

WEST COBB INSIDER



JULY 2025

West Cobb Senior Center | Active Adults 55+ | Activity Hours: Monday-Friday, 8:30 AM-4:30 PM
4915 Dallas Highway | Powder Springs, GA 30127 | 770-528-8200 | www.cobbcounty.gov/seniors
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
vacant, Program Specialist
Diane Sieverson, Program Leader
Travis Byrum, Bldg. Maint. Tech.

Inside this Edition:

- p. 1 - Announcements
- p. 2 - Read All About It
- p. 3 - Highlights
- p. 4 - Seminars, WS & More
- p. 5 - Ongoing Activities
- p. 6 - Day Trips
- p. 7 - Day Trip Guide
- p. 8 - How to Register Online
- p. 9 - Summer Classes
- p. 10 - Summer Classes
- p. 11 - Summer Classes
- p. 12 - Summer Class Listing
- p. 13 - Class Reg. Form
- p. 14 - Class Q&A
- p. 15 - At-A-Glance Calendar
- p. 16 - Just for Fun

CONNECT with US



Sign up to receive WCSC email blasts!

We will be closed on
Friday, July 4
in observance of
Independence Day.

WEST COBB SENIOR CENTER 770-528-8200

MEET OUR NEW INSTRUCTORS

Veda Simpson



VEDA'S CLASSES:

Qigong ("chee-gung") &
Tai Chi

TONI'S CLASSES:

Sound Healing and
Meditation &
Gentle Stretch,
Breathwork, and Guided
Meditation

Toni Stanfill



see p. 9-11 for more information

never goodbye, always
see you later



West Cobb Senior Center and Cobb County Senior Services would like to thank Debbie Morgan for 24 years of service and wish her a very happy retirement! Please drop in for a reception in Debbie's honor on **Monday, June 30 from 2:00 pm - 4:00 pm** at the center.

READ ALL ABOUT IT!

WEST COBB SENIOR CENTER NEWS

GRANDPARENT AND ME: SUMMERTIME INTERGENERATIONAL PROGRAMMING

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



Magical Movie Matinee (call for title) #47066

Tuesday, July 8

1:00 pm – 3:00 pm

Free; Registration required

An orphaned boy enrolls in a school of wizardry, where he learns the truth about himself, his family and the terrible evil that haunts the magical world. Recommended for ages 8+. Refreshments provided by Friends of West Cobb.

Wattson's Electric Avenue #47080

Friday, July 18

10:00 am – 11:00 am

Free; Registration required

This interactive demonstration walks grandparents and grandchildren ages 5+ through electric safety in real-life scenarios, including how to be safe around electricity, where to go during a lightning storm, what to do if a power line falls on your car or school bus, and why birds don't get shocked when they stand on power lines. Presented by Cobb EMC.

**TRAVEL TO ONE OF
TIME MAGAZINE'S WORLD'S
GREATEST PLACES FOR 2025!**



**SEE
P. 6
NOW!**

Get To Know



**Cobb County
GOVERNMENT**

Public Safety Citizens Academy #47081

Monday, July 21

10:00 am – 11:00 am

Free; Registration required

Come learn about the Public Safety Citizens Academy and how you can sign up to participate. This program allows Cobb County citizens to obtain insider insight into the various entities that comprise the Department of Public Safety. Presented by Cobb County Police Department.



NEW CLASS ALERT!

**CARDIO
KICKBOX**
#47139

with Mitzi



Mondays, July 7 – September 15 (no class 7/21 & 9/1)
11:10 am – 11:40 am | \$13.50; Registration required

Come join us for this heart pumping low-impact 30-minute workout! We will combine punches and kicks to create fun and easy to follow combinations that will improve cardiovascular endurance and boost brain health. This is a no contact, strictly shadow boxing class. Boxing gloves are optional but not required.

HIGHLIGHTS



10

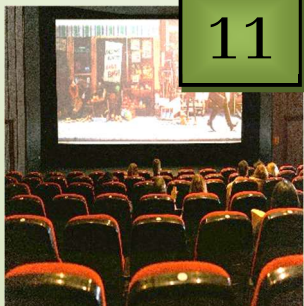
Scrumptious Summer Salads #47166

Thursday, July 10

1:00 pm – 2:00 pm

Free; Registration required

Join Terri Carter from UGA Cobb Extension for a cooking demonstration on summer salads for family gatherings. We will do more than a traditional green salad and will create and taste the joy of summer on a plate!



11

Reel Good Movies: July (call for title) #47069

Friday, July 11

1:00 pm – 3:00 pm

Free; Registration required

A television newswoman picks up the story of a 1960s rock band whose long-lost leader Eddie Wilson may still be alive, while searching for the missing tapes of the band's never-released album.



14

How to Get a Better Night's Sleep #47068

Monday, July 14

1:00 pm – 2:00 pm

Free; No registration required

Sleep plays a vital role in our overall health and wellness. A good night's sleep can improve our mood, alertness, and biometric numbers. Join Cobb County Wellness Coordinator Keith Mazonkey as he shares tips and strategies to get a better night's rest.



18

The Pharmacy: Over-the-Counter Medications #47084

Thursday, July 24

10:00 am – 11:00 am

Free; Registration required

We tend to think of over-the-counter (OTC) medications as less risky or harmful than prescription medications, but they can be every bit as dangerous if used wrong or too often. Learn about the dangers and risks of using OTCs and get some advice on which ones to avoid from our resident Pharmacist F. Rocky Beeland. Presented by B.E.S.T. (Broadening & Enriching Seniors Together).

Registration can be done in-person, online thru www.cobbcounty.gov/seniors, or by calling the center.

Seminars, Workshops & More



Registration can be done in-person, online thru www.cobbcounty.gov/seniors, or by calling the center.

Next Chapter Book Club: The Frozen River #47067

Wednesday, July 9

10:00 am – 11:30 am

Free; Registration required

For the month of July, we will discuss *The Frozen River* by Ariel Lawson.

Scrumptious Summer Salads #47166

Thursday, July 10

1:00 pm – 2:00 pm

Free; Registration required

Join Terri Carter from UGA Cobb Extension for a cooking demonstration on summer salads for family gatherings. We will do more than a traditional green salad and will create and taste the joy of summer on a plate!

Reel Good Movies: July (call for title) #47069

Friday, July 11

1:00 pm – 3:00 pm

Free; Registration required

A TV newswoman picks up the story of a 1960s rock band whose long-lost leader Eddie Wilson may still be alive, while searching for the missing tapes of the band's never-released album.

Engage With CO-AGE #47496

Monday, July 14

10:00 am – 11:00 am

Free; No registration required

Join the Georgia Council on Aging (GCOA) hosted by Kimberly Haase and learn about vital legislative updates and advocacy resources available to our senior community. These will include legislative outcomes affecting seniors' healthcare, housing, safety and rights, updates from GCOA and the Coalition of Advocated for Georgia's Elderly (Co-AGE), and resources for seniors to get involved in advocacy.

How to Get a Better Night's Sleep #47068

Monday, July 14

1:00 pm – 2:00 pm

Free; No registration required

Sleep plays a vital role in our overall health and wellness. A good night's sleep can improve our mood, alertness, and biometric numbers. Join Cobb County Wellness Coordinator Keith Mazonkey as he shares tips and strategies to get a better night's rest.

Peace of Mind #47078

Tuesday, July 15

1:00 pm – 2:00 pm

Free; Registration required

West Cobb Funeral Home leads this discussion about documents every person needs including wills, power of attorney, Georgia directive healthcare, and pre-planning documents.

Welcome to West Cobb #47079

Wednesday, July 16

10:00 am – 11:00 am

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.

Trigger Points and Referred Pain: The Mystery Behind Muscle Discomfort #47077

Tuesday, July 15

10:30 am – 11:30 am

Free; Registration required

Join Dr. Salisbury, physical therapist, to explore the fascinating world of trigger points and referred pain. Learn how tight muscles can cause pain in unexpected areas and discover effective techniques to release tension, improve mobility, and feel your best.

Get to Know Cobb: Public Safety Citizens Academy #47081

Monday, July 21

10:00 am – 11:00 am

Free; Registration required

Learn about the Public Safety Citizens Academy and how you can sign up to participate. This program allows Cobb County citizens to obtain insider insight into the various entities that comprise the Department of Public Safety. Presented by Cobb County Police Department.

Be the "Star" of Your Own Book! #47083

Tuesday, July 22

1:00 pm – 2:30 pm

Free; Registration required

Join us and learn how to fold the pages of a book into a star. All materials provided. Presented by West Cobb Regional Library.

The Pharmacy: Over-the-Counter Medications #47084

Thursday, July 24

10:00 am – 11:00 am

Free; Registration required

Learn about the dangers and risks of using OTCs and get some advice on which ones to avoid from our resident Pharmacist F. Rocky Beeland. Presented by B.E.S.T. (Broadening & Enriching Seniors Together).

Civilian Response to Active Shooter Events #47085

Thursday, July 31

10:00 am – 11:00 am

Free; Registration required

Learn strategies, guidance, and a plan for surviving an active shooter event. Presented by Cobb County Sheriff's Office.



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

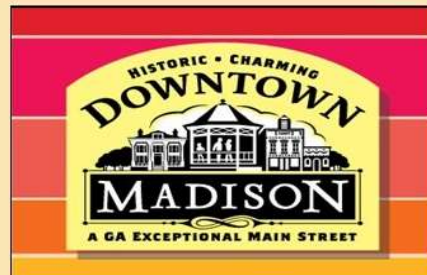
Lost Mountain Kiwanis
Gary Teate 404-226-4624
Thursdays 10:00am-11:00am

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

DAY TRIP

Georgia Safari Conservation Park
#47086

Saturday, October 4 | 8:00 am-6:30 pm (check-in 7:30 am)



\$88

PRICE INCLUDES:

- *Round trip motor coach
- *Admission to Georgia Safari Conservation Park
- *Snacks and tips
- *Lunch and shopping on your own in downtown Madison

Payment is due immediately upon registering. No refunds will be given unless the trip is cancelled. Return time is approximate. Tour operates rain or shine. Registration deadline is August 20.

PICKUP LOCATION

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



CHECK-IN INFO

Check-in: 7:30-7:45 am at WCSC. Please do not arrive later than 7:45 am.
Departure: Promptly at 8:00 am. Passengers must be ready to load the motor coach by 7:50 am.

ACTIVITY LEVEL 4

Long periods of walking, limited seated breaks. Travelers must be able to navigate on and off the bus independently (motor coach will have 7-8 stairs to negotiate when loading and unloading).

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.



HOW TO REGISTER ONLINE

1. Visit our website at www.cobbcounty.gov/seniors.
2. From the homepage, select the **Register Online** icon. You will be redirected to the CivicRec registration system page.
3. Select **Log In/Create Account** in the upper-left corner. At this time, you will either need to create an account or log in to an existing account. If you are unsure if you have an account, please call us at 770-528-8200 to verify with staff.
4. If logging in to an existing account, enter your email address and password. If you have not set up your password or have forgotten it, please select **Forgot Password?** and follow the instructions.
5. To create a new account select **Create Your CCGA Account** and complete the required information. Please remember passwords must be at least 8 characters long and contain 3 of the following 4 categories: lower case letters, uppercase letters, numbers, special characters.
6. Once logged in, locate the **Filter** box at the top-left and enter the 5-digit activity code associated with the activity for which you will be registering. You can also register by selecting the **Senior Services Activities** tab and further filter by selecting the name of the senior center.
7. Select **Add to Cart**. You can either select **Close** to add more activities or select **Checkout** to complete the transaction. Be sure to accept all waivers to proceed to the payment screen and complete the registration process.
8. At any time, you can log on to your account, select the **Account** option, and view your **Dashboard** which contains information such as your upcoming events, transactions history, payment options, and event calendar. Please note that you will not be able to remove yourself from an activity once you have registered. You will need to contact the center and have staff remove you.



SUMMER CLASS SCHEDULE



Registration for summer classes begins **Monday, June 23** at **9:00 am** and can be done in-person and online (www.cobbcounty.gov/seniors). Phone and mail-in registration are not allowed.

EXERCISE

Circuit Training #47137

Instructor: Mitzi Logan
Mondays, July 7 – September 15
(no class 7/21 & 9/1)
8:50 am – 9:50 am
\$27.00

MON

Bring to class: Light weights

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

Core & Restore #47138

Instructor: Mitzi Logan
Mondays, July 7 – September 15
(no class 7/21 & 9/1)
10:00 am – 11:00 am
\$27.00

MON

Pre-requisite: Must be able to get down to the floor once and back up at the end of class

Bring to class: Yoga mat and a hand towel or yoga strap

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.

Cardio Kickbox #47139

Instructor: Mitzi Logan
Mondays, July 7 – September 15
(no class 7/21 & 9/1)
11:10 am – 11:40 am
\$13.50

NEW

MON

Bring to class: Boxing gloves are optional but not required

Come join us for this heart pumping low-impact 30-minute workout! We will combine punches and kicks to create fun and easy to follow combinations that will improve cardiovascular endurance and boost brain health. This is a no contact, strictly shadow boxing class. Boxing gloves are optional but not required.

Qigong #47140

Instructor: Veda Simpson
Mondays, July 7 – September 15
(no class 9/1)
12:00 pm – 1:00 pm
\$30.00

NEW

MON

Qigong, pronounced “chee-gung”, translates from Chinese to “energy cultivation”. It is an ancient system of postures, exercises, breathing techniques and meditations designed to enhance the body’s qi, or life energy responsible for health and vitality. Qigong can increase energy, reduce stress and aid in disease prevention and longevity. Beginners are welcome.

Tai Chi #47141

Instructor: Veda Simpson
Mondays, July 7 – September 15
(no class 9/1)
1:15 pm – 2:15 pm
\$30.00

MON

Tai Chi is a Chinese martial art practiced for its defense training and health benefits. Tai Chi’s low stress movement and coordinated breathing can improve balance control, flexibility, cardiovascular endurance, and stress reduction. Beginners are welcome.

Strength & Stretch #47142

Instructor: Mitzi Logan
Tuesdays, July 8 – September 16
(no class 7/22)
9:00 am – 10:00 am
\$30.00

TUE

Bring to class: Light weights and resistance bands

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, balance, and flexibility.

Yoga #47143

Instructor: Mitzi Logan
Tuesdays, July 8 – September 16
(no class 7/22)
10:15 am – 11:15 am
\$30.00

TUE

Bring to class: Yoga mat

This 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 simultaneously energizing the body, improving muscle tone and stamina. All levels are welcome.

Chair Fitness #47146

Instructor: Mitzi Logan
Tuesdays, July 8 – September 16
(no class 7/22)
11:45 am – 12:15 pm
\$15.00

TUE

Bring to class: *Light weights and resistance bands*

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!

Chair Yoga #47144

Instructor: Mitzi Logan
Tuesdays, July 8 – September 16
(no class 7/22)
12:30 pm – 1:00 pm
\$15.00

TUE

Bring to class: *Yoga mat*

You will complete yoga postures and gentle stretches designed to improve flexibility and strength all on and around a chair in this 30-minute class. All levels welcome.

Get Fit! #47147

Instructor: Susan Schumacher
Thursdays, July 10 – September 18 (no class 8/21)
9:00 am – 10:00 am
\$30.00

THUR

Bring to class: *Light weights and resistance bands*

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.

Yoga #47148

Instructor: Susan Schumacher
Thursdays, July 10 – September 18 (no class 8/21)
10:15 am – 11:15 am
\$30.00

THUR

Pre-requisite: *Previous experience in Yoga*

Bring to class: *Yoga mat*

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.

Sound Healing and Meditation #47149

Instructor: Toni Stanfill
Thursdays, July 10 – September 18
(no class 7/31 & 8/21)
11:30 am – 12:30 pm
\$27.00

NEW**THUR**

Bring to class: *Yoga mat and a yoga blanket or large towel*

Sound Healing utilizes sound vibrations to promote relaxation, reduce stress, and potentially improve physical and mental well-being. It involves using instruments such as singing bowls, gongs, and chimes to create a relaxed meditative state.

Zumba #47150

Instructor: Yvette Hassell
Thursdays, July 10 – September 18
2:00 pm – 3:00 pm
\$33.00

THUR

Zumba is the high energy fitness program consisting of dance set to international music. It incorporates the choreography of hip-hop, soca, samba, salsa, meringue, and mambo with aerobic elements for a total body workout.

Baby Boomers Bootcamp #47151

Instructor: Mitzi Logan
Fridays, July 11 – September 19
(no class 7/18 & 7/25)
9:00 am – 10:00 am
\$27.00

FRI

Bring to class: *Light weights and resistance bands*

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.

Drumming Strong #47152

Instructor: Mitzi Logan
Fridays, July 11 – September 19
(no class 7/18 & 7/25)
10:10 am – 11:10 am
\$27.00

FRI

Bring to class: *Light weights*

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

Chair Yoga #47153

Instructor: Mitzi Logan
Fridays, July 11 – September 19
(no class 7/18 & 7/25)
11:20 am – 11:50 am
\$13.50

FRI

Bring to class: *Yoga mat*

You will complete yoga postures and gentle stretches designed to improve flexibility and strength all on and around a chair in this 30-minute class. All levels welcome.

**Gentle Stretch, Breathwork and
Guided Meditation #47154**

Instructor: Toni Stanfill

Fridays, July 11 – September 19

(no class 8/1 & 8/22)

2:00 pm - 3:00 pm

\$27.00

NEW

FRI

Bring to class: Yoga mat (a yoga blanket is optional)

Unwind and restore with this calming class that blends gentle stretching to release physical tension, breathwork to center the mind, and guided meditation to promote deep relaxation. Perfect for all levels, this session supports stress relief, mindfulness, and overall well-being.



WCSC will be closed for the following holiday during the summer session:

LABOR DAY
Monday, September 1



Please be courteous and arrive to class on time. Late arrivals are disruptive to instructors and to your fellow classmates.

9 THINGS YOU MAY NOT KNOW ABOUT THE DECLARATION OF INDEPENDENCE

1. The Declaration of Independence wasn't signed on July 4, 1776.
2. More than one copy of the Declaration of Independence exists.
3. When news of the Declaration of Independence reached New York City, it started a riot.
4. Eight of the 56 signers of the Declaration of Independence were born in the U.K.
5. One signer of the Declaration of Independence later recanted.
6. There was a 44-year age difference between the youngest and oldest signers.
7. Two additional copies of the Declaration of Independence have been found in the last 25 years.
8. The Declaration of Independence spent World War II in Fort Knox.
9. There is something written on the back of the Declaration of Independence.






SUMMER CLASS LISTING




Please keep this page as a reference for class dates and any scheduled no class dates* (if applicable).

In case of an unexpected class cancellation, we will notify you ahead of time and give you the makeup date. Use the provided "Makeup" column to add in dates for any rescheduled classes. If the schedule does not permit us to add a makeup class, a refund will be issued for the cancelled class date.

**Classes that have pre-scheduled no class dates will not have make up dates as they have already been built into the calendar ahead of time.*

Mondays	Time	Dates	No Class	Makeup
Circuit Training	8:50am-9:50am	7/7-9/15	7/21, 9/1	
Core & Restore	10:00am-11:00am	7/7-9/15	7/21, 9/1	
Cardio Kickbox	11:10am-11:40am	7/7-9/15	7/21, 9/1	
Qigong	12:00pm-1:00pm	7/7-9/15	9/1	
Tai Chi	1:15pm-2:15pm	7/7-9/15	9/1	
Tuesdays	Time	Dates	No Class	Makeup
Strength & Stretch	9:00am-10:00am	7/8-9/16	7/22	
Yoga	10:15am-11:15am	7/8-9/16	7/22	
Chair Fitness	11:45am-12:15pm	7/8-9/16	7/22	
Chair Yoga	12:30pm-1:00pm	7/8-9/16	7/22	
Thursdays	Time	Dates	No Class	Makeup
Get Fit!	9:00 am-10:00am	7/10-9/18	8/21	
Yoga	10:15am-11:15am	7/10-9/18	8/21	
Sound Healing and Meditation	11:30am-12:30pm	7/10-9/18	7/31, 8/21	
Zumba	2:00pm-3:00pm	7/10-9/18		
Fridays	Time	Dates	No Class	Makeup
B. B. Bootcamp	9:00am-10:00am	7/11-9/19	7/18, 7/25	
Drumming Strong	10:10am-11:10am	7/11-9/19	7/18, 7/25	
Chair Yoga	11:20am-11:50am	7/11-9/19	7/18, 7/25	
Gentle Stretch, Breathwork and Guided Meditation	2:00pm-3:00pm	7/11-9/19	8/1, 8/22	

WEST COBB SENIOR CENTER SUMMER 2025 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.

Mon	<input type="checkbox"/>	Circuit Training #47137	\$27
Mon	<input type="checkbox"/>	Core & Restore #47138	\$27
Mon	<input type="checkbox"/>	Cardio Kickbox #47139	\$13.50
Mon	<input type="checkbox"/>	Qigong #47140	\$30
Mon	<input type="checkbox"/>	Tai Chi #47141	\$30
Tue	<input type="checkbox"/>	Strength & Stretch #47142	\$30
Tue	<input type="checkbox"/>	Yoga #47143	\$30
Tue	<input type="checkbox"/>	Chair Fitness #47146	\$15
Tue	<input type="checkbox"/>	Chair Yoga #47144	\$15
Thu	<input type="checkbox"/>	Get Fit! #47147	\$30
Thu	<input type="checkbox"/>	Yoga #47148	\$30
Thu	<input type="checkbox"/>	Sound Healing and Meditation #47149	\$27
Thu	<input type="checkbox"/>	Zumba #47150	\$33
Fri	<input type="checkbox"/>	Baby Boomers Bootcamp #47151	\$27
Fri	<input type="checkbox"/>	Drumming Strong #47152	\$27
Fri	<input type="checkbox"/>	Chair Yoga #47153	\$13.50
Fri	<input type="checkbox"/>	Gentle Stretch, Breathwork and Guided Meditation #47154	\$27

FOR OFFICE USE ONLY

DATE _____ STAFF _____ TOTAL \$ _____

PAYMENT: CASH CHECK # _____ CARD: MC V AE D CCSS 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.cobbcounty.gov/seniors.

JULY 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
	1 Chess 9:00am Color Me Happy 12:00pm Hand & Foot 12:00pm Table Tennis 1:30pm	2 Mahjong 10:00am Dup. Bridge 11:30am Table Tennis 1:00pm	3 Open Art 9:00am Mexican Train 10:00am Canasta 11:30am Int. Bridge 1:00pm	4 CLOSED 
7 Circuit Training 8:50am Open Art 9:00am Core & Restore 10:00am Knit-Wits 10:00am Mahjong 10:00am Cardio Kickbox 11:10am Qigong 12:00pm Woodcarvers 1:00pm Tai Chi 1:15pm Ballroom Dance 2:30pm	8 Chess 9:00am Strength 9:00am Yoga 10:15am Chair Fitness 11:45am Color Me Happy 12:00pm Hand & Foot 12:00pm Chair Yoga 12:30pm Magical Movie 1:00pm Table Tennis 1:30pm	9 Book Club 10:00am Mahjong 10:00am Stitch-in-Time 10:00am Dup. Bridge 11:30am Table Tennis 1:00pm	10 Get Fit! 9:00am Open Art 9:00am Mexican Train 10:00am Yoga 10:15am Canasta 11:30am Sound Healing 11:30am Int. Bridge 1:00pm Summer Salads 1:00pm Zumba 2:00pm	11 Boomers Bootcamp 9:00am Drum. Strong 10:10am Chair Yoga 11:20am The Mellowtones 12:15pm Real Good Movie 1:00pm Gentle Stretch 2:00pm
14 Circuit Training 8:50am Open Art 9:00am Core & Restore 10:00am Knit-Wits 10:00am Mahjong 10:00am Cardio Kickbox 11:10am Qigong 12:00pm Better Night Sleep 1:00pm Woodcarvers 1:00pm Tai Chi 1:15pm Ballroom Dance 2:30pm	15 Chess 9:00am Strength 9:00am Yoga 10:15am Trigger Points 10:30am Chair Fitness 11:45am Color Me Happy 12:00pm Hand & Foot 12:00pm Chair Yoga 12:30pm Peace of Mind 1:00pm Table Tennis 1:30pm	16 Mahjong 10:00am Welcome to WC 10:00am Dup. Bridge 11:30am *No Table Tennis*	17 Harrah's Trip 8:30am Get Fit! 9:00am Open Art 9:00am Mexican Train 10:00am Yoga 10:15am Canasta 11:30am Sound Healing 11:30am Int. Bridge 1:00pm Zumba 2:00pm	18 *No class Bootcamp* Wattson's Electric 10:00am *No class Drum. Strong* *No class Chair Yoga* The Mellowtones 12:15pm Gentle Stretch 2:00pm
21 *No class Circuit Training* Open Art 9:00am *No class Core & Restore* Public Safety 10:00am Knit-Wits 10:00am Mahjong 10:00am *No class Cardio Kickbox* Qigong 12:00pm Woodcarvers 1:00pm Tai Chi 1:15pm Ballroom Dance 2:30pm	22 Chess 9:00am *No class Strength* *No class Yoga* *No class Chair Fitness* Color Me Happy 12:00pm Hand & Foot 12:00pm *No class Chair Yoga* Star Book Craft 1:00pm Table Tennis 1:30pm	23 Mahjong 10:00am Stitch-in-Time 10:00am Dup. Bridge 11:30am Table Tennis 1:00pm	24 Get Fit! 9:00am Open Art 9:00am Mexican Train 10:00am Over-the-Counter 10:00am Yoga 10:15am Canasta 11:30am Sound Healing 11:30am Int. Bridge 1:00pm Zumba 2:00pm	25 *No class Bootcamp* *No class Drum. Strong* *No class Chair Yoga* The Mellowtones 12:15pm Gentle Stretch 2:00pm
28 Circuit Training 8:50am Open Art 9:00am Core & Restore 10:00am Knit-Wits 10:00am Mahjong 10:00am Cardio Kickbox 11:10am Qigong 12:00pm Woodcarvers 1:00pm Tai Chi 1:15pm Ballroom Dance 2:30pm	29 Chess 9:00am Strength 9:00am Yoga 10:15am Chair Fitness 11:45am Color Me Happy 12:00pm Hand & Foot 12:00pm Chair Yoga 12:30pm Table Tennis 1:30pm	30 Mahjong 10:00am Dup. Bridge 11:30am Table Tennis 1:00pm	31 Get Fit! 9:00am Open Art 9:00am Active Shooter 10:00am Mexican Train 10:00am Yoga 10:15am Canasta 11:30am *No class Sound Healing* Int. Bridge 1:00pm Zumba 2:00pm	

FOURTH OF JULY TRIVIA QUIZ

1. When were fireworks first used in an official Fourth of July celebration?

- a. 1777 b. 1877 c. 1907

2. What historical event do Americans celebrate on the Fourth of July?

- a. Official signing of the Declaration of Independence
b. George Washington's birthday
c. Formal adoption of the Declaration of Independence

3. Which newspaper first printed the Declaration of Independence?

- a. The New York Times
b. The Pennsylvania Evening Post
c. The National Enquirer

4. Which U.S. president was born on Independence Day?

- a. Calvin Coolidge b. James Buchanan c. George W. Bush

5. When did the Fourth of July become a federal holiday?

- a. 1880 b. 1870 c. It's a state holiday, not a federal holiday.

6. How many signers of the original Declaration of Independence died on July 4th?

- a. 0 b. 1 c. 2

7. What percentage of retail fireworks sales occur during the Fourth of July holiday?

- a. 90% b. 75% c. 48%

8. What actor in "Born on the Fourth of July" was actually born on July 3rd?

- a. Tom Cruise b. Oliver Stone c. Kyra Sedgwick

9. What was Uncle Sam's occupation?

- a. Builder b. Soldier c. Meat Packer

10. Which colony was the first to declare itself independent of Great Britain?

- a. Rhode Island b. Vermont c. Connecticut

11. Who has the largest signature on the Declaration of Independence?

- a. Benjamin Franklin b. John Hancock c. Thomas Jefferson

12. The Declaration of Independence had how many signers?

- a. 42 b. 56 c. 31

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