

The Leaflet

WEST COBB SENIOR CENTER

APRIL 2024

Activity Hours: Monday - Friday 8:30 AM - 4:30 PM

Phone: 770-528-8200

ADULTS 55+ WELCOME

4915 Dallas Highway
Powder Springs, GA 30127
www.cobbseniors.org

Staff:

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GET TO KNOW COBB!

You may live in Cobb County, but how much do you really know about Cobb County Government services? We are pleased to introduce, Get to Know Cobb, a series of seminars and trips throughout 2024 that explore different departments and resources available in this wonderful county!



Get to Know Cobb: West Cobb Aquatic Center #37235

Friday, April 19

10:00 am – 11:00 am

Free; Registration required



We will kick off this new program here at West Cobb Senior Center with a representative from the West Cobb Aquatic Center. Located just 10 minutes from us, the aquatic center offers fun for the whole family. Learn about their water aerobics classes, the benefits, cost, what to wear, and why this type of exercise program has become so widely popular.

Be the first to know
what's happening!
Stop by the front desk
and sign up for our
email blasts.



SPRING BREAK FUN



Grandparent and Me:

Learn About Art

#37224

There are all different types of media in art. Bring your grandchildren to this special intergenerational program by the Marietta Cobb Museum of Art. We will learn about marker and colored pencils and will practice them as an art form.

Wednesday, April 3

10:00 am – 11:00 am

Free; Registration required





APRIL

GOOD GRUB SOCIAL CLUB

Meet up monthly with others to enjoy good company and delicious food right here at West Cobb Senior Center! Lunch will be served until 12:30 pm. Register at the center by Tuesday, April 2. Fundraiser to benefit WCSC.

\$8.00; Registration required

5

FRIDAY
12:00 PM – 2:00 PM

11

THURSDAY
Check-in:
11:00 AM
Trip Time:
11:30 AM – 2:45 PM

WEST COBB EXPLORERS: MARIETTA COBB MUSEUM OF ART #37227

We will begin our trip with lunch on your own at La Parrilla. After lunch we will travel to the Marietta Cobb Museum of Art. Their permanent collection houses a variety of artworks dating from as early as the 18th century to the present. Move at your own pace as you enjoy a self-guided tour of the only Metropolitan-Atlanta fine arts museum focusing on American Art. **Payment due at registration.** *Price includes transportation. Free museum admission has been granted to our group courtesy of MCMA. Meal is on your own. No refunds will be given unless the trip is cancelled. Activity Level 2 – Limited walking, some stairs and/or inclines.*

\$5.00; Registration required

BACKYARD BIRDWATCHING FOR BEGINNERS AND SUET ACTIVITY #37232

Learn how you can get started with backyard birdwatching, including how to attract birds to your yard, identify different species, and learn about birds' habits. Backyard birdwatching is a great way to be active and marvel at the natural world. Make your own suet to start your new spring hobby! Presented by Cobb County Water System.

Free; Registration required



16

TUESDAY
10:00 AM – 11:00 AM



25

THURSDAY
10:00 AM – 11:00 AM

THURSDAY AT TEN: QUOTES FOR LIFE #37239

We all have that special quote or saying that has been passed down from generation to generation. Perhaps you even have your own saying that gets you through life. Join WCSC staff and let's share our funny and inspirational quotes.

Free; Registration required

Seminars



Registration can be done in-person, online thru www.cobbseiors.org, or by calling the center.

Grandparent and Me: Learn About Art #37224

Wednesday, April 3
10:00am-11:00am

Free; Registration required

Bring your grandchildren and learn about marker and colored pencils and practice them as an art form.



Schoenberg and the Second Viennese School #37225

Wednesday, April 10
10:00 am – 11:00 am

Free; Registration required

Arnold Schoenberg's new musical ideas created one of the most lasting movements of the last century. We'll discuss his new music and how it reflects 20th century culture.



A Glimpse at Renaissance through Modern Art #37540

Thursday, April 11
10:00am-11:00am

Free; Registration required

A thorough lesson in some of the most important pieces of art from the Western Renaissance to artwork today.



Introduction to Ham Radio #37229

Friday, April 12
10:00 am – 11:00 am

Free; Registration required

We will discuss many of the facets of ham radio like talking to the International Space Station, making new contacts around the world, its use in emergencies, how to get your license, and see live demonstrations.



Welcome to West Cobb #37230

Friday, April 12
10:00am-11:00am

Free; Registration required

Meet staff, hear about the programs that are offered and how to register, take a brief tour of the facility, and receive an orientation for the workout room.



Managing Stress for Caregivers #37231

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

Free; Registration required

Learn skills and tools to take care of yourself and better manage your stress as you care for others. Please note this seminar is for caregivers only.



Backyard Birdwatching for Beginners and Suet Activity #37232

Tuesday, April 16
10:00am-11:00am

Free; Registration required

Learn how you can get started with backyard birdwatching, including how to attract birds to your yard, identify different species, and learn about birds' habits. Make your own suet!



Fancy Fold Cards #37233

Wednesday, April 17
10:00am-12:00pm

Free; Registration required

Create fancy fold cards for the special people in your life. All supplies are provided.



What You Didn't Know About Your Public Library #37236

Tuesday, April 23
1:00pm-2:30pm

Free; Registration required

Learn how to get the most out of your public library including how to access newspapers, genealogy resources, and passes you can borrow for State Parks, Atlanta Zoo, and the Alliance Theater.



Get to Know Cobb: West Cobb Aquatic Center #37235

Friday, April 19
10:00am-11:00am

Free; Registration required

Learn about the West Cobb Aquatic Center water aerobics classes, benefits, cost, what to wear, and why this type of exercise has become so popular.



Schoenberg Disciples: Alban Berg and Anton Webern #37237

Wednesday, April 24
10:00 am – 11:00 am

Free; Registration required

Alan Berg and Anton Webern, disciples of Arnold Schoenberg, are fascinating men who wrote fascinating music. By understanding how their music reflects 20th century culture, we may find ourselves more open to it!



Paint Along with Cindy (2 sessions)

Friday, March 22

9:30am-11:30am - #37240

OR

12:30pm-2:30pm - #37242

\$5.00 (+ \$25.00 supply fee);

Registration required

Learn how to paint a gorgeous sunset with thunder clouds rolling in. Experienced and beginner oil painters are welcome! We paint 'alla prima' (wet on wet) and you will leave with a completed 12x16 masterpiece, ready to frame. \$25.00 supply fee to instructor day of workshop includes everything you need to create your painting. Wear clothes suitable for painting, bring baby wipes or gloves (for your hands), and a box or piece of cardboard to safely carry home your masterpiece!



Additional Offerings

Next Chapter Book Club #37226

Wednesday, April 10
10:00am-11:30am

Free; Registration required

Join other avid readers to share information and the pleasure of reading. For the month of April, we will discuss *Dance with the Enemy* by Rob Sinclair.





ONGOING ACTIVITIES

Ongoing activities are free. Registration is not required.



Monday-Friday

Workout Studio (orientation required)
9:00am-4:00pm
Location: Workout Room

Billiards
8:00am-4:30pm
Location: Billiards Room

Monday

Open Art Studio
9:00am-12:00pm
Location: Art Room

Bring your own art supplies and enjoy interacting with other artists.

Knit Wits

10:00am-12:00pm
Location: Class Room

Group knits projects for themselves and charity. Beginners are welcome.

Mahjong

10:00am-2:00pm

Location: Lost Mountain Room

Mahjong is a tile-based game using Chinese characters and symbols. Game knowledge and Mahjong card required.

Woodcarvers Club

1:00pm-3:00pm

Location: Craft Room

Group works on small woodcarving projects. Bring your own materials.

Ballroom Dance Practice

2:30pm-4:30pm

Location: Oak Hall

Enjoy dancing to music provided by a DJ.

Tuesday

Color Me Happy

12:00pm-2:30pm

Location: Class Room

Bring your own materials and enjoy adult coloring with others.

Hand & Foot Canasta

12:00pm-4:00pm

Location: Lost Mountain Room

Version of Canasta in which each player is dealt two sets of cards.

Tuesday

Table Tennis

1:00pm-4:00pm

Location: Oak Hall

Paddles are provided.

Wednesday

Next Chapter Book Club

10:00am-11:30am

Location: Art Room

A pre-selected book is discussed the 2nd Wednesday of every month.

Mahjong

10:00am-2:00pm

Location: Conference Room

Game knowledge and Mahjong card are required.

Stitch-in-Time

10:00am-1:00pm

Location: Craft Room

Join others the 2nd and 4th Wednesdays to work on individual cross stitch, embroidery, and needlepoint projects.

Duplicate Bridge

12:00pm-3:00pm

Location: Lost Mountain Room

Bridge game where same deal is played at each table and scoring is based on relative performance. Partner is required.

Table Tennis

1:00pm-4:00pm

Location: Oak Hall

Please note: no table tennis the 3rd Wednesday of every month.

Thursday

Open Art Studio

9:00am-12:00pm

Location: Art Room

Bring your own art supplies and enjoy interacting with other artists.

Mexican Train Dominoes

10:00am-3:00pm

Location: Craft Room

Players form domino chains from a central hub. Beginners are welcome.

Hand & Foot Canasta

11:00am-4:00pm

Location: Lost Mountain Room

Experienced players enjoy this card game from the rummy family.

Thursday

American Standard Canasta

12:30pm-4:00pm

Location: Lost Mountain Room

Enjoy this fast-paced card game.

Advanced Bridge

1:00pm-3:00pm

Location: Lakeview Room

Competitive Standard American Bridge played at an advanced level.

Friday

WCSC Start Up Band

11:30am-12:30pm

Location: Lakeview Room

Come join the practice or stop in and listen. All instruments are welcome.

The following clubs meet at WCSC:

ADK Retired Teachers

Jessica Cummins 678-314-1882
2nd Monday (Aug-Dec, Feb-Apr)
10:30am-12:00pm

Cobb Co. Government Retirees

Sam Heaton 770-861-6748
3rd Wednesday 11:30am-2:00pm

Dance N Squares

Peggy Hines 770-714-4035
Fridays 1:45pm-3:15pm

Friends and Neighbors Club

Teresa Paris 770-608-9263
1st Tuesday (Sept-May)
10:00am-11:30am

Lost Mountain Kiwanis

Melinda Tharpe 404-271-6274
Thursdays 10:00am-11:00am

Magnolia Porcelain Art Guild

Eloise Pino 678-354-0277
3rd Friday (Sept-May)
10:00am-12:30pm



WEST COBB EXPLORERS

Marietta Cobb Museum of Art #37227

Thursday, April 11

11:15 am – 2:45 pm (check-in 11:00 am)

\$5.00; Registration required

We will begin our trip with lunch on your own at La Parrilla. After lunch we will travel to the Marietta Cobb Museum of Art. Their permanent collection houses a variety of artworks dating from as early as the 18th century to the present. Move at your own pace as you enjoy a self-guided tour of the only Metropolitan-Atlanta fine arts museum focusing on American Art.

Payment due at registration. *Price includes transportation. Free museum admission has been granted to our group courtesy of MCMA. Meal is on your own. No refunds will be given unless the trip is cancelled. Activity Level 2 – Limited walking, some stairs and/or inclines.*

DAY TRIP GUIDE



WELCOME TRAVELERS

West Cobb Senior Center provides a variety of day trip opportunities. Our goal is to take the hassle out of driving, making reservations, or even traveling alone, so that you can relax and make the most out of your travel experience.

REGISTRATION

Registration is available in-person Monday through Friday between the hours of 8:30 A.M. and 4:00 P.M. Registration for all trips is open and spots are filled on a first come, first served basis. Full payment is due at the time of registration. If a trip is full, please ask staff to add your name to the waitlist. When a space becomes available, we will fill from the waitlist in the order that names were listed.

PRICING

Price may include luxury motor coach or Cobb Senior Services transportation, admissions, snacks (when applicable), tips, and in some cases meals. See advertisements for specific details.

PAYMENT

Payment is due at the time of registration. The following forms of payment are accepted: cash, check (payable to Cobb Senior Services), Visa, MasterCard, American Express or Discover.

CANCELLATION/REFUND POLICY

No refunds will be given unless the trip is cancelled. In the event of a cancellation, you can either receive a credit for the full amount or request a refund. Refunds may take up to 6 weeks to process. If you cancel due to a medical emergency you may receive a credit on your account, if approved by the center manager.

GENERAL INFORMATION

Age Requirements - Adults 55 years or better may participate in day trips. Adults under 55 can participate if they are accompanying a companion 55 and over, or if a traveler requires special assistance.

Emergency Forms - Every traveler must complete an emergency form that includes pertinent information such as medications, allergies, and emergency contact.

Staff - A staff member from WCSC accompanies each trip to ensure the tour runs as close to schedule as possible and address any issues that may arise. Travelers are responsible for handling their own personal items/belongings.

Mobility - Each traveler must be able to navigate on and off the bus independently or with a caregiver. If you have any concerns with walking or climbing stairs, please check with staff before registering.

Activity Level Scale - Trips are rated on an activity scale. **Level 1** - Small distance walking, most of trip is seated. **Level 2** - Limited walking, some stairs and/or inclines. **Level 3** - Longer walking, many stairs and/or inclines. **Level 4** - Long periods of walking, many stairs and/or inclines, limited seated breaks.

Dietary Restrictions - Before registering for any trip please consult with staff concerning any special dietary needs. Every attempt will be made to meet these needs; however, accommodations cannot be guaranteed in every circumstance. If you have a medical condition that requires eating at specific times, be sure and bring snacks with you.

Parking - WCSC has allocated parking zones for day trips. Check with staff in advance to verify these areas. Please secure any personal belongings that you choose to leave in your vehicle.



SPRING CLASS SCHEDULE



Registration for spring classes begins **Monday, March 18 at 9:00 am** and can be done in-person and online (www.cobbseiors.org). Phone and mail-in registration are not allowed.

ART

Sketching with Your Story #37357

Instructor: Gary Cates
Wednesdays - 4 sessions
April 3 – April 24
10:00 am – 12:00 pm
\$4.00



Learn basic drawing skills including proportion and perspective. Beginners and experienced artists alike will benefit from this class where you will learn to SEE the world from your own point of view. Students will also gain an understanding of how journaling adds memory and value to artwork. Please bring a notebook and 2h pencil to class.

EXERCISE

Circuit Training #37344

Instructor: Mitzi Logan
Mondays - 9 sessions
April 1 – June 10
(no class 5/20, 5/27)
8:50 am – 9:50 am
\$27.00



Circuit training is a total body challenge that is designed to combine resistance training and low impact aerobics. You will strengthen your heart and cardiovascular system, increase muscular strength and endurance, and improve agility, balance, and flexibility through various stations. The stations will provide you the opportunity to work at your own individual pace making the class suitable for anyone!

Core & Restore #37345

Instructor: Mitzi Logan
Mondays - 9 sessions
April 1 – June 10
(no class 5/20, 5/27)
10:00 am – 11:00 am
\$27.00



This class will help improve and maintain the strength of your core including abdominals, back, hips and thighs, and improve your posture and the strength of your pelvic floor muscles potentially improving bladder control. We will work to gently increase the flexibility of your muscles and range of motion of your joints. Class is done on the floor on your mat. All fitness levels welcome, but you must be able to get down to the floor once and back up at the end of class. Bring a mat and a hand towel or yoga strap.

Cardio Dance #37346

Instructor: Mitzi Logan
Mondays - 9 sessions
April 1 – June 10
(no class 5/20, 5/27)
11:10 am – 11:40 am
\$13.50



This 30-minute class will incorporate low impact aerobic footwork and body movements from a wide variety of styles of dance. It is designed to be fun and effective at improving cardiovascular fitness. Come groove to the beat and dance like nobody's watching! This class is suitable for active seniors able to dance and change directions on their feet.

Tai Chi I #37347

Instructor: Sachi Hirata
Mondays - 7 sessions
April 1 – May 13
12:00 pm – 1:00 pm
\$21.00



Tai Chi is a low impact and slow-motion exercise. Benefits are relaxation, improved strength, and flexibility. Beginners are welcome.

Tai Chi II #37348

Instructor: Sachi Hirata
Mondays - 7 sessions
April 1 – May 13
1:15 pm – 2:15 pm
\$21.00



Tai Chi is a low impact and slow-motion exercise. Benefits are relaxation, improved strength, and flexibility. This class is designed for people who have experience with Tai Chi.

Strength & Stretch #37349

Instructor: Mitzi Logan
Tuesdays - 10 sessions
April 2 – June 11
(no class 5/21)
9:00 am – 10:00 am
\$30.00



Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, balance, and flexibility. Bring your own (light) weights and resistance bands.

George Washington Carver was a Georgia scientist and inventor who found hundreds of uses for peanuts.



Yoga #37353

Instructor: Mitzi Logan
Tuesdays - 10 sessions
April 2 – June 11
(no class 5/21)
10:15 am – 11:15 am
\$30.00



Class is designed to introduce seniors to gentle yoga postures, simple stretches, breath work and conscious relaxation. Relax and quiet the mind, body and spirit while energizing the body, improving muscle tone and stamina. All levels are welcome. Please bring a yoga mat to class.

Chair Fitness #37354

Instructor: Mitzi Logan
Tuesdays - 10 sessions
April 2 – June 11
(no class 5/21)
11:30 am – 12:00 pm
\$15.00



Needing something a little slower paced but still effective? This class will help to improve your cardiovascular fitness, muscular strength, muscular endurance, and balance in just 30 minutes all from a chair! Bring your own (light) weights and resistance bands.

Focus on Fitness #37356

Instructor: Jolanta Osoba-Olbrys
Wednesdays - 8 sessions
April 17 – June 5
8:30 am – 9:30 am
\$24.00



Class offers low impact chair aerobics that are safe with simple moves using light weights and resistance bands. Bring your own (light) weights and resistance bands.

Smoveys #37358

Instructor: Jolanta Osoba-Olbrys
Wednesdays - 8 sessions
April 17 – June 5
9:45 am – 10:30 am
\$24.00



An innovative exercise program, which promotes general fitness, weight loss, and provides therapeutic benefits using a pair of molded hollow rings that contain 4 stainless steel balls. Class can be done seated.

Get Fit! #37361

Instructor: Susan Schumacher
Thursdays - 10 sessions
April 4 – June 6
11:30 am – 12:30 pm
\$30.00



Class focuses on muscle strength, cardio endurance, balance, and flexibility for beginners. Weights and resistance bands will be used to safely perform seated and standing exercises to get fit and have fun. Please bring hand weights and resistance bands.

Yoga #37362

Instructor: Susan Schumacher
Thursdays - 10 sessions
April 4 – June 6
12:45 pm – 1:45 pm
\$30.00



Class is designed to introduce seniors to gentle yoga postures, simple stretches, breath work and conscious relaxation. Relax and quiet the mind, body and spirit while energizing the body, improving muscle tone and stamina. Previous yoga experience is preferred. Please bring a yoga mat to class.

Baby Boomers Bootcamp #37364

Instructor: Mitzi Logan
Fridays - 10 sessions
April 5 – June 14
(no class 5/17)
9:00 am – 10:00 am
\$30.00



This class is designed for the specific needs of the active senior who wants to enjoy their retirement to the fullest! You will complete age specific functional exercises to improve and maintain muscular strength, cardio capacity, balance, and flexibility while minimizing stress on joints. The exercises are simple, effective, and low impact. This class is suitable for an active senior looking for a challenge. Bring your own (light) weights and resistance bands.

Drumming Strong #37365

Instructor: Mitzi Logan
Fridays - 10 sessions
April 5 – June 14
(no class 5/17)
10:15 am – 11:15 am
\$30.00



Cardio drumming combinations followed by intervals of strength training using body weight and dumbbells. Suitable for any level. Can be done standing or seated.

In May 1886, Dr. John S. Pemberton, a pharmacist in Atlanta, Georgia, created the syrup for Coca-Cola. He carried a jug of the new product down the street to Jacobs' Pharmacy.



GENERAL INTEREST

Chess: Beginner #37350

Instructors: Dale Bauer & Tom Kuzmeskus

Tuesdays - 3 sessions

May 28 – June 11

9:00 am – 10:00 am

\$3.00

Chess is the perfect game to help keep your brain young! Whether you are a beginner or just want to improve your skills, come learn the basics of this strategic game taught by members of the United States Chess Federation.

Tue



Bridge: Advanced Beginner #37351

Instructor: Sandy Molander

Tuesdays - 7 sessions

April 2 – May 7

9:30 am – 11:30 am

\$7.00 (+ book)

This is the third course for beginner bridge players who have a basic knowledge of bidding and playing the hand and are ready to learn how to defend. Students will need to purchase *Defense in the 21st Century (ACBL Bridge Series)*, which is available on Amazon, and bring to each class.

Tue



Crocheting: Beginner #37352

Instructor: Lois Minta

Tuesdays - 6 sessions

April 2 – May 7

9:30 am – 11:30 am

\$6.00

(+ \$15.00 supply fee)

Learn basic techniques you will need to get started on your first projects. \$15.00 supply fee to instructor first day of class. All students must have the same supplies; therefore, students will be required to pay the supply fee.

Tue



iPhone Basics #37355

Instructor: Johnny Barfield

Tuesdays - 3 sessions

April 9 – April 23

2:00 pm – 3:30 pm

\$3.00

In this three-week class, learn all the basics of how to operate your iPhone. We will cover basic features including making calls and texting, as well as intermediate features like accessing the settings menu and using Siri.

Tue



Cricut 101 #37359

Instructor: Susan Wilson

Thursdays - 3 sessions

April 18 – May 2

9:00 am – 12:00 pm

\$3.00

If you have a Cricut Explorer, Maker or Joy and want to know how to use it, this class is for you! Over the course of three weeks, we will cover Beginner's Cricut, Beginner's Iron-on Vinyl, and Beginner's Adhesive Vinyl. Bring your laptop, Cricut Explorer, Maker or Joy, and power and connecting cords to each class. There will also be additional supplies required each week, which can be found on your receipt when you register. Upon completion of this series, you will be able to make paper, adhesive, and iron-on vinyl projects. Please note this class is for laptops only (no tablets or smartphones please). Students must download Cricut Design Space and access recent updates prior to each class.

Thu



Seniors in Play: Intro to Acting #37360

Instructor: Cyndi Crawford

Thursdays - 4 sessions

April 18 – May 9

10:00 am – 12:00 pm

\$4.00

There are no age limits on talent or fun! Explore your creativity and learn to express yourself through acting. This course will get your creative energies flowing by studying drama, improv, and comedy. Gain confidence and find your voice through lively social interactions and playful spontaneity.

Thu



Introduction to Writing and Developing Your Skills #37363

Instructor: Michelle Peach

Thursdays - 4 sessions

April 4 – April 25

1:00 pm – 2:30 pm

\$4.00

Bring your dreams of writing, big and small, to fruition and leave a legacy for generations to come. This is a course to solve your writer's block and inspire you to put pen to paper from journaling to epic novels. Presented by the author, Michelle Peach, who will share her story in her spy thriller, *Gazelle in the Shadows* and where the inspiration to write it came from. Please bring paper and pen for notetaking.

Thu



Truett Cathy founded and opened the first Chick-Fil-A restaurant in 1967 in Atlanta's Greenbriar Mall.



Computer Basics using Windows 11 #37366

Instructor: Paul Buege
Fridays - 5 sessions
April 5 – May 3
1:00 pm – 4:00 pm
\$5.00



Course will cover the basics of using a computer with Windows 11. 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. Computers will not be provided for this class. Students must bring their own laptop for each session (no iPads, Macbooks or Chromebooks). Course will not cover other versions of Windows.

Billiards: Ladies Beginner #37367

Instructor: Richard Poncinie
Fridays - 4 sessions
April 12 – May 3
1:00 pm – 2:00 pm
\$4.00



Are you curious about solids, stripes, pool cues, and cue balls? Billiards isn't just for the men, it's a ladies game, too! Come learn the basics of the game, practice your shots, and enjoy some friendly competition with other ladies interested in playing Billiards. No experience or equipment is necessary. Just come ready to have fun!

Georgia

Capital: Atlanta
Population: 10,097,343

Established: Jan. 1788

State Bird: Brown Thrasher

State Tree: Live Oak

State Flower: Cherokee Rose

State Insect: Honey Bee

State Gemstone: Quartz

State Fish: Largemouth Bass

Major Industries: Textiles, Pine Timber, and Farming

Notes

WEST COBB SENIOR CENTER SPRING 2024 CLASS REGISTRATION

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

NAME: _____ DOB: _____

ADDRESS: _____

CITY: _____ ZIP: _____ PHONE: () _____

EMAIL: _____ Would you like to be added to the center's email list? Y / N

EMERGENCY CONTACT INFO:

Name: _____ Relation: _____ Phone: () _____

PLEASE PLACE A CHECK MARK NEXT TO EACH SELECTION.

ART
Wed ___ Sketching w/ Your Story #37357 \$4

EXERCISE	GENERAL INTEREST
Mon ___ Circuit Training #37344 \$27	Tue ___ Chess: Beginner #37350 \$3
Mon ___ Core & Restore #37345 \$27	Tue ___ Bridge: Adv. \$7 (+ book)
Mon ___ Cardio Dance #37346 \$13.50	Beginner #37351
Mon ___ Tai Chi I - 12:00 pm #37347 \$21	Tue ___ Crocheting: Beg. #37352 \$6 (+ supply fee)
Mon ___ Tai Chi II - 1:15 pm #37348 \$21	Tue ___ iPhone Basics #37355 \$3
Tue ___ Strength & Stretch #37349 \$30	Thu ___ Cricut 101 #37359 \$3
Tue ___ Yoga #37353 \$30	Thu ___ Seniors in Play: \$4
Tue ___ Chair Fitness #37354 \$15	Intro to Acting #37360
Wed ___ Focus on Fitness #37356 \$24	Thu ___ Intro to Writing #37363 \$4
Wed ___ Smoveys #337358 \$24	Fri ___ Computer Basics using \$5
Thu ___ Get Fit! #37361 \$30	Windows 11 #37366
Thu ___ Yoga #37362 \$30	Fri ___ Billiards: \$4
Fri ___ Baby Boomers Bootcamp #37364 \$30	Ladies Beg. #37367
Fri ___ Drumming Strong #37365 \$30	

FOR OFFICE USE ONLY

DATE _____ STAFF _____ TOTAL \$ _____

PAYMENT: CASH CHECK # _____ CARD: MC V AE D CSS CREDIT \$ _____

SEE REVERSE SIDE OF FORM FOR COMMONLY ASKED QUESTIONS & ANSWERS.

Commonly Asked Questions & Answers

CAN I REGISTER BY MAIL OR PHONE?

NO. Registration can only be done in-person or online. A sign in list is maintained by Center staff the first day of registration. Classes are offered on a first come, first serve basis. Each person may sign up for himself/herself and one other person who cannot attend registration.

WHAT TYPE OF PAYMENTS DO YOU ACCEPT?

Payment methods accepted are check (made payable to Cobb Senior Services) cash or credit card (Visa, MasterCard, Discover or American Express). Payment is due in full at the time of registration.

MUST I BE REGISTERED TO ATTEND CLASSES?

YES. Paid registration is required for all classes. Teachers 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.

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 CANCELED DUE TO INCLEMENT WEATHER, INSTRUCTOR ILLNESS OR CENTER HOLIDAY?

Canceled 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, cards, etc.), if staff can safely open the Center. Call to confirm.

WHAT IF I REGISTERED FOR A CLASS, BUT I HAVE TO CANCEL?

To qualify for a credit/refund, withdrawals are accepted prior to the beginning of classes. Late cancellations and refunds are made on a case-by-case basis by the Center Manager. Transactions entailing a refund of cash or check may take up to 4 to 6 weeks. Supply fees are non-refundable.

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 the registration system will pull your name from the waiting list in the order that it was placed in the system.

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.

For more information regarding registration please call the Center at 770-528-8200, or visit our website at www.cobbseniors.org.



APRIL AT-A-GLANCE



For more information on activities on this calendar, please see previous pages of this Leaflet.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 Circuit Training 8:50am Open Art 9:00am Core & Restore 10:00am Knit-Wits 10:00am Mahjong 10:00am Cardio Dance 11:10am Tai Chi I 12:00pm Woodcarvers 1:00pm Tai Chi II 1:15pm Ballroom Dance 2:30pm	2 Strength 9:00am Bridge: Adv. Beg. 9:30am Crochet: Beg. 9:30am Yoga 10:15am Chair Fitness 11:30am Color Me Happy 12:00pm Hand & Foot 12:00pm Table Tennis 1:00pm	3 Grandparent & Me 10:00am Mahjong 10:00am Sketch Your Story 10:00am Dup. Bridge 12:00pm Table Tennis 1:00pm	4 Open Art 9:00am Mexican Train 10:00am Hand & Foot 11:00am Get Fit! 11:30am Canasta 12:30pm Yoga 12:45pm Adv. Bridge 1:00pm Intro to Writing 1:00pm	5 Boomers Bootcamp 9:00am Drum. Strong 10:15am Start Up Band 11:30am Sq. Dance Beg. 11:45am Good Grub 12:00pm Windows 11 1:00pm	
8 Circuit Training 8:50am Open Art 9:00am Core & Restore 10:00am Knit-Wits 10:00am Mahjong 10:00am Cardio Dance 11:10am Tai Chi I 12:00pm Woodcarvers 1:00pm Tai Chi II 1:15pm Ballroom Dance 2:30pm	9 Strength 9:00am Bridge: Adv. Beg. 9:30am Crochet: Beg. 9:30am Yoga 10:15am Chair Fitness 11:30am Color Me Happy 12:00pm Hand & Foot 12:00pm Table Tennis 1:00pm iPhone Basics 2:00pm	10 Book Club 10:00am Mahjong 10:00am Schoenberg 10:00am Sketch Your Story 10:00am Stitch-in-Time 10:00am Dup. Bridge 12:00pm Table Tennis 1:00pm	11 Open Art 9:00am Mexican Train 10:00am Renaissance 10:00am Explorers 11:00am Hand & Foot 11:00am Get Fit! 11:30am Canasta 12:30pm Yoga 12:45pm Adv. Bridge 1:00pm Intro to Writing 1:00pm	12 Boomers Bootcamp 9:00am Ham Radio 10:00am Welcome to WC 10:00am Drum. Strong 10:15am Start Up Band 11:30am Sq. Dance Beg. 11:45am Billiards: Ladies Beg. 1:00pm Windows 11 1:00pm	
15 Circuit Training 8:50am Open Art 9:00am Caregivers 10:00am Core & Restore 10:00am Knit-Wits 10:00am Mahjong 10:00am Cardio Dance 11:10am Tai Chi I 12:00pm Woodcarvers 1:00pm Tai Chi II 1:15pm Ballroom Dance 2:30pm	16 Strength 9:00am Bridge: Adv. Beg. 9:30am Crochet: Beg. 9:30am Birdwatching 10:00am Yoga 10:15am Chair Fitness 11:30am Color Me Happy 12:00pm Hand & Foot 12:00pm Table Tennis 1:00pm iPhone Basics 2:00pm	17 Focus on Fitness 8:30am Smoveys 9:45am Fancy Fold Cards 10:00am Mahjong 10:00am Sketch Your Story 10:00am Dup. Bridge 12:00pm *No Table Tennis*	18 Cricut 101 9:00am Open Art 9:00am Intro to Acting 10:00am Mexican Train 10:00am Hand & Foot 11:00am Get Fit! 11:30am Explorers 12:15pm Canasta 12:30pm Yoga 12:45pm Adv. Bridge 1:00pm Intro to Writing 1:00pm	19 Boomers Bootcamp 9:00am Get to Know Cobb 10:00am Drum. Strong 10:15am Start Up Band 11:30am Sq. Dance Beg. 11:45am Billiards: Ladies Beg. 1:00pm Windows 11 1:00pm	
22 Circuit Training 8:50am Open Art 9:00am Core & Restore 10:00am Knit-Wits 10:00am Mahjong 10:00am Cardio Dance 11:10am Tai Chi I 12:00pm Woodcarvers 1:00pm Tai Chi II 1:15pm Ballroom Dance 2:30pm	23 Strength 9:00am Bridge: Adv. Beg. 9:30am Crochet: Beg. 9:30am Yoga 10:15am Chair Fitness 11:30am Color Me Happy 12:00pm Hand & Foot 12:00pm Library 1:00pm Table Tennis 1:00pm iPhone Basics 2:00pm	24 Focus on Fitness 8:30am Smoveys 9:45am Mahjong 10:00am Schoenberg Disc. 10:00am Sketch Your Story 10:00am Stitch-in-Time 10:00am Dup. Bridge 12:00pm Table Tennis 1:00pm	25 Cricut 101 9:00am Open Art 9:00am Intro to Acting 10:00am Mexican Train 10:00am Thursday at Ten 10:00am Hand & Foot 11:00am Get Fit! 11:30am Canasta 12:30pm Yoga 12:45pm Adv. Bridge 1:00pm Intro to Writing 1:00pm	26 Boomers Bootcamp 9:00am Paint with Cindy 9:30am Drum. Strong 10:15am Start Up Band 11:30am Sq. Dance Beg. 11:45am Paint with Cindy 12:30pm Billiards: Ladies Beg. 1:00pm Windows 11 1:00pm	
29 Circuit Training 8:50am Open Art 9:00am Core & Restore 10:00am Knit-Wits 10:00am Mahjong 10:00am Cardio Dance 11:10am Tai Chi I 12:00pm Woodcarvers 1:00pm Tai Chi II 1:15pm Ballroom Dance 2:30pm	30 Strength 9:00am Bridge: Adv. Beg. 9:30am Crochet: Beg. 9:30am Yoga 10:15am Chair Fitness 11:30am Color Me Happy 12:00pm Hand & Foot 12:00pm Table Tennis 1:00pm	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Monday-Friday: Workout Studio 9:00am-4:00pm Billiards 8:30am-4:30pm</p> </div>			

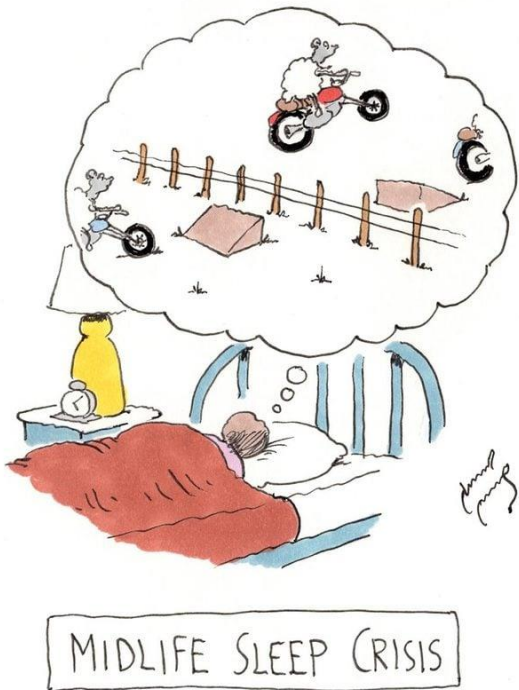


"Please hold while we bring you the complete works of Johann Sebastian Bach."



INSOMNIA JEOPARDY

WAYS IN WHICH PEOPLE HAVE WRONGED ME	STRANGE NOISES	DISEASES I PROBABLY HAVE	MONEY TROUBLES	WHY DID I SAY/DO THAT?	IDEAS FOR A SCREENPLAY
\$10	\$10	\$10	\$10	\$10	\$10
\$20	\$20	\$20	\$20	\$20	\$20
\$30	\$30	\$30	\$30	\$30	\$30
\$40	\$40	\$40	\$40	\$40	\$40
\$50	\$50	\$50	\$50	\$50	\$50



MIDLIFE SLEEP CRISIS

R. Chat