

Wellness Matters

Senior Wellness Center

April 2024



1150 Powder Springs St., Marietta, GA 30064
770-528-5355 cobb seniors.org

Center Hours: 8:00 am-5:00 pm

Workout Central Hours:

Mon & Fri: 8:30 am-5:00 pm

Tues & Wed: 8:30 am-5:00 pm

Thurs: 9:30 am-5:00 pm

Workout Central Orientation:

Thurs: 9:00 am

AARP Tax Aide

Mondays & Tuesdays, February 5 – April 15
(No appointments April 8 or April 9)



9:00 am – 4:00 pm

Free; By appointment only

Spring has Sprung Trivia #37399

Wednesday, April 3

12:30 pm - 1:30 pm

Free; Registration required

Test your springtime knowledge. Share in laughter and fun Prizes will be awarded to the winning team.



Multi-Generational: Spring Break Block Print Art #37406

Monday, April 1 * 10:30 am - 11:30 am

Free; Registration required.

Need something to do with your grandchildren for Spring Break?



Senior Wellness Center 101 #37401

Thursday, April 4

10:00 am - 11:00 am

Free; Registration required.



All American Cooking Class

Thursday, April 11

AM: 10:00 am - 11:30 am #37404

PM: 12:30 pm - 2:00 pm #37405

\$11.00; Registration required

Chef John will be in the kitchen showing you how to make Biscuits and Gravy, Brunswick Stew, and Chicken Fried Steak. Samples will be provided.



Veteran Connection

Wednesday, March 13

10:00 am - 11:00 am

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.

New Life Walkers Club

Thursday, April 11

10:00 am - 11:00 am

Join The Walking Club

**We Walk the Talk,
And Talk the Walk.**



Learn to Use CivicRec #37409

Monday, April 15 * 10:00 am - 11:00 am

Free; Registration required

Learn to use Cobb County's online registration system to register for classes from home. Bring your device you will use for registration.

East Cobb Kickers #37407

Thursday, April 11 * 10:30 am - 11:30 am

Free; Registration required.

The East Cobb Kickers is a dancing group for women 60 and older. Come out and enjoy watching this lively fun dance.



FOSWC Bingo #37411

Wednesday, April 17

11:30 am - 1:30 pm \$5.00 at the door

Friends of Senior Wellness Center is holding their monthly bingo. Fee includes cards, markers and snacks.

Come and support your Center!



National Mushroom Day #37410

Tuesday, April 16

10:30 am - 11:30 am

Free; Registration required.

Let's Celebrate the Day of the Mushroom. In partnership with Cobb/UGA Extension Service.



Register for these programs and more online at cobb seniors.org

Friends of Senior Wellness Center

Wednesday, April 17

2:00 pm – 3:30 pm

Free; Registration required

Join us and become part of a dynamic, new volunteer organization dedicated to helping Senior Wellness Center enhance and expand our services to the 55+ population in Cobb County and surrounding areas.

Spring Showers: Bring Bingo Powers #37420

Monday, April 22 * 12:30 pm - 2:00 pm
Free; Registration required

Get ready, it's that time again! Join us for some good times and laughter. Small prizes will be awarded to the winners.



Taste of Italy

Friday, March 22

AM: 10:00 am - 11:30 am #37487

PM: 12:30 pm - 2:00 pm #37488

\$11.00; Registration required



Chef John will be in the kitchen making Cicero (chick peas), Tria (fried pasta) and Petiole (fried dough). This is one of the most famous dishes of the Salento culinary traditions from the Aprilia region. Samples will be provided.

Meet Up: La Parrilla #37493

Tuesday, April 30 * 11:00 am – 1:00 pm
Free; Registration required

Celebrate “National Make Lunch Count Day” by meeting us at La Parrilla for a lunch fiesta!

Meet new people and make new friends.

Lunch and transportation on your own.

29 South Marietta Pkwy
SW Marietta, 30060;
770-427-0055



SHIP

State Health Insurance
Assistance Program
Navigating Medicare

SHIP Medicare Counseling

Thursday, March 21

9:00 am - 12:00 pm

by appointment only

770-528-5355

Records and Information Month: Learn about Probate & Wills #37418

Friday, April 19 * 10:30 am - 12:00 pm
Free; Registration required



Probate court handles everything from guardianships to marriages to estate. While we cannot advise you on your case we will spend the time discussing required processes and procedures. Please join Judge Kelli Wolk for this informative seminar.

Morning Tea Book Club #37482

Monday, April 22

10:00 am - 11:00 am

Free; Registration required



Movie Monday #37489

Monday, April 29

1:00 pm - 3:00 pm

Free; Registration required
Call the Center for Details

Marietta Cobb Museum of Art Tour #37495

Tuesday, April 30 * 1:30 pm - 3:30 pm

Free; Registration required

Enjoy this self-guided tour and become inspired. Engage and educate through the exhibitions, collections, and presentation of works of American Art. In partnership with Marietta Cobb Museum of Art. Transportation on your own.

