


Austell Senior Center
4915 Austell-Powder Springs Road
Austell, GA 30106
(770) 819-3200
Program Hours 10am to 2pm


















AUGUST 2025

LUNCH SERVED DAILY AT NOON

 = Self Pay

Transportation (770) 528-5380

Mon	Tue	Wed	Thu	Fri
Calendars due No later than July 20th. NOTE: On trip days Austell will be closed or times vary.	 = No Drive In Bus  = Drive In Bus			1. Monthly birthdays 10:15a Cardio Fusion 1:00p Birthday Bunch
4. 10:15a PC class with South Cobb Library or Walk Club 1:00p Craft Corner: Stick Figure Art	5. 10:30a Get fit with Angela 12:45p Garden Talk 1:00p Bucco Ball	6. 10:00a Breakfast 11:00a Site Council Meeting 1:00p Garden Ice Cream Social	7. 10:15a Walk Club Or Chair exercise 12:45p Ted talk: What we Leave behind	8. *Trip * 10:30a—1p Seven Springs Water Park Bring a towel/change of clothes—Lunch provided * Center Closed * 
11. 10:15a PC class with South Cobb Library or Walk Club 1:00p Crochet with Bertha	12. 10:30a Get fit with Angela 1:00p Passport to Greece	13. *Trip * Level 1 10:30a North Cobb Senior Center Games and Activities  * Center Closed *	14. **Farmers Market Day** 10:00a Chair Motown Exercise 12:45p Ted Talk: Part 2 What we Leave behind	15. 10:15a Cardio Fusion 1:00p Watermelon & music at the Pavilion
18. *Trip * Level 1  10:30a Walmart  (H41 Location)  * Center Closed *	19. 10:30a Get fit with Angela 1:00p Nutrition Lesson: Sodium How Much is Too Much?	20. *Trip * Level 1 9:30a Breakfast at Egg's Up Grill 11:30a FOSWC Bingo \$5 at Door (Marietta)   * Center Closed *	21. Freeman Poole  10:30a B.E.S.T. Community Resources Presentation 1:00p Game on! Outdoor Fun	22. Freeman Poole 10:15a Cardio Fusion 12:30p Karaoke * Center Closed * 
25. *Trip* Level 1  10:00a Chair Video Zumba 11:30a McAlister's Deli * Center Closed @ 11a* 	26. 10:30a Get fit with Angela 1:00p Craft Corner: Bracelet Bead Making	27. *Trip * Level 1 10a-1p Tumlin Park Games Tuna Box Lunch Picnic w/Snacks  * Center Closed *	28. 10:15a Book Club Discussion: <i>The Lost Key</i> 12:00p Box Lunch & Movie	29. *Trip * Level 1  10:00a T J Maxx 12:00p Olive Garden *Center Closed* 