

The Leaflet

WEST COBB SENIOR CENTER

MAY 2024

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

Phone: 770-528-8200

ACTIVE ADULTS 55+

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

Staff:

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West Cobb Senior Center
will be closed on **Monday,
May 27** in observance of
Memorial Day.

WCSC will be an Advance Voting
Site from **April 29-May 17**. Please
allow yourself extra time when
coming to classes and activities as
parking may be at a premium. We
appreciate your patience!

Award-winning performer, Katie Deal, returns to WCSC this summer!

Katie Deal returns to West Cobb Senior Center for the fourth time! She has wowed us with her past performances as Patsy Cline and Dolly Parton, but this time she'll be belting out songs from the swinging sixties. Can you dig it?

Get decked out in your 60's attire (theme dress is optional) and prepare to have a groovy time. We'll kick off the evening with a mocktail session where you can enjoy a fun drink and great conversation with some hip people.

"What'll ya have" when you visit the Varsity food truck? Will it be a hot dog, burger, fries, or onion rings? The choice is yours!



After Katie's performance, enjoy dessert and a righteous performance by the West Cobb Players (WCSC staff).

Tickets go on sale **Monday, April 15**. Don't miss your chance to attend this event. It's gonna be far out!

JOIN US FOR A GROOVY CONCERT EVENT! SUMMER IN THE '60S

Saturday, June 15
4:15 pm – 8:00 pm (doors open at 4:00 pm)
\$30.00; Registration required



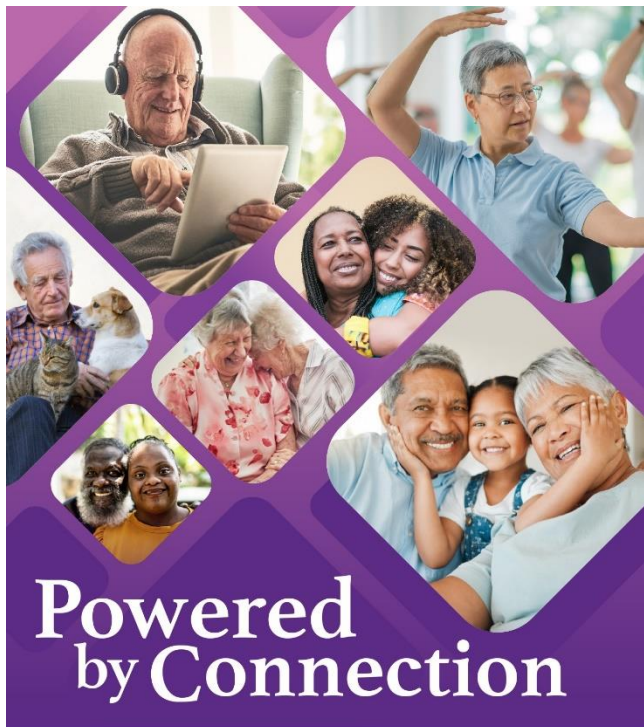
Enjoy a groovy concert event as award-winning performer, Katie Deal, returns to perform popular songs of the '60s. Mocktails will be served upon your arrival, followed by dinner catered by The Varsity food truck. Prepare to sing along as Katie belts out the songs you know and love from the swinging sixties. Stay for dessert and a righteous performance by the West Cobb Players to end the evening. It's gonna be far out!

Sponsored by: Accutech Heating and Air Conditioning, Inc., Axxess Benefit Consultants, Chris Realty Group, Hearing Life, Kiwanis of Lost Mountain, Mayes Ward-Dobbins Funeral Home, Oaks at West Cobb, Sharon's Business Solutions, The Travel Haus by Ashley with Wishdrawals, and Village Medical

Tickets go on sale Monday, April 15.

READ ALL ABOUT IT!

WEST COBB SENIOR CENTER NEWS



Powered
by Connection

ACL.gov/OAM
#OlderAmericansMonth



MAY IS OLDER AMERICANS MONTH!

The 2024 theme is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

HOW TO PARTICIPATE AT WEST COBB:

Senior Sync-Up: Chain Across WCSC

Monday-Friday, May 1-31

8:30 am – 4:30 pm

Free; No registration required

Let's explore ways you connect with others in your retirement years. Do you volunteer? Have you joined a club? Taught a class? Stop by the center during the month of May and complete a link in our connection chain. Let's see how far we can stretch our chain across the center!

Thursday at Ten: Senior Sync-Up #37935

Thursday, May 16

10:00 am – 11:00 am

Free; Registration required

Let's get together, share our resources, and find ways to engage to make the most out of your retirement.

Skin cancer is America's most common cancer. Come in for a free screening provided by Skin Cancer Specialists.

Free Skin Cancer Screenings #37939

Thursday, May 23

10:00 am – 12:00 pm

Free; Registration required



IMPORTANT NOTICE

The following activities will have cancellations this month due to voting:

BALLROOM DANCE PRACTICE

Monday, May 20 - cancelled

TABLE TENNIS

Tuesday, May 21 - cancelled



LET'S CONNECT: CONVERSATION WITH THE DIRECTOR OF COBB COUNTY SENIOR SERVICES

Join in for an opportunity to connect and have conversations with Cobb County Senior Services Director Ioana Bovo Nicolescu. Share your ideas, pose questions, and express your views as we work together to make Senior Services even better!

West Cobb Senior Center | Friday, May 24 | 10:00 am – 11:00 am

Free; Registration required #37940



MAY

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 30. Fundraiser to benefit WCSC.

\$8.00; Registration required

3
FRIDAY
12:00 PM – 2:00 PM



7
TUESDAY
10:00 AM – 12:00 PM

FUN IN THE FOYER: SQUEEZE THE DAY #37928

“Squeeze the day” and help us celebrate National Lemonade Day! Drop into the lobby for a free cup of lemonade.

Free; No registration required

BEGINNER LINE DANCE WORKSHOP #37934

Learn how to line dance without the commitment of a weekly class! Line dancing is a great combination of social interaction, mental stimulation, and physical activity. No experience is necessary, just come ready to learn some new steps and have fun!

Free; Registration required



15
WEDNESDAY
2:30 PM – 3:30 PM

GET TO KNOW COBB: TRIP TO SWITZER LIBRARY #37938

Did you know you can preserve old photos, recipes, letters, videos, and so much more digitally without harming the original? Take a trip with us to Preservation Place, within the Georgia Room at the Switzer Library, and learn how you can preserve precious family memories and history for generations to come! Bring a small photo to digitize on a personal flash drive (you must bring your own), time permitting. After the library, enjoy some time for lunch and shopping on your own at the Marietta Square.

\$5.00; Registration required. Payment due at registration. *Price includes transportation. Lunch and shopping will be on your own at the Marietta Square. No refunds will be given unless the trip is cancelled. Activity Level 2 – Limited walking, some stairs and/or inclines.*

22
WEDNESDAY
Check-in:
9:30 AM
Trip Time:
9:45 AM – 3:00 PM

Seminars



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

Older Americans Month: Senior Sync-Up

Monday-Friday, May 1-31
8:30am-4:30pm

Free; No registration required

Let's explore all the ways you connect with others. Do you volunteer? Have you joined a club? Taught a class? Stop by the center and complete a link in our connection chain. Let's see how far we can stretch our chain!

Terrific Travel Tips #37927

Friday, May 3
10:00 am – 11:00 am

Free; Registration required

Whether you're getting ready for a big adventure or a short trip, come learn valuable travel tips. Topics will include packing tips, navigating airport security and the benefits of TSA PreCheck, services for traveling with limited mobility, and travel destination ideas for seniors and multi-generational travel.



Jean Sibelius: Finland's Nationalistic Voice #37929

Wednesday, May 8
10:00am-11:00am

Free; Registration required

In Finland's struggle for independence from Sweden and Russia, Jean Sibelius came to prominence through the work we know as 'Finlandia'. Was he another 'Nationalist'? We'll examine his unique orchestral voice and how it pictures not only Finland's national 'Epic' but also the dense pine forests of his homeland.



Next Chapter Book Club: *Having Our Say* #37930

Wednesday, May 8
10:00am-11:30am

Free; Registration required

Join other avid readers to share information and the pleasure of reading. For the month of May, we will discuss *Having Our Say* by The Delaney Sisters.



Outsmart the Scammers #37931

Friday, May 10
10:00am-11:00am

Free; Registration required

Learn strategies to help protect yourself from scams. We'll discuss how to spot certain red flags that may indicate a fraudulent encounter, resources you can turn to in the event you are targeted, and steps you can take now to help protect yourself.



Welcome to West Cobb #37932

Friday, May 10
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.



Fancy Fold Cards #37933

Wednesday, May 15
10:00am-12:00pm

Free; Registration required

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



Beginner Line Dance Workshop #37934

Wednesday, May 15
2:30 pm – 3:30 pm

Free; Registration required

Learn how to line dance without the commitment of a weekly class! Line dancing is a great combination of social interaction, mental stimulation, and physical activity. No experience is necessary, just come ready to learn some new steps and have fun!



Thursday at Ten: Senior Sync-Up #37935

Thursday, May 16
10:00 am – 11:00 am

Free; Registration required

We want to know how you "sync-up" with others. Social connections improve our mental, physical, and emotional health and contribute to our overall well-being. Let's get together, share our resources, and find ways to engage to make the most out of your retirement years.



Assistive Living Tools #37936

Friday, May 17
10:00 am – 11:00 am

Free; Registration required

Join us for this hands-on seminar where you can learn about and see some useful assistive living tools up close. You will be provided with an overview of resources, equipment, and services available to make life easier for older adults, people with disabilities and their caregivers.



Seminars



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

French Music After Debussy:

Les Six #37937

Wednesday, May 22

10:00 am – 11:00 am

Free; Registration required

Until Debussy France lay dormant on the grand scale of composition since Louis XIV. Only Berlioz had surfaced, yet even he was considered outside the mainstream. Following WWI, a new group of young, fresh-minded Frenchmen entered the scene. While not part of the cadre of experimentalists, they nonetheless brought new life into the French musical culture.



Free Skin Cancer Screenings

#37939

Thursday, May 23

10:00 am – 12:00 pm

Free; Registration required

Come in for a free screening provided by Skin Cancer Specialists. Screenings take place in a private setting and consist of a brief skin assessment by a medical professional. Appointment is not required, but you must register in advance.



Let's Connect: Conversation with the Director #37940

Friday, May 24

10:00 am – 11:00 am

Free; Registration required

Join in for an opportunity to connect and have conversations with Cobb County Senior Services Director Ioana Bovo Nicolescu. Share your ideas, pose questions, and express your views as we work together to make Senior Services even better!



iPhone Photography #37941

Friday, May 24

2:00 pm – 3:00 pm

Free; Registration required

With the iPhone being the most used camera in the United States, it's important to know how to take control of your photography! Learn how to better use your iPhone's camera functions as well as how to organize your photos.



Monarch Butterflies: A Natural Wonder #37942

Tuesday, May 28

10:00 am – 11:30 am

Free; Registration required

Learn about the fascinating life cycle of the monarch butterfly, from egg, to caterpillar, to its majestic adult form. Discover how these beautiful creatures migrate thousands of miles each year, and how you can help them on their journey. We will even make our own paper monarch butterfly craft puppet.



Passports: What You Need to Know #37943

Tuesday, May 28

1:00 pm – 2:30 pm

Free; Registration required

Did you know you can now acquire and renew passports at the West Cobb Regional Library? Library staff will bring forms and walk you through what is required. You'll also learn how to make an appointment to get your passport.



No Bones About It! #37944

Thursday, May 30

1:00 pm – 2:30 pm

Free; Registration required

Osteoporosis is the leading cause of fragility fractures in adults over age 50. Learn about Osteoporosis and the measures each person can take to prevent it.



Students enjoy creating their very own masterpieces in the popular workshop, Paint Along with Cindy. There are no mistakes, just happy accidents! Watch for this fun activity to return in June.



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

DAY TRIP

Harrah's Cherokee Valley River
in Murphy, NC #37962

Thursday, June 27 | 9:00 am-7:30 pm (check-in 8:45 am)



\$60

PRICE INCLUDES:

- *Round trip motor coach
- *\$20 game credit (must have a valid email address to receive the credit)
- *Snacks and tips

Registration deadline is May 28.

PICKUP LOCATION

West Cobb Senior Center
4915 Dallas Highway
Powder Springs, GA 30127
770-528-8200



ACTIVITY LEVEL 1



Small distance walking, most of trip is seated

Please Note: Payment is due immediately upon registering. No refunds will be given unless the trip is cancelled. Return time is approximate.

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 is ongoing in classes that have not reached the maximum number of participants. Cost cannot be prorated for those who sign up after the session has begun. Register in-person or online at www.cobbseiors.org.

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 neck and floor muscles. Improving bladder control 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 improve muscular strength, balance, and flexibility. Bring your own (gut) weights and resistance bands.

Human teeth are the only part of the body that can't heal themselves.

@weareteachers

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 core work. 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.



@weareteachers

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. A \$15.00 supply fee to instructor at the start of class. All students will receive the same supplies. If you do not have a store, 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. This class is for laptops only, Cricut Explorer, Maker or Joy, and power 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



Walt Disney has
won the most
Academy
Awards.

@weareteachers

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, and internet, as well as using various devices. 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.

this class is **Full** sorry!

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 game, practice, and enjoy some friendly competition with other ladies interested in playing Billiards. No experience or equipment is necessary. Just come ready to have fun!

this class is **Full** sorry!

FUN FACTS
about eggs

- Chickens lay an average of one egg per day.
- One egg contains 6 grams of protein and 70 calories.
- Eggs are one of the most complete sources of protein.
- North Carolina is home to more than 14 million laying hens.
- Americans eat 95 million dozen eggs per year, which equals about 279 eggs per person, per year.

Notes

Lined area for taking 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 FULL 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 FULL Crocheting: Beg. #37352 \$6 (+ supply fee)
Mon ___ Tai Chi II - 1:15 pm #37348 \$21	Tue ___ iPhone Basics #37355 \$3
Tue FULL Strength & Stretch #37349 \$30	Thu FULL Cricut 101 #37359 \$3
Tue FULL 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 #37358 \$24	Fri FULL Computer Basics using \$5
Thu ___ Get Fit! #37361 \$30	Windows 11 #37366
Thu ___ Yoga #37362 \$30	Fri FULL 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.

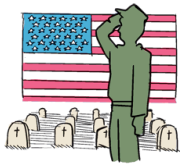
IF THE CLASS I WANTED IS FULL, CAN YOU OPEN ANOTHER SPOT FOR ME?

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.

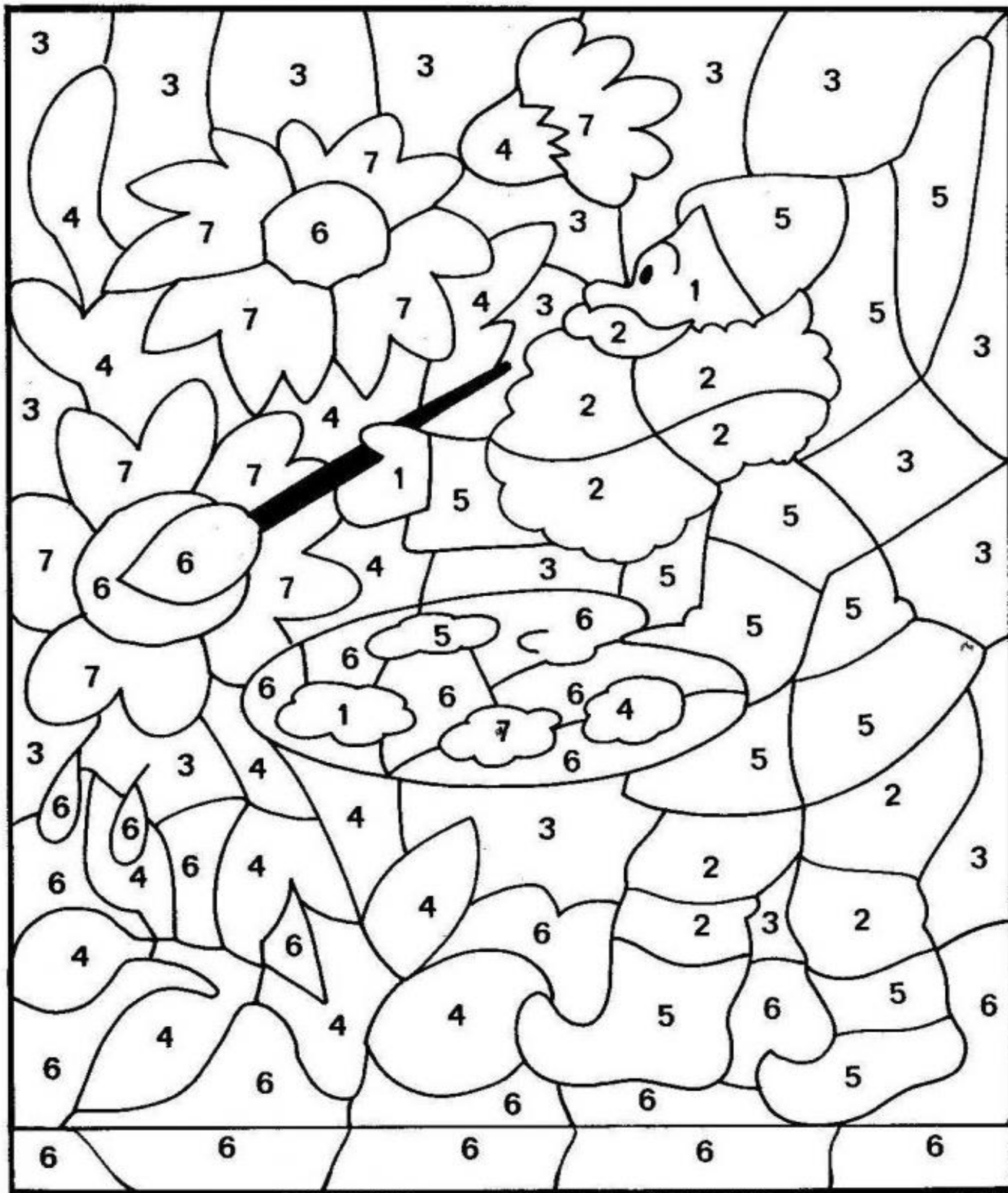


MAY AT-A-GLANCE



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Monday-Friday: Senior Sync-Up 8:30am-4:30pm (May only) Workout Studio 9:00am-4:00pm Billiards 8:30am-4:30pm		1 Focus on Fitness 8:30am Smoveys 9:45am Mahjong 10:00am Dup. Bridge 12:00pm Table Tennis 1:00pm	2 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 Canasta 12:30pm Yoga 12:45pm Adv. Bridge 1:00pm	3 Boomers Bootcamp 9:00am Travel Tips 10:00am Drum. Strong 10:15am Start Up Band 11:30am Sq. Dance Beg. 11:45am Good Grub 12:00pm Billiards Beg. 1:00pm Windows 11 1:00pm
6 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	7 Strength 9:00am Bridge: Adv. Beg. 9:30am Crochet: Beg. 9:30am Fun in the Foyer 10:00am Yoga 10:15am Chair Fitness 11:30am Color Me Happy 12:00pm Hand & Foot 12:00pm Table Tennis 1:00pm	8 Focus on Fitness 8:30am Smoveys 9:45am Book Club 10:00am Mahjong 10:00am Jean Sibelius 10:00am Stitch-in-Time 10:00am Dup. Bridge 12:00pm Table Tennis 1:00pm	9 Open Art 9:00am Intro to Acting 10:00am Mexican Train 10:00am Renaissance 10:00am Hand & Foot 11:00am Get Fit! 11:30am Canasta 12:30pm Yoga 12:45pm Adv. Bridge 1:00pm	10 Boomers Bootcamp 9:00am Outsmart Scammers 10:00am Welcome to WC 10:00am Drum. Strong 10:15am Start Up Band 11:30am
13 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	14 Strength 9:00am Bridge: Adv. Beg. 9:30am Yoga 10:15am Chair Fitness 11:30am Color Me Happy 12:00pm Hand & Foot 12:00pm Table Tennis 1:00pm	15 Focus on Fitness 8:30am Smoveys 9:45am Fancy Fold Cards 10:00am Mahjong 10:00am Dup. Bridge 12:00pm *No Table Tennis* Line Dance Wksh 2:30pm	16 Open Art 9:00am 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	17 Assist. Living Tools 10:00am Start Up Band 11:30am
20 Open Art 9:00am Knit-Wits 10:00am Mahjong 10:00am Woodcarvers 1:00pm *No Ballroom Dance*	21 Color Me Happy 12:00pm Hand & Foot 12:00pm *No Table Tennis*	22 Focus on Fitness 8:30am Switzer Library Trip 9:30am Smoveys 9:45am Mahjong 10:00am Les Six 10:00am Stitch-in-Time 10:00am Dup. Bridge 12:00pm Table Tennis 1:00pm	23 Open Art 9:00am Mexican Train 10:00am Skin Cancer Screen. 10:00am Hand & Foot 11:00am Get Fit! 11:30am Canasta 12:30pm Yoga 12:45pm Adv. Bridge 1:00pm	24 Boomers Bootcamp 9:00am Sr Services Director 10:00am Drum. Strong 10:15am Start Up Band 11:30am iPhone Photo. 10:00am
27 CENTER CLOSED 	28 Strength 9:00am Butterflies 10:00am Yoga 10:15am Chair Fitness 11:30am Color Me Happy 12:00pm Hand & Foot 12:00pm Passports 1:00pm Table Tennis 1:00pm	29 Focus on Fitness 8:30am Smoveys 9:45am Mahjong 10:00am Dup. Bridge 12:00pm Table Tennis 1:00pm	30 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 No Bones About It 1:00pm	31 Boomers Bootcamp 9:00am Drum. Strong 10:15am Start Up Band 11:30am



1-pink 2-grey 3-blue 4-green
 5-red 6-yellow 7-purple