

# C. FREEMAN POOLE CHRONICLE

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Hello,  
Welcome to C. Freeman Poole Senior Center

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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# Highlights



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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.**



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## **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



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## **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.



# Programs and events



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## **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!



5

## **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.



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## **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.

# Programs and events

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## 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.

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## 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.

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## 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



# Programs and events

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## 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.

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## 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.

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## 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.

# Programs and events



## 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

## Connect with us!

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

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



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





# Ongoing 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

activities

# 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	Freeman's 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

S	I	S	G	D	T	M	Z	E	W	C	D	L	N	I
E	U	A	R	T	D	S	V	E	F	U	Z	G	W	F
P	W	L	I	I	P	D	N	Q	T	C	Q	B	S	L
G	O	R	O	I	A	I	K	C	O	L	B	N	U	S
A	G	P	R	I	H	F	H	X	D	E	P	B	N	O
R	F	T	S	S	D	J	S	W	I	M	M	I	N	G
A	N	L	N	I	H	A	P	X	R	O	R	O	S	Y
G	I	U	O	V	C	E	L	C	E	N	H	F	V	P
E	S	E	Y	G	A	L	M	G	P	A	W	J	X	F
S	J	K	T	C	E	Y	E	K	T	D	T	I	A	L
A	X	G	H	G	B	R	E	S	P	E	C	M	E	A
L	T	E	T	F	K	O	G	R	I	V	I	O	O	I
E	S	R	B	O	A	T	I	N	G	L	F	N	X	H
S	E	I	L	F	E	R	I	F	Y	S	J	J	C	G
M	C	T	F	P	B	B	C	M	R	E	D	Q	D	N



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

*Thank you for reading!*

