

Registration Information and Highlights

- **Driver Safety Seminar #47586** Friday, August 1 1:00pm – 2:00pm Free; Registration required
- **Crafting Corner: Iris Paper Folding #47632** Monday, August 4 10:30am – 11:30 am \$2.00; Registration required
- **Improv-4-Anxiety #47590** Wednesday, August 6 10:30 am – 11:30 am Free; Registration required
- **Digital Access for Surviving Heirs #47611** Friday, August 8 10:30 am – 11:30 am Free; Registration required
- **Armchair Travel: Kansas #47612** Monday, August 11 10:30 am – 11:30 am Free; Registration required
- **Hearing Screenings #47614** Thursday, August 14 9:30 am – 1:30 pm Free; Registration required
- **Let's Do Lunch #47615** Thursday, August 14 11:30 am – 1:30 pm Lunch on your own; Registration required J. Christopher's 2700 Town Center Drive, Kennesaw
- **Film on Friday #47616** Friday, August 15 12:00 pm Free; Registration required
- **iPhone Basics #47618** Monday, August 18 10:00 am – 12:00 pm Free; Registration required
- **Culinary Creations: Garden to Table #47620** Tuesday, August 26 1:00 pm – 2:00 pm \$3.00; Registration required
- **New to North Cobb Senior Center #47617** Wednesday, August 27 10:30 am – 11:30 am Free; Registration required
- **How 'Bout Them Apples Trip #47621** Thursday, August 28 8:00am-3:00pm \$5.00; Registration required

The World on Your Shoulders #47619 Friday, August 22 10:30 am – 11:30 am Free; Registration required

Get tips on strengthening your shoulders, improve mobility, and prevent injury. Learn how to maintain shoulder health and keep the weight of the world off your shoulders. Presented by Salisbury Physical Therapy.

North Cobb Senior Showcase #47634

Thursday, August 21 10:30am-12noon Free; Registration required
Check out the Arts and Crafts displays from our talented seniors. Winners in 5 categories will be announced (Visual art, 3D art, Textiles, Diamond Art, and Photography) and prizes will be awarded. Seniors who would like to enter the contest must bring their completed project to the center between August 1-7.

North Cobb News August 2025

North Cobb Senior Center 770 975-7740
3900 South Main Street, Acworth

Table Tennis, Billiards, Workout Central & Lending Library Hours
of Operation: Monday - Friday 8 am-4 pm

FITNESS CONNECTION

Summer Session Schedule- You must be registered. No drop-ins allowed.

Monday

Chair Dance #47401

July 7- Sept. 15 (no class 9/1)
10-11am \$30

Tuesday

Yoga for Joint Health #47402

July 8- Sept. 9
9:30-10:30am \$30

Tai Chi for Diabetes #47403

July 8- Sept. 9
12:45- 1:45pm \$30

Wednesday

Mindful Movement #47408

July 9- Sept. 17 (no class 8/20)
9-10am \$30

Stretch & Strengthen #47409

July 9 - Sept. 17 (no class 8/20)
10:15 -11:15am \$30

Beginner Line Dance #47450

July 30 - Sept. 10
11:30am-12:30pm \$21

Intermediate Line Dance #47451

July 30 - Sept. 10
12:45 -1:45pm \$21

Thursday

Functional Zumba #47404

July 10 -Sept. 11
10-11am \$30

Get Fit with Angela #47405

July 17- Sept. 18
2-3pm \$30

Friday

Gentle Yoga #47406

July 11 - Sept. 12
10-11am \$30

Chair Yoga #47407

July 11 - Sept. 12
11:15am -12:15pm \$30



Beginner Mah Jongg Class #47587

Monday, August 4, 11, 18, 25, September 8, 15
12:00 pm – 3:00 pm
Free; Registration required
Learn how to play American Mah Jongg in this 6-week class. *If you have a current National Mah Jongg League card, please bring it.*



Mind Over Matter: Healthy Bowels, Healthy Bladder #47589








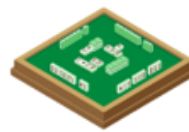
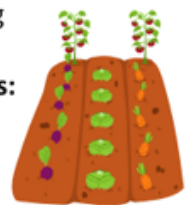

Tuesdays, August 5, 19, September 2
9:30 am – 11:30 am
Free; Registration required

Using information, group activities, simple exercises, and dietary changes, you will gain tools to control bladder and bowel symptoms. **These three classes are bi-weekly and are structured for women only and must attend all classes.**

Mentioning the Unmentionables #47610

Thursday, August 7
10:30 am – 11:30 am
Free; Registration required

In this revealing seminar, a Savannah College of Art & Design (SCAD) fashion professor will uncover the history of undergarments and how they have evolved over time.

August 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>See back side for registration information & highlights.</p>	<p>Bolded activities require registration.</p>			<p>8:30 Hiking Club 1 9:30-12:30 Mah Jongg 10:00 Turtle Walking Club 10-3 Independent Drawing & Painting 11-2 Paddle Masters Table Tennis 1-3:30 Pinochle Jr. 10-12 Bingo \$3 1-2 Driver Safety Seminar </p>
<p>9-11 Woodcarving 4 11-2 Paddle Masters Table Tennis 12-3 Farkle 12:30-2:30 Knit & Stitch 12:30-4 Bridge 10:30-11:30 Crafting Corner: Iris Paper Folding \$2 12-3 Beginner Mah Jongg Class (1 of 6)</p>	<p>11-2 Paddle Masters Table Tennis 5 12-4 Mexican Train Dominoes 12:30-3:30 Mah Jongg 9:30-11:30 Mind Over Matter: Healthy Bowels, Healthy Bladder (1 of 3)</p>	<p>9-12 Rook 6 10-12 Rummikub 12-4 Hand & Foot 12-4 Spades 12:30-2 Diamond Art 12:30-4 Bridge 12:45-1:45 S.E.N.I.O.R. Talk 10:30-11:30 Improv-4-Anxiety </p>	<p>9-12 Photo Club 7 11-2 Paddle Masters Table Tennis 12-3 Spades 12-4 Pinochle 10:30-11:30 Mentioning the Unmentionables  1-2 Timeless Trivia</p>	<p>8:30 Hiking Club 8 9:30-12:30 Mah Jongg 10:00 Turtle Walking Club 10-3 Independent Drawing & Painting 11-2 Paddle Masters Table Tennis 11-12:30 Book Club 1-3:30 Pinochle Jr. 10:30-11:30 Digital Access for Surviving Heirs</p>
<p>9-11 Woodcarving 11 11-2 Paddle Masters Table Tennis 12-3 Farkle 12:30-2:30 Knit & Stitch 12:30-4 Bridge 10:30-11:30 Armchair Travel: Kansas 12-3 Beginner Mah Jongg Class (2 of 6)</p>	<p>11-2 Paddle Masters Table Tennis 12 12-4 Mexican Train Dominoes 12:30-3:30 Mah Jongg 10:30-11:30 Nutrition: Sodium  1-2 Game Show Afternoon: What's My Line?</p>	<p>9-12 Rook 13 10-12 Rummikub 12-4 Hand & Foot 12-4 Spades 12:30-2 Diamond Art 12:30-4 Bridge</p>	<p>11-2 Paddle Masters Table Tennis 14 12-3 Spades 12-4 Pinochle 9:30-1:30 Hearing Screenings  11:30-1:30 Let's Do Lunch: J.Christopher's</p>	<p>8:30 Hiking Club 15 9:30-12:30 Mah Jongg 10:00 Turtle Walking Club 10-3 Independent Drawing & Painting 11-2 Paddle Masters Table Tennis 1-3:30 Pinochle Jr. 12-2 Film on Friday</p>
<p>9-11 Woodcarving 18 11-2 Paddle Masters Table Tennis 12-3 Farkle 12:30-2:30 Knit & Stitch 12:30-4 Bridge 10-12 iPhone Basics  12-3 Beginner Mah Jongg Class (3 of 6)</p>	<p>11-2 Paddle Masters Table Tennis 19 12-4 Mexican Train Dominoes 12:30-3:30 Mah Jongg 9:30-11:30 Mind Over Matter: Healthy Bowels, Healthy Bladder (2 of 3)</p>	<p>9-12 Rook 20 10-12 Rummikub 12-4 Hand & Foot 12-4 Spades 12:30-2 Diamond Art 12:30-4 Bridge</p>	<p>11-2 Paddle Masters Table Tennis 21 12-3 Spades 12-4 Pinochle 10:30-12 North Cobb Senior Showcase </p>	<p>8:30 Hiking Club 22 9:30-12:30 Mah Jongg 10:00 Turtle Walking Club 10-3 Independent Drawing & Painting 11-2 Paddle Masters Table Tennis 1-3:30 Pinochle Jr. 10:30-11:30 World on Your Shoulders seminar</p>
<p>9-11 Woodcarving 25 11-2 Paddle Masters Table Tennis 12-3 Farkle 12:30-2:30 Knit & Stitch 12:30-4 Bridge 12-3 Beginner Mah Jongg Class (4 of 6) </p>	<p>11-2 Paddle Masters Table Tennis 26 12-4 Mexican Train Dominoes 12:30-3:30 Mah Jongg 1-2 Culinary Creations: Garden to Table \$3 </p>	<p>9-12 Rook 27 10-12 Rummikub 12-4 Hand & Foot 12-4 Spades 12:30-2 Diamond Art 12:30-4 Bridge 10:30-11:30 New to North Cobb Senior Center</p>	<p>10-12 Veteran Connection 28 11-2 Paddle Masters Table Tennis 12-3 Spades 12-4 Pinochle 8-3 How 'Bout Them Apples Trip \$5 (bus) </p>	<p>8:30 Hiking Club 29 9:30-12:30 Mah Jongg 10:00 Turtle Walking Club 10-3 Independent Drawing & Painting 11-2 Paddle Masters Table Tennis 1-3:30 Pinochle Jr.</p>