

August 2025

The Tim D. Lee Times

Tim D. Lee Senior Center | 3332 Sandy Plains Rd. Marietta, GA 30066 | 770.509.4900

ACTIVE ADULTS 55+

Staff:

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Stay Connected:



[instagram.com/cobbseniors](https://www.instagram.com/cobbseniors)



[facebook.com/cobbseniors](https://www.facebook.com/cobbseniors)

**August is Immunization
Awareness Month!**

COBB COUNTY
**INTERNATIONAL
FESTIVAL** 2025

Experience food, music, and
art from around the world

SATURDAY, AUGUST 23, 2025
FREE EVENT FROM 11 AM - 4 PM

Jim R. Miller Park & Event Center
2245 Callaway Rd SW, Marietta, GA 30008

The poster for the Cobb County International Festival 2025 features a collage of images including people in traditional costumes, a parade float, and a child. The text is overlaid on a dark background with a geometric diamond shape.

Mountain Day Painting Workshop #47773

Monday, August 11

10:00 am – 12:00 pm

\$15.00; Registration required

Celebrate National Mountain Day on August 11 the Bob Ross way! Create a serene mountain landscape in the iconic style of Bob Ross - complete with happy little trees, peaceful skies, and majestic peaks. Beginners and pros alike will enjoy the recreation of one of Bob's beloved mountain scenes. Taught by Certified Bob Ross Instructor Angela Sigari using oil paint. Prepare to enjoy this holiday! **\$20 paid to instructor for all supplies needed. Includes a 16"x 20" stretched canvas and frame.**



Highlights

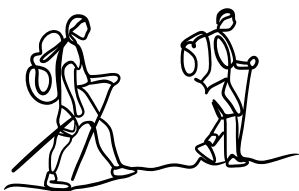


Blood Pressure Checks

1:00 pm -3:00 pm

Keep an eye on your health.

BP checks are held the first Wednesday each month. No registration required.



Take a Hike

Hikes are usually 4-6 miles and are on Wednesdays at 1:00 and Fridays at 9:30 followed by lunch.

*Check in at the front desk or call if you are interested.

Veteran Connection

Join other Veterans each month for fellowship & special guest presentations. These meetings are for both women and men to come together to share their experiences with each other.

Every 3rd Wednesday of each month
10:00am - 12:00pm

Free; No Registration required

Veteran Connection will meet on the following days:

- **August 20**
- **September 17**
- **October 15**
- **November 19**

Avoiding Probate and Protecting Assets #47768

Monday, August 4

1:00 pm – 2:00 pm

Free; Registration required

Discover strategies and bust common myths about asset protection in this discussion led by Josh Nelson with Nelson Elder Care Law. In addition to how to protect your assets from probate, he will explain how some of the most common financial advice may leave you and your heirs unknowingly vulnerable.

Belly Dancing Workshop #47774

Wednesday, August 13

2:30 pm – 3:30 pm

Free; Registration required

Belly dance is for all ages and bodies, providing a good (low impact) workout and creative outlet. Presented by South Cobb Regional Library.

Civilian Response to Active Shooter Events #47775

Thursday, August 14

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.

Seminars and Workshops

Avoiding Probate and Protecting Assets #47768

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1:00 pm – 2:00 pm
Free; Registration required
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Medicare 101 #47769

Tuesday, August 5
1:00 pm – 2:00 pm
Free; Registration required
Do you have Medicare questions? Know your options to be prepared for Medicare enrollment. Presented by SHIP.

Healthy Gut = Happy Life #47770

Thursday, August 7
1:00 pm – 2:00 pm
Free; Registration required
Current research demonstrates a link between our gut health and our overall well-being. A robust and diverse microbial environment in our intestines is essential to maintaining an energetic body that is free of disease as well as a calm and focused mental outlook. You will learn the intricate connection between the gut and the brain and focuses on healthy ways to eat nutrient rich foods that promote intestinal health, emotional well-being, and boost immunity. Presented by B.E.S.T (Broadening and Enriching Seniors Together).

Let's Connect: Conversation with the Director #47771

Friday, August 8
10:30 am – 11:30 am
Free; Registration required
Join in for an opportunity to connect with 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.

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Immunization Awareness Month # 47776

Monday, August 18
1:00 pm – 2:00 pm
Free; Registration required
August is National Immunization Awareness month. Learn the importance of vaccines and how they can protect you from a variety of diseases and illnesses. Presented by Cobb Douglas Public Health.

Write Your Story #47777

Tuesday, August 19
1:00 pm – 2:00 pm
Free; Registration required
Don't we all have a story inside us? If you have ever thought you wanted to write a book, whether fiction or nonfiction, this is the class for you! Bring your dreams of writing, big and small, to fruition and leave a legacy for generations to come. Presented by B.E.S.T (Broadening and Enriching Seniors Together).

Understanding the Food Label #47778

Wednesday, August 20
1:00 pm – 2:00 pm
Free; Registration required
Learn how to read and understand food labels with ease and confidence so that you can know what is in the products you buy and make healthy food choices. Presented by the Cobb UGA Extension Office.

Movie Matinee(Call for Title) #47779

Tuesday, August 26
2:00 pm – 4:00 pm
\$1.00 concession; Registration required
Join us for a classic film expedition visiting legendary Candy Man in a splendiferous movie that wondrously brings to the screen the endlessly appetizing delights of Roald Dahl's classic book.

Dine Around: #47780

Wednesday, August 27
10:30 am – 12:30 pm
Lunch on your own; Registration required
Join us for good food and conversation at Eggs Up Grill; 4401 Shallowford Rd, Roswell, GA 30075.

Ongoing Activities

Basic Knowledge of games is required. Please bring your own set for cards and mah jong.

Monday - Friday

Workout Studio

(Orientation Required)

8:00am - 4:30pm

Workout Orientation on Tuesdays

9:00am

(Call or see front desk to reserve)

Billiards

8:00am - 4:30pm

Puzzles

8:00am - 4:00pm

Indoor Morning Walking

8:00am-8:30am

Indoor Afternoon Walking

3:00pm-4:30pm

Monday

Care and Connect

10:00am-11:00am

Fishing Club/1st Monday

10:00am-12:00pm

Chess

11:00am-12:30pm

Book Club/3rd Monday

(Book List available at Front Desk)

11:00am-12:30pm/

Morning Writing Group

11:15am-12:30pm

Bid and Play Bridge

(Partner Required)

1:00pm-4:30pm

Hearts

12:55pm-4:00pm

5 Deck Canasta

1:00pm-4:00pm

American Mah Jongg

1:00pm-4:00pm

Texas Hold'em

1:00pm-4:00pm

Guys and Dolls Choral Group*

1:15pm-2:45pm

Tuesday

Lockheed Retirees

9:30am-10:30am

Pinochle

8:00am-2:00pm

Young at Heart Line Dance/Improver*

10:00am-11:30am

Duplicate Bridge

(Partner Required)

10:30am-3:00pm

Sign Language Group

1:00pm-2:00pm

Canasta (Hand, Knee, and Foot)

1:00pm-4:30pm

Young at Heart Line Dance/ Intermediate*

1:00pm-2:30pm

Mexican Train Dominoes

1:00pm-4:00pm

Table Tennis

(Tennis Shoes Required)

1:00pm-4:00pm

Wednesday

East Cobb Golf Club/3rd Wednesday

9:00am-12:00pm

Veteran Connection/3rd Wednesday

10:00am-12:00pm

Adult Coloring

10:00am-11:00am

Scrapbooking

1:00pm-3:00pm

Wednesday Bridge

1:00pm-4:00pm

Wednesday Intermediate Bridge

1:00pm-4:00pm

Knit Wits

1:00pm-4:00pm

Canasta (Hand, Knee, and Foot)

1:00pm-4:00pm

Canasta/Super Samba (not a dance)

1:15pm-4:15pm

Thursday

Woodcarvers

8:00am-12:00pm

Hand Knee and Foot Canasta

12:00pm-4:00pm

Camera Club/ 1st & 3rd Thursday

10:00am-12:00pm

Cribbage

10:00am-1:00pm

Duplicate Bridge

(Partner Required)

10:30am-3:00pm

Spades

12:55pm-4:00pm

Table Tennis

(Tennis Shoes Required)

9:00am-4:00pm

Siamese Mah Jongg

1:00pm-4:30pm

Friday

Pinochle

8:00am-2:00pm

Young at Heart Line Dance/Improver*

10:00am-11:30am

Canasta (Hand Knee and Foot)

11:30am-4:30pm

Canasta/Samba (not a dance)

12:30pm-4:30pm

Asian Mah Jongg

1:00pm-4:30pm

American Mah Jongg

1:30pm-4:30pm

Young at Heart Line Dance/ Intermediate*

1:00pm-2:30pm

Good Times Band

1:00pm-3:00pm

*Check at Front Desk for
Contact Info

Upcoming Day Trips

Tour of the Center for the Visually Impaired #47772

Friday, September 12
9:30 am-3:00 pm; Check in at 9:00 am

\$5.00

Each year, more than 1,100 people from Atlanta and all over Georgia turn to CVI to help them adjust to – or improve – a life with limited or no sight. CVI is Georgia’s largest comprehensive, fully accredited nonprofit facility providing rehabilitation services for the blind and visually impaired. Lunch will be on your own at the Varsity.

The price includes transportation.

Deadline: August 8

Activity Level 2 Limited walking, some stairs and/or inclines.

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.*

No refunds unless trip is cancelled. *Payment due at the time of registration.*

\$88.00

Classic City Clydesdales #45866

Monday, October 13
8:00 am-4:00 pm; Check in at 7:30 am

You won’t want to miss this amazing tour of Classic City Clydesdale Farm. We will take a tractor tour of the farm, and have the opportunity to meet majestic Clydesdale horses.

After our tour we will have lunch at Chops and Hops restaurant.

The price includes transportation, Lunch, and admission.

Deadline: September 8

Activity Level 2 Limited walking, some stairs and/or inclines.

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.*

No refunds unless trip is cancelled. *Payment due at the time of registration.*

***Please call the front desk to confirm your lunch order.**

DAY TRIP GUIDE

WELCOME TRAVELERS

Tim D. Lee Senior Center provides a variety of day trip opportunities. Our goal is to take the hassle out of driving, making reservations, or even travelling 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 8:00 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. If 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 TDL 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- TDL 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.

Commonly Asked Questions & Answers

HOW CAN I REGISTER?

Registration can only be done in person or online using CivicRec. Classes are offered on a first come, first served basis. Each person may sign up for himself/herself and one other person who cannot attend registration. If you do not have an account with CivicRec, please call the center for assistance. You can access the page at www.cobb seniors.org.

WHAT TYPE OF PAYMENTS DO YOU ACCEPT?

Payment methods accepted: Visa, MasterCard, Discover or American Express, cash, and check.

MUST I BE REGISTERED TO ATTEND CLASSES?

YES. Paid registration is required for all classes. Instructors 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. We do not prorate 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 CANCELLED DUE TO INCLEMENT WEATHER, INSTRUCTOR ILLNESS OR CENTER HOLIDAY?

Cancelled 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, library, etc.), if staff can safely open the Center. Call to confirm.

WITHDRAWAL AND REFUND POLICY

Registration fees are 100% refundable when the department cancels the activity. A participant wishing to withdraw from a class that has not been cancelled by the department must provide a request at least seven days before the scheduled start of the class. They may receive 100% credit to their account in CivicRec or may request a refund. Within the week prior to the scheduled start of a class refund/credits will not be given except for verified medical/hardship cases. Refunds for payment made by cash or check will be received approximately 2-4 weeks after the refund is requested.

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, a staff member will then call you to expect payment and to inform you that you have been added to the class.

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.

CAN I WEAR PERFUME?

We ask that you are respectful to those with everyday allergies and refrain from wearing heavy perfumes and/or cologne during both exercise classes and/or center activities.



HOW TO REGISTER ONLINE

Click [HERE](#) for a video tutorial.

1. Start by creating your account [HERE](#). You can also find a link to this page at cobbseiors.org.
2. Select Login/Create Account in the upper left corner, then select Create your Account.
3. Fill out the required information.
4. To receive important notifications, opt-in to receive all communication types (courtesy notifications, critical announcements, etc.)
5. Additional household members may be added at any time in your Account Settings.
6. Once logged in, locate the 'filter' box and type in the five digit activity code.
7. You can also browse all Senior Services activities by clicking on the green box labeled Senior Services Activities (see below). You can then filter by checking off the name of the center(s) you are interested.
8. Make sure to select the correct family member before adding to your cart.
9. When checking out, make sure to accept all waivers.

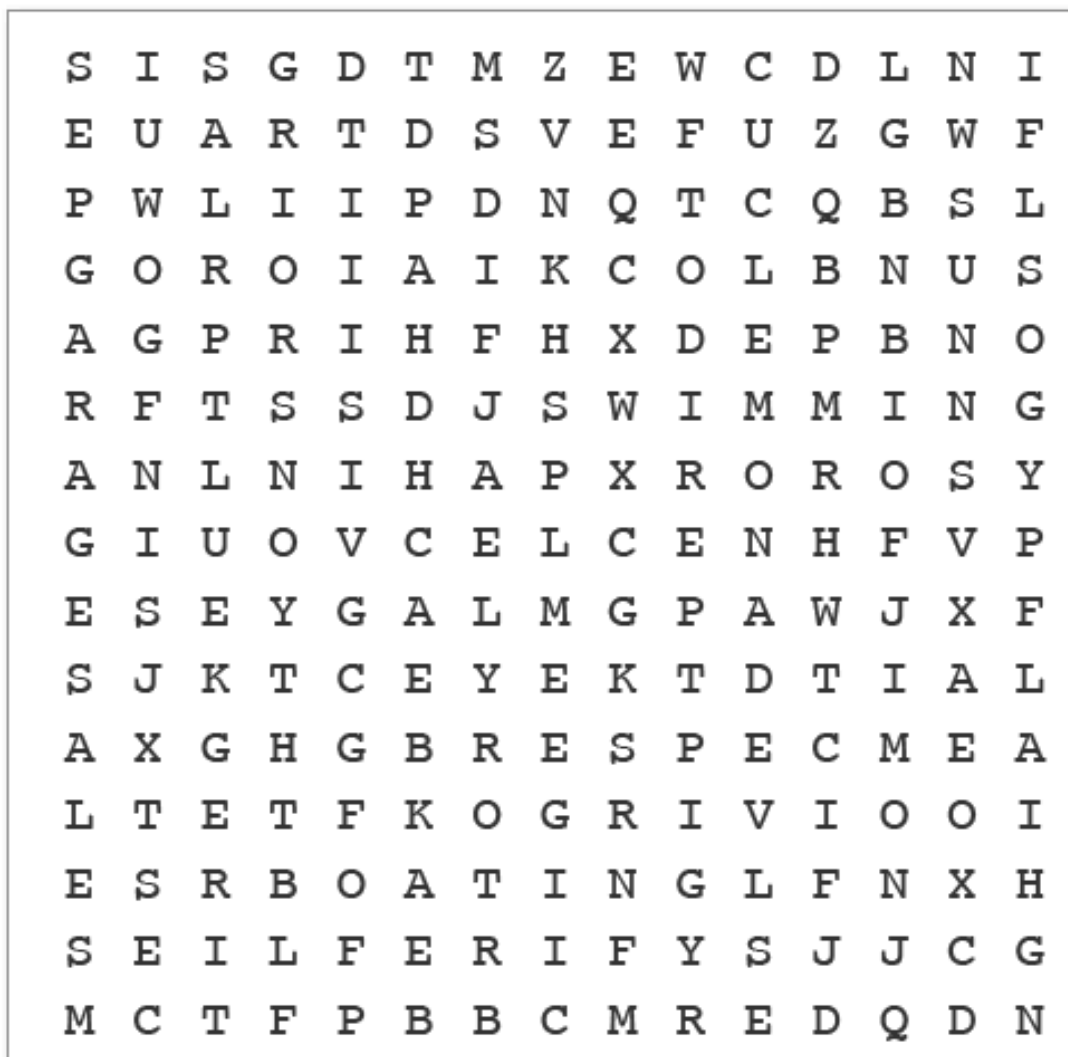
The screenshot shows the website's navigation and filter options. At the top, there are links for Catalog, Account, and Connect. On the right, there are links for Internal, Policies, Help, and Log Out. A shopping cart icon indicates an empty cart. The main filter section on the left includes a 'Filter' box with a search bar, a 'Location' list with checkboxes for various centers, and a 'Category' list with checkboxes for different activity types. The 'Senior Services Activities' link is highlighted with a large black arrow pointing to it, with the text 'CLICK HERE' overlaid on the arrow.

Category	Count
Adult Sports	60
Aquatics	65
Arts	303
Gymnastics	90
Outdoor/Nature	19
Recreation Centers	73
Tennis	73
Therapeutic Services	8
Memberships	65
Special Events	0
PARKS Facility Reserv.	299
PARKS	
Senior Services Activities	258
City Rental	12
Camps	4

Activity	Count	Price Range
SS Art	16	\$0 - \$48
SS Education/Enrichment	85	\$0 - \$16
SS Recreation	17	\$0 - \$27
SS Offsite Activities	17	\$0 - \$130
SS Movies	10	\$0 - \$1
SS Games	7	\$0 - \$3
Education/Activity	3	\$3 - \$30

Searching for August

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



BEACH	GLADIOLUS	POPSICLES
BOATING	GOLF	SUNBLOCK
FAIRS	LEMONADE	SUNSHINE
FAMILY	LEO	SWIMMING
FIREFLIES	PEACHES	TRIPS
GARAGE SALE	PERIDOT	VIRGO