



4915 Dallas Highway | Powder Springs, GA 30127 | 770-528-8200 | www.cobbseiors.org

Active Adults 55+ | Activity Hours: Monday-Friday from 8:30 AM-4:30 PM

West Cobb Senior Center is not an adult day facility. Individuals must be able to function independently, both physically and cognitively. There is a \$90 annual fee for non-residents to use Cobb County Senior Centers.

WCSC Staff:

April Anderson, Center Manager
Debbie Morgan, Program Specialist
Diane Sieverson, Program Leader
Travis Byrum, Bldg. Maint. Tech.

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CONNECT with US



Sign up to receive WCSC email blasts!



Honoring Juneteenth at the Marietta City Cemetery



Experience an unforgettable guided tour through the historic Marietta City Cemetery. This tour will honor the rich history and contributions of African Americans in our community, providing an insightful and reflective journey through the lives and stories of those who came before us. Lunch and shopping will be on your own at the Marietta Square.

Tuesday, June 10

9:30 am - 2:30 pm (check-in 9:15 am)

\$8.00 (+\$10.00 cash payable to tour guide);

Registration required

Payment due at registration. Registration deadline: May 20.

*Price includes transportation. Cemetery tour is \$10.00 cash payable to the guide. Lunch and shopping are on your own. No refunds will be given unless the trip is cancelled. **Activity Level 3** – longer periods of walking, stairs and/or inclines. **Mobility Requirements** – travelers must be able to navigate on and off the bus independently. If you have any concerns with walking or climbing stairs, please check with staff before registering.*

We will be closed
Thursday, June 19
in observation of
Juneteenth.

READ ALL ABOUT IT!

WEST COBB SENIOR CENTER NEWS

IMPORTANT REMINDERS



**ALL COBB COUNTY
SENIOR SERVICES'
LOCATIONS WILL
BE CLOSED ON**

THURSDAY, JUNE 12

FOR IN-SERVICE TRAINING

**WE WILL REOPEN AT
8 AM ON FRIDAY, JUNE 13**

Thanks for your support and understanding.

**WEST COBB SENIOR CENTER
WILL BE A VOTING PRECINCT ON
TUESDAY, JUNE 17.**



JUST A FRIENDLY REMINDER...
Due to voting, parking may be at a premium.
Please allow yourself extra time when
coming to your classes, activities, and events.
WE APPRECIATE YOUR PATIENCE!

GRANDPARENT AND ME Intergenerational Summer Programs

Bring your grandchildren ages 5 and older, adult children, or friends under 55 to participate in some summer fun!



Memory Jars #46729

Wednesday, June 11

2:00 pm – 3:00 pm

Free; Registration required

Memories are priceless gifts that grandparents and grandchildren share! Bring your grandchildren ages 5+ and join West Cobb Senior Center staff for a funny story and refreshments, make a special memory together, and decorate your own memory jar to take home. All supplies will be included. Sponsored by Harmony at Douglasville.

Magical Movie Matinee (call for title) #46738

Wednesday, June 25

1:00 pm – 3:00 pm

Free; Registration required

A team of monster scarers, lovable Sulley and his wisecracking best friend Mike, find their lives turned upside down when a little girl wanders into their world. Refreshments provided by Friends of West Cobb.

Get To Know



**Cobb County
GOVERNMENT**

K-9 Unit Demonstration #46742

Monday, June 30

10:00 am – 11:00 am

Free; Registration required

Learn more about the Cobb County K-9 Unit and watch a demonstration by our Cobb County Police dogs. Presented by Cobb County Police Department, K-9 Unit.



SUMMER CLASS REGISTRATION

Monday, June 23

9:00 am (online & in-person)

A list of classes will be available in the July Insider.

HIGHLIGHTS



2

Fun in the Foyer: Donut Worry, Be Glazy #46713

Monday, June 2

9:30 am – 10:30 am

Free; Registration required

It's National Donut Day so let's celebrate! Make your day a little sweeter and join us in the foyer for a donut and juice! Sponsored by Outreach Education and Installations of CapTel telephones.



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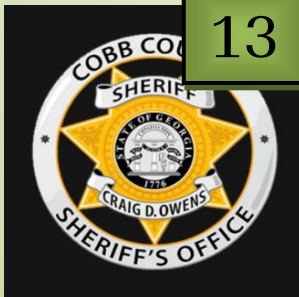
Reel Good Movies: June (call for title) #46718

Friday, June 6

1:00 pm – 3:30 pm

Free; Registration required

In 1981, at a bus stop in Savannah, Georgia, a simple man recounts his life story to strangers who sit next to him on a bench.



13

Gun Safety Education #46730

Friday, June 13

10:00 am – 11:00 am

Free; Registration required

Join us for an informative and engaging presentation on gun safety, where we'll discuss the essential practices and responsibilities of firearm ownership. Whether you're a new gun owner or an experienced shooter, this session will equip you with the knowledge to handle firearms safely, reduce accidents, and promote responsible gun use in your community. Presented by Cobb County Sheriff's Office.



18

Water Conservation #46734

Wednesday, June 18

10:00 am – 11:00 am

Free; Registration required

Even though there's plenty of water in the southeastern United States, fresh water is limited, so it's crucial to conserve water. By learning how to use less water inside and outside our homes, we can help protect the environment, save money, and prepare for times when there's not enough water. Find out how you can help! Presented by Cobb County Water System.

Seminars, Workshops & More



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

Strengthening and Protecting Your Knees #46714

Tuesday, June 3

10:30 am – 11:30 am

Free; Registration required

Join Dr. Jason Salisbury and explore effective strategies for enhancing knee strength, improving mobility, and preventing injury. Learn practical exercises, preventative measures, and insights into maintaining healthy knees.

Prostate Cancer: Risks, Prevention and Early Detection #46715

Wednesday, June 4

10:00 am – 11:00 am

Free; Registration required

Prostate cancer is the most common type of cancer among men and the second leading cause of cancer related deaths among men. What puts someone at risk for prostate cancer and what are the symptoms? Discover how you can detect prostate cancer as early as possible. Presented by B.E.S.T. (Broadening & Enriching Seniors Together).

Scam Prevention #46716

Thursday, June 5

10:00 am – 11:00 am

Free; No registration required

Join Deputy Watts with the Cobb County Sheriff's Office and learn how to identify and avoid common internet and phone scams.

Emergency Locator Markers #46717

Friday, June 6

10:00 am – 11:00 am

Free; Registration required

Cobb is the first Georgia County to establish an Emergency Locator Marker (ELM) Program which provides trail markers at every quarter mile on Cobb County's Trail System. These trail markers are important for emergency responders, providing 9-1-1 calls coordinates that quickly direct emergency responders to a location on a trail where a physical address might not exist. Presented by the Cobb County Sheriff's Office.

Reel Good Movies: June (call for title) #46718

Friday, June 6

1:00 pm – 3:30 pm

Free; Registration required

In 1981, at a bus stop in Savannah, Georgia, a simple man recounts his life story to strangers who sit next to him on a bench.

Welcome to West Cobb #46719

Monday, June 9

10:00 am – 11:00 am

Free; Registration required

Are you new? Come learn all about West Cobb Senior Center. You will meet staff, hear about the different programs that are offered and how to register, take a brief tour of the facility, and receive an orientation for our workout room.

Investing Q & A #46721

Tuesday, June 10

1:00 pm – 2:00 pm

Free; Registration required

Wondering about investing at this stage of life? Bring your questions and concerns about investments, retirement savings, etc. for an insightful Q&A session. Presented by Edward Jones.

New Baroque Choral Forms: Opera and Oratorio #46726

Wednesday, June 11

10:00 am – 11:00 am

Free; Registration required

The beginning of the Baroque is marked by the birth of two new musical forms called Opera and Oratorio. Where did they begin, why, and what were their roots?

Next Chapter Book Club: *The Women* #46727

Wednesday, June 11

10:00 am – 11:30 am

Free; Registration required

Join other avid readers to share information and the pleasure of reading. For the month of June, we will discuss *The Women* by Kristin Hannah.

Seminars, Workshops & More



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

Grandparent and Me: Memory Jars #46729

Wednesday, June 11

2:00 pm – 3:00 pm

Free; Registration required

Bring your grandchildren ages 5+ and join WCSC staff for a funny story about preserving memories, enjoy refreshments, make a special memory together, and decorate your own memory jar to take home. All supplies will be included. Sponsored by Harmony at Douglasville.

Gun Safety Education #46730

Friday, June 13

10:00 am – 11:00 am

Free; Registration required

Whether you're a new gun owner or an experienced shooter, this session will equip you with the knowledge to handle firearms safely, reduce accidents, and promote responsible gun use in your community. Presented by Cobb County Sheriff's Office.

Paint Along with Cindy:

Morning Session #46732

Afternoon Session #46733

Tuesday, June 17

10:00 am – 12:00 pm OR

1:30 pm – 3:30 pm

\$5.00; Registration required

Join certified Bob Ross instructor, Cindy Fielder, for a painting session for beginners and experienced artists! Learn how to paint using 'alla prima' (wet on wet) and leave with a completed 12x16 masterpiece ready for framing. \$25.00 supply fee to instructor day of workshop.

Water Conservation #46734

Wednesday, June 18

10:00 am – 11:00 am

Free; Registration required

By learning how to use less water inside and outside our homes, we can help protect the environment, save money, and prepare for times when there's not enough water. Find out how you can help! Presented by Cobb County Water System.

Summer Decoupage Ornament #46736

Tuesday, June 24

1:00 pm – 2:30 pm

Free; Registration required

Brighten your home with a handmade summer decoupage ornament. This is perfect for both experienced adult crafters and beginners. All materials will be provided. One ornament per person. Presented by the West Cobb Regional Library.

Grandparent and Me: Magical Movie Matinee (call for title) #46738

Wednesday, June 25

1:00 pm – 3:00 pm

Free; Registration required

A team of monster scarers, lovable Sulley and his wisecracking best friend Mike, find their lives turned upside down when a little girl wanders into their world. Refreshments provided by Friends of West Cobb.

Baubles, Bangles, and Beads #46771

Thursday, June 26

1:00 pm – 3:00 pm

Free; Registration required

Join us for this beading workshop and learn how to make earrings, a suncatcher, and memory wire bracelets.

Flu Shots, and COVID Boosters Clinic #46740

Friday, June 27

9:00 am – 12:00 pm

Free; Registration required

Cobb Douglas Public Health will administer flu shots and COVID boosters on a first come, first served basis. Advance registration is required. You must bring your insurance card and ID.

Get to Know Cobb: K-9 Unit Demonstration #46742

Monday, June 30

10:00 am – 11:00 am

Free; Registration required

Learn more about the Cobb County K-9 Unit and watch a demonstration by our Cobb County Police dogs. Presented by Cobb County Police Department, K-9 Unit.



ONGOING ACTIVITIES

Ongoing activities are free. Registration is not required.



Monday-Friday

Workout Studio (orientation required)

9:00am-4:00pm

Location: Workout Room

Billiards

8:30am-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 & Whittlers

1:00pm-3:00pm

Location: Craft Room

Beginners and beyond enjoy carving and socializing. Materials not provided.

Ballroom Dance Practice

2:30pm-4:30pm

Location: Oak Hall

Enjoy dancing to music provided by a DJ.

Tuesday

Chess

9:00am-12:00pm

Location: Conference Room

All are welcome to come play, watch, or learn.

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

1:30pm-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

11:30am-2:30pm

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-2:00pm

Location: Craft Room

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

Canasta

11:30am-4:00pm

Location: Lost Mountain Room

Experienced players enjoy Hand and Foot or American Standard.

Thursday

Intermediate Bridge

1:00pm-3:00pm

Location: Conference Room

Competitive Standard American Bridge played at an intermediate level.

Friday

The Mellowtones of West Cobb

12:15pm-1:15pm

Location: Oak Hall

Come listen and dance along to a weekly concert provided by West Cobb's own band.

The following clubs meet at WCSC:

ADK Retired Teachers

Dot Wiltshire 770-943-4668

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

Lost Mountain Kiwanis

Gary Teate 404-226-4624

Thursdays 10:00am-11:00am

Please contact the club president as dates/times may be subject to change.

DAY TRIP

Harrah's Cherokee Valley River
in Murphy, NC #46743

Thursday, July 17 | 9:00 am-7:30 pm (check-in 8:30 am)



\$60

PRICE INCLUDES:

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

*Payment is due immediately upon registering. No refunds will be given unless the trip is cancelled. Return time is approximate. **Registration deadline is June 12.***

PICKUP LOCATION

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



CHECK-IN INFO

Check-in: 8:30-8:45 am at WCSC. Please do not arrive later than 8:45 am.
Departure: Promptly at 9:00 am. Passengers must be ready to load the motor coach by 8:50 am.

ACTIVITY LEVEL 1

Small distance walking, most of trip is seated. Travelers must be able to navigate on and off the bus independently (motor coaches may have up to 8 stairs to negotiate).

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.

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. 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.



JUNE AT-A-GLANCE



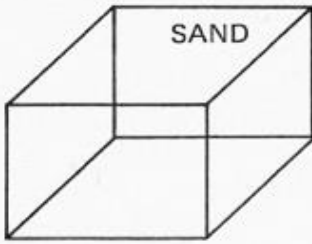
For more information on the activities listed below, please see previous pages of the Insider.

Monday-Friday: Billiards 8:30am-4:30pm | Workout Studio 9:00am-4:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Circuit Training 8:50am Open Art 9:00am Fun in Foyer 9:30am 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	3 Chess 9:00am Strength 9:00am Protect Knees 10:30am Yoga 10:15am Chair Fitness 11:45am Color Me Happy 12:00pm Hand & Foot 12:00pm Chair Yoga 12:30pm Table Tennis 1:30pm	4 Mahjong 10:00am Prostate Cancer 10:00am Dup. Bridge 11:30am Table Tennis 1:00pm	5 Get Fit! 9:00am Open Art 9:00am Mexican Train 10:00am Scam Prevention 10:00am Yoga 10:15am Canasta 11:30am Int. Bridge 1:00pm Zumba 2:00pm	6 Boomers Bootcamp 9:00am Emerg. Markers 10:00am Drum. Strong 10:10am Chair Yoga 11:20am The Mellowtones 12:15pm Reel Good Movie 1:00pm Deep Stretch 2:00pm
9 Circuit Training 8:50am Open Art 9:00am Core & Restore 10:00am Knit-Wits 10:00am Mahjong 10:00am Welcome to WC 10:00am Cardio Dance 11:10am Tai Chi I 12:00pm Woodcarvers 1:00pm Tai Chi II 1:15pm Ballroom Dance 2:30pm	10 Chess 9:00am Strength 9:00am Cemetery Tour 9:15am Yoga 10:15am Chair Fitness 11:45am Color Me Happy 12:00pm Hand & Foot 12:00pm Chair Yoga 12:30pm Investing Q&A 1:00pm Table Tennis 1:30pm	11 Book Club 10:00am Mahjong 10:00am New Baroque 10:00am Stitch-in-Time 10:00am Dup. Bridge 11:30am Table Tennis 1:00pm Memory Jars 2:00pm	12 CLOSED 	13 Boomers Bootcamp 9:00am Gun Safety 10:00am Drum. Strong 10:10am Chair Yoga 11:20am The Mellowtones 12:15pm Deep Stretch 2:00pm
16 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	17 Chess 9:00am Strength 9:00am Paint w/Cindy 10:00am Yoga 10:15am Chair Fitness 11:45am Color Me Happy 12:00pm Hand & Foot 12:00pm Chair Yoga 12:30pm Paint w/Cindy 1:30pm Table Tennis 1:30pm	18 Mahjong 10:00am Water Conserv. 10:00am Dup. Bridge 11:30am *No Table Tennis*	19 CLOSED 	20 Boomers Bootcamp 9:00am Drum. Strong 10:10am Chair Yoga 11:20am The Mellowtones 12:15pm
23 Class Registration 9:00am Open Art 9:00am Knit-Wits 10:00am Mahjong 10:00am Woodcarvers 1:00pm Ballroom Dance 2:30pm	24 Chess 9:00am Color Me Happy 12:00pm Hand & Foot 12:00pm Decoupage 1:00pm Table Tennis 1:30pm	25 Mahjong 10:00am Stitch-in-Time 10:00am Dup. Bridge 11:30am Magical Movie 1:00pm Table Tennis 1:00pm	26 Open Art 9:00am Mexican Train 10:00am Canasta 11:30am Baubles...Beads 1:00pm Int. Bridge 1:00pm	27 Flu and Covid 9:00am The Mellowtones 12:15pm
30 Open Art 9:00am K-9 Demo 10:00am Knit-Wits 10:00am Mahjong 10:00am Woodcarvers 1:00pm Ballroom Dance 2:30pm				

BRAIN TEASERS

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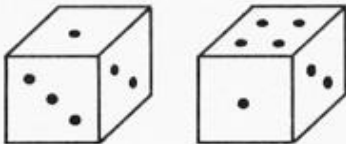
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DEATH

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Stumped? An answer key is available at the front desk.