

WEST COBB INSIDER

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

September is National Senior Center Month. Come see what all the fuss is about!

Senior centers offer a supportive community and a range of activities that enhance physical and mental health.

September is National Senior Center Month and West Cobb Senior Center has packed the calendar full of great opportunities for you to get involved.

Join us for programs brought to you by Cobb County Government. Learn about the Tax Commissioner's Office and the Sheriff's Office in our Get to Know Cobb program. Keep Cobb Beautiful will explain the benefits of recycling, and they will even bring out their mobile recycling unit. The Water System will enlighten us on watersheds and how to reduce pollution. Don't know how to access digital freebies? West Cobb Regional Library will show you how.

Maybe you're looking for something a little more hands on? Come make slime with the grandkids, or join your peers and learn how to paint like Bob Ross. If competition is your game, don't miss our special field day event.

Read on in this issue to learn about all these exciting programs and much more!



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.

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CONNECT with US



Sign up to receive WCSC email blasts!

MEET THE WCSC TEAM



April Anderson,
Center Manager



Diane Sieverson,
Program Specialist



Kerrie Bamert,
Program Leader



Travis Byrum,
Bldg. Maint. Tech.



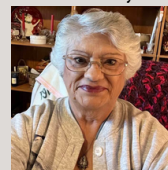
Landon



Betty



Keith



Lois



Vicki

WHAT'S HAPPENING AT WEST



Grandparent and Me

Super Slimy Science #47430

Tuesday, September 23

2:00 pm - 3:00 pm

Free; Registration required

When is a solid also a liquid? Join West Cobb Senior Center staff for this interactive workshop and find out! Hear a story about a king who wanted a new kind of weather but created sticky, slimy chaos. Then get a little messy, have a lot of fun, and make a slimy substance that defies definition. Grandchildren will mix and make their own substance and grandparents will assist. Ages 5+.

Just Horsing Around #47433

Friday, September 26

1:00 pm - 2:00 pm

Free; Registration required

Did you know that the Cobb County Sheriff's Office has horses and an electronics detection dog? Come learn about their important jobs, what their days are like, and meet them in person! Ages 5+.

SENIOR SPOTLIGHT



Debbie Novac, WCSC artist, presented Cobb Fire's K9 Vinny and his handler with a pastel portrait. Debbie makes it her mission to honor Cobb Government's canine employees by creating specialized pastel portraits. Thank you Debbie for recognizing our local canine heroes!

OUR BAND IS A MAJOR KEY TO HAPPINESS! A message from Richard Quammen, Director of The Mellowtones of WC



The Mellowtones would love to have you join us in making music. There are no auditions and previous band experience is not required. All instruments are welcome. We have musicians of all skill levels, from beginners to professionals. Many of our musicians had not played for years (or even decades) when they first joined us, so don't feel like it's been too long to get started again. It is probably a good idea if you are familiar with reading music. Don't worry, you'll be surprised at how fast it comes back to you. The scores we use are very easy to follow.

We rehearse on Fridays from 12:15 pm to 1:15 pm. You need to bring your own instrument and purchase the book we currently use (from Amazon or a music store). We don't provide instruments nor can we store anything at the senior center. We very much enjoy making music together, so grab your instrument and join us. You'll enjoy making music with us, too!

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH



LET'S
HAVE A
FIELD DAY!
#47470

Join us for National Senior Center Month and let's have a field day! We'll enjoy fun and safe indoor games that anyone can participate in. Be the first team to cross the finish line in the egg-and-spoon race (no running!). Work together to complete the puzzle challenge. Rack up the most points for your team with the ax throwing competition. Enjoy all these games and more when your team competes to win the first ever field day competition at West Cobb Senior Center. Sign up individually and we'll place you on a team or grab your friends and sign up together.

Thursday, September 25 | 1:00 pm - 3:00 pm
Free; Registration required



The Kiwanis Club of Lost Mountain invites you to come on Thursday, September 4 from 11:30 am-12:30 pm to enjoy a free lunch and learn about the history of the Kiwanis Club and their mission of serving the children of the world and the community. To register, please contact Gary Teate at 404-226-4624.

Monthly Highlights

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



Sept 3, 17,
& Oct 1

Mind Over Matter: Healthy Bowels, Healthy Bladder #47410

Wednesdays, September 3, September 17, and October 1

1:30 pm – 3:30 pm

\$6.00; Registration required

Ladies, it's never too early or too late to think about your bladder and bowel health! Using information, group activities, along with simple exercises and dietary changes to practice at home, you will gain tools you need to take control of your bladder and bowel symptoms. Workshop consists of three 2-hour sessions that meet every other week. Attendance in the first class is mandatory in order to attend additional classes.



Sept 5

Reel Good Movies: September (call for title) #47411

Friday, September 5

1:00 pm – 3:30 pm

Free; Registration required

In this 1942 American romantic drama film set during WWII, a cynical expatriate American café owner struggles to decide whether to help his former lover and her fugitive husband escape the Nazis in French Morocco.



Sept 12

Keep Cobb Beautiful: Recycling Mobile Unit #47422

Friday, September 12

9:30 am – 12:00 pm

Free; No registration required

Bring your recyclable items to the Keep Cobb Beautiful Recycling Mobile Unit in the WCSC parking lot and clean out some of your unwanted items. Accepted items are flattened cardboard, food grade glass, plastic bottles, cans, and Hefty Renewal plastics (bubble wrap, polystyrene, sandwich bags, etc.).



Sept 18

What is Probate and How to Avoid It #47427

Thursday, September 18

10:00 am – 11:30 am

Free; Registration required

Probate can be slow, costly, and frustrating. Having a will does not avoid it. We will discuss the probate process and how to avoid it. Presented by Orcutt Law Offices.

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 September 8 - 12

Get to Know Cobb: Tax Assessor's Office #47412

Monday, September 8
10:00 am – 11:00 am
Free; Registration required
Come meet the new Director and Chief Appraiser of the Tax Assessor's Office, find out about this important department, and ask questions.

Paint Along with Cindy Morning Session #47413 Afternoon Session #47416

Tuesday, September 9
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.

Welcome to West Cobb #47414

Tuesday, September 9
10:00 am – 11:00 am
Free; Registration required
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.

Peace of Mind Checklist #47415

Tuesday, September 9
1:00 pm – 2:00 pm
Free; Registration required
Mayes Ward-Dobbins leads this discussion about documents every person needs including wills, power of attorney, Georgia directive healthcare, and pre-planning documents.

Bach: The Man Who Made All the Wrong Decisions #47417

Wednesday, September 10
10:00 am – 11:00 am
Free; No registration required
We know him as one of the greatest of composers. It was not always so. A man of "faith" in an age of growing secularism, his decisions rendered him irrelevant. Why, and what caused his "resurgence"?

Next Chapter Book Club: *The Story She Left Behind* #47418

Wednesday, September 10
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 September, we will discuss *The Story She Left Behind* by Patti Callahan Henry.

Keep Cobb Beautiful: Recycling Isn't Rubbish #47419

Thursday, September 11
10:00 am – 11:00 am
Free; Registration required
Recycling benefits communities by preventing pollution and stimulating local economies. Learn what to recycle, where to recycle, and why we recycle. Last year, over 5.7 million pounds of recyclable material that would have otherwise sat in landfills was recovered in Georgia, keeping our neighborhoods clean. Presented by Keep Cobb Beautiful.

An Apple a Day #47420

Thursday, September 11
1:00 pm – 2:00 pm
Free; Registration required
Come learn about apples and all their varieties. From the tartness of the Granny Smith to the sweet crunch of a Honeycrisp, there's an apple out there for every palate. Delicious apple recipes will be shared, and an apple treat will be made for everyone to sample. Presented by UGA Cobb Extension Services.

Keep Cobb Beautiful: Recycling Mobile Unit #47422

Friday, September 12
9:30 am – 12:00 pm
Free; No registration required
Bring your recyclable items to the Keep Cobb Beautiful Recycling Mobile Unit in the WCSC parking lot and clean out some of your unwanted items. Accepted items are flattened cardboard, food grade glass, plastic bottles, cans, and Hefty Renewal plastics (bubble wrap, polystyrene, sandwich bags, etc.).

Outsmart the Scammers #47423

Friday, September 12
1:00 pm – 2:00 pm
Free; Registration required
Incidents of fraud are on the rise, and scammers' tactics are becoming more complex. This presentation will help give you the information you need to recognize certain red flags and outsmart the scammers. Presented by Edward Jones.

Week of September 15 - 19

Nifty Neck: Keeping Your Neck Strong and Pain Free #47424

Tuesday, September 16
10:30 am – 11:30 am
Free; Registration required
Join Dr. Jason Salisbury, physical therapist, for an informative session on neck health. Discover how posture, movement, and daily habits impact neck function and pain. Learn effective exercises and strategies to improve mobility, reduce stiffness, and prevent discomfort.

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 September 15 - 19

Protecting Our Watersheds #47425

Wednesday, September 17
10:00 am – 11:00 am

Free; Registration required

Have you ever wondered what a watershed is and why they are essential? Join us to learn about them and get an overview of the organisms that depend on them. We will discuss how humans impact watersheds and how you can reduce nonpoint source pollution and conserve water. Presented by the Cobb County Water System.

Flu Shots and COVID Boosters Clinic #47426

Thursday, September 18
9:00 am – 12:00 pm

Free; Registration required

Cobb Douglas Public Health will administer flu shots and COVID boosters on a first come, first served basis. Advance registration is required. You must bring your insurance card and ID.

Fun in the Foyer: You Deserve a Little Treat! #47428

Thursday, September 18
11:00 am – 1:00 pm

Free; Registration required

Feel like a kid again and share a tasty, sticky treat with us on National Rice Krispies Treat Day!

Week of September 22 - 26

Digital Life Made Simple #47429

Tuesday, September 23
1:00 pm – 2:30 pm

Free; Registration required

Bring your devices to learn how to access free newspapers, financial ratings, Gale courses, concerts, language learning and more! Presented by the West Cobb Regional Library.

Bach: St. Matthew Passion #47431

Wednesday, September 24

10:00 am – 11:00 am

Free; No registration required

Bach forces us to see the crucifixion from the position of Good Friday where it is a tragic ending. He then throws us into the future to see it from the viewpoint of the resurrection, where it becomes a glorious beginning. How does he accomplish this in his musical setting?

Let's Have a Field Day! #47470

Thursday, September 25

1:00 pm – 3:00 pm

Free; Registration required

Enjoy fun and safe indoor games that anyone can participate in. Be the first team to cross the finish line in the egg-and-spoon race (no running!). Work together to complete the puzzle challenge. Rack up the most points for your team with the ax throwing competition. Enjoy all these games and more when your team competes to win the first ever field day competition at West Cobb Senior Center. Sign up individually and we'll place you on a team or grab your friends and sign up together.

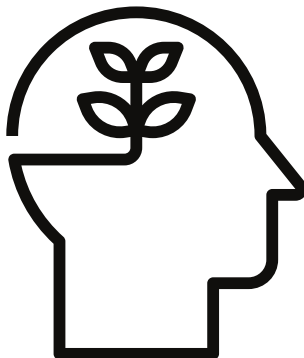
Get to Know Cobb: Welcome to the Sheriff's Office #47434

Monday, September 29

10:00 am – 11:00 am

Free; No registration required

Come learn about the Cobb County Sheriff's Office and how they serve our community each day.



Join us for a fun day trip with the West Cobb Explorers!



AUTREY MILLS NATURE PRESERVE

Thursday, October 16

8:45 am – 3:00 pm

(check-in 8:30 am)

\$8.00; Registration required

Join us for a trip to the Autrey Mill Nature Preserve and Heritage Center located in John's Creek. We will tour the historic farmstead buildings and exhibit pieces. Lunch will be on your own at Marlow's Tavern.

Payment due at registration. Registration deadline: September 25.

Price includes transportation. Lunch is on your own. No refunds will be given unless the trip is cancelled.

Important Reminder: please bring one of the following items the day of the trip as a donation to Autrey Mills Nature Preserve: paper towel roll, Dawn dish soap, puppy pads, Lysol spray, Clorox or Lysol wipes, or Ziploc bags.

Activity Level 4 – 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.



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

Chickenfoot 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

FALL CLASS SCHEDULE

Registration for fall classes begins **Monday, September 22 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 CLASSES

Circuit Training #48643

- Mitzi Logan, Instructor
- Mondays, October 6-December 8
- (no class 10/13, 11/24)
- 8:50 am-9:50 am
- \$24.00



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.

Core & Restore #48644

- Mitzi Logan, Instructor
- Mondays, October 6-December 8
- (no class 10/13, 11/24)
- 10:00 am-11:00 am
- \$24.00



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.

Cardio Kickbox #48645

- Mitzi Logan, Instructor
- Mondays, October 6-December 8
- (no class 10/13, 11/24)
- 11:10 am-11:40 am
- \$12.00



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.

Tai Chi I #48646

- Sachi Hirata, Instructor
- Mondays, October 6-December 8
- (no class 11/24)
- 12:00 pm-1:00 pm
- \$27.00



Tai Chi is a low impact and slow-motion exercise. It is often described as "meditation." Benefits are relaxation, improved strength, and flexibility. Beginners are welcome.

Tai Chi II #48647

- Sachi Hirata, Instructor
- Mondays, October 6-December 8
- (no class 11/24)
- 1:15 pm-2:15 pm
- \$27.00

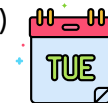


Pre-requisite: Previous experience in Tai Chi

Tai Chi is a low impact and slow-motion exercise. It is often described as "meditation." Benefits are relaxation, improved strength, and flexibility.

Strength & Stretch #48648

- Mitzi Logan, Instructor
- Tuesdays, October 7-December 9
- (no class 10/14, 11/11, 11/25)
- 9:00 am-10:00 am
- \$21.00



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.

EXERCISE CLASSES

Yoga #48649

- Mitzi Logan, Instructor
- Tuesdays, October 7-December 9
- (no class 10/14, 11/11, 11/25)
- 10:15 am-11:15 am
- \$21.00



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.

Chair Fitness #48650

- Mitzi Logan, Instructor
- Tuesdays, October 7-December 9
- (no class 10/14, 11/11, 11/25)
- 11:45 am-12:15 pm
- \$10.50



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!

Chair Yoga #48651

- Mitzi Logan, Instructor
- Tuesdays, October 7-December 9
- (no class 10/14, 11/11, 11/25)
- 12:30 pm-1:00 pm
- \$10.50



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.

Get Fit! #48652

- Susan Schumacher, Instructor
- Thursdays, October 9-December 11
- (no class 10/30, 11/27)
- 9:00 am-10:00 am
- \$24.00



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.

Yoga #48653

- Susan Schumacher, Instructor
- Thursdays, October 9-December 11
- (no class 10/30, 11/27)
- 10:15 am-11:15 am
- \$24.00



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.

Sound Healing and Meditation #48654

- Toni Stanfill, Instructor
- Thursdays, October 9-December 11
- (no class 10/30, 11/27)
- 11:30 am-12:30 pm
- \$24.00



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.

Zumba #48655

- Yvette Hassell, Instructor
- Thursdays, October 9-December 11
- (no class 11/27)
- 2:00 pm-3:00 pm
- \$27.00



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.

EXERCISE CLASSES

Baby Boomers Bootcamp #48656

- Mitzi Logan, Instructor
- Fridays, October 17-December 12
- (no class 11/28, 12/5)
- 9:00 am-10:00 am
- \$21.00



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.

Drumming Strong #48657

- Mitzi Logan, Instructor
- Fridays, October 17-December 12
- (no class 11/28, 12/5)
- 10:10 am-11:10 am
- \$21.00



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.

Chair Yoga #48658

- Mitzi Logan, Instructor
- Fridays, October 17-December 12
- (no class 11/28, 12/5)
- 11:20 am-11:50 am
- \$10.50



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.

Gentle Stretch, Breathwork and Guided Meditation #48659

- Toni Stanfill, Instructor
- Fridays, October 10-December 12
- (no class 10/31, 11/28)
- 2:00 pm-3:00 pm
- \$24.00



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.

GENERAL INTEREST CLASSES

Georgia Serial Killers #48668

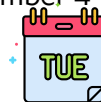
- Adrienne Mintz, Instructor
- Mondays, October 6-November 10
- 1:00 pm-2:00 pm
- \$6.00



While most of us have heard of Wayne Bertram Williams and the Atlanta Child Murders, there are several other interesting stories that are less well-known. Have you heard of the Atlanta Ripper, North Fulton Regional Hospital's Angel of Death, or the Stocking Strangler? This class is not about the gory details of each killer's crimes, though the general story will be told. Instead, it explores their childhood, life of crime, and trials and sentencing of each.

Crocheting: Beginner #48661

- Lois Minta, Instructor
- Tuesdays, October 7-November 4
- 9:00 am-10:00 am
- \$5.00 (\$15.00 supply fee)



Learn basic techniques you will need to get started on your first projects. \$15.00 supply fee to instructor first day of class.

GENERAL INTEREST CLASSES

Bridge: Beginner #48660

- Sandy Molander, Instructor
- Tuesdays, October 7-December 9
- (no class 11/11, 11/25)
- 9:30 am-11:30 am
- \$16.00 (+ book)



Pre-requisite: Must have a basic understanding of cards and meanings. Bring to class: Students will need to purchase Bidding in the 21st Century (ACBL Bridge Series), available on Amazon, and bring to each class.

Expand your mind and learn how to play bridge! Learn the basics of bidding, playing, and scoring, and experience hands-on practice. This class is for beginners and anyone who has not played bridge for over 15 years.

Nuts & Bolts of Fiction Writing #48662

- Holly McClure, Instructor
- Wednesdays, October 8-November 12
- 1:00 pm-3:00 pm
- \$12.00



Learn about genre, point of view, character development, 1st, 2nd, and 3rd tense, structure, setting, and perfecting the first five pages. The final class will address the business end of writing, including creating a synopsis and query letter. The first hour is a class/workshop. The second hour is discussion, networking, and Q&A. Bring something to write on, like a laptop or notebook.

Seniors in Play: Intro to Acting #48663

- Cyndi Crawford, Instructor
- Thursdays, October 9-October 30
- 10:00 am-12:00 pm
- \$8.00



There are no age limits on talent or fun! Explore your creativity and learn to express yourself through acting. This course will get your creative energies flowing by studying drama, improv, and comedy. Gain confidence and find your voice through lively social interactions and playful spontaneity.

Backyard Meteorology & Weather Preparedness #48664

- Kyle Tupin, Instructor
- Fridays, October 10-October 31
- 10:00 am-11:00 am
- \$3.00



We've all listened to our local television weatherperson, but do you really understand all the particulars of a weather forecast? Learn how to better understand the information given to you by meteorologists, how to be weather prepared, and what you need to know about weather apps on your smart devices.

Introduction to Ham Radio #48667

- Kyle Tupin, Instructor
- Fridays, November 7- November 21
- 10:00 am-11:00 am
- \$3.00



Ham radio offers a unique opportunity and can assist in times of emergency. In this introduction we will discuss many of the facets of ham radio like talking to the International Space Station, making new contacts around the world and its use in emergencies and how to get your license. Morse code is no longer a requirement for passing your test. We will also have some live demonstrations.

Computer Basics using Windows 11 #48665

- Paul Buege, Instructor
- Fridays, October 10-November 7
- 1:00 pm-4:00 pm
- \$15.00



Pre-requisite: Students must bring their own laptop for each session (no iPads, Macbooks or Chromebooks please).

Course will cover the basics of using a computer with Windows 11 installed as the operating system. You will learn computer fundamentals, making inputs with a mouse or touchpad, using and controlling Windows 11, organizing data, basic word processing, using the internet, as well as other topics. Computers will not be provided for this class. This course will not cover earlier versions of Windows.

iPhone Basics #48666

- Johnny Barfield, Instructor
- Fridays, October 10-October 31
- 2:00 pm-3:30 pm
- \$6.00



In this four-week class, learn all the basics of how to operate your iPhone. We will cover basic features including making calls and texting, as well as intermediate features like accessing the settings menu and using Siri.

FALL 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	#48643	\$24.00
_____ Core & Restore	#48644	\$24.00
_____ Cardio Kickbox	#48645	\$12.00
_____ Tai Chi I	#48646	\$27.00
_____ Tai Chi II	#48647	\$27.00
_____ Georgia Serial Killers	#48668	\$6.00

Tuesdays:

_____ Strength & Stretch	#48648	\$21.00
_____ Bridge: Beginner	#48660	\$16.00 (+ book)
_____ Crocheting: Beginner	#48661	\$5.00 (+ supplies)
_____ Yoga	#48649	\$21.00
_____ Chair Fitness	#48650	\$10.50
_____ Chair Yoga	#48651	\$10.50

Wednesdays

_____ Nuts & Bolts of Fiction Writing	#48662	\$12.00
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Thursdays:

_____ Get Fit!	#48652	\$24.00
_____ Seniors in Play	#48663	\$8.00
_____ Yoga	#48653	\$24.00
_____ Sound Healing	#48654	\$24.00
_____ Zumba	#48655	\$27.00

Fridays:

_____ Boomers Bootcamp	#48656	\$21.00
_____ Backyard Meteorology	#48664	\$3.00
_____ Drumming Strong	#48657	\$21.00
_____ Chair Yoga	#48658	\$10.50
_____ Computer Basics	#48665	\$15.00
_____ Gentle Stretch	#48659	\$24.00
_____ iPhone Basics	#48666	\$6.00
_____ Intro to Ham Radio	#48667	\$3.00

****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.

THE CHATTER

around Cobb County Senior Services

Did You Know?

Cobb County Senior Services has gyms located at the following senior centers: C. Freeman Poole, North Cobb, Senior Wellness, Tim D. Lee, and West Cobb.



You must attend an orientation and sign a release form to get started. Call the center of your choice to determine available dates and times of orientations. Hours of gym operation may vary at each location. Gyms are free for Cobb County residents. There is a \$90 user fee for non-residents to attend Cobb senior centers.

West Cobb Senior Center - Gym Orientation
Wednesdays, September 3, 17, & 24 | 2:30 pm
Tuesday, September 9 | 10:30 am
Free; Registration required
Stop by the front desk to sign up or call 770-528-8200.



All Cobb County Senior Services locations will be closed on **Monday, September 1.**



Keep up with all the latest happenings around Cobb County Senior Services by visiting www.cobbcounty.gov/seniors and viewing the department's monthly newsletter.

Lip Sync Showcase #48143

Friday, September 5
11:30 am - 1:30 pm
\$5.00; Registration required

Prepare for an unforgettable day as our own Senior Services staff take to the stage, lip syncing to your favorite tunes. Refreshments provided.

Location: Senior Wellness Center
1150 Powder Springs Street, Marietta 30064
770-528-5355 ext. 3



Registration

Fall Class Registration

Monday, September 22 | 9:00 AM

In-person at each senior center or online at www.cobbcounty.gov/seniors



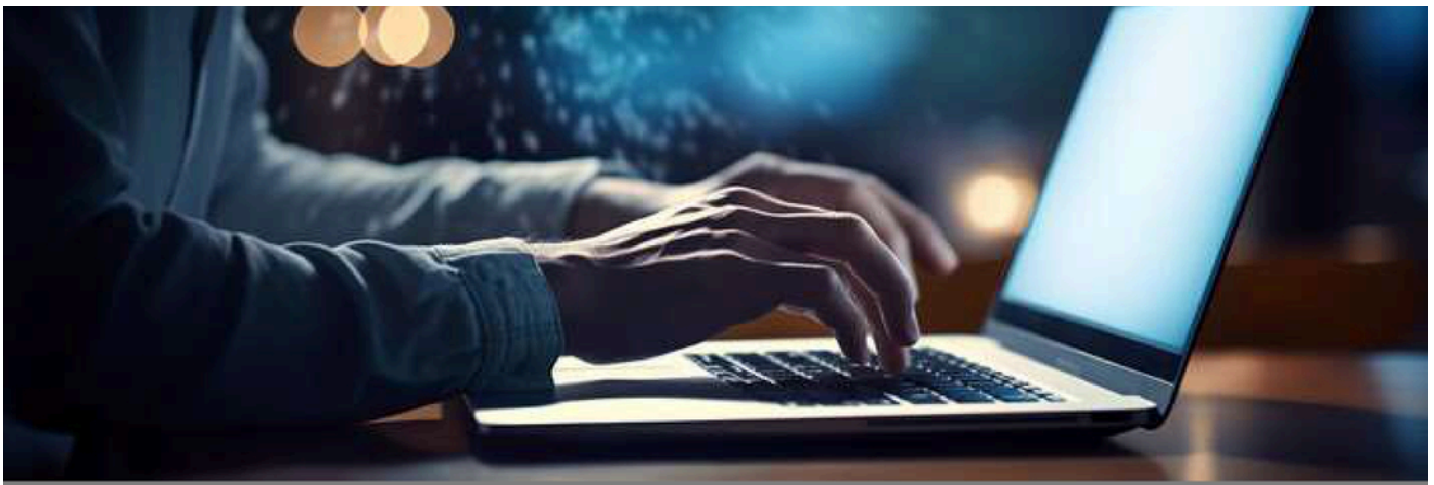
Senior Day at the Fair

Friday, September 19

Watch for more exciting info to be posted around the center soon!

SAVE THE DATE





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.



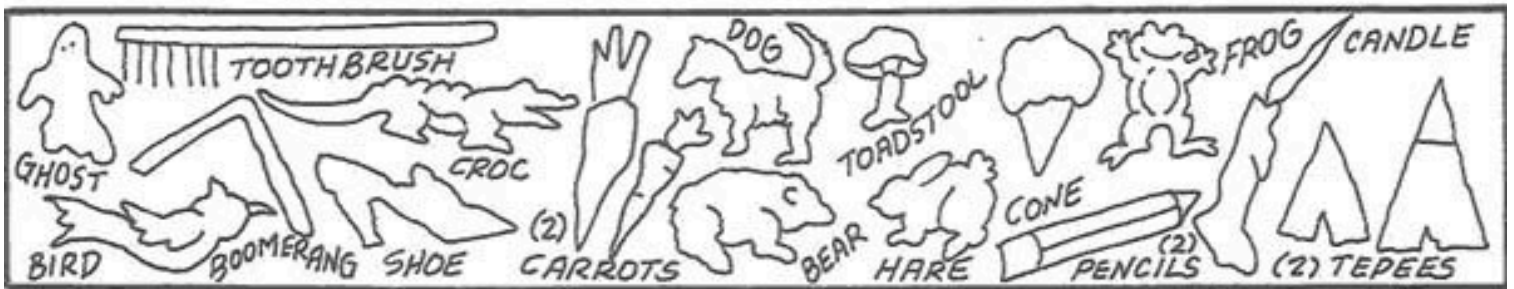
September



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 Center Closed LABOR DAY	2 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	3 Mahjong 10:00am Dup. Bridge 11:30am Table Tennis 1:00pm Mind/Matter 1:30pm	4 Open Art 9:00am Get Fit 9:00am Chickenfoot 10:00am Yoga 10:15am Canasta 11:30am Sound Heal. 11:30am Int. Bridge 1:00pm Zumba 2:00pm	5 Bootcamp 9:00am Drumming 10:10am Chair Yoga 11:20am Mellowtones 12:15pm Movie 1:00pm Gentle Stretch 2:00pm
8 Circuit Training 8:50am Open Art 9:00am Mahjong 10:00am Core & Restore 10:00am Knit Wits 10:00am Tax Assessor 10:00am Cardio Kickbox 11:10pm Qigong 12:00pm Woodcarvers 1:00pm Tai Chi 1:15pm Ballroom Dnce. 2:30pm	9 Chess 9:00am Strength 9:00am Paint w/Cindy 10:00am Welc. to West 10:00am Yoga 10:15am Chair Fitness 11:45am Canasta 12:00pm Color Happy 12:00pm Chair Yoga 12:30pm Peace of Mind 1:00pm Paint w/Cindy 1:30pm Table Tennis 1:30pm	10 Fernbank Trip 9:00am Mahjong 10:00am Stitch in Time 10:00am Book Club 10:00am Music 10:00am Dup. Bridge 11:30am Table Tennis 1:00pm	11 Open Art 9:00am Get Fit 9:00am Chickenfoot 10:00am Recycle 10:00am Yoga 10:15am Canasta 11:30am Sound Heal. 11:30am Int. Bridge 1:00pm Apple a Day 1:00pm Zumba 2:00pm	12 Bootcamp 9:00am Recycle Unit 9:30am Drumming 10:10am Chair Yoga 11:20am Mellowtones 12:15pm Scammers 1:00pm Gentle Stretch 2:00pm
15 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	16 Chess 9:00am Strength 9:00am Yoga 10:15am Nifty Neck 10:30am Chair Fitness 11:45am Canasta 12:00pm Color Happy 12:00pm Chair Yoga 12:30pm Table Tennis 1:30pm	17 Mahjong 10:00am Watersheds 10:00am Dup. Bridge 11:30am Mind/Matter 1:30pm *No Table Tennis*	18 Vaccines 9:00am Open Art 9:00am Get Fit 9:00am Chickenfoot 10:00am Probate 10:00am Yoga 10:15am Fun in Foyer 11:00am Canasta 11:30am Sound Heal. 11:30am Int. Bridge 1:00pm Zumba 2:00pm	19 Bootcamp 9:00am Drumming 10:10am Chair Yoga 11:20am Mellowtones 12:15pm Gentle Stretch 2:00pm
22 Class reg. 9:00am Open Art 9:00am Mahjong 10:00am Knit Wits 10:00am Woodcarvers 1:00pm Ballroom Dnce. 2:30pm	23 Chess 9:00am Canasta 12:00pm Color Happy 12:00pm Digital Life 1:00pm Table Tennis 1:30pm Slimy Science 2:00pm	24 Mahjong 10:00am Stitch in Time 10:00am Music 10:00am Dup. Bridge 11:30am Table Tennis 1:00pm	25 Open Art 9:00am Chickenfoot 10:00am Canasta 11:30am Field Day 1:00pm Int. Bridge 1:00pm	26 Mellowtones 12:15pm Horsing Around 1:00pm
29 Open Art 9:00am Mahjong 10:00am Knit Wits 10:00am Sheriff 10:00am Woodcarvers 1:00pm Ballroom Dnce. 2:30pm	30 Chess 9:00am Canasta 12:00pm Color Happy 12:00pm Table Tennis 1:30pm			



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