitness levels. Designed to increase muscle strength, range of movement and improve balance for daily life activities. A chair is used for seated exercises and standing support. Class may be modified depending on fitness levels. Selection of the age appropriate music makes class - fun and enjoyable.

- ***What You need to bring: hand-held weights, elastic tubing or resistance band, ball (any ball can be use but no bigger or smaller than the soccer ball), set of "drumsticks" (anything you can find at the house; spatulas, short pool noodles etc. must be at least foot long).***

PLEASE PLACE A CHECK MARK NEXT TO YOUR SELECTION(S):

Monday

<input type="checkbox"/> Kettlebell Exercise	\$24
<input type="checkbox"/> Spanish (Beginner)	\$24
<input type="checkbox"/> Wisdom Warrior Yoga	\$24
<input type="checkbox"/> Spanish (Advanced/Conversational)	\$36
<input type="checkbox"/> Advanced Drumstick Fitness	\$21
<input type="checkbox"/> Smoveys	\$21
<input type="checkbox"/> Absolute Beginner Line Dance	\$18
<input type="checkbox"/> Beginner Line Dance	\$18

Tuesday

<input type="checkbox"/> Zumba	\$15
<input type="checkbox"/> Intermediate Strength Training	\$30
<input type="checkbox"/> Advanced Watercolor	\$30
<input type="checkbox"/> Smoveys	\$15
<input type="checkbox"/> Fitness with Jola	\$24

Wednesday

<input type="checkbox"/> Gentle Yoga	\$18
<input type="checkbox"/> Move Fitness	\$15
<input type="checkbox"/> Intermediate Yoga	\$18
<input type="checkbox"/> Beginner Tai Chi	\$30
<input type="checkbox"/> Intermediate Tai Chi	\$30
<input type="checkbox"/> Computer Basics (Using Windows 11)	\$5
<input type="checkbox"/> Intermediate Windows 11	\$3
<input type="checkbox"/> Balance & Strength	\$10

Thursday

<input type="checkbox"/> Zumba	\$27
<input type="checkbox"/> Intermediate Strength Training	\$30
<input type="checkbox"/> Beginner Yoga	\$30
<input type="checkbox"/> Bob Ross Art Class	\$36
<input type="checkbox"/> Chair Yoga	\$30

Friday

<input type="checkbox"/> Intermediate Pilates/ Grand Hall	\$18
<input type="checkbox"/> Fitness with Jola	\$27

Monday

___ Kettlebell Exercise	9:30a.m. - 10:30a.m.
___ Spanish (Beginner)	10:00a.m. - 11:00a.m.
___ Wisdom Warrior Yoga	10:45a.m. - 11:45a.m.
___ Spanish (Advanced/Conversational)	11:05a.m. - 12:35p.m.
___ Advanced Drumstick Fitness	12:00p.m.- 12:45p.m.
___ Smoveys	1:00p.m. - 1:45p.m.
___ Absolute Beginner Line Dance	2:15p.m. – 3:15p.m.
___ Beginner Line Dance	3:30p.m. – 4:30p.m.

Tuesday

___ Intermediate St. Training	8:45a.m.-9:45a.m.
___ Zumba/ Grand Hall	9:15a.m.-10:15a.m.
___ Intermediate Watercolor	10:00a.m.-12:00p.m.
___ Smoveys	10:30a.m.-11:15a.m.
___ Fitness with Jola	11:30a.m. - 12:15p.m.

Wednesday

___ Gentle Yoga	9:15a.m. - 10:15a.m.
___ Move Fitness/ Grand Hall	9:15a.m. - 10:15a.m.
___ Intermediate Yoga	10:30a.m. -11:30a.m.
___ Computer Basics (Using Windows 11)	12:30p.m.-3:30p.m.
___ Intermediate Windows 11	12:30p.m.-3:30p.m.
___ Beginner Tai Chi	1:00p.m. - 2:00p.m.
___ Intermediate Tai Chi	2:15p.m. - 3:15p.m.
___ Balance & Strength	3:30p.m.-4:30p.m.

Thursday

___ Golden Zumba	9:15a.m. - 10:15a.m.
___ Intermediate Strength Training	10:45a.m. – 11:45a.m.
___ Beginner Yoga	12:00p.m. – 1:00p.m.
___ Bob Ross Art Class	1:00p.m.-3:00p.m.
___ Chair Yoga	2:30p.m.-3:30p.m.

Friday

___ Intermediate Pilates/ Grand Hall	9:30a.m.- 10:30a.m.
___ Playwriting	11:00a.m.-12:00p.m.
___ Fitness with Jola	12:00p.m. – 12:45p.m.

TIM D. LEE SENIOR CENTER REGISTRATION

You must complete all information below to register for classes. Please print.

GIVEN NAME (please print): _____

PREFERRED NAME: _____ DOB: _____

ADDRESS: _____

CITY: _____ ZIP: _____ PHONE: () _____

Email Address: _____ Are you a Cobb County resident? Yes No

HOW WOULD YOU LIKE TO BE CONTACTED? ☐ EMAIL ADDRESS ☐ PHONE ☐ CELL PHONE ☐ TEXT

Program Participation Release

I, _____, request that I be allowed to participate in the program/activity sponsored by **Cobb Senior Services** at **TIM D. LEE SENIOR CENTER**.

To my knowledge I do not have any medical or other condition which would prevent me from participating in the program/activity. I also acknowledge that if I have any reservations or concerns about my medical condition, it is my responsibility to consult with the appropriate medical personnel prior to participating in the program/activity.

I understand that my participation is strictly voluntary. In addition, I release **Cobb Senior Services** and **TIM D. LEE SENIOR CENTER** and its agents from any responsibility for any injury and/or illness resulting from my participation in this program/activity.

I am satisfied that I understand the potential risks of this program/activity. I do hereby consent to participate in the program/activity sponsored by **Cobb Senior Services**.

I, the undersigned below, hereby consent to the participation in interviews, the use of quotes, and the taking of photographs, movies, or video of my image by Cobb County and its employees and/or volunteers. I grant to Cobb County, its agents, officials, employees and volunteers the right to edit, publish, use, and reuse said photographs, movies and videos for government and nonprofit purposes including use in print, electronic format, on social media, on the internet, and all other forms of media. I also hereby release Cobb County and its agents, officials, employees, and volunteers from all claims, demands, and liabilities whatsoever in connection with the permissions and uses granted above.

Signature

Date

In case of emergency, please contact:

Name (please print): _____ Phone #: _____

Relationship: _____