

Katie Shields, Center Manager
Brandy Marchant, Program Specialist
North Cobb Senior Center 770-975-7740

Client Name: _____



Trip Legend



Self-Pay



NO Transportation Provided
to Drive-ins



Transportation Provided
to Drive-ins

Trip Activity Level Scale

- Level 1 - Small distance walking, most of trip 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.

Monday:

10-11 Woodcarving*
12-3 Farkle (Training Offered)
12:30-2:30 Knit & Stitch*

Tuesday:

12-4 Mexican Train Dominoes
12:30-3:30 Mah Jongg

Wednesday:

10-12 Rummikub
12-4 Spades
12:30-2 Diamond Art*

Thursday:

12-3 Spades

Friday:

10-3 Independent Drawing & Painting*
1-3:30 Pinochle Jr. (Training Offered)
**Must provide your own materials & tools*



2025

September



North Cobb Senior Center Senior Nutrition Program

Program Hours: 10:00 am ~ 2:00 pm

Lunch Served Daily @ Noon



770-975-7740

3900 South Main St. (GPS)



4100 South Main St.

Acworth, 30101



Senior Services
COBB COUNTY



www.facebook.com/CobbSeniors

For Cancellations Call:
Transportation: 770-528-5380

September

Client Name: _____

CALENDAR DUE 8/20/25

Monday	Tuesday	Wednesday	Thursday	Friday
1  Center Closed	2 9:30-11:30 Mind Over Matter: Healthy Bowels, Healthy Bladder (3 of 3) 10:30 Cornhole 1:00 Pelvic Floor Seminar (Ladies Only)	3 10:30 Big Time Trivia 12:45 S.E.N.I.O.R Talk w/ Birthday Social  <i>Happy Birthday</i>	4  10:00 ~ 1:00 Trip: Brown Bag Concert in Marietta Square  \$ <i>Level 2</i>	5 9:45-Breakfast @NCSC National Senior Center Month Lip Sync Showcase 11:30~1:30  \$5 <i>Level 1</i>
8 9:45 Breakfast 10:30 Chair Dance Virtual 12:00-2:00 Walmart  \$ <i>Level 2</i>	9 9:45 Breakfast 10:30 Art-ivity: Sunflower Field Painting \$2 10:45 Zumba  <i>Level 2</i> 12:00-2:00 Walmart	10 10:00 Chair Yoga (Virtual)  10:30 Garden Tips & Seed Sharing 1:00 The Art Station- Big Shanty Fall Crafting	11 10:00 ~ 1:00 Trip: Brown Bag Concert in Marietta Square  \$  <i>Level 2</i>	12  &  Bingo & Burgers 10:00-12:30 \$6.00 1:00 Walking Club
15 10:00-12:00 Fused Art \$12 (Day of Supply Fee) 1:00 Culinary Creations: Cozy Soups & Stews  \$3	16  10:45 Zumba 1:00 Let's Connect w/ CCSS Director 	17 10:00-1:00 Trip: Dollar Tree/Popshelf & Acworth City Luncheon  \$ <i>Level 2</i>	18 ***Breakfast*** 10:30 Walking Club 12:15-1:45 Instructor Appreciation "Say Cheesecake Social" \$3	19 Senior Day @ the Fair 8:00 to 2:00   \$ <i>Level 3</i>
22 10:30 Cardio Drumming (Virtual)  12:30-2:00 Aging Simulation for Caregivers	23  10:30 Timeless Trivia 10:45 Zumba 1:00 Belly Dancing 	24 10:30 Chair Yoga (Virtual) 1:00 Chair  <i>Baseball</i>	25  10:30 Board Game Challenge  12:30 Get Fit w/ Angela	26 ***Breakfast*** 10:30 Walking Club 12:00-2:00 Film on Friday 
29 10:30 "Meet Vinnie" The K-9 Arson Dog  1:00 Georgia Fishing 101 	30 10:30: Southern Soul Food Cooking Demo  10:45 Zumba 1:00 Nutrition Lesson: Fall Fruits & Vegetables 	Save the Date  10/2/25 Trip: Gone Fishing  10/30/25 Trip: The Alliance Theater: <i>Covenant</i> 10/31/2025 Ghouls Just Want to Have Fun 		