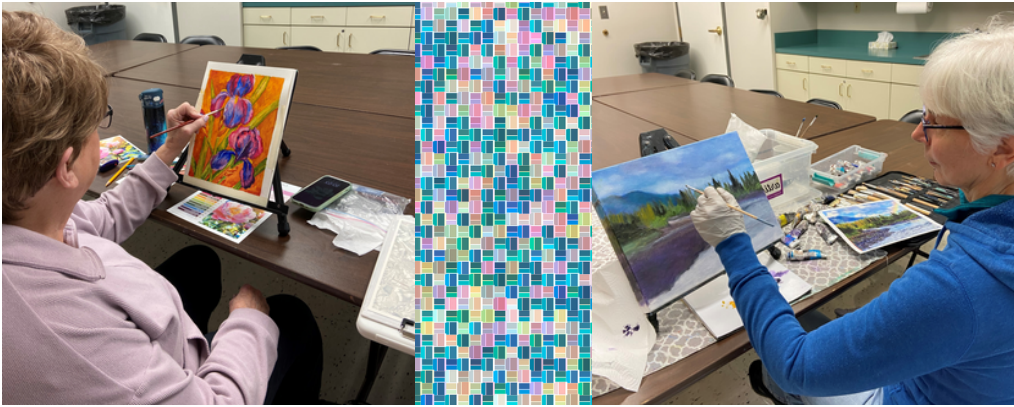


WEST COBB INSIDER

West Cobb Senior Center | 4915 Dallas Highway | Powder Springs, GA 30127 | 770-528-8200
www.cobbcounty.gov/seniors | Activity Hours: Monday-Friday, 8:30 AM-4:30 PM



“Often when you think you’re at the end of something, you’re at the beginning of something else.” - Fred Rogers

Retirement truly is a significant life transition, and it's completely normal for it to come with a mix of excitement and uncertainty. While it's a chapter filled with "endless possibilities," that very openness can sometimes feel overwhelming.

West Cobb Senior Center is here to help you explore activities that keep you physically and mentally engaged, discover new passions and hobbies, further your education, and foster connection with others.

Our calendar is full of exciting activities, from exercise classes and artistic endeavors to friendly games and exciting day trips with destinations like Harrah's Casino or the North Georgia Mountains.

With over 30 years of combined experience at Cobb County Senior Services, our dedicated and friendly staff is always here to offer support and lend assistance.

We are grateful to be able to provide the structure, opportunities, and social support to help you transform the uncertainties of retirement into a truly fulfilling and vibrant new chapter.

We hope you have a wonderful time here!



Active Adults 55+

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.

Inside this Edition:

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CONNECT with US



Sign up to receive WCSC email blasts!

MEET OUR TEAM



April Anderson,
Center Manager



Diane Sieverson,
Program Leader



Travis Byrum,
Bldg. Maint. Tech.

WCSC VOLUNTEERS



Betty



Keith



Landon



Lois



Vicki

WHAT'S HAPPENING AT WEST

Get to Know COBB COUNTY GOVERNMENT



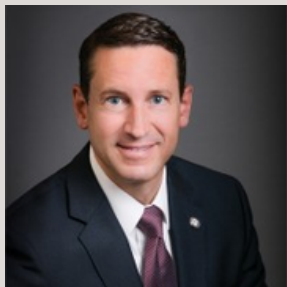
Tax Commissioner #47384

Thursday, August 7

10:00 am – 12:00 pm

Free; Registration required

Join us for a visit from the Cobb County Tax Commissioner's office and learn about the Property Tax Division and Motor Vehicle Division. Topics will include homestead exemptions, school tax exemptions, ownership transfers, and what motor vehicle exemptions you may qualify for as a senior.



Office of the District Attorney #47392

Wednesday, August 20

10:00 am – 11:00 am

Free; Registration required

Meet Chief Assistant District Attorney Jesse Evans and learn about the Cobb County Office of the District Attorney. Mr. Evans has also served as lead prosecutor in high profile cases, was Acworth Chief of Police, and has appeared on several news-journalism television shows like 20/20 and Dateline.

JOIN US FOR A FREE HEALTH & WELLNESS SEMINAR WITH DR. JASON SALISBURY EACH MONTH



Dr. Jason Salisbury, physical therapist, has over a decade of experience in his field. With topics like strengthening your lower back and strengthening and protecting your knees, Dr. Salisbury dedicates his time monthly to help educate us on regaining mobility and living our best lives.

See p. 4 for information on this month's seminar, What a Pain!

EVENING SEMINAR

Open to Ages 25+



COURAGEOUS CONVERSATIONS ON AGING

Leave a Legacy, Not a Mess #47395

Join us for an evening seminar to help seniors and adults (ages 25+) navigate the aging process. Learn how you can protect yourself, your family, and your future through estate planning. Estate planning goes beyond a stack of legal documents; a comprehensive estate plan provides a map for your loved ones to follow in incapacity and death and allows you to leave behind a positive legacy instead of years of chaos and conflict. Presented by Orcutt Law Offices.

Thursday, August 28

7:00 pm – 8:30 pm

Free; Registration required

Monthly Highlights

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



Lung Cancer: Risks, Prevention, and Early Detection #47383

Wednesday, August 6

10:00 am – 11:00 am

Free; Registration required

Lung cancer is the leading cause of cancer death among men and women in the U.S. Learn what you can do to help prevent and detect lung cancer. Presented by B.E.S.T. (Broadening & Enriching Seniors Together).



What a Pain! #47385

Friday, August 8

10:30 am – 11:30 am

Free; No registration required

Got pain? Ask an expert. Join Dr. Salisbury, physical therapist, as he structures this seminar around your questions. Gain insight into aches and pains and get general guidance to the most common issues.



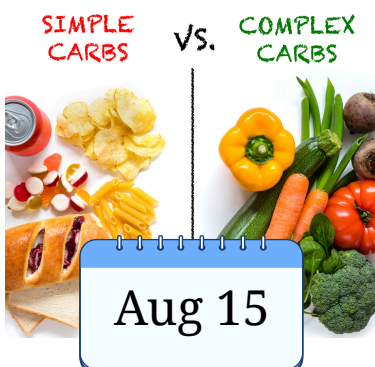
Reel Good Movies: August (call for title) #47386

Friday, August 8

1:00 pm – 3:30 pm

Free; Registration required

Revisit the endearing story of the unlikely friendship between Daisy Werthan, an elderly Jewish widow from Atlanta, and Hoke Colburn, her African American chauffeur, over a period of 25 years following their initial resistance and eventual growth toward a deep and meaningful bond.



Simple Carbs vs. Complex Carbs #47390

Friday, August 15

10:00 am – 11:00 am

Free; Registration required

What's the difference between simple and complex carbs? Understanding how these foods are classified and how they work in our body can help you choose the right carbs. Presented by Angelica Swafford, Cobb County Senior Services Nutrition Manager.

Programs

at West Cobb Senior Center



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

Week of August 4 - 8

Paint Along with Cindy Morning Session #47381 Afternoon Session #47382

Tuesday, August 5
10:00 am – 12:00 pm OR
1:30 pm – 3:30 pm
\$5.00 (+ \$25.00 supply fee);
Registration required

Bring to class: An apron (or wear clothes suitable for painting), baby wipes or gloves (for your hands), and a box or piece of cardboard to safely carry home your masterpiece

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 unframed masterpiece. \$25.00 supply fee to instructor day of workshop.

Lung Cancer: Risks, Prevention, and Early Detection #47383

Wednesday, August 6
10:00 am – 11:00 am
Free; Registration required
Lung cancer is the leading cause of cancer death among men and women in the U.S. Learn what you can do to help prevent and detect lung cancer. Presented by B.E.S.T. (Broadening & Enriching Seniors Together).

Get to Know Cobb: Tax Commissioner #47384

Thursday, August 7
10:00 am – 12:00 pm
Free; Registration required
Join us for a visit from the Cobb County Tax Commissioner's office and learn about the Property Tax Division and Motor Vehicle Division. Topics will include homestead exemptions, school tax exemptions, ownership transfers, and what motor vehicle exemptions you may qualify for as a senior.

What a Pain! #47385

Friday, August 8
10:30 am – 11:30 am
Free; Registration required
Got pain? Ask an expert. Join Dr. Salisbury, physical therapist, as he structures this seminar around your questions. Gain insight into aches and pains and get general guidance to the most common issues.

Week of August 11 - 15

The Pharmacy-Dietary Supplements #47387

Monday, August 11
10:00 am – 11:00 am
Free; Registration required
Vitamins, probiotics, fish oil, fiber... just a few of the many dietary supplements available in your pharmacy. These supplements are unregulated by the FDA and may or may not be effective. Our resident Pharmacist, F. Rocky Beeland, will go over all the major supplements and discuss efficacy and other things to watch out for when deciding which supplements are right for you. Presented by B.E.S.T. (Broadening & Enriching Seniors Together).

Effective Organizing Strategies for a Simpler Life #47388

Tuesday, August 12
10:00 am – 11:00 am
Free; Registration required
Join us for this session and learn some creative tips for decluttering, organizing spaces, time management, and how to maintain your newly organized space. Presented by Happy Helper Organizing.

Next Chapter Book Club: *Wild Dark Shore* #47389

Wednesday, August 13
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 August, we will discuss *Wild Dark Shore* by Charlotte McConaghy.

Week of August 18 - 23

Interacting with Law Enforcement #47391

Tuesday, August 19
10:00 am – 11:00 am
Free; Registration required
We will focus on reasons an officer might approach you, interactions during traffic stops, and inform you of your rights during the interaction. Presented by Cobb County Sheriff's Office.

The Importance of Vaccines for Seniors #47393

Thursday, August 21
10:00 am – 11:00 am
Free; Registration required
Vaccines are important to help keep seniors healthy. Learn about the vaccines seniors need and why they are an important part of a healthy, active lifestyle. Presented by Cobb Douglas Public Health.

Week of August 25 - 30

Welcome to West Cobb #47394

Wednesday, August 27
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.



Ongoing activities are free. Registration is not required.

MONDAY-FRIDAY

Workout Studio

9:00am-4:00pm

Location: Workout Room
Orientation and waiver req.

Billiards

8:30am-4:30pm

Location: Billiards Room

MONDAY

Open Art Studio

9:00am-12:00pm

Location: Art Room

Bring your own supplies and interact with other artists.

Knit Wits

10:00am-12:00pm

Location: Class Room

Beginner and veteran knitters enjoy sharing techniques.

Mahjong

10:00am-2:00pm

Location: Lost Mtn Room

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
Come play, watch, or learn.

Color Me Happy

12:00pm-2:30pm

Location: Class Room

Bring your own materials and enjoy coloring with others.

Hand & Foot Canasta

12:00pm-4:00pm

Location: Lost Mtn Room

Version of Canasta in which each player is dealt two sets of cards.

Table Tennis

1:30pm-4:00pm

Location: Oak Hall

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
Knowledge and card 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.

ONGOING ACTIVITIES

WEDNESDAY

Duplicate Bridge

11:30am-2:30pm

Location: Lost Mtn Room

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

Excludes the 3rd Wednesday.

THURSDAY

Open Art Studio

9:00am-12:00pm

Location: Art Room

Mexican Train Dominoes

10:00am-2:00pm

Location: Craft Room

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

Canasta

11:30am-4:00pm

Location: Lost Mtn Room

Experienced players enjoy Hand and Foot or American Standard.

Intermediate Bridge

1:00pm-3:00pm

Location: Conference Room

Standard American Bridge played at an inter. level.

FRIDAY

The Mellowtones of West Cobb

12:15pm-1:15pm

Location: Oak Hall

Come listen and dance along to 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. Govt. 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



HOW TO REGISTER ONLINE

1. Visit our website at www.cobbcounty.gov/seniors.
2. From the homepage, scroll down to **Highlights** and select the **Register for Activities** 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 into 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**. 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.

DAY TRIPS

with West Cobb Senior Center

For more information on registering, please visit the center or call 770-528-8200.

West Cobb Explorers: Fernbank Science Center Exhibit Hall #47456

9:15 am – 3:00 pm (check-in 9:00 am)
\$8.00; Registration required



Enjoy breakfast at Reveille Café and then travel to the Fernbank Science Center Exhibit Hall where you'll explore on your own and discover "Where Science Becomes an Adventure." The upper level of the exhibit hall features a live animal exhibit and a live honeybee hive. The lower exhibit hall features the real Apollo 6 space capsule and a meteorite collection.

Payment due at registration. Registration deadline: August 20. Price includes transportation. Breakfast is 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.



Wednesday,
September 10



Southern Belle Riverboat Cruise: Thanksgiving on the River #47625

10:30 am – 7:00 pm (check-in 10:00 am)
\$133.00; Registration required



Enjoy a two-hour friendsgiving cruise on the scenic Tennessee River in Chattanooga. Enjoy a one-time-through buffet-style Thanksgiving dinner featuring sliced roast turkey breast, carved ham, creamy mashed potatoes, giblet gravy, cornbread dressing, sweet potato and green bean casserole, corn pudding, cranberry sauce, dinner rolls, and cheesecake for dessert with iced tea, coffee, and water.

Payment due at registration. Registration deadline: August 29. Price includes transportation, ticket to the Southern Belle Riverboat Cruise, snacks, and tips. 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 (motor coaches may have up to 8 stairs to negotiate). If you have any concerns with walking or climbing stairs, please check with staff before registering.



Saturday,
November 22



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.

SUMMER CLASS SCHEDULE

Registration for summer classes begins **Monday, June 23 at 9:00 am** and can be done in-person and online at www.cobbcounty.gov/seniors. Phone and mail-in registration are not allowed. Registration may be ongoing in classes that have not reached the maximum number of participants. Cost cannot be prorated for those who sign up after the session has begun.

EXERCISE

MONDAYS:

Circuit Training #47137

Mitzi Logan, instructor | 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.

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

Core & Restore #47138

Mitzi Logan, instructor | 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 hand towel or yoga strap

Improve and maintain the strength of your core including abdominals, back, hips, thighs, and improve your posture and strength of your pelvic floor muscles improving bladder control. We will work to gently increase the flexibility of your muscles and range of motion of your joints. All fitness levels welcome.

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

Cardio Kickbox #47139

Mitzi Logan, instructor | 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.

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

Qigong #47140

Veda Simpson, instructor

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.

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

Tai Chi #47141

Veda Simpson, instructor

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.

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

TUESDAYS:

Strength & Stretch #47142

Mitzi Logan, instructor | 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.

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

Yoga #47143

Mitzi Logan, instructor | 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.

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

Chair Fitness #47146

Mitzi Logan, instructor | 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!

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

Chair Yoga #47144

Mitzi Logan, instructor | 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.

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

THURSDAYS:**Get Fit! #47147**

Susan Schumacher, instructor | 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.

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

Yoga #47148

Susan Schumacher, instructor | 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.

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

Sound Healing and Meditation #47149

Toni Stanfill, instructor | 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.

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

Zumba #47150

Yvette Hassell, instructor

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 work out.

Thursdays, July 10 – September 18 | 2:00 pm – 3:00 pm | \$33.00

FRIDAYS:**Baby Boomers Bootcamp #47151**

Mitzi Logan, instructor | Bring to class: Light weights and resistance bands

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.

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

Drumming Strong #47152

Mitzi Logan, instructor | Bring to class: Light weights

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

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

Chair Yoga #47153

Mitzi Logan, instructor | 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.

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

Gentle Stretch, Breathwork and Guided Meditation #47154

Toni Stanfill, instructor | 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.

Fridays, July 11 – September 19 (no class 8/1 & 8/22) | 2:00 pm – 3:00 pm | \$27.00



**AUGUST IS HAPPINESS
HAPPENS MONTH!**

DO MORE
OF WHAT MAKES
YOU HAPPY.

'Happiness
is a state of
mind. It's
just
according to
the way you
look at
things.'
-Walt Disney

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	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	2:00pm-3:00pm	7/11-9/19	8/1, 8/22	

SUMMER 2025

Class Registration Form



PARTICIPANT INFORMATION

Full Name:

Date of Birth:

Cobb Resident:

Yes

No

Phone Number:

Email:

Address:

Street

City, Zip



EMERGENCY INFORMATION

Name:

Relationship:

Phone Number:

PLEASE PLACE A CHECK MARK NEXT TO EACH SELECTION:

Mondays:

- ____ Circuit Training #47137 \$27.00
- ____ Core & Restore #47138 \$27.00
- ____ Cardio Kickbox #47139 \$13.50
- ____ Qigong #47140 \$30.00
- ____ Tai Chi #47141 \$30.00

Tuesdays:

- ____ Strength & Stretch #47142 \$30.00
- ____ Yoga #47143 \$30.00
- ____ Chair Fitness #47146 \$15.00
- ____ Chair Yoga #47144 \$15.00

Thursdays:

- ____ Get Fit! #47147 \$30.00
- ____ Yoga #47148 \$30.00
- ____ Sound Healing #47149 \$27.00
- ____ Zumba #47150 \$33.00

Fridays:

- ____ Boomers Bootcamp #47151 \$27.00
- ____ Drumming Strong #47152 \$27.00
- ____ Chair Yoga #47153 \$13.50
- ____ Gentle Stretch #47154 \$27.00

****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 County 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.

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 OR AN UNFORSEEN INSTRUCTOR ABSENCE?

Canceled classes will be made up by extending the course, when possible. If the schedule does not permit us to add a makeup class, a refund will be issued for the canceled class.

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.

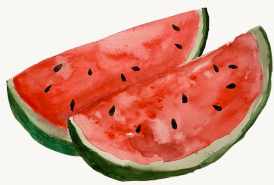
IF THE CLASS I WANTED IS FULL, CAN YOU OPEN ANOTHER SPOT FOR ME?

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.

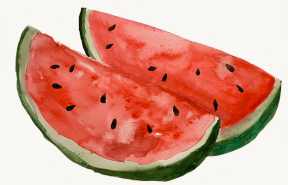
IF THE SAME CLASS IS OFFERED MULTIPLE DAYS OF THE WEEK OR AT OTHER CENTERS, CAN I MAKE UP A CLASS I MISSED BY ATTENDING ON A DIFFERENT DAY OR AT ANOTHER LOCATION?

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.



August



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

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

MON	TUE	WED	THUR	FRI
				1 Bootcamp 9:00am Drumming 10:10am Chair Yoga 11:20am Mellowtones 12:15pm *No Gentle Stretch*
4 Circuit Training 8:50am Open Art 9:00am Mahjong 10:00am Core & Restore 10:00am Knit Wits 10:00am Cardio Kickbox 11:10pm Qigong 12:00pm Woodcarvers 1:00pm Tai Chi 1:15pm Ballroom Dnce. 2:30pm	5 Chess 9:00am Strength 9:00am Paint w/Cindy 10:00am Yoga 10:15am Chair Fitness 11:45am Canasta 12:00pm Color Happy 12:00pm Chair Yoga 12:30pm Paint w/Cindy 1:30pm Table Tennis 1:30pm	6 Lung Cancer 10:00am Mahjong 10:00am Dup. Bridge 11:30am Table Tennis 1:00pm	7 Open Art 9:00am Get Fit 9:00am Mexican Train 10:00am Tax Comm. 10:00am Yoga 10:15am Canasta 11:30am Sound Heal. 11:30am Int. Bridge 1:00pm Zumba 2:00pm	8 Bootcamp 9:00am Drumming 10:10am What a Pain 10:30am Chair Yoga 11:20am Mellowtones 12:15pm Movie 1:00pm Gentle Stretch 2:00pm
11 Circuit Training 8:50am Open Art 9:00am Mahjong 10:00am Core & Restore 10:00am Knit Wits 10:00am The Pharmacy 10:00am Cardio Kickbox 11:10pm Qigong 12:00pm Woodcarvers 1:00pm Tai Chi 1:15pm Ballroom Dnce. 2:30pm	12 Chess 9:00am Strength 9:00am Organizing 10:00am Yoga 10:15am Chair Fitness 11:45am Canasta 12:00pm Color Happy 12:00pm Chair Yoga 12:30pm Table Tennis 1:30pm	13 Book Club 10:00am Mahjong 10:00am Stitch-in-Time 10:00am Dup. Bridge 11:30am Table Tennis 1:00pm	14 Open Art 9:00am Get Fit 9:00am Mexican Train 10:00am Yoga 10:15am Canasta 11:30am Sound Heal. 11:30am Int. Bridge 1:00pm Zumba 2:00pm	15 Bootcamp 9:00am Carbs 10:00am Drumming 10:10am Chair Yoga 11:20am Mellowtones 12:15pm Gentle Stretch 2:00pm
18 Circuit Training 8:50am Open Art 9:00am Mahjong 10:00am Core & Restore 10:00am Knit Wits 10:00am Cardio Kickbox 11:10pm Qigong 12:00pm Woodcarvers 1:00pm Tai Chi 1:15pm Ballroom Dnce. 2:30pm	19 Chess 9:00am Strength 9:00am Inter. w/Law 10:00am Yoga 10:15am Chair Fitness 11:45am Canasta 12:00pm Color Happy 12:00pm Chair Yoga 12:30pm Table Tennis 1:30pm	20 Dist. Attorney 10:00am Mahjong 10:00am Dup. Bridge 11:30am *No Table Tennis*	21 Open Art 9:00am *No Get Fit* Mexican Train 10:00am Vaccines 10:00am *No Yoga* Canasta 11:30am *No Sound Heal.* Int. Bridge 1:00pm Zumba 2:00pm	22 Bootcamp 9:00am Drumming 10:10am Chair Yoga 11:20am Mellowtones 12:15pm *No Gentle Stretch*
25 Circuit Training 8:50am Open Art 9:00am Mahjong 10:00am Core & Restore 10:00am Knit Wits 10:00am Cardio Kickbox 11:10pm Qigong 12:00pm Woodcarvers 1:00pm Tai Chi 1:15pm Ballroom Dnce. 2:30pm	26 Chess 9:00am Strength 9:00am Yoga 10:15am Chair Fitness 11:45am Canasta 12:00pm Color Happy 12:00pm Chair Yoga 12:30pm Table Tennis 1:30pm	27 Mahjong 10:00am Stitch-in-Time 10:00am Welcome WC 10:00am Dup. Bridge 11:30am Table Tennis 1:00pm	28 Open Art 9:00am Get Fit 9:00am Mexican Train 10:00am Yoga 10:15am Canasta 11:30am Sound Heal. 11:30am Int. Bridge 1:00pm Zumba 2:00pm	29 Bootcamp 9:00am Drumming 10:10am Chair Yoga 11:20am Mellowtones 12:15pm Gentle Stretch 2:00pm



What Are One-Minute Mysteries? These short interactive mysteries are examples of lateral thinking puzzles. Each puzzle describes an unusual scenario, and your job is to figure out what is going on. The puzzles may seem open-ended, but they generally have only one satisfying answer, one solution that suddenly appears when the light bulb goes on in your head and you say, "Aha!" Each mystery takes only a minute to read, and then you can take your time to enjoy the sleuthing process!

Two children born in the same hospital, in the same hour, day, and year, have the same mother and father, but are not twins.

A couple will build a square house. In each wall they'll have a window, and each window will face north.

There is a pipe, a carrot and a pile of pebbles together in the middle of a field. Why?

Three people try to crowd under one umbrella, and nobody gets wet.

Joe wants to go home, but he can't go home, because the man in the mask is waiting for him.

A train pulls into a station, but none of the waiting passengers move.

A horse jumps over a tower and lands on a man, who disappears.

STUMPED? AN ANSWER KEY IS AVAILABLE AT THE FRONT DESK.