C. FREEMAN POOLE CHRONICLE

Chilatu Collins, Center Manager Alyssa Ruff, Program Specialist Deborah Ross, Program Leader Jason Dauphinais, Maintenance Tech



As summer continues to shine brightly, we're excited to welcome you to another wonderful month here at C. Freeman Poole Senior Center.

August is a time for warmth, laughter, and making memories together. Whether you're joining us for activities, classes, or simply stopping by to say hello, we're grateful to share this vibrant season with such a wonderful community. Stay cool, stay active, and let's make August a month full of joy and connection!

Please don't hesitate to ask if you need anything—our staff is always here to help, and we hope you enjoy your time with us!

C. Freeman Poole Team

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Timeless Threads: Freeman Poole Clothing Exchange # 47760 Monday, August 18 1:00pm – 3:00pm

Refresh your wardrobe and connect with friends at our Timeless Threads Clothing Exchange! Bring gently used adult clothing, accessories, or shoes that you no longer need, and browse through a wonderful selection of items shared by your fellow community members. All items must be clean and in good condition, and brought to the center by Wednesday, August 13.



Sodium: How much is too much? Tips to reduce sodium in your diet #47756
Tuesday, August 26
11:00am – 12:00pm

Free; Registration required.

Join us for an eye-opening seminar focused on understanding sodium and its impact on your health. Learn how to identify hidden sources of sodium in everyday foods and discover practical tips and strategies to reduce your sodium intake without sacrificing flavor. Presented by Angelica Swafford, Cobb Senior Services Nutrition Manager



Chattahoochee Food Works- Trip #47757 Friday, August 29 10:00am – 2:00pm \$7; Registration Required

Join us for a delicious outing to Chattahoochee Food Works, a vibrant 26,000-square-foot food hall featuring 31 unique vendors. Experience some of Atlanta's best restaurants, innovative chef concepts, and top culinary talent all under one roof. From savory bites to sweet treats, there's something to satisfy every palate! This trip includes transportation to and from the senior center for your convenience. Meet at C. Freeman Poole Senior Center at 10:00am. Activity Level 2-Limited Walking.



First Friday Films (Call Center for Title) #47727

Friday, August 1

12:30pm - 3:00pm

Free; Registration required

\$1.00 Concessions

Join us at the center for a fun movie in a friendly, welcoming atmosphere. Don't miss out on freshly popped butter popcorn to make this Friday a fun one!



Crafty Creations: Favorite Pet Collage #47740

Tuesday, August 5

11:00 am- 12:00pm

\$3; Registration required

In celebration of National Pet Month, join us for a special collage craft. This creative workshop offers participants a chance to visually honor their pet's life, capturing fun, adorable moments and showcasing their unique personality. It's a meaningful way to preserve cherished memories and celebrate the joy pets bring to our lives. Please bring pictures of your favorite pet(s). Led by Freeman Poole staff.



Safety in Focus; Gun Safety Education #47726

Monday, August 11

11:00am - 12:00pm

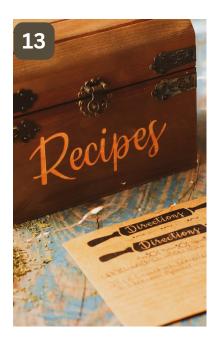
Free; Registration required

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 Sherriff's Office.



Fall Vegetable Garden # 47752 Tuesday, August 12 11:30am – 12:30pm

Come explore the variety of vegetables you can grow this fall! While many think gardening ends with summer, fall opens a whole new range of planting opportunities—especially here in Georgia. Cooler temperatures and fewer pests and diseases make fall an ideal time for gardening. Whether you want to plant a cover crop or experiment with cool-season vegetables, fall gardening can help keep your garden thriving throughout the year. Presented by the Cobb UGA-Extension.



Flavor of Home: Recipe Exchange #47753 Wednesday, August 13 10:30am – 12:00 pm Free; Registration Required

Join us for a fun and creative afternoon where we combine the love of cooking with crafting! Bring your favorite recipe to share, then work together to create beautiful, personalized recipe cards to keep and swap. Using colorful paper, stamps, stickers, and other craft supplies, you'll design unique keepsakes that celebrate your treasured dishes and family traditions. Share stories behind your recipes, connect with others, and take home a handmade collection filled with delicious inspiration.



Freeman Foodies #47728
Friday, August 15
11:30am - 1:00pm
Lunch on your own; Registration required
Olive Garden
1350 East-West Connector,
Austell, GA 30106



The Freeman Poole Page Turners #47736 Thursday, August 21 10:30am – 11:30am

Free; Registration required.

Freeman Poole's Page Turners book club offers a welcoming space to engage in meaningful conversations, share insights, and discover new authors and genres. The book of the month is *The Seven Husbands of Evelyn Hugo* by Taylor Jenkins Reid.



Game On! Outdoor Celebration #47755

Thursday, August 21 12:30pm - 2:30pm

Free; Registration required.

Join us for a lively and enjoyable afternoon filled with fresh air, friendly competition, and great company as we celebrate National Senior Citizens Day. Step outside and take part in classic games like cornhole, adult sized Jenga, relay races, and more. Enjoy the rhythm of live music as you mingle, cheer on fellow participants, and soak in the spirit of community. We'll also have light refreshments available, so whether you're looking to compete, socialize, or simply relax and enjoy the day, this celebration has something for everyone! Led by Freeman Poole Staff.



Freeman's Karaoke Jam #47737

Friday, August 22 1:00pm - 3:00pm

Free; Registration required.

Get ready for an afternoon of fun, music, and unforgettable performances at C. Freeman Poole's Karaoke Jam! Whether you're a seasoned performer or a first-time singer, this is your chance to take the stage and show off your vocal talent.



Bingo Bash #47738 Monday, August 25 12:00pm – 2:00pm \$3.00; Registration required

Join us for fun games of Bingo. Snacks and prizes available.



Don't Miss a Beat: Control High Blood Pressure # 47754 Free; Registration required Wednesday, August 27 11:00am – 12:00pm

Managing blood pressure is vital for preserving health and reducing the risk of dangerous conditions. Learn what blood pressure is, why it is so important, and some choices you can make today to lower heart attack and stroke risks. Presented by B.E.S.T (Broadening and Enriching Seniors Together).



AARP Smart Driver #47739
Wednesday, August 27
9:30am – 3:30pm; Please arrive by 9:00am
\$20 AARP members; \$25.00 Non-members
Registration required

Cornect with us!

Follow Cobb County Senior Services on social media for the latest news, upcoming events, and lots of fun!

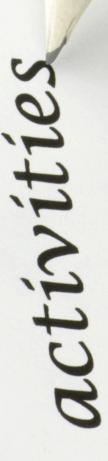
facebook.com/cobbseniors



instagram.com/cobbseniors







Orgains Activities

Daily

Billiards & Gym 8:30am - 4:30pm

Gym Orientation

Thursdays

10:00am - 4:00pm Appointment needed. Please call the center to schedule.

Monday

10:00 am - 12:00 pm Chess 10:00 am - 12:00 pm Scrabble 11:00 am - 4:00 pm Crafty Canasta 11:00 am - 4:00 pm Mahjong 1:00 pm - 4:30 pm Bid Whist

Tuesday

10:00 am - 12:00 pm Wii Bowling 12:00 pm - 4:00 pm CFP Poker 1:00 pm - 4:00 pm Dominoes 1:00 pm - 4:00 pm Crafting

Wednesdays

9:30 am - 2:00 pm Quilters Guild (1st & 3rd Week, 8/6 and 8/20) 10:00am - 11:30am Knitting & Crochet 11:00 am - 4:00 pm Remastered Canasta 11:00 am - 4:00 pm Happy Group Canasta 12:30 pm - 2:30 pm Covered Bridge Woodcarvers 1:00 pm - 4:00 pm Mahjong

Thursdays

10:00 am - 11:30 am The Breakfast Club 10:00 am - 2:00 pm Covered Bridge Crafters 10:00 am - 12:00 pm CFPSC Camera Club (1st Week, 8/7) 10:30 am - 2:30 pm Creative Cards (2nd Week, 8/14) 10:30 am - 11:30 am Book Club 12:30 pm - 2:30 pm Windy Hill Woodcarvers 12:30 pm - 4:00 pm Hand & Foot Canasta

Fridays

9:00 am - 12:30 pm Chess 10:00 am - 12:00 pm Chess Class 10:00 am - 12:00 pm Scrabble 11:00 am - 1:00 pm Table Tennis 11:00 am - 4:00 pm Friday Canasta 1:00 pm - 4:00 pm Bridge Club 1:00 pm - 4:30 pm Bid Whist 1:00 pm - 4:00 pm Crafty Ladies

EVENT CALENDAR

For detailed program information, see pages 2-6

MON	TUE	WED	THUR	FRI
				1
				First Friday Films 12:30pm
4 ———	5 ——	6 ——	7 ——	8
	Crafty Creations: Favorite Pet Collage 11:00am			
11	12	13	14	15 —
Safety in Focus; Gun Safety Education 11:00am	Fall Vegetable Garden 11:30am	Flavor of Home: Recipe Exchange 10:30am		Freeman Foodies: Olive Garden 11:30am
18	19 —	20	21	22
Timeless Threads: Freeman Poole Clothing Exchange 1:00pm			The Freeman Poole Page Turners 10:30am Game On! Outdoor Celebration. 12:30pm	Karaoke Jam 1:00pm
25	26	27	28 —	29 —
BINGO Bash 12:00pm	Sodium: How much is too much? 11:00am	AARP Smart Driver 9:30am Don't Miss a Beat: Control High Blood Pressure 11:00am		Chattahoochee Food Works- Trip 10:00am

WORD FIND

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BOATING

GOLF SUNBLOCK

FAIRS LEMONADE SUNSHINE

FAMILY

LEO

SWIMMING

FIREFLIES

PEACHES

TRIPS

GARAGE SALE PERIDOT

VIRGO