

C. FREEMAN POOLE CHRONICLE

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WWW.COBBCOUNTY.GOV/SENIORS



Hello,
 Welcome to C. Freeman Poole Senior Center

As winter settles in and the year draws to a close, December invites us to slow down and savor moments of light, warmth, and connection. It's a season of celebration and reflection, of twinkling lights, heartfelt traditions, and time spent with the people who matter most. Whether you're wrapping gifts, lighting candles, sharing a favorite recipe, or simply enjoying a quiet evening by the fire, there's comfort and meaning to be found in these little rituals.

As always, our staff is here for you. If you need anything at all, don't hesitate to reach out. We're grateful for your presence, and we hope December brings you peace, joy, and moments that stay with you well into the new year.

C. Freeman Poole Team

In this newsletter

Welcome Page

Highlights

More Programs &
Events

Ongoing Activities

Event Calendar

Word Find/Puzzles

GYM OPEN MONDAY- FRIDAY 8:30AM- 4:30PM

ORIENTATION: THUR 10:00AM-4:00PM CALL CENTER FOR APPOINTMENT

Highlights



9

Vision Board Party #49878

Tuesday, December 9

11:30-12:30pm

Free, Registration Required

Are you ready to set your intentions and manifest your dreams for the future? Join us for a Vision Board Party, where we'll come together to get creative, reflect on our goals, and create visual representations of everything we want to achieve while also focusing on mindfulness in the moment. Presented by UGA Cobb Extension.



12

Trip to Christkindl Market # 49892

Friday, December 12

9:30am – 3:00pm

\$6.00; Registration required

Experience the magic of the holiday season with a visit to the enchanting Christkindl Market! This traditional Christmas market, inspired by German and European festive traditions, fills the air with the scent of spiced mulled wine, fresh gingerbread, and roasted chestnuts. Wander through charming wooden stalls adorned with twinkling lights, where artisans showcase handmade ornaments, unique gifts, and festive decorations perfect for holiday shopping. Payment due at registration. **Registration deadline: December 10.** Price includes transportation. No refunds will be given unless the trip is cancelled. Activity Level 2 – Limited walking, some 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.



19

Holiday Basket Class with Commissioner Sheffield #50292

Friday, December 19

1:00pm – 2:00pm

Free; Registration required

It's the holiday season, and Commissioner Sheffield is bringing the cheer! Create a holiday themed masterpiece with Commissioner Sheffield to show off to friends and family! All supplies are provided.

Programs and events



2

Welcome to C. Freeman Poole Senior Center # 49869

Tuesday, December 2

10:00am – 11:00pm

Free; Registration required

Whether you are new or have been a long-time member of C. Freeman Poole, you are invited to come and learn more about our center, the programs we offer, meet our team, take a tour of our center, and offer suggestions about activities, events, or seminars you would like to see offered.



4

Holiday Beverage Bonanza # 49870

Thursday, December 4

11:00am – 12:00pm

Free; Registration required

Celebrate the season with warmth, cheer, and a cup (or two) of your favorite festive drinks! Join us for a cozy Holiday Beverage Social featuring classic eggnog and rich, creamy hot chocolate, served with all the toppings and add-ins you love.



5

First Friday Films (Call center for title) # 49871

Friday, December 5

12:30pm – 3:00pm

Free; Registration required

\$1.00 Concessions

Join us at the center for a fun movie in a friendly, welcoming atmosphere. Don't miss out on freshly popped butter popcorn to make this Friday a fun one!



8

Cancer Prevention Tips #49872

Monday, December 8

11:00am – 12:00pm

Free; Registration required

Come discover the American Cancer Society's guidelines on diet and physical activity. Learn the links between diet, physical activity, body weight and cancer risk. Find out about the recommendations for community action to make healthy lifestyles more accessible for everyone.

Programs and events



The Coffee Circle # 49873

Tuesday, December 9

10:00am – 11:00am

Free; Registration required

Join our Coffee & Conversations group—a relaxed gathering where friends and neighbors come together over a warm cup of coffee to discuss a variety of interesting topics. From music and books to hobbies and community issues. Whether you're looking to meet new people, share your ideas, or just enjoy good company and great coffee, this group is the perfect place to connect and engage in meaningful conversations. Led by C. Freeman



Finding Health Information Presentation # 49874

Thursday, December 10

1:00pm – 2:00pm

Free; Registration required

Looking for the right health information, but not sure where to start? Well, look no further as Amanda from South Cobb Regional Library teaches you how to not only find health information, but how to find information that is relevant and up-to-date. This presentation will look at resources the library has to offer as well as sources that are free on the internet.



Ugly Sweater Social # 49893

Monday, December 15

1:00pm – 2:00pm

\$5.00: Registration required

Put on your wildest, most hilarious ugly sweater and join us for a sweet and festive gathering! This Ugly Sweater Social is all about fun, laughter, and indulging in delicious holiday desserts. We'll have plenty of treats to satisfy your sweet tooth while you show off your tackiest holiday gear.

Programs and events



16

Crafty Creations: Wooden Ornament Picture # 49894

Tuesday, December 16

10:00am – 11:00pm

\$3.00; Registration required

Get creative this holiday season with our Wooden Ornament Picture Craft! Join us to design and decorate beautiful wooden ornaments that you can personalize with photos, colors, and festive embellishments. It's a fun and hands-on way to make unique keepsakes for your own tree or thoughtful gifts for friends and family.



18

The Freeman Poole Page Turners # 49897

Thursday, December 18

10:30am – 11:30am

Free; Registration required

Freeman Poole's Page Turners book club offers a welcoming space to engage in meaningful conversations, share insights, and discover new authors and genres. Bring your favorite book to share with the group.



18

Documentary & Discussion: A Cultural Expression: Kwanzaa #50349

Thursday, December 18

11:00am – 12:30pm

Free; Registration required

Join us as we explore the rich history and cultural significance of Kwanzaa, a celebration of African heritage, unity, and community. We'll begin with a thought-provoking documentary that highlights the origins, principles, and traditions of Kwanzaa, followed by an engaging group discussion.



19

Freeman Foodies #49901

Friday, December 19

11:30am – 1:00pm

Lunch on your own; Registration required

Texas Roadhouse

2150 Cobb Place Blvd NW,

Kennesaw, GA 30144

Programs and events

22



Crafty Creations: Peppermint Foot Scrub #49902

Monday, December 22

10:00am – 12:00pm

\$3.00; Registration required

Treat yourself to some relaxing self-care with our Peppermint Foot Scrub recipe! Learn how to make a soothing and refreshing foot scrub using natural ingredients like peppermint oil, sugar, and moisturizing oils. This easy and fun craft is perfect for pampering tired feet and making a great homemade gift

31



Toast to the New Year #49903

Wednesday, December 31

1:00pm – 2:00pm

Free; Registration required

Join us as we ring in the New Year with a joyful and heartfelt toast! Celebrate fresh beginnings, reflect on the past year's memories, and share hopes and dreams for the year ahead. Whether with friends, family, or new faces, this special moment is the perfect way to come together in good spirits

Connect with us!

Follow Cobb County Senior Services on social media for the latest news, upcoming events, and lots of fun!

facebook.com/cobbseniors



instagram.com/cobbseniors



Ongoing Activities

Daily

Billiards & Gym
8:30am - 4:30pm

Gym Orientation

Thursdays
10:00am - 4:00pm **Appointment needed. Please call the center to schedule.**

Monday

10:00 am - 12:00 pm Chess
10:00 am - 12:00 pm Scrabble
11:00 am - 4:00 pm Crafty Canasta
11:00 am - 4:00 pm Mahjong
1:00 pm - 4:30 pm Bid Whist

Tuesday

10:00 am - 12:00 pm Wii Bowling
12:00 pm - 4:00 pm CFP Poker
1:00 pm - 4:00 pm Dominoes
1:00 pm - 4:00 pm Crafting

Wednesdays

9:30 am - 2:00 pm Quilters Guild **(1st & 3rd Week, 12/3 & 12/17)**
10:00am - 11:30am Knitting & Crochet
11:00 am - 4:00 pm Remastered Canasta
11:00 am - 4:00 pm Happy Group Canasta
12:30 pm - 2:30 pm Covered Bridge Woodcarvers
1:00 pm - 4:00 pm Mahjong

Thursdays

10:00 am - 11:30 am The Breakfast Club
10:00 am - 2:00 pm Covered Bridge Crafters
10:00 am - 12:00 pm CFPSC Camera Club **(1st Week, 12/4)**
10:30 am - 2:30 pm Creative Cards **(2nd Week, 12/11)**
10:30 am - 11:30 am Book Club
12:30 pm - 2:30 pm Windy Hill Woodcarvers
12:30 pm - 4:00 pm Hand & Foot Canasta




Fridays

9:00 am - 12:30 pm Chess
10:00 am - 12:00 pm Chess Class
10:00 am - 12:00 pm Scrabble
11:00 am - 1:00 pm Table Tennis
11:00 am - 4:00 pm Friday Canasta
1:00 pm - 4:00 pm Bridge Club
1:00 pm - 4:30 pm Bid Whist
1:00 pm - 4:00 pm Crafty Ladies

activities

EVENT CALENDAR

For detailed program information, see pages 2-6

MON	TUE	WED	THUR	FRI
1	2 Welcome to C. Freeman Poole 10:00am	3	4 Holiday Beverage Bonanza 11:00am	5 First Friday Films 12:30pm
8	9 ELECTION DAY 	10	11	12 Trip to Christkindl Market 9:30am
Cancer Prevention Tips 11:00am	The Coffee Circle 10:00am Vision Board Party 11:30am	Finding Health Information Presentation 1:00pm		
15	16	17	18 The Freeman Poole Page Turners 10:30am Documentary & Discussion: Cultural Expressions: Kwanzaa 11:00am	19 Freeman Foodies 11:30am
Ugly Sweater Social 1:00pm	Crafty Creations: Wooden Ornament Picture 10:00am	24	25	26
22 Crafty Creations: Peppermint Foot Scrub 10:00am	23	<p><i>Merry Christmas</i></p>  <p>CENTER CLOSED CENTER CLOSED</p>		
29	30	31 Toast to the New Year 		

HAPPY
Holidays!

WORD FIND

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

ARCHER (Sagittarius)

FEAST

SAGITTARIUS

BOXING DAY

HANUKKAH

SEA GOAT (Capricorn)

CAPRICORN

KWANZAA

SOLSTICE

CHRISTMAS

NARCISSUS

TRADITIONS

COLD MOON

NEW YEAR'S EVE

TURQUOISE

COUNTDOWN

PRESENTS

VACATION



Thank you for reading!

