

NOVEMBER 2025

 **Senior Services**
COBB COUNTY

The Tim D. Lee Times

Tim D. Lee Senior Center | 3332 Sandy Plains Rd. Marietta, GA 30066 | 770.509.4900 | Activity Hours: Monday-Friday, 8:00 AM - 5:00 PM

ACTIVE ADULTS 55+

Staff:

Viktoria Mihan, Center Mgr.
Liz Dunn, Program Spc.
Melanie Knopf, Program Ldr.
Samantha Cowell, Program Ldr.
Curtis Letner, Bldg. Maint. Tech.

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CONNECT WITH US!



Sign up to receive TDL email blasts for news and updates! See the front desk for more details.



FITNESS ORIENTATION

Orientation for our Workout Studio is on Tuesdays at 9:00 am. Please call or see the Front Desk to schedule an appointment.



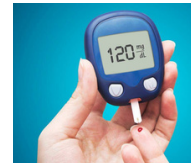
Tim D. Lee Senior Center will be **CLOSED** on the following days in observance of:

Veterans Day

NOV 11th

Thanksgiving

NOV 27th, 28th



**November is
Diabetes Awareness
Month!**

Join us for "B. E. S.T. Diabetes: Take Charge" to learn more about ways to manage your Diabetes. See more on page 4 for more information.

VETERANS APPRECIATION #49619

Monday, November 10th | 10:00 am – 11:30 am
Free; Registration required

Join us as we celebrate our Veterans for Veterans Day. We will have entertainment, light refreshments, and a special video interview from a WWII veteran. Sponsored by the Solana of East Cobb.





DINE-AROUND #49611

Rally Point Grille

Wednesday, November 12

11:30 am – 1:30 pm

Lunch on your own; Registration required

Join us for good food and conversation at the Rally Point Grille; 10009 GA-92, Woodstock, GA 30188.



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.

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.

Monthly Activities

MOVIE MATINEE (CALL FOR TITLE) #49614

Tuesday, November 18 | 2:00 pm – 4:00 pm

\$1.00 concession; Registration required

Alice Howland, happily married with three grown children, is a renowned linguistics professor who starts to forget words. When she receives a diagnosis of Early-Onset Alzheimer's Disease, Alice and her family find their bonds thoroughly tested.

VETERAN CONNECTION



Every 3rd Wednesday of each month

10:00am - 12:00pm

Free; No Registration required

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.

Veteran Connection will meet on
November 19th



Highlights



Gratitude Board

November 1 - November 30

8:00 am – 5:00 pm

Free; No Registration required

Share what you're thankful for this season with our Gratitude Board. Our board will be available in the lobby for you to write something you are thankful for.



TECH HELP ? Ask the Tech Experts

Wednesday, November 12 & 26

4:00 pm – 6:00 pm

Free; No Registration required



Drop in for help with your smart phone and tablets! Volunteers from Pope High School will be available to help with iPhone and Android questions.

Holiday Craft Fair

Saturday, November 15

10:00 am – 2:00 pm

Free; No Registration required

The craft fair will feature talented local crafters selling their beautiful creations. Find the perfect gift for everyone on your holiday shopping list!

Seminars and Workshops

Registration can be done in-person, online at www.cobbcounty.gov/seniors, or call 770-509-4900

Fall Jewelry Workshop #49607

Tuesday, November 4
10:00 am – 11:00 am
\$7.00 paid to the instructor;
Registration required
Let's make fun jewelry just in
time for Fall! Make a cute pair
of earrings or a fun bracelet
that are perfect for the
changing of the seasons.

History of Food in the South #49608

Wednesday, November 5
11:00 am – 12:00 pm
Free; Registration required
Explore the history of Southern
floodways from the 16th
century to the present. We will
examine how food intersects
with economics, labor, gender,
religion, family life, and
worldwide influence.
Presented by University of
Georgia Cobb County Extension
Office.

B. E. S.T. Diabetes: Take Charge # 49609

Fridays, November 7, Nov. 14,
Nov. 21, December 5
10:00 am – 12:00 pm
Free; Registration required
Dive deeper into
understanding and managing
your Diabetes during this
interactive, 4-week course,
meeting weekly for 2 hours.
Informative for those with pre-
diabetes or a family history of
diabetes. Presented by B.E.S.T.
(Broadening & Enriching
Seniors Together). Our
volunteer is a Retired Nurse
Practitioner and certified
Diabetes Care and Education
Specialist.

WWII: From the Netherlands to Indonesia #49610

Monday, November 10
1:30 pm – 2:30 pm
Free; Registration required
Learn about the survival and
resilience of Dutch WWII POW,
Anna van de Steenoven, after
escaping Holland to the so-
called safety of Indonesia. Her
daughter will share the
unbelievable experiences of
her mother and family under
Japanese imprisonment.

Restoring Native Habitats with Flowers #49612

Wednesday, November 12
1:00 pm – 2:00 pm
Free; Registration required
Learn more about Georgia's
ecoregions and native habitats,
and how we can help restore
them by beautifying our own
landscapes with native
flowers. Presented by the Cobb
UGA Extension Office.

Prescription Fraud with Senior Medicare Patrol (SMP) # 49613

Monday, November 17
1:00 pm – 2:00 pm
Free; Registration required
Learn how to protect yourself
from Prescription Fraud with
the Senior Medicare Patrol
(SMP).

November

Fall Foliage Scene # 49621 Wednesday, November 26

1:00 pm – 2:00 pm
\$10.00; Registration required
Enjoy the colors of the season
in this beautiful acrylic
painting. Perfect for beginners
and professionals alike.
Presented by Tim D. Lee Staff.



Ongoing Activities

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

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

Puzzles

8:00am - 4:00pm

Indoor Morning Walking

8:00am-8:30am

Indoor Afternoon Walking

3:00pm-4:30pm

Monday

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

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

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

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

*Check at Front Desk for
Contact Info



DECATUR GLASSBLOWING WORKSHOP #49622



Friday, December 5

9:00 am – 3:00 pm; Check in at 8:30 am

\$87.00; Registration required

We will start with brunch on your own at the Egg Harbor Café. After brunch, create your very own glass ornament or float in a professionally lead workshop at Decatur Glassblowing.

Closed toe shoes are **required** in the shop. All times are approximate. Payment due at registration. Price includes transportation and admission. No refunds unless trip is cancelled.

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. Please note: to ensure smooth operations, keep to our planned itinerary, and avoid impacting other passengers, buses are scheduled to depart at a designated time and cannot wait for late arrivals.

Registration Deadline: November 7th

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



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 cobbseiors.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 activity listings. 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 features 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 (79), Therapeutic Services (8), Memberships (65), Special Events (0)
- PARKS Facility Reserv... (299), PARKS... (12), Camps (4)
- Senior Services Activities (258)**

The 'Senior Services Activities' section is expanded, showing a list of activities 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

On the left sidebar, there are filters for Location (Austell Neighborhood, C. Freeman Poole, North Cobb Senior, Senior Wellness Center, Tim D. Lee Senior, West Cobb Senior) and Category (Senior - Lifestyle Management, Senior - Nutrition Education, Senior - Physical Activity, Senior - Health Awareness, Senior - Memberships).

Searching for November

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

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



ACORNS

AUTUMN

(Black) FRIDAY

BEAVER (Moon)

CHILLY

DAYLIGHT (Saving)

FEAST

FIREPLACE

GRATEFUL

LEAVES

MAIZE

MUMS

REMEMBRANCE (Day)

SAGITTARIUS

SCORPIO

THANKSGIVING (Day)

TOPAZ

VETERANS (Day)