

## 40-70 Aging Plan

With 90% of seniors surveyed by AARP stating that they want to remain in their home, there has been increased attention given to detailed planning by the senior industry. One such plan, the 40-70 Aging Plan offers a 43-page document to facilitate the conversation between seniors and their families/caregivers. This conversation is one that should take place about the time the senior is 70 and their children are around the age of 40.

Having the conversation with a printed guide can keep the conversation from becoming an epic family discussion in which no one hears or listens. These conversations are not convenient but so important. A Marist survey says that Americans are conversation avoiders when it comes to discussing any important end of life issues with children or with parents. Let us face it: these conversations are

difficult and uncomfortable. So what is this conversation about?

There are 3 main questions that need to be discussed: 1) Where do you want to live? 2) Who do you want to take care of your finances and make medical decisions for you? 3) How will you pay for your needs? These three questions will bring on other questions, which can develop into coherent plans for aging including your expectations and your children's agreement to assist you to live on the plan. As you consider each of these questions there is a acronym to help you work through the decisions: ACT. A- Assess each answer to the questions carefully. C-Consider all options. T-Talk about the wants and needs of the senior.

1) Where do you want to live? The number one answer is: "My home." So think about these questions: What will it take to stay in your home – Modifica-

tion? Renovation? How will you cook for yourself? What services will you need to stay in your home? How will you navigate emergency situations? How much help will you accept? What if you cannot stay in your home? What are the options you can live with? How long will you drive?

2) Who do you want to take care of your finances and make medical decisions for you? Have you completed a will, living will, an advance directive, completed a 5 Wishes form, and 40/70 assessment? Have you documented your wishes and kept them up to date?

3) How will you pay for your plan? Where are your important papers? Life insurance? Medical insurance? Car insurance? Does your designated person know where you keep your important papers?

No one likes to think about the end of life but in order to live well to the end, we have to plan. The Five Wishes format takes the planning a little further by asking how you want your children and grandchildren to remember you. Do they know your whole life story? Do they know about your accomplishments throughout your life? Or do they just remember a few "back in the good ole days" stories? Find a way to record your life's story so that the future generations will know about how you lived and what you did. It is not too late to make a plan so that you can live well and die well.

Ref.:

40/70 planning: <http://www.caregiverstress.com/family-communication/40-70/action-plan-for-successful-aging/>

Five Wishes: <https://www.aging-withdignity.org/>

By Cindy Campbell Legacy Program Leader

PRESORTED STANDARD  
U.S. POSTAGE PAID  
PERMIT NO. 251  
MARIETTA, GA

Cobb Senior Services  
P.O. Box 649  
Marietta, GA 30061

Or Current Resident

### Senior Citizen Council Executive Committee

President: Frank O'Brien  
1st V-Pres: Jane Galvin-Lewis  
2nd V-Pres: Vacant  
Secretary: Kimberly Haase  
Treasurer: Surendra Shah  
EC Delegate Dorothy Beckworth  
Sally Sarkin

### 2017

NC Delegate Vacant  
WC Delegate Eloise Evans  
CFP Delegate June VanBrackle  
SWC Delegate Vacant  
Site Council: Louise Bedford  
A/L Delegates: Jim D'Emillio  
Roberta Linton  
John Delves

### DATES TO REMEMBER

7/4 **Independence Day-** County offices closed  
9/4 **Labor Day-** County offices closed  
9/16 **Caregiver Conference at Due West Methodist Church**  
9/22 **Senior Day at the North Georgia Fair**

For more information check out these sites:

[www.cobbseiors.org](http://www.cobbseiors.org)

Twitter-@CobbSeniors

Instagram- CobbSeniorServices

[www.facebook.com/CobbSeniors](http://www.facebook.com/CobbSeniors)

[www.computers4seniors.org](http://www.computers4seniors.org)

<http://seniorcitizencouncilofcobb.org>

<https://www.facebook.com/SeniorCitizensCouncilofCobbCounty>

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**THE BULLETIN**  
c/o Senior Citizens Council  
1750 Powder Springs Rd.  
Suite 190, Box 107  
Marietta, Ga. 30064

A complimentary yearly subscription to *The Bulletin* is offered with Senior Citizen Council Membership. \$12/yr. for individuals and \$15/yr for families. Applications may be obtained at any Multipurpose Center. Items submitted for publication are included on a space available basis. *Paid advertisements should be submitted by the first of the month for the following month.*

Paid advertisements appearing in this publication DO NOT constitute endorsements of any product, organization, individual or company. Purchase or use of these products or services is at the reader's own discretion.

**Editor/Ad Sales**  
Kristie Naylor  
Legacy Coordinator  
kristie.naylor@cobbcounty.org

**Volunteers**  
770-528-5381

### COUNCIL NOTES

**GET INVOLVED IN SENIOR CITIZEN COUNCIL OF COBB COUNTY**

Volunteer to help improve the quality of life for seniors in Cobb County.  
Use your talents and skills.  
Volunteer to serve on the board .

Put in your nomination for an office on the 2018 Senior Citizen Council Board by calling or emailing Frank O'Brien.

**NOMINATIONS ARE OPEN –DEADLINE TO SUBMIT A NAME IS SEPTEMBER 15TH**

President  
1st Vice President  
2nd Vice President  
Secretary  
Treasurer  
Multipurpose Center Delegate (represent your center)  
Neighborhood Center Delegate  
Delegate at Large

**Frank O'Brien, Council President**

Rena Bailey has left the Executive Committee after many years' service. She has been responsible for creating our current Vials of Life program and continues intensely active at the Kennesaw Mountain Trail Club as a volunteer.

The SeniorsGo pricing change implemented May 1st seems to be having the desired effect: more rides at no increase in cost to Council, but still a big drawdown on Council resources. There is lots of demand for grants but lots of quality competition for limited resources.

We have listened to Cobb Commission Chairman Boyce's May 12th idea: working with the Cobb DOT advisory committee, since transportation (SeniorsGo) is our most important project and seniors' highest priority need. Cobb has demonstrated that it can accomplish wonderful things.

Cobb Commission Chairman Boyce addressed Council general membership on May 12. Budget was his key presentation topic, while members focused on transportation and roads issues.

Council Members- what do you think? Let us know please.

Frank O'Brien 404-731-6678, francisobrien0@gmail.com

### COBB SENIOR SERVICES

**Jessica Gill, Director 770- 528-5366**

Sandee Panichi	Manager of Operations		
<p><b>Austell Center**</b> Located in Clarkdale Park 4915 Austell-Powder Springs Rd Austell, GA 30106 (770) 819-3200</p> <p>This beautiful facility is home to a diverse fun loving group age 60 or better who enjoy gardening, games, lunch, day trips, arts and crafts, and educational programs each week.</p> <p><b>Marietta Center**</b> Located in Cobb Senior Services Complex 1150 Powder Springs Rd. Marietta, GA 30064 (770) 528-2516</p> <p>This unique facility offers seniors age 60 plus opportunities for classes, games, arts and crafts, day trips and socialization. Lunch is served daily in the café or on the patio, weather permitting.</p> <p><b>**Transportation Available</b> <b>Transportation Information:</b> (770) 528-5355</p>	<p><b>North Cobb Center**</b> Located in Kennworth Park 4100 South Main St. NW Acworth, GA 30101 770-974-2984</p> <p>This Center enjoys the benefits of North Cobb Multipurpose Center as well as the lovely park setting. The active seniors are age 60 or better. Each week they enjoy games, arts and crafts, lunch, day trips, music, educational programs and gardening.</p> <p>.....</p> <p><b>Multipurpose Centers</b> provide social, educational, health and well-ness programs for adults over 55. Ongoing activities and classes are available. See each Center's page for details.</p>	<p><b>C. Freeman Poole Center</b> 4025 South Hurt Road Smyrna, GA 30082 (770) 801-3400 - Page 6</p> <p><b>East Cobb Center</b> 3332 Sandy Plains Road Marietta, GA 30066 (770) 509-4900 - Page 7</p> <p><b>North Cobb Center</b> 4100 South Main St. NW Acworth, GA 30101 (770) 975-7740 - Page 8</p> <p><b>Senior Wellness Center</b> 1150 Powder Springs St. Suite 100 Marietta, GA 30064 (770) 528-5355 - Page 9</p> <p><b>West Cobb Center</b> 4915 Dallas Highway Powder Springs, GA 30127 (770) 528-8200 - Page 10</p>	<p><b>Senior Services Web Site:</b> <a href="http://cobbseiors.org">http://cobbseiors.org</a></p> <p><b>Administrative Offices, Care Management, and Assistive Technology Lab</b> 1150 Powder Springs St. Suite 100 Marietta, GA 30064 (770) 528-5355</p>

*Call your nearest Center today for more information, or visit our website: cobbseiors.org*

## Cobb and Beyond

### Farmer's Markets across Cobb

#### Acworth

Fridays 8am-12pm  
through October.  
Acworth First Baptist  
4583 Church Street

#### Kennesaw

Mondays 3pm-7pm  
through September  
2829 Cherokee Street

#### Mableton

Thursdays 8:30am-12:30pm  
through September  
Mable House Complex  
5239 Floyd Road

#### West Cobb

Tuesdays 3-7pm  
Lost Mountain Park

#### Marietta Square

Saturdays 9am-12pm  
year round and Sundays 12-  
3pm through October.

#### Farmers Atlanta Road Market (FARM)

Tuesdays, 4:30pm-7:30 pm,  
through October  
St. Benedict's Episcopal  
2160 Cooper Lake Rd  
Smyrna

#### Smyrna Fresh Market

Saturdays, 8am-12pm  
through September  
1275 Church St

### Nanny/Manny Brigade

is a volunteer organization that sits with children at Cobb County Department of Family and Children Services office while they are waiting on a foster parent. No experience required, must be 18 and over.

Volunteer whenever you like Monday-Friday 9am-5pm.

Background check and drug screen required, paid for by DFCS.

Orientation on 1st Friday of each month 9:30-11:30am

Email [nannybrigade2015@gmail.com](mailto:nannybrigade2015@gmail.com) to RSVP.

**Enjoy Ballroom Dancing?**  
**Come to West Cobb Senior Center**



#### Dance Practice

Every Monday 1-4 PM With a Live DJ Free

#### Stardust Dance Club

2nd Friday every Month 7:30 - 10:30 PM Live Music  
Refreshments provided Singles & Couples welcome  
Members \$7 each Visitors \$10 each  
We also line dance

### UPCOMING EVENTS

#### July

Robots Day at Fernbank Museum of Natural History  
Saturday 8th 10am-2pm Free with museum ticket  
Address: 767 Clifton Rd NE Atlanta 30307

Second Sunday at High Museum of Art  
Free admission second Sundays of the month  
Special family friendly programming 1-4pm  
Address: 1280 Peachtree St Atlanta 30309

Jazz on the Lawn with Joey  
Friday 14th 6:30-9pm \$20.00  
Bring a blanket and picnic to enjoy an outdoor concert  
Address: 980 Briarcliff Rd Atlanta 30306

Scrapbook Expo  
Friday 14 10am-6 & Saturday 15 9am-6  
\$8 online \$10-\$15 at the door  
Address: 6400 Sugarloaf Parkway Duluth 30097

Atlanta Ice Cream Festival  
Saturday 22nd 11am-6pm Free entry  
Address: 400 Park Dr NE Atlanta 30306

#### August

Water Day at Chatahoochee Nature Center  
Sunday 6th 12-5pm Free with admission  
Address: 9135 Willeo Road - Roswell 30075

Dinosaur Birthday Bash  
Saturday 20th 10am-2 Free with admission  
Address: 767 Clifton Road NE Atlanta 30307

Free Entrance Days in the National Parks  
Friday 25th Free admission to national parks for the  
National Park Service's 100th Birthday.

Mrs Mary's Ice Cream Crankin  
Sunday 27th 2-4pm Homemade ice cream fundraiser for  
the Drake House.  
Address: 95 Mill View Ave, Roswell 30075

#### Free Movies in the Park

Woodstock City Park 101 Arnold Mill Rd  
July 21st "Moana" 8:45pm  
August 25th "Beauty and the Beast" (live action) 8:15pm

Canton Brown Park 251 E Marietta St.  
July 22nd "Lego Batman Movie" 8:45pm  
August 26th "Boss Baby" 8:15pm



## Have You Heard?

# FRIENDS OF SENIOR WELLNESS CENTER

*Promoting Health, Wellness, & Cultural Arts*



Meets last Tuesday of each month  
10:00 am– 11:00 am  
Senior Wellness Center  
1150 Powder Springs Street, Suite 100  
Marietta, GA 30064

Join “Friends of Senior Wellness Center” and become part of a dynamic, new volunteer organization dedicated to helping Senior Wellness Center enhance and expand their services for the 55+ population in Cobb County.

What we do: sponsor fundraising activities and events to raise monies that benefit Senior Wellness Center. These events include bake sales, bingo, parties, raffles and many more. Proceeds will be used to purchase equipment and supplies for the center.

What we need: participation, help, and donations to help purchase supplies and equipment that the center needs.

- Participation: this is YOUR senior center. Use it. Come and have fun at our activities and events. Enjoy the camaraderie of your fellow seniors.

- Help: we need volunteers for our activities and events. People to help us handle ticket sales, manage tables, and room decorations.

- Donations: your personal contributions and those of your family, friends and the community.

All of these actions will contribute toward our goal of making Senior Wellness Center the go-to facility catering to the health and wellness of Cobb County senior residents.

## CHANGES ARE COMING TO YOUR MEDICARE CARD.

By April 2019, your card will be replaced with one that no longer shows your Social Security number.

Instead, your card will have a new Medicare Beneficiary Identifier (MBI) that will be used for billing and for checking your eligibility and claim status. And it will all happen automatically – you won’t have to pay anyone or give anyone information, no matter what someone might tell you.

Having your Social Security number removed from your Medicare card helps fight medical identity theft and protect your medical and financial information. But even with these changes, scammers will still look for ways to take what doesn’t belong to them.

Here are some ways to avoid Medicare scams:

Is someone calling, claiming to be from Medicare, and asking for your Social Security number or bank information? Hang up. That’s a scam. First, Medicare won’t call you. Second, Medicare will never ask for your Social Security number or bank information.

Is someone asking you to pay for your new card? That’s a scam. Your new Medicare card is free.

Is someone threatening to cancel your benefits if you don’t give up information or money? Also a scam. New Medicare cards will be mailed out to you automatically. There won’t be any changes to your benefits.

## 2017 Georgia Golden Olympics

### Celebrating 35 Years

#### Founding Organizations:

Georgia Department of Human Resources  
Division of Public Health

Robins Air Force Base  
Services Section

Georgia Recreation and Park Association  
Senior Citizens Section

Georgia Health Care Association

The University of Georgia  
JW Fanning Institute for Leadership  
and Community Development

Georgia Department of Natural Resources



**September 27-30, 2017**  
Warner Robins, Georgia  
Hosted by:  
Warner Robins  
Recreation Department

Georgia Golden Games, Inc.  
770-867-3603



## Facts, Tidbits & News You Need to Know

Senior Citizen Council of Cobb will be having a series of sessions for the SeniorsGO program. There will be a presentation by Common Courtesy and workshop for those who want to complete applications or have smartphone questions.

Senior Wellness Center. July 13th 10:00am to 11:30am  
1150 Powder Springs Street  
Marietta 30064

Marietta Neighborhood. July 11th 10:00am to 11:30am  
1150 Powder Springs Street  
Marietta 30064

For questions prior to these sessions please call 678-809-2522 and leave a message, and we will get back to you.

### Cobb Senior Services' Assistive Technology Lab

is open to the public by appointment on Fridays only. People of all ages and abilities are welcome to tour the lab and get hands-on experience with the items on display. To get a sneak peak of the items in the lab, watch these videos made by students in the Chattahoochee Technical College Occupational Therapy Assistant program: <http://bit.ly/CTCVideos2017>  
Cobb Senior Services' location at 1150 Powder Spring St, Marietta is now a pick up site for FODAC deliveries.

- To request a Durable Medical Equipment item from FODAC to be delivered to Cobb Senior Services for pick-up, call 770-528-5350.
- Home Medical Equipment items are provided on a first come-first serve basis.
- Availability of item(s) requested is not guaranteed.
- Deliveries to Cobb Senior Services are scheduled every few months throughout the year.

Call for schedule.

•Clients are requested to pick up item(s) within two days after being notified.

Thank you!

**MEDICAL EQUIPMENT FOR HEALTHY, HAPPIER LIVES**

For more than 25 years, FODAC has given adults and children with disabilities in need the durable medical equipment (DME) necessary for an enhanced quality of life. We understand the diverse needs of people with disabilities and can provide equipment to match any need. We provide hundreds of items and parts including:

- Wheelchairs
- Stenders
- Strollers
- Corner chairs
- Gait trainers
- Shower supports
- Toilet supports
- Therapy aides
- Canes
- Bathing aids
- Walkers
- Hoyer lifts
- and many other items

## Dance 'N Squares Club

West Cobb Senior Center

**Caller: Frank Anderson**



Every Friday  
10:30 am - 12:30 pm

**Singles & Couples  
welcome.**

**We line dance, too.**

## Visit Cobb Senior Services' Assistive Technology Lab

at 1150 Powder Springs St. Marietta  
to experience AT for yourself!

**OVER 100 ITEMS**

on display to help you in your home, in your car, at work, in the community, and more!

The AT Lab is open to the public  
**by appointment on Fridays  
only.**

Call **770-528-5350** for more information or  
to make an appointment.

People of all ages and abilities welcome!





**Operating Hours:**  
8:00 am - 5:00 pm  
**Activity Hours:**  
8:30 am - 4:30 pm (M - F)

4025 South Hurt Road  
Smyrna, GA 30082  
770- 801-3400  
www.cobbseniors.org

## C. F. Poole Senior Center

### Program Coordinator

Gretchen Mattei

### Program Specialist

Margaret Rojas

### Program Leader

Merline Beauvil

### Maintenance Technician II

Jason Dauphinais



### Bingo Bash #13218

Monday, July 24

1:00 p.m. - 3:00 p.m.

\$3 Cobb resident \$4 Non-resident



Win gift certificates to local restaurants and/or retailers. Multiple tickets can be purchased.

Registration required; Ticket price non-refundable.

**Fundraiser event with all proceeds to benefit C. Freeman Poole Senior Center.**

### Hearing Screenings #13224

Monday, July 24

11:00 a.m. - 1:00 p.m.

Free



If you are having trouble with your hearing, now is your chance to get this free screening done. Erin Rellinger, audiologist with the Hearing Center at Eye Consultants of Atlanta will be on site. Walk-ins are welcomed and the screening will take less than 10 minutes per person.



Monday, July 10

1:00 p.m. - 3:00 p.m.

\$3.00 Cobb resident; \$4.00 Non-resident

**Friends of Freeman Poole fundraiser with all proceeds to benefit C. Freeman Poole Senior Center. Bonus Bingo will have a \$50 prize for the game of "Cover All". #13219**

### Treat Yourself Tuesday

Tuesday, July 11

11:30 a.m. - 12:30 p.m.

Casa Grande

2810 East-West Connector

Separate checks;

Registration required

Meet at restaurant.

**#13215**

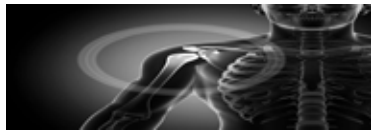


### Shoulder Pain and Common Shoulder Problems #13225

Thursday, July 13

12:00 p.m. - 1:30 p.m.

Free; Registration required



What most people call the shoulder is really several joints that combine with tendons and muscles to allow a wide range of motion in the arm - from scratching your back to throwing the perfect pitch. Mobility has its price, however; it may lead to increasing problems with instability or impingement of the soft tissue or bony structures in your shoulder resulting in pain. You may feel pain only when you move your shoulder or all of the time. The pain may be temporary or it may continue and require medical diagnosis and treatment. Don't miss out on this informative presentation.

Presented by Dr. Mark Duffield of Ortho Atlanta.

### Reverse Mortgage #13860

Wednesday, August 9

10:30 a.m. - 11:30 a.m.

Free; Registration required



Have you been thinking about a reverse mortgage? If so, come learn what a reverse mortgage consists of, the benefits and features of a reverse mortgage, what properties are eligible, and the FHA/HUD requirement. Presented by Herb Hunter, reverse mortgage specialist with TJC Mortgage.

### Re-imagining Your Dreams #13861

Tuesday, August 15

10:30 a.m. - 11:30 a.m.

Free; Registration required



If you could re-imagine your dreams, what would they be at this time in your life? Would they be different than when you were in your 20's or 40's? Suggestions will be offered on how to re-imagine your dreams and how to find ways to live purposefully, creatively, and in connection with others.

Presented by Moira Keller, Sixty Plus Services at Piedmont Healthcare.

### ONGOING ACTIVITIES AND GROUPS

#### MONDAY - FRIDAY

8:00-8:45am	Poole Pacers (walkers)	Daily
8:30-4:30pm	Billiards	Daily
8:30-4:30pm	Honor Library	Daily
3:00-4:00pm	Poole Pacers (walkers)	Daily

#### MONDAY

9:00-12:00pm	Senior Chess	Weekly
9:45-2:00pm	Bridge	Weekly
11:00-4:00pm	MahJongg	Weekly
1:00-4:00 pm	Bid Whist	Weekly
1:00-3:00 pm	Bingo Bash	*4th

#### TUESDAY

10:00-12:30pm	Wii Bowling	Weekly
10:00-12:00pm	Square Dancers	Weekly
10:00-12:00pm	Drama Club	2nd&4th
11:30-12:30pm	Treat Yourself Tuesdays	2nd
12:30-2:00pm	Table Tennis	Weekly
12:30-4:30pm	Spinners Dominoes	Weekly
1:00-4:00pm	Shanghai Rummy	Weekly

#### WEDNESDAY

9:30-2:00 pm	Quilters Guild	1st&3rd
10:00-4:00pm	AARP Smart Driver	*4th
10:45-12:00pm	Fun Dancers	Weekly
11:00-2:00pm	Quilting Bees	2nd
12:30-2:30pm	Covered Bridge Carvers	Weekly
1:00-4:00pm	MahJongg	Weekly
1:00-4:00pm	Bid Whist	Weekly
1:00-4:30 pm	Game Day	Weekly

#### THURSDAY

9:45-2:00pm	Bridge	Weekly
10:00-2:00pm	Covered Bridge Crafters	Weekly
10:30-11:30am	Book Banter Book Disc.	3rd
10:00-12:00pm	CFPSC Camera Club	1st
10:30-12:30pm	NW Metro AT&T Pioneers	4th
12:30-2:30pm	Woodcarvers	Weekly
12:30-4:30pm	Hand & Foot Canasta	Weekly

#### FRIDAY

8:30-12:00pm	Table Tennis	Weekly
9:00-12:00pm	Senior Chess	Weekly
10:30-3:00pm	Canasta	Weekly
1:00-4:00pm	Bridge	Weekly
1:00-4:00pm	Bid Whist	Weekly

\* prior registration required



**Program Coordinator**

Donna Kibbe

**Program Specialist**

Viktoria Mihan

**Administrative Specialist I**

Jessica Stearns

**Maintenance Technician II**

Ira Knowles

# East Cobb Senior Center

3332 Sandy Plains Road  
Marietta, GA 30066  
770-509-4900  
www.cobb seniors.org

**Operating Hours:**

8:00am - 5:00pm

**Activity Hours:**

8:30am - 4:30pm (M - F)

**Hydration:****Why it is so important #12860**

Tuesday, July 11 10:00am-11:30am



Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work properly. Come to our seminar to learn more. Presented by wellness expert, Sherri Danzig.

**Free/Registration required****Connecting with Your Animal Totems #12861**

Thursday, July 13 10:30am-11:30am

Join Tammy Billups, Founder of Sundance Healing Center, to learn about the three types of animal totems. She will also take you on a journey through a mediation to connect with your animal spirit totem.

**Free/Registration required****Put Your Best Foot Forward**

#13560

Thursday, August 3

10:30am-11:30am

The wrong type of shoes, improper fit, and wearing heels can lead to long-term foot problems such as bunions, hammer toe, heel spurs, and plantar fasciitis. Come to our seminar and learn more.

Presented by Good Life Club.

**Free/Registration required****Evening Hours Are Back****Wheel of Fortune #12792**

Monday, July 17 4:30pm-7:00pm

This "Wheel of Fortune" is a virtual version of the popular TV game show. Spin the wheel, pick a letter, and guess the word or phrase to win prizes.

Presented by Atria.

**Free/Registration required****Medicare Seminar #12810**

Monday, July 24 5:00pm-6:00pm

If you are newly eligible or soon to be eligible for Medicare, this seminar is designed especially for you. The seminar will cover the basics of Medicare. Presented by Dottie Denham with Cigna.

**Free/Registration required****East Cobb's 22nd Anniversary Party****Barbecue at 12 Oaks #13823**

Friday, August 11 11:00am-2:00pm

Doors will open at 10:45am

Tickets on Sale July 10th

\$15 Cobb residents; \$18 Non-residents

Join us for a trip back in time for a "Barbecue at 12 Oaks". We will be visited by Margaret Mitchell, Scarlett O'Hara may drop by and we will be dancing the Virginia Reel. Greg Picciano will be playing the music.

Sponsored by Golden Kiwanis, Cigna, Seniors Helping Seniors, First Step Physical Therapy, Somerby Sandy Springs, Atria Johnson Ferry, Winnwood Retirement Community, Gaines Park Senior Living, ComForCare Home Care, Arbor Terrace of Burnt Hickory, Comforting Arms, and Dignity.

**Gone with the Wind Museum #12863**

Monday, July 17 10:00am-2:00pm

**Museum ticket: \$5**


You will purchase your own ticket at the Museum. Shuttle departure from ECSC at 10:00am. Come with us to Gone with the Wind Museum and enjoy a delicious lunch at Stockyard Burgers & Bones (separate checks for lunch).

Shuttle bus is available.

**Registration required**

Time	Activity	When	Time	Activity	When
<b>MONDAY THRU FRIDAY</b>			<b>WEDNESDAY Continued</b>		
8:00am -4:00pm	Puzzles	Weekly	12:30pm-4:30pm	Asian Mah Jongg	Weekly
8:00am - 4:30pm	Open Billiards	Daily	1:00pm- 4:00pm	Knitting	Weekly
8:00am - 8:30am	Indoor Walking	Daily	1:00pm-3:30pm	Ballroom Dance Practice	1st & 3rd Wed. of Mo.
3:00pm - 4:00pm	Indoor Walking	Daily	1:00pm-4:00pm	Intermediate Bridge	Weekly
<b>MONDAY</b>			2:00pm-3:00pm	Foxtrotters' Dance Board Mtg.	2nd Wed. of Mo.
10:00am-12:00pm	Catch'em Fishing Club	1st Mon. of Mo.	<b>THURSDAY</b>		
11:15am-1:00pm	Booked for Lunch Book Club	3rd Mon. of Mo.	8:00am-12:00pm	Woodcarvers Club	Weekly
11:45am -4:30pm	Bid & Play Bridge	Weekly	8:30am-9:30am	Golden Kiwanis Board Mtg.	2nd Thurs. of Mo.
10:00am-4:00pm	5 Deck Canasta	Weekly	9:00am-4:00pm	AARP Smart Driver Class	4th Thurs. (3rd Nov. & Dec.)
1:00pm-4:00pm	Intermediate Bridge	Weekly	10:00am-11:00am	Golden Kiwanis Club	Weekly
1:00pm-4:00pm	American Mah Jongg	Weekly	9:30am-3:30pm	Hand & Foot	Weekly
1:15pm-2:45pm	Guys & Dolls Choral Group	Weekly	9:00am - Noon	Camera Club	1st Thurs. of Mo.
<b>TUESDAY</b>			10:00am-Noon	Camera Club Open Forum	3rd Thurs. of Mo.
8:00am-10:30am	Lockheed Retirees Mtg. and Breakfast	Weekly	10:00am-1:00pm	Cribbage	Weekly
8:00am-2:30pm	Pinochle-Players Needed	Weekly	10:30am-12:30pm	Ideas & Issues Book Club	3rd Thurs. of Mo.
9:30am-10:30am	Line Dance Practice	Weekly	1:30pm-3:30pm	AARP Chapter Meeting	1st Thurs. of Mo.
9:30am-11:30am	Intermediate Line Dance	Weekly	1:30pm-2:30pm	Garden Club	3rd Thurs. of Mo.
10:00am-3:00pm	Duplicate Bridge Partner Req.	Weekly	1:30pm-4:00pm	Table Tennis	Weekly
11:30pm-4:00pm	5 Deck Canasta	Weekly	2:00pm-3:00pm	Retired Military (Sept.-May)	2nd Thurs. of Mo.
1:00pm-2:00pm	Intermediate Sign Language	Weekly	<b>FRIDAY</b>		
1:00pm-2:30pm	Advanced Line Dance	Weekly	8:00am-2:30pm	Pinochle-Players Needed	Weekly
1:00pm-4:00pm	Mexican Train Dominoes	Weekly	9:30am-10:30am	Intermediate Line Dance Practice	Weekly
1:30pm-4:00pm	Table Tennis	Weekly	10:00am-3:00pm	Duplicate Bridge Partner Req.	Weekly
2:00pm-3:00pm	Beginner Sign Language	Weekly	11:30am-4:30pm	Hand & Foot Canasta	Weekly
<b>WEDNESDAY</b>			12:30pm-4:30pm	Asian Mah Jongg	Weekly
9:00am-11:00am	Classic Golf Club Board Mtg.	3rd Wed. of Mo.	1:00pm-2:30pm	Advanced Line Dance	
9:00am-12:00pm	American Mah Jongg	Weekly	7:30pm-10:30pm	Foxtrotter's Dance (3rd Fri. Nov/Dec)	4th Fri. of Mo.






Operating Hours:  
8:00 am - 5:00 pm  
Activity Hours:  
8:30 am - 4:30 pm (M-F)

4100 South Main St NW  
Acworth, GA 30101  
(770) 975-7740  
www.cobb seniors.org

# North Cobb Senior Center

**Program Coordinator**  
Geneva Eddington  
**Program Specialist**  
Katie Shields  
**Program Leader**  
Aida Ford  
**Administrative Specialist II**  
Doreen Clymer  
**Program Assistant**  
Sherry Collier  
**Maintenance Technician II**  
Kenney Joyce



## Bingo

Friday, Sept. 29 • 12:00 pm - 2:00 pm  
**Tickets on sale Friday, July 28.**  
\$3.00 Cobb residents/\$4.00 Non-residents  
Fundraiser to benefit North Cobb Senior Center.  
#12378

## ASiST (Aging Simulation Sensitivity Training)

Wednesday, July 26 • 12:30 pm - 2:00 pm Free. Registration required.  
Join us for an overview of the most common age-related health challenges and how they affect elders. After the seminar, you'll get to experience what it's like to handle everyday tasks while dealing with these challenges. Presented by Geri Maryland of Aloha to Aging.  
#12255

## Let's Do Lunch

Wednesday, August 9 • 11:30 am  
Marlow's Tavern Lunch on your own. Reservations required.  
745 Chastain Road #1160, Kennesaw  
#12403

## Stevi B's and Bingo

Monday, July 31 • 12:00 pm - 1:30 pm  
Enjoy a delicious pizza and salad buffet and a fun day of Bingo. \$5.29  
Reservations required.  
#12802

## ONGOING ACTIVITIES

**DAILY: MONDAY - FRIDAY**  
8:30 am - 4:30 pm Community Puzzle  
8:30am - 4:30pm Lending Library  
**MONDAY**  
Focus on Fitness\* 9:00 am - 10:00 am  
Woodcarvers 9:00 am - 11:00 am  
Strength Training\* 10:00 am - 11:00 am  
Art Lovers 10:00 am - 3:00 pm  
Tai Chi for Arthritis 10:30 am - 11:30 am  
Table Tennis 11:00 am - 1:00 pm  
Garden Club (1st) 11:00 am - 12:30 pm  
Hiking Club Meeting 11:30 am - 12:30 pm  
(Jan. 9, May 1, Aug. 28)  
Open Bridge 12:30 pm - 4:00 pm  
**TUESDAY**  
Focus on Fitness\* 9:30 am - 10:30 am  
Color Me Calm (2nd, 4th) 10:00 am - 12:00 pm  
Mexican Train Dominoes 12:00 pm - 4:00 pm  
Sew & So's 1:00 pm - 3:00 pm  
**WEDNESDAY**  
Art Lovers 9:00 am - 12:00 pm  
Photography Club (1st) 9:30 am - 12:00 pm  
Rook 9:30 am - 12:30 pm  
Zumba with Joyce 10:45 am - 11:45 am  
Open Bridge 12:30 pm - 4:00 pm  
Hand and Foot 12:30 pm - 4:00 pm  
**THURSDAY**  
Strength Training\* 8:30 am - 9:30 am  
AARP Smart Driver Course (1st) 9:00 am - 3:30 pm  
Walking Club 9:30 am  
Focus on Fitness\* 9:30 am - 10:30 am  
Chain Gang - Crochet (1st, 3rd) 9:30 am - 11:30 am  
Table Tennis 10:45 am - 12:45 pm  
Pinochle 10:00 am - 4:00 pm  
**FRIDAY**  
Hiking Club 8:30 am  
Art Lovers 9:00 am - 2:00 pm  
Mah Jongg 9:30 am - 12:30 pm  
Walking Club 9:30 am  
Book Lovers (1st) 11:00 am - 12:30 pm

## All About 911 and Senior Citizens

Thursday, July 20  
10:30 am - 11:30 am  
Join the Cobb County 911 Education Team to learn about 911 guidelines, senior safety, scam alerts and Swift 911.  
#12813

## FILM ON FRIDAY

**La La Land**  
Friday, July 21  
12:00 pm  
Concession charge:  
\$1.00 Cobb residents  
\$2.00 Non-residents  
The story of an aspiring actress and a dedicated jazz musician struggling to make ends meet while pursuing their dreams in a city known for destroying hopes and breaking hearts.  
PG-13  
#12405

## Mood Boosters

Tuesday, August 8  
10:30 am - 11:30 am  
Free.  
Registration required.  
For many, food is a good option for a quick pick-me-up. However, certain "comfort foods" can leave you feeling more tired and irritable. Come explore some mood boosting foods that can give you natural energy and allow you to maintain a healthy lifestyle. Presented by Jobcy Alexander, nutrition coordinator of Cobb Senior Services.  
#13887

## Team Bowling

Friday, August 4  
10:15 am - 12:15 pm  
Stars and Strikes  
Bowling Center  
10010 GA 92, Suite 180, Woodstock  
Pay at bowling center (\$5.00)  
Registration required.  
Price includes:  
shoes and two games.  
#13614

## Jeopardy

Tuesday, July 25  
12:30 pm - 2:30 pm  
Free. Registration required.  
America's favorite game show is here to test your knowledge!  
Game hosted and refreshments provided by Dottie Denham of Cigna.  
\$400 \$600 #12651  
\$800 \$1200

## YOU BE THE JUDGE

#13153  
Listen to actual court cases and hear all the facts regarding the case. Discuss details among friends and find which was the correct outcome of each case.  
Monday, July 17 • 1:00 pm - 2:00 pm  
Free. Registration required.

## Summer Team Trivia


Thursday, July 27 • 1:00 pm - 2:00 pm  
Free. Registration required.  
Bring a friend and put your facts about summer to the test. Sip on cold lemonade while having fun challenging the other teams.  
#13154

## Water Efficient Landscape

Tuesday, August 8 • 1:00 pm - 2:00 pm  
Free. Registration required.  
This seminar will focus on the seven best practices for water efficient landscape. You will receive a free outdoor kit. Presented by Cobb County Water Department.  
#13615

## Home Fire Safety and Fire Extinguisher Training

Tuesday, August 8 • 1:00 pm - 2:00 pm  
Free. Registration required #13757  
Join Bernard King with Cobb County Emergency Management Agency as he shares ways to prevent the most common causes of house fires and the proper way to use a fire extinguisher.



## Navigating the Senior Years

Wednesday, July 19 • 12:30 pm - 1:30 pm  
Free. Registration required.  
Join Barbara Bonatucci of Nelson Elder Care for this seminar that will explain the decisions that need to be made, along with the legal documents required to protect you and your loved ones as you plan for your future. A light lunch will be served.  
#12812

**Program Coordinator**  
 Margie Castillo-Carbaugh  
**Program Specialist**  
 Tracy Shehab  
**Program Leader**  
 Sametria Gideon PT  
 Teresa Mills PT  
 Mike Sherrill PT  
**Administrative Specialist I**  
 Vel Pierre  
 Susann Massey PT  
**Maintenance Tech II**  
 Curtis Letner  
**Maintenance Assistant**  
 Tyler Mote

1150 Powder Springs St, Ste 100  
 Marietta, GA 30064  
 770- 528-5355  
 www.cobbseniors.org

## Wellness Center

Operating Hours:  
 8:00 am - 5:00 pm  
 Activity Hours:  
 8:30 am - 4:30 pm (M - F)



**Workout Central:** M-Th, 9:30 am - 7:00 pm; Friday, 9:30 am - 6:00 pm

### History of Temperance and Prohibition in Cobb County



Wednesday, July 19  
 1:00 pm- 2:30 pm  
 Free; Registration required  
 #13121

Smyrna historian Dr. William P. Marchione, Ph.D. will present on the history of temperance and prohibition in Cobb County.

### GeorgiaCares Monthly Topic Needy Meds and Prescription Assistance

Thursday, July 20  
 1:30 pm- 2:30 pm  
 Free; Registration required  
 #13123



# Medicare

Needy Meds is an information source that helps Medicare beneficiaries enrolled in Part D (prescription drug plan) who need help paying for their medications. Learn more about how to use this resource to find Patient Assistance Programs for which you may qualify.

## MEDICARE COUNSELING



EVERY THIRD MONDAY  
 AND THURSDAY OF THE  
 MONTH  
 9:00 AM - 12:00 PM  
 FOR APPOINTMENT, CALL  
 (770) 528- 5355

GeorgiaCares is a volunteer-based program that provides free, unbiased, factual information and assistance regarding health and drug plans to Medicare beneficiaries and their caregivers.

### Healthy Cooking Demonstration: Power of Fermented Foods

Friday, July 21  
 11:00 am-12:30 pm  
 \$8 Cobb resident/ \$10 Non-resident  
 #13124



The fermentation and preservation of vegetables and fruits may have benefits beyond simple preservation such as better food digestion, better assimilation of nutrients and immune functioning. Barbara Boling, LMT, will demonstrate simple methods for fermenting your own veggies at home.

### Inspirational Sign Making Workshop



Wednesday, July 26  
 10:00 am- 12:00 pm  
 \$5 Cobb resident/ \$7 Non-resident  
 \$30 Supply fee to be paid to instructor

Terri Smith will provide the prepared and finished wood sign base, you provide the creativity! Choose your own message from a variety of stencils, choose your color scheme and create your very own personalized sign to take home. Samples on display in our lobby.

## Open Studio



Use the art studio to work on your arts and crafts projects!

### Studio Hours:

Wed., 9:00 am-12:00 pm  
 Fri., 12:00 pm-3:00 pm

## How to Make Your Own Smoothies



Thursday, July 27  
 10:30 am- 11:30 am  
 Free; Registration required  
 #13131

Join Terri Carter, Cobb County/ UGA Cooperative Extension Services, as she demonstrates how easy it is to concoct your own homemade smoothies.

### String Art Workshop

Wednesday, August 9  
 10:00 am-12:00 pm  
 \$5 Cobb resident/ \$7 Non-resident  
 Supplies provided  
 #13840



String art is done by wrapping colored threads around pins or nails, on a finished board, in a defined design. It is a simple and inexpensive way to create your own decorative piece. See the display in our lobby! Led by Tracy Shehab, program specialist.

### "State of the Union" of Health

Tuesday, August 15  
 11:00 am- 12:00 pm  
 Free; Registration required  
 #13841



Dr. Alana Reisinger, Reisinger Family Chiropractic, will discuss why physical and mental health are important, how to sustain them and how to identify negative interferences that may keep your body from functioning properly.

### New in August: Taste of Italy with John Gifaldi Appetizers!



Wednesday, August 2  
 AM Session: 10:00 am-11:30 am #13835  
 PM Session: 12:30 pm-2:00pm #13836

Join us for our new ongoing cooking series! John Gifaldi, chef with Sweet Memories Catering, will demonstrate three Italian inspired appetizers to serve at your next get together, or as a light meal. On the menu: Pizzette with grape tomatoes, seedless grapes, red onion; Crostini w/red pepper jelly, mozzarella, prosciutto and arugula; and Bruschetta with strawberries, tomatoes and mozzarella.

### Cool Down Friday: Ice Cream and a Movie

Friday, August 18  
 1:00 pm-3:00 pm  
 Concession charge:  
 \$2 Cobb resident/ \$3 Non-resident  
 #13844



It's hot out there! Come in out of the heat and cool down with ice cream and a movie. Showing: *The Lady in the Van*, starring Maggie Smith, rated PG-13. Fundraiser with all proceeds benefitting Senior Wellness Center.

### Friends of Senior Wellness Center

Meets last Tuesday of each month  
 10:00 am- 11:00 am

Join "Friends of Senior Wellness Center" and become part of a dynamic, new volunteer organization dedicated to helping Senior Wellness Center enhance and expand our services to the 55+ population in Cobb County and surrounding areas.

## New Life Walkers Club



Planning meetings first  
 Thursday of each month  
 at 10:00 am

Daily walk schedule



**Program Coordinator**  
Johnny Barfield

**Program Leader**  
Debbie Morgan

**Administrative Specialist I**  
April Anderson


**Maintenance Technician II**  
Travis Byrum

## West Cobb Senior Center


4915 Dallas Highway  
Powder Springs, GA 30127  
770- 528-8200  
www.cobbseniors.org

**Operating Hours:**  
8:00 am - 5:00 pm

**Activity Hours:**  
8:30 am - 4:30 pm (M - F)



### BON APPÉTIT



Tuesday, August 8  
4:00 pm  
On your own; Registration required  
#13214  
1000 Whitlock Avenue,  
Marietta, 30064

### REEL GOOD MOVIES

## Jackie

Monday, July 17  
1:00 pm - 3:00 pm  
Concession charge:  
\$2 Cobb resident/\$3 Non-resident  
#12548

Following the assassination of President John F. Kennedy, first lady Jacqueline Kennedy fights through grief and trauma to regain her faith, console her children and define her husband's legacy. Fundraiser event with all proceeds to benefit West Cobb Senior Center.

## 411 ON 911

Wednesday, July 26  
10:00 am - 11:00 am  
Free; Registration required  
#13118


During an emergency situation, calling 911 is one of the most important steps you can take to ensuring the safety of you and your loved ones. Join us as Cobb County Emergency 911 presents a seminar on how 911 works and what to expect if you ever need to call.

## ASiST

### Aging Simulation

Wednesday, July 19  
1:00 pm - 2:30 pm  
Free; Registration required  
#12789

Presented by Aloha to Aging, this engaging training helps promote empathy when caregiving for older adults as you step into their world, completing everyday tasks which mimic the challenges and frustrations faced by an older adult with an impairment such as hearing loss, vision loss, and balance issues.



### Today, Tomorrow & Yesterday:

A Tribute to Patsy Cline

Saturday, July 29  
5:00 pm - 7:00 pm (lobby opens at 4:15 pm)  
\$25 Cobb resident/ \$30 Non-resident  
#13149

West Cobb Senior Center welcomes Katie Deal in her one-woman show "Today, Tomorrow & Forever: A Tribute to Patsy Cline". Katie has traveled the United States wowing fans with her uncanny portrayal of one of country music's female pioneers. Before the show enjoy a Southern bar-b-q dinner catered by Williamson Bros. You'd be "Crazy" to miss the show that will leave you with "Sweet Dreams" of the great Patsy Cline! Fundraiser event with all prceeds to benefit West Cobb Senior Center.


## Living to a Healthy 100

Monday, July 31  
11:00 am - 12:00 pm  
Free, Registration required  
#12814

With people living longer and longer, it's important to learn how to make the most of those years. Learn from Dr. Kristin Dominguez with Revolution Chiropractic how you can make health lifestyle choices that will help you enjoy the quality of life you deserve.


## DICE DICE BABY

### Bunco Bash!



Tuesday, August 1  
2:00 pm - 3:00 pm  
Free; Registration required  
#13213

Let the good times roll when you join us for an afternoon of Bunco. Meet and laugh with old pals and new friends. Enjoy snacks and prizes provided by Visiting Angels. Experienced players and beginners alike are welcome.



### CATCH UP TO FITNESS

Friday, July 18  
11:00 am - 12:00 pm  
Free; Registration required  
#12800


Don't get left behind on your wellness journey. Catch up to fitness with RSVP Cobb as they lead a discussion on nutrition as well as lead a 30 minute fitness demonstration.

### Alzheimer's & Dementia Support Group

Wednesday, August 9  
2:00 pm - 3:00 pm  
Free

On the 2nd Wednesday of every month, meet with fellow caregivers of loved ones with dementia and Alzheimer's who truly understand what you're going through.

## Put Your Best Foot Forward



Thursday, August 10  
10:30 am - 11:30 am  
Free; Registration Required  
#13210

The wrong type of shoes, improper fit, constantly wearing heels or being overweight can lead to long-term foot problems. The Good Life Club will tell how to keep on your feet!

## Retirement Living:

### What Does It Mean For You?

Monday, July 24  
2:00 pm - 3:00 pm  
Free; Registration required  
#13148

As adults creep closer to their senior years, the topic of housing options becomes increasingly important. Lora Causey with Winnwood Retirement Community will walk you through the differences in independent versus assisted living and how to find a community that suits your needs.

## ONGOING ACTIVITIES & GROUPS

**DAILY: MONDAY - FRIDAY**

8:00am - 9:00am Walking      8:00 am - 4:30pm Billiards  
8:30am - 4:30pm Honor Library

MONDAY	TUESDAY	THURSDAY
9:30am - 12:00 pm West Cobb Photo Club 4 <sup>th</sup> Mon	9:00 am - 12:00 pm Chess	9:00 am - 11:00 am Free BP check - 1 <sup>st</sup> Thu
10 :00 am - 12:00 pm Knit-Wits Knitting group	9:30 am - 1:30 pm Open Bridge	9:30 am - 2:30 pm Open Art Studio
10:00 am - 1:00 pm ADK - 2 <sup>nd</sup> Mon	10:30 am - 1:00 pm FAN Club - 1 <sup>st</sup> Tue	9:30 am - 3:30 pm AARP Smart Driver* - 3 <sup>rd</sup> Thu
10:00 am - 2:00 pm Mahjong	12:00 pm - 4:00 pm Mahjong	10:00 am - 11:00 am Golden "K" Kiwanis
10:30 am - 12:00 pm Improver Line Dance 2 <sup>nd</sup> & 4 <sup>th</sup> Mon	12:00 pm - 4:00 pm Advanced Cuban & Progressive Canasta	12:00 pm -4:00 pm Mexican Train Dominoes
10:30 am - 11:30 am Cobb County Retirees 3 <sup>rd</sup> Mon	1:00 pm - 3:00 pm Coloring	11:00 am - 400 pm Assorted Cards & Games
11:30am - 1:30pm Free BP check - 1 <sup>st</sup> Mon	1:00 pm - 4:30pm Table Tennis	
12:00 pm - 3:00 pm Woodcarvers		<b>FRIDAY</b>
1:00 pm - 3:00 pm Great Ideas Book Club 2 <sup>nd</sup> & 4 <sup>th</sup> Mon	10:00 am - 3:00 pm Stitch-In-Time	9:00 am - 12:00 pm Chess
12:00 pm - 3:00 pm Woodcarvers	12:15 pm - 4:00 pm Advanced Canasta	9:30 am - 1:30 pm Open Bridge
1:00 pm - 4:00 pm Ballroom Dance Practice		10:00 am - 12:00 pm Magnolia Porcelain - 3 <sup>rd</sup> Fri
		10:30 am - 12:30 pm Dance 'N Squares Club
		1:00 pm - 4:30 pm Table Tennis
		2:00 pm - 4:00 pm Bunco* - 1 <sup>st</sup> Fri
		7:30 pm - 10:30 pm Stardust Dance - 2 <sup>nd</sup> Fri



## Neighborhood Centers

## Program Coordinator Geneva Eddington

### Austell

4915 Austell-Powder Springs Rd.  
Austell, Ga. 30106  
770-819-3200

**Operating Hours:**  
7:30 am - 3:30 pm  
**Activity Hours:**  
10 am - 2pm (M-F)

**Program Leader**  
Linda Martin  
**Assistant**  
Vacant

#### Tai Chi for Arthritis

Thursday, July 27

11:00 am

Free; Registration required  
# 13597



Tai Chi has many health benefits. It is easy, enjoyable and safe to learn for people with arthritis. You will be taught movements that help improve overall health and wellness. Tai Chi helps relieve pain for people with arthritis, can improve quality of life, as well as help to prevent falls.

Register at any Cobb Senior Center by July 20th.

#### Chair Yoga

Tuesday, July 25

10:30 am

\$3.00 Cobb resident

\$4.00 Non-resident

# 13596

Smita Kolhe will guide us in this gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Chair yoga is a great form of exercise for everyone, as it deepens flexibility and strengthens personal body awareness.

Register at any Cobb Senior Center by July 20th.



#### Blood Pressure Check

Wednesday, July 26

10:30—11:30 am

Free; Registration required  
# 13598



High blood pressure is one of the leading causes of heart disease. People with high blood pressure are at greater risk of heart attack, stroke, kidney failure and even death. It is sometimes called the “silent killer” because HPB has no symptoms and you may not be aware that it is damaging organs.

Register at any Cobb Senior Center by July 19th.

### Marietta

1150 Powder Springs St.  
Marietta, Ga. 30064  
770-528-2516

**Operating Hours:**  
8 am - 4 pm  
**Activity Hours:**  
10 am - 2 pm (M-F)

**Program Leader**  
Audrey Devlin  
**Assistant**  
Vacant

#### Blood Pressure Checks

Wednesday, July 19

10:30 am to 12:00 pm

Free; Registration required  
#13870



Whether your blood pressure is normal or high, everyone should have their blood pressure checked on a regular basis. Come and join us to learn the importance of your numbers with Cobb County Safety Village staff. Having your blood pressure checked routinely is a great way to prevent and monitor hypertension.

Register at any Cobb Senior Center by July 18th.

#### SeniorsGo Seminar

Tuesday, July 11th

10:30 am to 11:30 am

Free; Registration required  
# 13871



The number one issue facing seniors today is finding a source of transportation. If you are looking for transportation around Cobb County then come join us to hear about this option. The Seniors Go program sponsored by Senior Citizen Council of Cobb County in conjunction with Common Courtesy Ride is a new transportation program that can help you be more mobile and get around town.

Register at any Cobb Senior Center by July 10th.

#### Safetalk Presentation— Suicide Prevention

Tuesday, July 25th

10:30 am to 11:30 am

Free; Registration required  
# 13872



Do you know the signs of someone who is thinking about suicide? Suicide affects everyone involved, but you can help prevent this devastating event. LivingWorks Education is dedicated to helping individuals and communities become safer from suicide. Their programs provide knowledge and skills that help save lives. Join us for more information on this important topic. Register at any Cobb Senior Center by July 24th.

## 2017 Age Out Loud Musicale

Cobb Senior Services' musicale was held on Wednesday, May 31 at Senior Wellness Center. In keeping with Older American's Month “Age Out Loud”, the theme of the musicale was very appropriate for the occasion. There was a variety of talent this year including vocalists, pianists, dancers, oratorical readings and a saxophonist. Following the program, the attendees enjoyed a boxed lunch catered by My Friend's Place. Thank you to the performers, staff and guests for making this year's event a great success!



**VOLUNTEERS****Legacy Coordinator**

Kristie Naylor

**Program Leader**

Cindy Campbell

**Volunteer Line** 770-528-5381**Community Outreach**

Kathy Lathem

**RSVP Cobb**

Mike Nichols

770-528-1448

RSVP Cobb Volunteer Fact Sheet

**Who are we?**

RSVP Cobb, which actually stands for Retired Senior Volunteer Program, has been part of Cobb Senior Services (CSS) for several years. Under the umbrella of the Corporation for National and Community Service, RSVP is one of the largest volunteer networks in the nation for people age 55 and over. We provide information and educational programs in Cobb County to benefit seniors.

**What do we do?**

Senior volunteers:

- Provide informative presentations on topics of interest to older adults in the community. Subjects range from services and discounts available, disease management and healthcare options to fraud prevention, disaster preparation and more
- Help CSS with special events in Cobb County such as *Aging by Design*, Senior Day at the Fair, and more
- Assist seniors in one-on-one training to better understand Medicare benefits available to them

**Where do we work in Cobb County?**

- Community centers
- Senior residences / Senior communities

- Faith-based organizations
- Cobb senior centers
- Anywhere seniors gather

**What are the requirements to participate?**

No experience is needed to be part of this team. The only requirements are that volunteers be:

- At least 55 years of age
- Have a passion for helping fellow seniors receive the information they need to make educated decisions
- Willing to attend monthly meetings and participate in free training
- Have a desire to give back to the community.
- Willing to commit four hours per month for six months

**What are the benefits for me?**

- Meet new friends
- Share your knowledge, wisdom, and skills with others
- Learn and develop new skills
- Be an active and vital part of the community

Materials and training are provided. If you would like to hear more about RSVP Cobb and how to join our dynamic team of volunteers, please call 770-528-1448. If you know of a senior group that would benefit from our free presentations, please contact us. We need you on our team and look forward to hearing from you soon!

**Avoid a tech trap**

by Bridget Small

Consumer Education Specialist FTC

I will drive for a week with my car's "check engine" light blinking, but if a security warning shows up on my computer, I act immediately. Scammers have been taking advantage of people like me, who care about computer security. They run operations in the US and overseas that use pop-up messages and phone calls to convince people their computers need fixing. The callers pitch unnecessary and sometimes harmful tech support services that cost people time and money. The FTC announced four new cases against these operations recently, and along with its state, federal and international partners launched a national and international effort to stop these scams and get money back to the victims.

Tech support scams often start with a pop-up that wants you to call now, or else... If you get an urgent message like this, don't click, call, send money or give anyone control of your computer.

The fraudsters in these cases sent ominous pop-up messages that looked like security warnings about things like viruses or malware. The messages urged people to call a toll-free number. The telemarketers who answered falsely claimed they were connected to well-known companies like Microsoft, Apple or Norton. The telemarketers tried to convince people there were serious problems with their computers, and sometimes got remote access to the computers to run fake "diagnostic tests." They persuaded people that ordinary things on their computers were real problems. Then, they tried to get people to pay for software or services they didn't need to "fix" problems that didn't exist.

If you get a pop-up, call, spam email or any other urgent message about a virus on your computer, STOP. Don't download anything, don't call the number on the pop-up and don't give anyone control of your computer. If you think you downloaded malware or gave a cybercriminal access to your computer, update or download legitimate security software and scan your computer. Delete anything the software says is a problem. And be sure to report tech support pop-ups and calls to [ftc.gov/complaint](http://ftc.gov/complaint).

**HOW TO SPOT A TECH SUPPORT SCAM**

It often starts with a pop-up...



CALL	NOW	OR ELSE...
Wants you to call a toll-free number	Urges you to call immediately	Threatens that you may lose personal data if you don't call

Then, you call a toll-free number. The scammer might:



Then, you're asked to pay a fee.

The scammer provides "services" that range from:

**WORTHLESS****WHAT YOU CAN DO:**

- If you get a pop-up, call, spam email or any other urgent message about a virus on your computer, **stop**. Don't click on any links or call a phone number. Don't send any money. Don't give anyone control of your computer. Microsoft does not display pop-up warnings and ask you to call a toll-free number about viruses or security problems.
- Report it at [ftc.gov/complaint](http://ftc.gov/complaint). Include the phone number that you were told to call.
- Keep your security software up to date. Know what it looks like so you can spot a fake.
- Tell someone about this scam. You might help them spot it and avoid a costly call.

LEARN MORE: [ftc.gov/TechSupportScams](http://ftc.gov/TechSupportScams)**ATLANTA GRAB BAR****INSTALLATION****RAMPS****SHOWER DESIGN****DOORS****SAFETY BARS**

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Greg



Healthy Brain, Healthy Life  
Ellie Thomas, Georgia State University, Dietetic Intern

Have you ever thought about taking care of your heart by eating less sodium or protecting your eyes by eating foods rich in vitamin A like carrots? Guess what! Taking care of your brain is just as easy and is important to ensure a happy, healthy life. Let's talk about six areas of your life to focus on to keep your brain sharp, memory quick, and mood supported.

First things first, food and nutrition play a key role in keeping your brain healthy and protecting it from damage. It is important to focus on foods like green leafy vegetables, brightly colored fruits and vegetables, nuts, whole grains, fish, dark chocolate, tea, and olive oil, especially because these foods are high in omega-3 fatty acids, antioxidants, and B vitamins. These nutrients reduce inflammation, prevent damage, and protect the brain. Start by

trying to incorporate at least one of these foods each day.

Exercise not only reduces the risk of heart disease and cancer, but it also boosts your mood, increases energy, fosters new brain cell growth, and increases decision-making skills. To promote total body health, adults should participate in exercise 5 days a week for 30 minutes each day, and to make the most of your exercise, choose a goal to focus on. This could be getting your heart rate up by walking, swimming, or dancing; building strength by doing modified squats or lunges or doing bicep curls with soup cans or water bottles; increasing flexibility by touching your toes or stretching in different directions; or improving balance by standing on one leg or walking on your tip-toes. If there was ever a magic medicine for overall health, exercise is it.

You may have never thought of sleep and relaxation helping your brain, but this is one of the most important things you can do to take care of it. If you strive for 7-9 hours of sleep each night, you will likely find yourself with more energy, a better mood, and more mental clarity. If sleep doesn't come easy to you, try setting a sleep schedule and developing a bedtime routine. Maybe you prepare a cup of tea or take a bath and read a book before bed each night, or if your mind continues to run, try leaving a notepad on your bedside table to write down your thoughts.

Now it's time to have fun! Two huge components of brain health are mental fitness and social interaction. Did you know your brain has a reserve? Your brain reserve helps your brain adapt and respond to change and resist

damage, and you can build it by learning new skills, studying, or playing brain games like crosswords, word scrambles, or Sudoku. Even better, do these mental fitness activities while spending time with friends to boost your brain health even more. Try getting involved in a club or organization or reach out to your family and friends. These group interactions help reduce stress and combat depression.

Taking care of your brain is easy, fun, and tasty, and there's always an opportunity to make positive changes. Try picking one item to work on this week. You never know what benefits you may see!

- Down**
- 1 to reduce risk of injury, complete exercises that focus on this
  - 2 helps boost your mood, reduce your risk for disease, improve your sleep, and improve your memory
  - 3 this nut is a great source of omega-3 fatty acids
  - 7 this diet is a combination of the Mediterranean and DASH diet and helps reduce the risk of Alzheimer's by up to 50 percent

Healthy Brain, Healthy Life

1

2

3

4

5

6

7

8

Down: 1. balance, 2 exercise, 3 walnut, 7 mind

Across: 4. antioxidants, 6. brain, 8. berries

- Across**
- 4. found in brightly colored fruits and vegetables and helps reduce inflammation
  - 6 this organ generates enough energy to power a lightbulb
  - 8 consume more of these colorful, sweet fruits to protect your brain



**C Freeman Poole Senior Center** Merline Beauvil, Program Leader 770-801-3400

**Thursday, August 24**
**Check-in: 10:00a.m. Depart: 10:30 a.m. Return: 4:00 p.m.**

\$58 Senior Council member  
\$63 Non-member

We will first have lunch at Six Feet Under where they have a rooftop patio overlooking historic Oakland Cemetery; the restaurant specializes in seafood. After lunch, we will take a guided tour of Oakland Cemetery, where important Atlanta milestones are represented, from early builders, to Civil War soldiers, to Civil Rights pioneers. No matter where you turn, history will surround you.

**Registration deadline July 27**

**Payment due at time of registration  
#13222**

Price includes motor coach transportation, lunch, guided tour and tips.  
No refunds will be given unless the trip is cancelled.

**Activity Level 4 - Long periods of walking, many stairs and/or inclines, limited seated breaks.**


**Friday, September 22**
**Check-in: 8:00a.m. Depart: 8:30 a.m. Return: 6:30 p.m.**

\$82 Senior Council member  
\$87 Non-member

Join us for a scenic trip through the North Georgia mountains and along the beautiful Toccoa River. The relaxing ride starts at the historic depot, built in 1905 in downtown Blue Ridge, then stops for a two hour layover in the quaint sister towns of McCaysville, Georgia and Copperhill, Tennessee. These small towns have restaurants and shops to explore. Lunch will be on your own during our layover. On our way back, we will stop by Mercier Orchards for some delicious apples and pies.

**Registration deadline August 18**

**Payment due at time of registration  
#13859**

Price includes motor coach transportation, tickets, taxes and tips.  
No refunds will be given unless the trip is cancelled.

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

**East Cobb Senior Center** Viktoria Mihan, Program Specialist 770-509-4900

## *Lane Packing*

### *Georgia Peaches #13537*

**Wednesday, July 19**
**7:30a.m.-5:00p.m. Check-in 7:00a.m.**

All times are approximate.

It is July in Georgia which means it is the heart of peach season, so we are off to Ft. Valley to visit Lane Packing to shop for peaches. From Ft. Valley we will head to Bulloch House for lunch. Come join us for juicy peaches and wonderful home cooking.

**\$57 Senior Council Members; \$62 non-members**

Price includes luxury motor coach, transportation lunch, and driver's trip.

No refunds will be given unless trip is cancelled.

Payment is due at the time of the registration.

**Activity Level 2.**



## *Coming Attractions*

*Trips subject to change*

### *An American in Paris at The Fox*

### *Chick-Fil-A Headquarters*

### *Walking Dead House Movie Tour*

### *Wolf Mountain Vineyard & Anna Ruby Falls*

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

# TAKE ME OUT TO THE BALLGAME!

North Cobb Senior Center enjoyed a day of fun at the new SunTrust Stadium.



## COMING SOON

State Botanical Garden of Georgia and lunch at Hilltop Grille in Athens, GA  
October 2017 - Date and price to be announced.



West Cobb Senior Center    Debbie Morgan, Program Leader    770-528-8200

## Harrah's CHEROKEE VALLEY RIVER

Thursday, August 17

9:30 am - 8:30 pm (Check-in 9:15 am)

Cost: \$64 Senior Council member; \$69 Non-member.

Payment due at registration. Deadline: July 13.

Join West Cobb for a day of fun at Harrah's Cherokee Valley River in Murphy, NC! Please bring a photo ID and your rewards card. If you do not have a rewards card, you will be issued one. You must also provide a current email address. Each person will receive a \$20 game credit. No backpacks allowed in the casino. Lunch will be on your own at the Harrah's food court. On the way home we will stop in Murphy for dinner at Brother's Restaurant. Don't miss this exciting trip!

Price includes deluxe roundtrip motor coach transportation, \$20 game credit, dinner, snacks and all taxes and tips. No refunds will be given unless the trip is cancelled.



Limited walking, some stairs and/or inclines.

Coming Fall 2017...



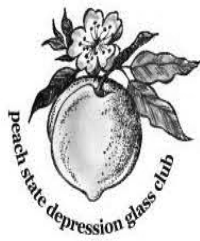


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**41<sup>st</sup> Collectible Glass Show and Sale**

Sat. - July 22, from 10 to 5

Sun. - July 23, from 10 to 4

**Cobb County Civic Center****548 So. Marietta Pkwy, Marietta GA**

Admission \$8.00 (good both days)

Children under 16 free with accompanying adult

Guest Speaker and Author – Mr. Frank Consentino Jr.

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