

Registration Information and Highlights

- **Pelvic Floor Seminar #48140** Tuesday, September 2 1:00 pm –2:00 pm Free; Registration required
- **Big Time Trivia #48141** Wednesday, September 3 10:30 am – 11:30 am Free; Registration required
- **Radon Safety #48142** Thursday, September 4 10:30 am – 11:30 am Free; Registration required
- **Art-ivity: Sunflower Field Painting #48338** Tuesday, September 9 10:30 am – 11:30 am \$2.00; Registration required
- **Let’s Do Lunch #48144** Tuesday, September 9 11:30 am – 1:30 pm Lunch on your own; Registration required *Henry’s Louisiana Grill 4835 North Main Street, Acworth*
- **Garden Tips & Seed Sharing #48145** Wednesday, September 10 10:30 am – 11:30 am Free; Registration required
- **Fall Craft: Flowered Bookmarks #48431** Wednesday, September 10 1:00 pm- 2:00 pm Free; Registration required
- **Fused Glass: Wall Art #48146** Monday, September 15 10:00 am – 12:00 pm \$12.00 supply fee; Registration required
- **Culinary Creations: Cozy Soups & Stews #48174** Monday September 15 1:00pm-2:00pm \$3.00; Registration required
- **Learn to Use Civic Rec #48147** Tuesday, September 16 10:30 am – 11:30 am Free; Registration required
- **Let’s Connect: A Conversation with the CCSS Director** Tuesday, September 16 1:00 pm – 2:00 pm Free; No registration required
- **A Day in the Life - Aging Simulation Workshop #48150** Monday, September 22 12:30 pm – 2:00 pm Free; Registration required
- **Timeless Trivia** Tuesday, September 23 10:30 am-11:30am Free; No registration required
- **Belly Dancing #48151** Tuesday, September 23 1:00 pm – 2:00 pm Free; Registration required
- **Braves Trip #45950** Wednesday September 24 10:00am - 5:00 pm \$50.00; Registration required
- **Digital Literacy Cybersecurity ##48423** Thursday, September 25 1:00pm-2:00pm Free; Registration required
- **Film on Friday (Call center for title) #48149** Friday, September 26 12:00 pm Free; Registration required
- **Meet Vinny the K9 Arson Dog #48152** Monday, September 29 10:30 am – 11:30 am Free; Registration required
- **Georgia Fishing 101 #48432** Monday September 29 1:00 pm- 2:00 pm Free; Registration required
- **Southern Soul Food Cooking Demo #48153** Tuesday, September 30 10:30 am – 11:30 am Free; Registration required
- **Nutrition Lesson: Fruits and Vegetables #48154** Tuesday, September 30 1:00 pm – 2:00 pm Free; Registration required

North Cobb News
September 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
Workout Central Orientation: Mondays 9:30 am

FITNESS CONNECTION

Summer Session Schedule No drop-ins allowed. Fall Registration is September 22, 9:00am

<u>Monday</u>	<u>Wednesday</u>	<u>Thursday</u>
Chair Dance #47401 July 7- Sept. 15 (no class 9/1) 10-11am \$30	Mindful Movement #47408 July 9- Sept. 10 (no class 8/20) 9-10am \$30	Functional Zumba #47404 July 10 -Sept. 11 10-11am \$30
<u>Tuesday</u>		
Yoga for Joint Health #47402 July 8- Sept. 9 9:30am-10:30am \$30	Stretch & Strengthen #47409 July 9 - Sept. 17 (no class 8/20) 10:15am -11:15am \$30	Get Fit with Angela #47405 July 17- Sept. 18 2-3pm \$30
		<u>Friday</u>
Tai Chi for Diabetes #47403 July 8- Sept. 9 12:45pm- 1:45pm \$30	Beginner Line Dance #47450 July 30 - Sept. 17 11:30am-12:30pm \$21	Gentle Yoga #47406 July 11 - Sept. 19 (no class 8/15) 10-11am \$30
	Intermediate Line Dance #47451 July 30 - Sept. 10 12:45pm -1:45pm \$21	Chair Yoga #47407 July 11 - Sept. 19 (no class 8/15) 11:15am -12:15pm \$30

Senior Services
COBB COUNTY

Lip Sync Showcase
#48143

Friday, September 5
11:30am-1:30pm
\$5.00; Registration required
Senior Wellness Center (1150 Powder Springs St., Marietta)

Join the epic competition
among Senior Services staff.
Refreshments provided.
Transportation not provided.

Bingo and Burgers
#48132

Friday, September 12
10:00am-12:30pm
\$6.00; Registration required

Join us for the excitement,
camaraderie, and the chance to
win gift card prizes at Bingo!
This special event includes 2
Bingo cards and a burger lunch.















‘Say Cheese’cake
Social #48148

Thursday, September 18
12:15-1:45pm
\$3.00; Registration required



Let’s honor and thank our
fabulous fitness instructors
with some ‘Golden Girls’
trivia and yummy cheesecake

September 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div>  <div>Center closed</div> </div>	<div>2</div> <div> 11-2 Paddle Masters Table Tennis 12-4 Mexican Train Dominoes 12:30-3:30 Mah Jongg 9:30-11:30 Mind Over Matter (3 of 3) 1-2 Pelvic Floor Seminar (Women only) </div>	<div>3</div> <div> 9-12 Rook 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 Big Time Trivia  </div>	<div>4</div> <div> 9-12 Photo Club 11-2 Paddle Masters Table Tennis 12-3 Spades 12-4 Pinochle 10:30-11:30 Radon Safety Seminar  </div>	<div>5</div> <div> 8:30 Hiking Club 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. 11:30-1:30 Lip Sync Showcase \$5 (at Senior Wellness Center) </div>
<div>8</div> <div> 9-11 Woodcarving 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 (5 of 6) </div>	<div>9</div> <div> 11-2 Paddle Masters Table Tennis 12-4 Mexican Train Dominoes 12:30-3:30 Mah Jongg 10:30-11:30 Art-ivity: Sunflower Field Painting \$2 11:30-1:30 Let's Do Lunch: Henry's Louisiana Grill </div>	<div>10</div> <div> 9-12 Rook 10-12 Rummikub 12-4 Hand & Foot 12-4 Spades 12:30-2 Diamond Art 12:30-4 Bridge 10:30-11:30 Garden Tips & Seed Sharing 1-2 Fall Craft: Flowered Bookmarks  </div>	<div>11</div> <div> 11-2 Paddle Masters Table Tennis 12-3 Spades 12-4 Pinochle </div>	<div>12</div> <div> 8:30 Hiking Club 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. 10-12:30 Bingo & Burgers \$6  </div>
<div>15</div> <div> 9-11 Woodcarving 11-2 Paddle Masters Table Tennis 12-3 Farkle 12:30-2:30 Knit & Stitch 12:30-4 Bridge 10-12 Fused Glass: Wall Art (\$12 supply fee) 12-3 Beginner Mah Jongg Class (6 of 6) 1-2 Culinary Creations: Cozy Soups & Stews \$3 </div>	<div>16</div> <div> 11-2 Paddle Masters Table Tennis 12-4 Mexican Train Dominoes 12:30-3:30 Mah Jongg 10:30-11:30 Learn to Use Civic Rec 1-2 Let's Connect: A Conversation with the CCSS Director </div>	<div>17</div> <div> 9-12 Rook 10-12 Rummikub 12-4 Hand & Foot 12-4 Spades 12:30-2 Diamond Art 12:30-4 Bridge </div>	<div>18</div> <div> 11-2 Paddle Masters Table Tennis 12-3 Spades 12-4 Pinochle 12:15-1:45 'Say Cheese' cake Social \$3 (Fitness Instructor Appreciation)  </div>	<div>19</div> <div> 8:30 Hiking Club 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. </div>
<div>22</div> <div> 9-11 Woodcarving 11-2 Paddle Masters Table Tennis 12-3 Farkle 12:30-2:30 Knit & Stitch 12:30-4 Bridge 12:30-2 A Day in the Life Aging Simulation Workshop 9:00 FALL REGISTRATION </div>	<div>23</div> <div> 11-2 Paddle Masters Table Tennis 12-4 Mexican Train Dominoes 12:30-3:30 Mah Jongg 10:30-11:30 Timeless Trivia 1-2 Belly Dancing  </div>	<div>24</div> <div> 9-12 Rook 10-12 Rummikub 12-4 Hand & Foot 12-4 Spades 12:30-2 Diamond Art 12:30-4 Bridge 10-5 Trip: Braves Game \$50  </div>	<div>25</div> <div> 10-12 Veteran Connection 11-2 Paddle Masters Table Tennis 12-3 Spades 12-4 Pinochle 1-2 Digital Literacy Cybersecurity  </div>	<div>26</div> <div> 8:30 Hiking Club 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 </div>
<div>29</div> <div> 9-11 Woodcarving 11-2 Paddle Masters Table Tennis 12-3 Farkle 12:30-2:30 Knit & Stitch 12:30-4 Bridge 10:30-11:30 Meet Vinny, the K9 Arson Dog 1-2 Georgia Fishing 101  </div>	<div>30</div> <div> 11-2 Paddle Masters Table Tennis 12-4 Mexican Train Dominoes 12:30-3:30 Mah Jongg 10:30-11:30 Southern Soul Food Cooking Demo 1-2 Nutrition: Fall Fruits and Vegetables  </div>	<div></div> <div> Bolded activities require registration </div>	<div></div> <div> See back side for registration information & highlights. </div>	<div></div> <div>  <p><i>Ghouls Just Wanna Have Fun Party</i> <i>at North Cobb Senior Center</i> <i>Friday, October 31</i> <i>10:30am-1:30pm</i> <i>More details coming soon.</i></p> </div>