

September 2025

The Tim D. Lee Times

Tim D. Lee Senior Center | 3332 Sandy Plains Rd. Marietta, GA 30066 | 770.509.4900

ACTIVE ADULTS 55+

Staff:

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Inside this Edition:

Pg. 1 - News
Pg. 2- Highlights
Pg. 3-Seminars
Pg. 4- Ongoing Activities
Pg. 5- Day Trips
Pg. 6- Day Trip Guide
Pg. 7- Class FAQ
Pg. 8- How to Register Online
Pg. 9- Just for Fun



Stay Connected:



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

The Tim D. Lee Senior Center
will be **CLOSED** on September 1st
in observance of Labor Day



Ten-Ball Pool Tournament #48475

Thursday, September 4

9:00 am – 4:00 pm; Rules meeting at 8:30 am
\$5.00; Registration required

Enjoy a fun pool tournament! Blind Draw for pairs
with double elimination. Standardized World BCA 10
Ball Rules. Lunch will be provided. Sponsored by
Pruitt Health. **Deadline to register September 2.**

Rules meeting will begin at 8:30 am

Tim D Lee Family Feud #48476

Monday, September 8

1:00 pm – 3:00 pm

Free; Registration required

How well do you know the Tim D Lee Senior Center?
Join us for a fun game in honor of Senior Center
Month to see who knows their center the best for a
chance to win a prize.

Sponsored by Friends of Tim D Lee.

Fall Class Registration will begin

Monday, September 22

@9:00AM

Available online or in-person only

Highlights

Tour of the Gritter's Library #48479

Wednesday, September 10
10:30 am – 12:00 pm
Free; Registration required
Meet us at the Gritter's Library to take a tour of the newly renovated facility. After our tour we will play some Brain Games. *Transportation not provided.* **Gritter's Library: 880 Shaw Park Road Marietta, GA 30066.**



Powerful Tools for Caregivers #48480

Mondays, September 15 –
October 20
2:00 pm – 4:00 pm
Free; Registration required
Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country. This class series meets for 90 minutes once a week for six weeks. Class size is limited, and registration is required. **Deadline to register September 2.**



Medicare Fraud in Spanish #48482

Thursday, September 18
1:00 pm – 2:00 pm
Free; Registration required
Learn more about how to protect yourself from Medicare Fraud, presented in Spanish. Presented by SMP.



Grandparent and Me: Beaded Jewelry #48496

Tuesday, September 23
10:00 am – 11:00 am
\$7.00 supply fee to instructor; Registration required
September is Grandparents month! Join us for a creative morning making beaded jewelry, perfect for spending quality time with grandchildren of all ages.

Veteran Connection

Join other Veterans each month for fellowship & special guest presentations. These meetings are for both women and men to come together to share their experiences with each other.

Every 3rd Wednesday of each month
10:00am - 12:00pm

Free; No Registration required

Veteran Connection will meet on the following days:

- **September 17**
- **October 15**
- **November 19**

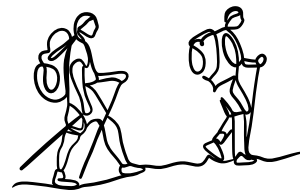


Blood Pressure Checks

1:00 pm -3:00 pm

Keep an eye on your health.

BP checks are held the first Wednesday each month. No registration required.



Take a Hike

Hikes are usually 4-6 miles and are on Wednesdays at 1:00 and Fridays at 9:30 followed by lunch.

*Check in at the front desk or call if you are interested.

Seminars and Workshops

Do's and Don'ts of Managing Medications #48474

Wednesday, September 3
10:00 am – 11:00 am
Free; Registration required
Most adults take at least one medication. Take charge of managing your medications by learning what questions to ask, things to avoid and maybe even save you some money. Presented by B.E.S.T (Broadening and Enriching Seniors Together).

Assistive Living Tools #48477

Tuesday, September 9
9:30 am – 10:30 am
Free; Registration required
Learn about common types of useful assistive living tools, from low-tech items that require little to no training, to high-tech items that can make independent living possible and everything in between. Presented by B.E.S.T (Broadening and Enriching Seniors Together).

Break the Stigma on Mental Health #48478

Tuesday, September 9
1:00 pm – 2:00 pm
Free; Registration required
Your mental health matters! Join a discussion of the importance of your mental health, how it effects your overall health, and what you can do to support your mental health. Presented by Wellstar.

Tour of the Gritter's Library #48479

Wednesday, September 10
10:30 am – 12:00 pm
Free; Registration required
Meet us at the Gritter's Library to take a tour of the newly renovated facility. After our tour we will play some Brain Games. *Transportation not provided.* **Gritter's Library: 880 Shaw Park Road Marietta, GA 30066.**

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Free; Registration required
Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country. This class series meets for 90 minutes once a week for six weeks. Class size is limited, and registration is required. **Deadline to register September 2.**

Trivia with Ricky #48481

Wednesday, September 17
1:00 pm – 2:30 pm
Free; Registration required
Multiple teams will compete for prizes in three rounds of general knowledge and music trivia. Maximum 4 members on a team. Sponsored by Wally's Trivia and Regal Pointe East Cobb.

Medicare Fraud in Spanish #48482

Thursday, September 18
1:00 pm – 2:00 pm
Free; Registration required
Learn more about how to protect yourself from Medicare Fraud, presented in Spanish. Presented by SMP.

Fight the Fall: Fall Prevention Month #48588

Monday, September 22
1:00 pm – 2:00 pm
Free; Registration required
September is Fall Prevention Month! Join us to learn what you can do to prevent falls and how to respond to a fall. Presented by First Step Physical Therapy.

Grandparent and Me: Beaded Jewelry #48496

Tuesday, September 23
10:00 am – 11:00 am
\$7.00 supply fee to instructor; Registration required
September is Grandparents month! Join us for a creative morning making beaded jewelry, perfect for spending quality time with grandchildren of all ages.

Lunch and Learn: Hip and Knee Care #48497

Tuesday, September 23
12:00 pm – 1:30 pm
Free; Registration required
Registration required
Learn more about how to care for your hips and knees after surgery. Presented by Peachtree Orthopedics.

Back Pain Management #48514

Thursday, September 25
1:00 pm – 2:00 pm
Free; Registration required
Registration required
Learn ways to help manage your back pain and what you can do to prevent back injuries. Presented by ATI Physical Therapy.

Vaccine Clinic #48515

Friday, September 26
9:00 am – 2:00 pm
Free; Registration required
Registration required
Cobb & Douglas Public Health will be offering free Flu and Covid vaccines. Please bring your ID and insurance card. No appointment necessary.

Dine Around: Cuban Diner #48516

Monday, September 29
11:30 am – 1:30 pm
Lunch on your own; Registration required
Join us for good food and conversation at the Cuban Diner; 1484 Roswell Rd, Marietta, GA 30062.

Movie Matinee (Call for Title) #48517

Tuesday, September 30
2:00 pm – 4:00 pm
\$1.00 concession; Registration required
Join us for a fun new film of a popular girl's toy come to life, battling a full-on existential crisis of what it means to be perfect in a perfect place.

September

Ongoing Activities

Basic Knowledge of games is required. Please bring your own set for cards and mah jong.

Monday - Friday

Workout Studio
(Orientation Required)
8:00am - 4:30pm

Workout Orientation on Tuesdays
9:00am
(Call or see front desk to reserve)

Billiards
8:00am - 4:30pm

Monday

Indoor Morning Walking
8:00am-8:30am

Care and Connect
10:00am-11:00am

Fishing Club/1st Monday
10:00am-12:00pm

Chess
11:00am-12:30pm

Book Club/3rd Monday
(Book List available at Front Desk)
11:00am-12:30pm/

Morning Writing Group
11:15am-12:30pm

Bid and Play Bridge
(Partner Required)
1:00pm-4:30pm

Hearts
12:55pm-4:00pm

5 Deck Canasta
1:00pm-4:00pm

American Mah Jongg
1:00pm-4:00pm

Texas Hold'em
1:00pm-4:00pm

Guys and Dolls Choral Group*
1:15pm-2:45pm

Indoor Afternoon Walking
3:00pm-4:30pm

***Check at Front Desk for
Contact Info**

Tuesday

Lockheed Retirees
9:30am-10:30am

Pinochle
8:00am-2:00pm

Young at Heart Line Dance/Improver*
10:00am-11:30am

Duplicate Bridge
(Partner Required)
10:30am-3:00pm

Sign Language Group
1:00pm-2:00pm

Canasta (Hand, Knee, and Foot)
1:00pm-4:30pm

**Young at Heart Line Dance/
Intermediate***
1:00pm-2:30pm

Mexican Train Dominoes
1:00pm-4:00pm

Table Tennis
(Tennis Shoes Required)
1:00pm-4:00pm

Wednesday

Indoor Morning Walking
8:00am-8:30am

East Cobb Golf Club/3rd Wednesday
9:00am-12:00pm

Veteran Connection/3rd Wednesday
10:00am-12:00pm

Adult Coloring
10:00am-11:00am

Wednesday Bridge
1:00pm-4:00pm

Wednesday Intermediate Bridge
1:00pm-4:00pm

Knit Wits
1:00pm-4:00pm

Canasta (Hand, Knee, and Foot)
1:00pm-4:00pm

Canasta/Super Samba (not a dance)
1:15pm-4:15pm

Indoor Afternoon Walking
3:00pm-4:30pm

Thursday

Woodcarvers
8:00am-12:00pm

Hand Knee and Foot Canasta
12:00pm-4:00pm

**Camera Club/ 1st
& 3rd Thursday**
10:00am-12:00pm

Cribbage
10:00am-1:00pm

Duplicate Bridge
(Partner Required)
10:30am-3:00pm

Spades
12:55pm-4:00pm

Table Tennis
(Tennis Shoes Required)
9:00am-4:00pm

Siamese Mah Jongg
1:00pm-4:30pm

Friday

Pinochle
8:00am-2:00pm

Young at Heart Line Dance/Improver*
10:00am-11:30am

Canasta (Hand Knee and Foot)
11:30am-4:30pm

Canasta/Samba (not a dance)
12:30pm-4:30pm

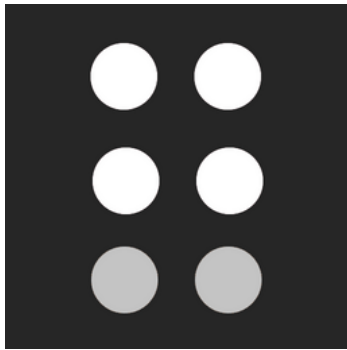
Asian Mah Jongg
1:00pm-4:30pm

American Mah Jongg
1:30pm-4:30pm

**Young at Heart Line Dance/
Intermediate***
1:00pm-2:30pm

Good Times Band
1:00pm-3:00pm

Upcoming Day Trips



Tour of the Center for the Visually Impaired #47772



Friday, September 12
9:30 am-3:00 pm; Check in at 9:00 am

Each year, more than 1,100 people from Atlanta and all over Georgia turn to CVI to help them adjust to – or improve – a life with limited or no sight. CVI is Georgia’s largest comprehensive, fully accredited nonprofit facility providing rehabilitation services for the blind and visually impaired. Lunch will be on your own at the Varsity.

The price includes transportation.

Deadline: August 8

Activity Level 2 Limited walking, some stairs and/or inclines.

Mobility- Each traveler must be able to navigate on and off the bus independently or with a caregiver. If you have any concerns with walking or climbing stairs, please check with staff before registering.

No refunds unless trip is cancelled. Payment due at the time of registration.

DAY TRIP GUIDE

WELCOME TRAVELERS

Tim D. Lee Senior Center provides a variety of day trip opportunities. Our goal is to take the hassle out of driving, making reservations, or even travelling 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 8:00 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. If 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, or if a traveler requires special assistance.

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 TDL 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 or with a caregiver. 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- TDL 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.

Commonly Asked Questions & Answers

HOW CAN I REGISTER?

Registration can only be done in person or online using CivicRec. Classes are offered on a first come, first served basis. Each person may sign up for himself/herself and one other person who cannot attend registration. If you do not have an account with CivicRec, please call the center for assistance. You can access the page at www.cobbseiors.org.

WHAT TYPE OF PAYMENTS DO YOU ACCEPT?

Payment methods accepted: Visa, MasterCard, Discover or American Express, cash, and check.

MUST I BE REGISTERED TO ATTEND CLASSES?

YES. Paid registration is required for all classes. Instructors are instructed not to permit participants who are not registered to attend classes. However, you may observe one class before registering. Please make an appointment with the front office.

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. We do not prorate 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 CANCELLED DUE TO INCLEMENT WEATHER, INSTRUCTOR ILLNESS OR CENTER HOLIDAY?

Cancelled classes will be made up by extending the course, when possible. In the event weather causes Cobb County Schools to close, all center sponsored classes and special events will be postponed to a later date. We will be open for daily activities (billiards, library, etc.), if staff can safely open the Center. Call to confirm.

WITHDRAWAL AND REFUND POLICY

Registration fees are 100% refundable when the department cancels the activity. A participant wishing to withdraw from a class that has not been cancelled by the department must provide a request at least seven days before the scheduled start of the class. They may receive 100% credit to their account in CivicRec or may request a refund. Within the week prior to the scheduled start of a class refund/credits will not be given except for verified medical/hardship cases. Refunds for payment made by cash or check will be received approximately 2-4 weeks after the refund is requested.

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, a staff member will then call you to expect payment and to inform you that you have been added to the class.

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.

CAN I WEAR PERFUME?

We ask that you are respectful to those with everyday allergies and refrain from wearing heavy perfumes and/or cologne during both exercise classes and/or center activities.



HOW TO REGISTER ONLINE

Click [HERE](#) for a video tutorial.

1. Start by creating your account [HERE](#). You can also find a link to this page at cobb seniors.org.
2. Select Login/Create Account in the upper left corner, then select Create your Account.
3. Fill out the required information.
4. To receive important notifications, opt-in to receive all communication types (courtesy notifications, critical announcements, etc.)
5. Additional household members may be added at any time in your Account Settings.
6. Once logged in, locate the 'filter' box and type in the five digit activity code.
7. You can also browse all Senior Services activities by clicking on the green box labeled Senior Services Activities (see below). You can then filter by checking off the name of the center(s) you are interested.
8. Make sure to select the correct family member before adding to your cart.
9. When checking out, make sure to accept all waivers.

The screenshot shows the website's navigation and filter options. At the top, there are links for Catalog, Account, and Connect. On the right, there are links for Internal, Policies, Help, and Log Out, along with a Cart icon labeled 'Cart Empty'.

The main content area displays a grid of activity categories with counts in green boxes:

- Adult Sports: 60
- Aquatics: 65
- Arts: 303
- Gymnastics: 90
- Outdoor/Nature: 19
- Recreation Centers: 73
- Tennis: 73
- Therapeutic Services: 8
- Memberships: 65
- Special Events: 0
- PARKS Facility Reserv.: 299
- PARKS: 12
- Senior Services Activities: 258
- Community Rental: 12
- Camps: 4

The left sidebar contains filters for Location and Category. The 'Senior Services Activities' link is highlighted with a large black arrow pointing to it, with the text 'CLICK HERE' overlaid on the arrow.

Below the 'Senior Services Activities' link, a list of activities is shown with their respective counts and price ranges:

| Activity | Count | Price Range |
|-------------------------|-------|-------------|
| SS Art | 16 | \$0 - \$48 |
| SS Education/Enrichment | 85 | \$0 - \$16 |
| SS Recreation | 17 | \$0 - \$27 |
| SS Offsite Activities | 17 | \$0 - \$130 |
| SS Movies | 10 | \$0 - \$1 |
| SS Games | 7 | \$0 - \$3 |
| Education/Activity | 3 | \$3 - \$30 |

Searching for September

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



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

GRANDPARENTS (Day)

MIGRATION

AUTUMN

HARVEST

MORNING GLORY

BONFIRE

INDEPENDENCE (Day, Mexico)

OKTOBERFEST

CRISP

LABOR DAY

ORCHARD

EQUINOX

LEAVES

SCHOOL

FOOTBALL

LIBRA

VIRGO