

April 2024

The Tim D. Lee Times

Tim D. Lee Senior Center | 3332 Sandy Plains Road Marietta, GA 30066 | 770.509.4900



Notes:

**Spring Classes start
April 1st (No fooling!)**

**Please be aware we will be
hosting advance voting the
first 3 weeks of May 2024.
*Thank you for your patience!***

Learn to play Chess

Mondays 11:00 am – 12:30 pm
No registration required.
Join us for a game of Chess
every Monday. All skill levels
welcome. Chess boards and
instruction are available.

Take a Hike

Hikes are usually 4-6 miles and
are on Wednesdays at 1:00 and
Fridays at 9:30 followed by
lunch. Call the center if you are
interested.

Care and Connect

Mondays 10:00 am – 11:00 am
No registration required
Join us for a morning of
socializing with fellow older
adults. Facilitated by Dr.
Steiniger.



Workshops and Seminars

Understanding Long Term Care Insurance #37441

Wednesday, April 3

10:30 am – 11:30 am

Free; Registration required

Learn how to deal with the high risk of facing Long Term Care needs and expenses. This presentation will offer ways to prepare for those needs, and deal with those costs without harming your financial safety. Presented by Senior Benefits of Georgia.



Solar Eclipse Seminar #37444

Friday, April 5

11:00 am – 12:00 pm

Free; Registration required

A solar eclipse happens when, at just the right moment, the Moon passes between the Sun and Earth. Learn all about the science of solar eclipses from a REAL Rocket Scientist.

Dine-A-Round #37448

Tuesday, April 9

11:30 am – 1:30 pm

Lunch on our own; Registration required

Join us for good food and conversation at The Red Eyed Mule; 430 South Marietta Pkwy SE, Marietta.

Basic Investing and Taxes #37450

Wednesdays, April 10, 17, 24

9:30 am – 11:30 am

Free; Registration required

Join us for this three-week training course on basic financial terminology, investment diversification types, evaluating cost of financial advisors, state and fed tax rules. Presented by B.E.S.T. (Broadening & Enriching Seniors Together).



Spring Juice Seminar #37452

Thursday, April 11

10:00 am – 11:00 am

\$10.00 payable to instructor; Registration required

Eat your water and drink your food! Have you ever heard of this before? Explore the best kept secret of Ayurveda, the ancient Indian holistic science of health and wellbeing.

Learn about Springtime juicing and sample a few Ayurvedic juice recipes for a clean light diet during this season. Presented by a certified Ayurvedic Wellness Counselor.



Grandparent/Grandchild Workshop:

Chalk & Oil Pastels # 37633

Thursday, April 11

1:00 pm – 2:00 pm

Free; Registration required

Join us for a Grandparent/Grandchild workshop with the Marietta Cobb Museum of Art. We will have fun exploring the world of Chalk Pastels and Oil Pastels while incorporating watercolor paints to create personalized landscapes.



Financial Games Lunch and Learn #37455

Friday, April 12

12:00 pm – 1:00 pm

Free; Registration required

Participants will learn essential money management skills through interactive games designed to be fun and informative, covering budgeting, saving, and preventing scams. Lunch will be provided. Presented by North American Senior Benefits.



Home Selling Process for GA Seniors #37765

Monday, April 15

1:00 pm - 2:00 pm

Free; Registration required

Moving to a new home is an opportunity, regardless of your stage in life. This seminar will help you determine the most critical issues. Why are you selling? What are the concerns or fears you see ahead of you when you think about selling and moving? Light refreshments will be provided.

Presented by a Seniors Real Estate Specialist.

Movie Matinee #37456

Tuesday, April 16

2:00 pm – 4:00 pm

\$1.00 Concession; Registration required

A cranky history teacher at a remote prep school is forced to remain on campus over the holidays with a troubled student who has no place to go.





Veteran Connection

Wednesday, April 17

10:00 am – 12:00 pm

Free; No registration required

Join other Veterans each month for fellowship & special guest presentations. These meetings are for both women and men to come together to share their experiences with each other.

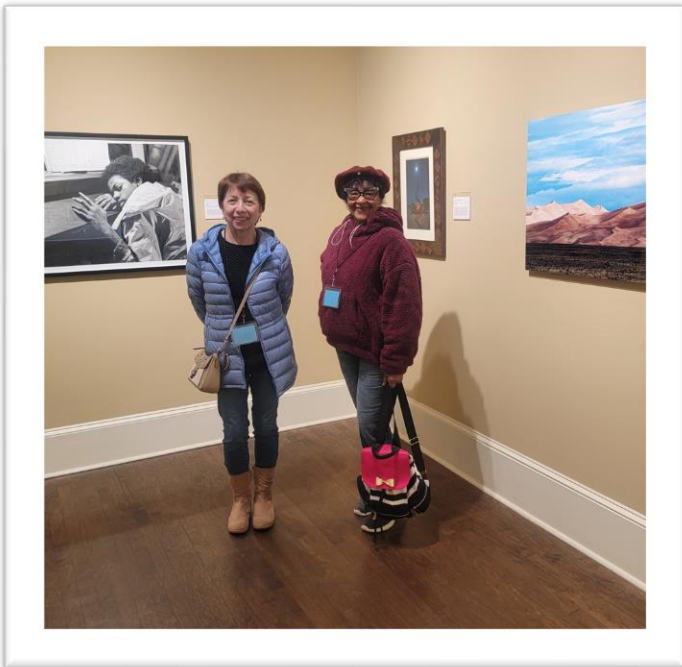
Better Balance Workshop # 37636

Wednesday, April 17

1:00 pm – 2:00 pm

Free; Registration required

More than 1 in 4 older adults report a significant fall each year in the US. Learn ways to prevent a fall in your home and community and the benefits of exercise and Physical Therapy to prevent future concerns. You will also be able to perform some simple strengthening exercises as part of the workshop. Presented by FYZICAL Therapy and Balance Centers.



February Trip to Marietta Cobb Museum of Art



Bus Trip to Calhoun #37462

Tuesday, April 23

9:00 am – 3:00 pm; Check in: 8:30 am

\$5.00; Registration required

Join us for a trip to Buc-ee's to see what all the fuss is about, while there, you will pick out your lunch (lunch on your own). Then we will enjoy a trip to The Stone Garden for a picnic lunch.

About the Stone Garden: In addition to the acre of flowers and greenery, the garden contains artistry of more than 50 hand-sculpted buildings. The structures are all crafted from tiny stones, pebbles, shells, odd pieces of broken glass and other materials.

Payment due at registration. Price includes transportation. Activity Level 2—Limited walking, some stairs and/or inclines. No refunds unless trip is cancelled.



Women's Safety Class #37459

Thursday, April 25

1:00 pm – 2:00 pm

Free; Registration Required

The presentation for women will cover situational awareness. You will learn what to do in different situations. This is not a hands-on class. Presented by Cobb County Sheriff's Department.



Ongoing Activities

Mondays

Indoor Morning Walking

8:00-8:30

Puzzles

8:00-4:00

Billiards

8:00-4:30

Care and Connect

10:00 – 11:00

Fishing Club/1st Monday

10:00-12:00

Chess

11:00 – 12:30

Book Club/3rd Monday

(Book list available at the front desk)

11:15-12:30

Bid and Play Bridge (Partner Required)

1:00- 3:00

Hearts

1:00-4:00

5 Deck Canasta

1:00-4:00

American Mah Jong

1:00-4:00

Texas Hold'em

1:00-4:00

Guys & Dolls Choral Group

1:15-2:45

Indoor Afternoon Walking

3:00-4:30

TUESDAYS

Indoor Morning Walking

8:00-8:30

Puzzles

8:00-4:00

Pinochle

8:00-2:00

Billiards

8:00-4:30

Young at Heart Line Dance/Improver**

10:00am - 11:15am

Duplicate Bridge (Partner Required)

10:30-3:30

Canasta (Hand, Knee, and Foot)

1:00-4:00

Young at Heart Line Dance/Intermediate

1:00-2:30

Mexican Train Dominoes

1:00-4:00

Table Tennis

1:00-4:00

Sign Language Group

1:00-2:00

Indoor Afternoon Walking

3:00-4:30

**** Line Dance Contact:**

Email Janis Fette at

jfette@bellsouth.net with questions



Cobb Senior Services

Website: CobbSeniors.org



WEDNESDAYS

Indoor Morning Walking

8:00-8:30

Puzzles

8:00-4:00

Billiards

8:00-4:30

Veteran Connection (3rd Wednesday)

10:00 – 12:00

Adult Coloring

10:00-12:00

Scrapbooking

1:00 – 3:00

Wednesday Bridge

1:00-4:00

Wednesday Intermediate Bridge

1:00-4:00

KnitWits

1:00-4:00

Indoor Afternoon Walking

3:00-4:30

THURSDAY

Indoor Morning Walking

8:00-8:30

Puzzles

8:00-4:00

Woodcarvers

8:00-12:00

Billiards

8:00-4:30

East Cobb Photo Club

(1st and 3rd Thursday)

10:00-12:00

Cribbage

10:00-12:30

Duplicate Bridge

10:30-3:30

Table Tennis

1:00-4:00

Spades

1:00 – 4:00

Indoor Afternoon Walking

3:00-4:30



FRIDAY

Indoor Morning Walking

8:00-8:30

Puzzles

8:00-4:00

Pinochle

8:00-2:00

Billiards

8:00-4:30

Workout Central (Gym)

9:00-4:00

Improver Line Dance**

9:30-11:15

Asian Mah Jong

1:00-4:30

Indoor Concert & Fun/Good Times Band

1:00-3:00

Canasta-Hand, Knee, and Foot/Samba

11:30 -4:30

Samba

12:30 – 4:30

Intermediate Line Dance**

1:00-2:30

Indoor Afternoon Walking

3:00-4:30



New T-shirts for the Young at Heart Line Dancers! Did you know?

Line dancing promotes all areas of health. Not only do you get to socialize with great people, but you also get your body moving and you increase your brain fitness by learning new dance steps.



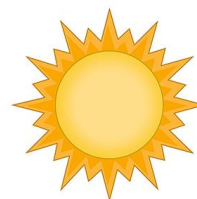
Looking for a new hobby?

The Woodcarvers meet each Thursday from 8-12. They are a nice group and are happy to share their

When is Opening Day for the Braves?



Home Opening Day will be played on April 5 and will feature a showdown between the Braves and Diamondbacks.



Spring has Sprung!

Take advantage of the warmer weather by spending time outdoors as often as possible. Spending time outdoors in the sun is a great way to soak up vitamin D. It can also help improve your mood and cognition. Take up gardening to increase your physical activity as well as to improve your mood. As you increase your activity level in the spring, it's important that you also increase your water intake. Although anyone can become dehydrated, older adults are at a greater risk.