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New Newsletter

The community survey conducted by Cobb Senior Services indicates that 65% of seniors in Cobb County receive their information online. Nationally and across all ages 60% of people begin searching for information online using a search engine like Google or Bing and most of those are conducted on a mobile device. Senior Services will be joining the many Cobb County departments by offering an electronic newsletter this January. *The Bulletin* will no longer be tied to Senior Citizen Council membership; anyone can sign up online to have the

information brought directly to their email every month. Subscribers will also be able to move directly from reading the newsletter to signing up for events on our registration page. To sign up for the newsletter please go to www.cobbseniors.org to sign up. If you have any questions please call the newsletter editor Kristie Naylor at 770-528-1445.

Reopened Cafe

Cobb Senior Services is pleased to announce that, as part of a pilot program, Chick-fil-A of West Cobb is serving breakfast and lunch to the public at 1150 Powder Springs St. in Marietta. Regular operating hours for Chick-fil-A will be 7:30 a.m.-9 a.m. for breakfast and 11:30 a.m.-1 p.m. for lunch Mondays through Fridays. This program is a partnership between CSS, Chick-fil-A of West Cobb and Meals on Wheels Atlanta, who provide meals to the neighborhood senior through Older Americans' Act

Funding. "The goal of this partnership is to be able to provide breakfast and lunch onsite to the public and employees of Cobb County who may be visiting Cobb Senior Services," said CSS Executive Director Jessica Gill. "This is an innovative initiative bringing together government, a nonprofit and a private organization to serve everyone by allowing customers to purchase food products known for their quality and brand."



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

11/20-11/29 North Cobb closed for renovations
dates subject to change

11/23-11/24 Cobb County Government closed for
Thanksgiving

For more information check out these sites:

www.cobbseniors.org
Twitter-@CobbSeniors
Instagram- CobbSeniorServices
www.facebook.com/CobbSeniors
<http://seniorcitizencouncilofcobb.org>
<https://www.facebook.com/SeniorCitizensCouncilofCobbCounty>

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PAID ADVERTISING
Throughout

Frank O'Brien, Council President

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

Cobb and Beyond



#14640

Wednesday, October 18

11:00 am – 1:00 pm

\$15 Cobb resident/\$20 Non-resident

Gather up your lederhosen and yodel on over to our “haus” to celebrate Oktoberfest! We’ll be serving up some traditional German fare of knackwurst, brats, German potato salad and sauerkraut. Wash it all down with a cold cup of root beer as you enjoy the polka sounds of the Happy Wanderers. Limited shuttle transportation available from each of the multipurpose centers; registration required. Call 770-528-5355 for more information. Fundraiser event with all proceeds to benefit **CHRISTMAS 365**.

C. Freeman Poole Senior Center
Intermediate Contract Bridge
Mondays and Thursdays
10am – 1pm



UPCOMING EVENTS in Metro Atlanta

October

Chalktober Fest at Marietta Square
 Saturday 14th & Sunday 15th
 Free admission 770-617-9781

Georgia Mountain Fall Festival
 Friday 13th-Saturday 21st
 Admission \$12; Children 12 and under Free
 311 Music Hall Road Hiawassee 706-896-4191

Elijay Apple Festival
 Saturday 14th-Sunday 15th and 21st-22nd
 9am-6pm \$5-Adult; Children 10 and under are free
 Address: 1729 South Main Street Elijay
 706-636-4500

Olde Town Fall Festival
 Saturday 21st 10am-5pm Free event 770-602-2606
 Address: 901 Railroad Street Conyers, GA 30012

Jonquil Festival
 Saturday 28th 10am-6pm & Sunday 29th 12-5pm
 Address: 200 Village Green Cir SE Smyrna 770-423-1330

Pumpkin Festival
 Through 10/29 10:30am-7pm Free with park admission
 Address: Hwy 78 E Stone Mountain 770-498-5690

Sleepy Hollow Corn Maze
 Through Oct 31st Saturday and Sunday 10am-6pm \$12
 Address: 628 Sleepy Hollow Rd. Powder Springs
 770-880-8846

November

Taste of Kennesaw
 Saturday 4th 11am-8pm Free admission; cost for tastings
 Address: 2829 Cherokee Street, Kennesaw 770-423-1330

HemlockFest
 Friday 3rd-Sunday 5th Tickets \$15-\$30
 Address: 396 Starbridge Rd Murrayville

Jaemor Farms Corn Maze
 Through Nov 8th; Fridays and Saturdays 10am-9pm,
 Sundays 1-6pm
 Address: 5340 Cornelia Hwy Alto 770-869-3999

Have You Heard?

CHRISTMAS365

Christmas365 provides special-request items and generic gifts to low income elderly Cobb residents who are clients of Cobb Senior Services (CSS).

CSS Care Managers and staff identify clients who would benefit from items such as small household appliances, special medical equipment, nutritional supplements, or clothing. Often times these individuals are isolated from family and their community or are otherwise vulnerable. Items received through **Christmas365** help to enhance the quality of life, making life easier, more comfortable or more independent. In 2016 **Christmas365** served over 100 individuals. This was largely due to the efforts of volunteers and donations received from county employees, private companies, community based organizations and private individuals.

There are 2 ways to make a financial donation:

Online by credit card or electronic check at www.CobbSeniors.org

Check or gift card: Please send your donation to:

Cobb Senior Services
Christmas365
 P.O Box 649
 Marietta, GA 30061

Please make checks payable to **Cobb Senior Services**

For additional information please call Cobb Senior Services at **770-528-5364**.

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 protects 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.



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.

**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



Facts, Tidbits & News You Need to Know

SENIOR CHORUS IS LOOKING FOR MALE SINGERS!

The Guys and Dolls Chorus, which meets at East Cobb Senior Center, has openings for more men who enjoy singing the oldies. Music reading ability is not required! The chorus practices on Mondays at center at 1:30, when we are not performing at senior residences. For

more information please
contact the director,

Barbara Bond at 770 926-7177.

Already on Medicare?

Prepare for Open Enrollment

Open Enrollment is October 15 to December 7. During October and November, RSVP Cobb will assist current Medicare users (by appointment only) in re-evaluating their Medicare Advantage and/or Prescription Drug plan and compare it against other plans on the market. After re-evaluating, if you find a plan that is a better fit for your needs, you can decide to switch, drop, or add Medicare Advantage (Part C) or Medicare Drug Plan (Part D), or stay with your current plan.

APPOINTMENTS ONLY

Call 770-528-1448

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.

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 to RSVP.



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



Bonus Bingo #14574
Monday, October 9
1:00 p.m. – 3:00 p.m.

Bingo Bash #14573
Monday, October 23
1:00 p.m. – 3:00 p.m.
\$3.00 Cobb resident; \$4.00 Non-resident
Fundraiser with all proceeds to benefit C. Freeman Poole Senior



Understanding the Changes to Medicare #14632
Tuesday, October 10
10:30 a.m. – 11:30 a.m.
Free; Registration required
Are you aware of how the upcoming changes to Medicare will impact you? The most comprehensive Medicare supplement Plan F will no longer be available in 2020. Come learn about the changes and how those changes will affect the different types of plans that are available. Learn what Medicare does and does not cover, and how you can control your out-of-pocket costs.
Presented by Jackie Patel of Bankers Life & Casualty Company.

Sweet Potatoes Aren't Just Pies #15008
Wednesday, November 1
10:30 a.m. – 11:30 a.m.
Sweet potatoes can be yellow or orange, coated by a thin skin that can be white, yellow, orange, red, or purple. Sweet potatoes are generally available year-round with the peak season starting late October through December. You will learn different ways to cook sweet potatoes and will get new recipes too! Presented by Terri Carter, UGA/Cobb County Extension Services.

Total Mind, Body and Soul #14633
Tuesday, October 24
10:30 a.m. – 11:30 a.m.
Free; Registration required
This presentation is designed to provide you with some simple mechanisms to cope with the stresses and adversities of daily life that can manifest themselves into physical form. You will get tips that will help you to relax and approach each day with a more positive attitude.
Presented by Terri Carter, UGA/Cobb County Extension Services.

Treat Yourself Tuesday #14575
Tuesday, October 10
O'Charley's 4130 Austell Rd.
11:30 a.m. – 12:30 p.m.
Separate checks;
Registration required
Meet at restaurant

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		

Eye Health - Aging Eyes #14576
Thursday, October 12
10:30 a.m. – 11:30 a.m.
Free; Registration required
Join others as Eye Consultants of Atlanta's ophthalmic technician, Jackie Larson, COT, CPT discusses issues such as cataracts, macular degeneration, flashers/floaters and glaucoma. You will learn what the symptoms are, how these issues affect you, and how they can be treated and/or maintained.

Around the World Show and Tell - Italy #14572
Thursday, October 19
10:30 a.m. – 11:30 a.m.
Free; Registration required
Italy, a European country with a long Mediterranean coastline, has left a powerful mark on Western culture and cuisine. Its capital, Rome, is home to the Vatican as well as landmark art and ancient ruins. Other major cities include Florence, with Renaissance masterpieces such as Michelangelo's "David" and Brunelleschi's Duomo; Venice, the city of canals; and Milan, Italy's fashion capital. Presented by Shen Sengupta.

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.cobbseiors.org

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



FUNDRAISER DINE- A-ROUND


14453

Teriyaki Madness:
Wednesday, October 11.
11:00a.m.-8:00p.m

Dine a round: 11:00am-1:30pm
Registration for dine a round required.

Everyone meets at the restaurant. Separate checks for lunch. \$1 off every bowl will go to the East Cobb Senior Center. 2960 Shallowford Rd.





Oral Health #14457

Friday, October 27
10:00a.m.-11:00a.m.
Free; Registration required

As we age, issues that affect our mouth can increase or worsen. The mouth is a window to the rest of the body. That is why maintaining good oral health is one of the smartest things you can do for your body. Join our seminar to learn about: dry mouth, treatment options for missing teeth, and healthy gums. Presented by retired dentist Dr. Duane Cox. Receive complimentary goody bags by Coast Dental Sprayberry.



How to Reduce Back Pain without Medication and Surgery #14455

Wednesday, October 18
10:00a.m.-11:30a.m.
Free; Registration required


Most of us will experience back pain at some point in our lives. Learn the anatomy and biomechanics of the back, common injuries that can lead to pain, and how to treat that pain. We will learn nine easy ways that can help reduce your back pain without drugs or surgery.

Presented by Dr. Josh with First Step Physical Therapy.

The C-Word: Cancer Prevention #14456

Thursday, October 19
10:30a.m.-11:30a.m.
Free; Registration required

The word cancer can invoke many feelings, fear being one of them. However, there are steps you can take to catch many types of cancer early including screenings and regular visits to your healthcare provider. Learn about the different types of cancer and how their cells affect your body to take some of the fear out of the C-word. Presented by The Good Life Club.




Pretty Skin for Holidays #14454

Friday, October 13
10:00a.m.-11:00a.m.



Free; Registration required

Join the Fall Beauty seminar with Laura from Walgreens to hear about the latest beauty trends and update your makeup, and skincare routine for all of the special occasions this season.



HEROES: REMEMBERING THE SACRIFICE VETERAN'S CELEBRATION #15001

5:00 p.m. Friday, November 10
Tickets available Monday, October 2
Free; Registration required

East Cobb Senior Center and East Cobb YMCAs invite you to join us for a celebration of our Veterans. Along with the solemn ceremonies of a Color Guard and a Missing Man Table you will be entertained by the Big Chicken Chorus, East Cobb's Senior Center's Sign Language Group and Adam Komesar, as he sings The American Songbook. Our guest speaker is Colonel Michael Boyce. Dinner will be catered by Jim Corcoran. Sponsored by Coca Cola, 101 Mobility, Arbor Terrace of East Cobb & Arbor Terrace of Burnt Hickory, Solana East Cobb, Kaiser Permanente, and Lockheed Retirees.

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

North Cobb Senior Center

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

Monthly Activities

Bingo
Friday, October 20 #14198
12:00 p.m. - 2:00 p.m.
\$3.00 Cobb resident/ \$4.00 Non-resident

Stevi B's and Bingo
Monday, October 30 #14567
12:00 p.m. - 1:30 p.m.
\$5.29; Reservations required.
Come on out for a delicious pizza and salad buffet and a fun day of bingo. 3335 Cobb Parkway, Acworth

Just Desserts
Tuesday, October 31: Chili's, 3339 Cobb Parkway, Kennesaw, #14393
2:00 p.m.
Separate checks; Reservations required.
Meet up with friends and enjoy delicious desserts and a good time.

Flu Shots

Wednesday, October 11 #14934
11:00 a.m. - 1:00 p.m.
Free with Medicare. Registration required.
Flu season is here and CVS is spending the day with us to help fight the virus by providing flu shots. The flu shot protects you from this year's current strain of flu virus and also keeps you from possibly spreading it to other people. Sign up today and take one step closer to a healthier tomorrow.

Fall Into Healthy Eating Habits

Thursday, October 12 #14642
10:45 a.m. - 11:45 a.m.
Free. Registration required.
Fall brings shorter days, longer nights, cooler weather and a new menu of seasonal foods to keep your body warm and balanced. Come learn about fall vegetables to incorporate in your diet and boost your health during these cool months! Presented by Jobcy Alexander, Cobb Senior Services's Nutrition Coordinator.

Team Bowling at Stars and Strikes

Friday, October 6 #13613
10:15 a.m. - 12:15 p.m.
\$5.00 at bowling center; Registration required.
Join your friends and meet new ones during this fun event. Price includes shoes and two games.
10010 GA 92, Suite 180 Woodstock

Attracting and Identifying Backyard Birds

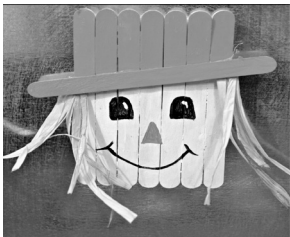
Thursday, November 30 #14984
10:45 a.m. - 11:45 a.m.
Free. Registration required.
Join Kathy McKay of Wild Birds Unlimited as she shares basic information on how to identify and draw more birds to your back yard by creating a better back yard habitat for wildlife.

The Power of Planning

Tuesday, October 10 #14641
1:00 p.m. - 2:00 p.m.
Free. Registration required.
Join WellCare Health Plans and learn how to plan healthy, low-cost meals that make the most of your food dollars.

DIY: Popsicle Stick Scarecrow Magnet

Thursday, October 19 #14644
10:00 a.m. - 11:30 a.m.
Free. Registration required.
Join us for a day of fun and creativity as you learn how to make your very own popsicle stick scarecrow magnet. This item will be perfect for your home décor this fall or as a gift to someone you care about. Supply list provided upon registration.



Breakfast and a Movie

Friday, October 13 #14643
9:30 a.m. - 1:30 p.m.
Separate checks. Reservations required. Sign-up deadline: October 9.
Join us for a delicious breakfast at Daddy's Country Kitchen. Afterwards, we will head over to Acworth's NCG Movie Theater for a movie of your choice. Bring a friend and have a good time.

Aging Skin

Wednesday, October 18 #14645
1:00 p.m. - 2:00 p.m.
Join Dr. Kayal, of Kayal Dermatology and Skin Cancer Specialists as he discusses various skin conditions and how to identify them.

Hearing Screenings

Thursday, October 12 #14568
10:30 a.m. - 12:30 p.m.
Free. Registration required.
Join us to get a free hearing screening or hearing aid cleaning, offered by Optimal Hearing. Hearing screenings are by appointment only.

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
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

Program Coordinator
 Margie Castillo-Carbaugh
Program Specialist
 Tracy Shehab
Program Leader
 Sametria Gideon
 Teresa Mills
 Mike Sherrill
Administrative Specialist I
 Vel Pierre
 Susann Massey
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

Healthy Living for Your Brain & Body II

#14190

Thursday, October 19

11:00 am-12:00 pm

Free; Registration required

Research on the relationship between diet and cognitive functioning is limited, but there has been some indication that diets that help reduce heart disease may also reduce the risk of dementia. Join Kara Johnson, with the Alzheimer's Association of Georgia, to discuss evidence-based dietary habits that are associated with healthy aging, and steps to take now to improve or maintain overall health by making nutritious food choices.

Healthy Sexuality as We Age #14703

Tuesday, November 7

11:00 am – 12:00 pm

Free; Registration required

Who says you lose your groove after age 55? Many older adults continue to have the same questions and concerns in this area as their younger counterparts. Cobb RSVP will present concerning healthy sexuality: how to identify signs and symptoms of STD's as well as prevention and treatment; risky sexual behaviors and safe sex; and the knowledge needed to make informed health decisions.

Georgia Cares Monthly Topic: Chronic Care Management

Thursday, October 19

1:30 pm- 2:30 pm

Free; Registration required

#14383



It's open enrollment season; be informed! During this seminar, an overview of Medicare parts A, B, C and D will be given, in addition to other plans such as the drug benefit and financial assistance program.

GeorgiaCares is a volunteer-based program that provides free, unbiased and factual information to Medicare beneficiaries.

The C-word: Cancer 101 #14702

Thursday, November 2

10:30 am- 11:30 am

Free; Registration required

The word "cancer" can invoke many feelings, fear being one of them. However, there are steps you can take to catch many types of cancer early including screenings and regular visits to your healthcare provider. Learn about the different types of cancer and how their cells affect your body to take some of the fear out of the "C-word". Presented by Good Life Club.

Pumpkin Painting Contest

#14398

Tuesday, October 24

10:00 am- 12:00 pm

Bring your own pumpkin and show off your artistic abilities in our annual pumpkin painting contest. Finished pumpkins will be displayed in our lobby for voting. First, second and third prize winners will be decided according to public vote. Paint and decorations provided.

Meet Up! Brunswick Zone Austell Road

#14733

Friday, November 3

Arrive: 10:00 am

Activity: 10:30 am- 12:30 pm

Free; Registration required

Meet us for bowling at the Brunswick Zone! You may not be a match for the professionals in the scoring column, but this is all about fun. Shoe rentals are \$4.19, each game is \$3.49 to be paid at the venue.

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.

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
 available at desk

Zuckerman Museum of Art Workshop Series: Medium

Free; Registration required

Medium considers how intangible vestiges of the past haunt our contemporary world. This exhibition is advanced as a kind of séance with the artists and archival material serving as bridges to an uneasy past, mystical force or luminal space. The emphasis is on exploration of the unknown and the power of the mind.

Session 1: Medium Lecture #14395

Wednesday, October 18

11:00 am-12:00 pm

Curator Sarah Higgins will give an engaging talk about the development of the Medium exhibition and the artwork on display in the museum.

Session 2: Viewing of Medium Exhibition #14396

Wednesday, October 25

9:30 am- 12:30 pm

Go on a field trip to the Zuckerman Museum where a docent will take the group on an interactive tour of the Medium exhibition.

Session 3: Medium Creations #14397

Wednesday, November 1

10:00 am-12:00 pm

\$5 supply fee at time of registration

Express yourself through an art project based on the art and themes in Medium. Zuckerman museum educator will lead the class.

Social Security: Overview and

Enrollment #14707 Monday, November 6

11:00 am- 12:00 pm

Free; Registration required

With retirement, disability, and survivors benefits, Social Security is one of the most successful anti-poverty programs in our nation's history. Alicia Lipscomb, Public Affairs Specialist with the Social Security Administration, will give an overview of the Social Security system and describe the enrollment process.

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.cobb seniors.org

Operating Hours:

8:00 am - 5:00 pm

Activity Hours:

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

**REEL GOOD MOVIES***Lion*

Monday, October 16

1:00 pm - 3:00 pm

Free; Concessions available for \$2

A five-year-old Indian boy gets lost on the streets of Calcutta, thousands of kilometers from home. He survives many challenges before being adopted by a couple in Australia. 25 years later, he sets out to find his lost family.

The Great Pumpkin*Carving Contest*

Tuesday, October 31

11:00 am - 1:00 pm

Free; No registration required

Drop by All Hallows Eve to see everyone's creative pumpkin carving talent on display and enjoy light refreshments. If you'd like to enter the competition, please call or stop by for more details.

**Budgeting
in Retirement**

Friday, October 27

11:00 am - 12:00 pm

Free; Registration required

#14639

Believe it or not, a retirement budget can lead to more fun in retirement. By having a plan, you'll have less stress. Join Austin Harris with Edward Jones for a discussion of what you can do to make the most of your money.

**BON APPÉTIT
Reveille Cafe**

Monday, November 6

12:00 pm

On Your Own; Registration required
#14647

5330 Brookstone Drive NW
Acworth 30101

**HEALTH BENEFITS
OF SPICES**

Wednesday, October 25

11:00 am - 12:00 pm

Free; Registration Required

#14384

Most of us have herbs and spices in our kitchen cabinet somewhere and they often get haphazardly added to recipes and culinary creations. There are many health benefits of herbs and spices, not to mention they improve the taste of so many foods! Learn about these benefits from Terri Carter Cobb County /UGA Extension.

BookTalk

Historical Fiction of World War II

Wednesday, October 18

11:00 am - 12:00 pm

Free; Registration required

#14468

Come discover some of the best novels set during the time of World War II. Angela Bozeman from West Cobb Regional Library will discuss some of her recommendations from this popular genre.

**BLESSINGS AND BLUEGRASS
Thanksgiving with Fish & Picks**

Friday, November 3

11:30 am - 1:30 pm

\$25 Cobb resident/\$30 Non-resident

#14933

Count your blessings as we celebrate Thanksgiving with the bluegrass music of Fish & Picks. This talented family band is made up of eight siblings who play instruments and sing. A traditional Thanksgiving meal by Ambrose will be served. Fundraiser event to benefit West Cobb Senior Center.

**Essential Oils
for Fall and Winter**

Monday, October 30

11:00 am - 12:00 pm

Free; Registration required

#14376

Essential oils can be used for a variety of uses from health to beauty to cleaning. In the fall and winter they are especially powerful for immune system boosting! Kristin Dominguez from Revolution Chiropractic presents on adding essential oils into your routine to ensure healthy seasons ahead!

The "C" Word

Thursday, October 26

10:30 am - 11:30 am

Free; Registration required

#14340

The word "cancer" can invoke many feelings, fear being one of them. However, there are steps you can take to catch many types of cancer early including screenings and regular visits to your healthcare provider. Learn from the Good Life Club about the different types of cancer and how their cells affect your body to take some of the fear out of the "C-word".

**MAGIC:
Tricks of
the Trade**

Fridays, October 13, 20 & 27

1:00 pm - 3:00 pm

Free; Registration Required

#14658

Magician Joe Morrison will teach how to perform three astounding simple magic tricks to baffle and entertain family and friends.

ONGOING ACTIVITIES & GROUPS**DAILY: MONDAY - FRIDAY**

8:00am - 9:00am

Walking

8:00 am - 4:30pm Billiards

8:30am - 4:30pm

Honor Library

MONDAY

9:30am - 12:00 pm West Cobb Photo Club
4th Mon
10:00 am - 12:00 pm Knit-Wits Knitting group
10:00 am - 1:00 pm ADK - 2nd Mon
10:00 am - 2:00 pm Mahjong
10:30 am - 12:00 pm Improver Line Dance
2nd & 4th Mon
10:30 am - 11:30 am Cobb County Retirees
3rd Mon
11:30am - 1:30pm Free BP check - 1st Mon
12:00 pm - 3:00 pm Woodcarvers
1:00 pm - 3:00 pm Great Ideas Book Club
2nd & 4th Mon
12:00 pm - 3:00 pm Woodcarvers
1:00 pm - 4:00 pm Ballroom Dance Practice

TUESDAY

9:00 am - 12:00 pm Chess
9:30 am - 1:30 pm Open Bridge
10:30 am - 1:00 pm FAN Club - 1st Tue
12:00 pm - 4:00 pm Mahjong
12:00 pm - 4:00 pm Advanced Cuban &
Progressive Canasta
1:00 pm - 3:00 pm Coloring
1:00 pm - 4:30pm Table Tennis

WEDNESDAY

10:00 am - 3:00 pm Stitch-In-Time
12:15 pm - 4:00 pm Advanced Canasta

THURSDAY

9:00 am - 11:00 am Free BP check - 1st Thu
9:30 am - 2:30 pm Open Art Studio
9:30 am - 3:30 pm AARP Smart Driver* - 3rd Thu
10:00 am - 11:00 am Golden "K" Kiwanis
12:00 pm - 4:00 pm Mexican Train Dominoes
11:00 am - 4:00 pm Assorted Cards & Games

FRIDAY

9:00 am - 12:00 pm Chess
9:30 am - 1:30 pm Open Bridge
10:00 am - 12:00 pm Magnolia Porcelain - 3rd 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* - 1st Fri
7:30 pm - 10:30 pm Stardust Dance - 2nd 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
Joan Ricketts

Chair Yoga

Tuesday, October 24
10:30 am
\$3.00 Cobb resident
\$4.00 Non-resident
14954



Instructor 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 October 17th.

Gentle Zumba Workshop

Friday, October 27
10:45—11:45 am
\$3.00 Cobb resident
\$4.00 Non-resident
14466



Join us for a fun workout where you can lose yourself in the music while getting into shape. Zumba is a fusion of Latin dance with aerobic exercise. Gentle Zumba is modified and can be an excellent physical activity to add vitality to seniors lives. Instructor: Joyce Stanley

Register at any Cobb Senior Center by October 20th.

Tai Chi for Arthritis

Thursday, October 19
11:00 am
\$3.00 Cobb resident
\$4.00 Non-resident
14953



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 October 12th.

Marietta

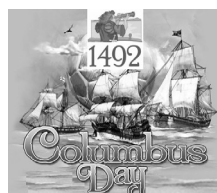
1150 Powder Springs St.
Marietta, Ga. 30064
770-528-2516

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

Program Leader
Audrey Devlin
Assistant
Gayle Morrison

Columbus Day Trivia

Monday, October 9
1:00 pm to 1:45 pm
Free; Registration required
#15002



Celebrate the national holiday of the anniversary of Christopher Columbus' arrival in the Americas. Test your knowledge and learn something new. Do you remember all the names of the ships that Columbus chartered to the Americas? Do you remember the jingle to recall the year that he "sailed the ocean blue".

Register at any Cobb Senior Center by October 6th.

Blood Pressure Check

Wednesday, October 18
10:30 am to 12:30 pm
Free; Registration required
15003



Whether your blood pressure is normal or high, everyone should have their blood pressure checked on a regular basis. 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 October 18th.

Nutrition Lesson with Jobcy: Pumpkin

Wednesday, October 25
11:00 am to 11:30 am
Free; Registration required
15004



Pumpkin is an extremely nutrient-dense food, meaning it's chock-full of vitamins and minerals, but low in calories. There are many ways to incorporate pumpkin into meals including soups, salads, and preserves. Learn how much potassium is in a pumpkin and how it can help you with your blood pressure.

Register at any Cobb Senior Center by October 24th.

North Cobb Bringing A Little Sunshine To Others

North Cobb is collaborating with Atlanta Mission in bringing a little sunshine to men, women and children who may have lost their jobs, faced with eviction, been abused, battled addictions, fought mental illness, and much more. The Atlanta Mission works to end homelessness, one person at a time, via a holistic approach addressing the physical, emotional and spiritual needs of their guests. They have five facilities serving the needs of different segments of the homeless population. As a community project, the seniors at North Cobb sprung into action in collecting items to donate for a wonderful cause. We voted unanimously to give a donation to the Atlanta Mission. We have been eagerly contributing items since the beginning of the year to present to the mission in November. The joy of bringing a little happiness to somebody else helped to bring a little sunshine in the lives of our seniors.



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
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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!

Congratulations to all of our Honorees!

Howard and Betty Longdin

Since West Cobb Senior Center opened its doors in 1997, Howard and Betty Longdin have been a regular fixture of the center. After starting the Monday ballroom dance club, they have faithfully led the group for 20 years. Howard and Betty’s influence on the center and the lives of the ballroom dancers has been immeasurable.

Patsy Gabbert

Patsy Gabbert has been a part of West Cobb’s volunteer force since 2013 with over 140 hours of service. She has proven to be an integral part of the center, willing to pitch in whenever and wherever needed. Patsy works tirelessly to ensure that West Cobb runs smoothly and provides our clients with the highest level of service.

Montyne Atkinson

On October 19, 2012 she taught her first class at Senior Wellness Center and eight years later we are still blessed to have her still teaching our low impact aerobics class on Friday mornings. When asked what makes her want to continue volunteering her Friday mornings teaching an exercise class, she states, “I’ve always loved exercise and knows it’s the reason I am living today!”

Janice Lightsey

She began her volunteer work at North Cobb in 2010 by teaching chair yoga once a month. Then she began volunteer teaching yoga for strong bones to help with osteopenia or osteoporosis increase bone density. She continues to research to find the best yoga poses shown to help create strong bones. She loves teaching yoga at NCSC and says that everyone she encounters there are truly delightful!

John Huey

John has donated countless hours of his time to East Cobb Senior Center. His abilities and willingness to assist with the different events and projects at the center strengthen the group of volunteers. He has not only worked with the volunteers of the group, but also has done so much more for the community itself and enriched the lives of seniors who reside in Cobb County.

Rita Quinn

Rita has volunteered with C. Freeman Poole for 30 years as the president of the Moonlight Dance Club, line dance instructor, and a Focus on Fitness instructor. She is also a dedicated member of Friends of Freeman Fundraising Committee. Rita is an irrepalceable asset to the center for which we are all very grateful.

Connie Gorz

As a volunteer for Evidence Based-programming she facilitates a six-week workshop empowering caregivers to take care of themselves called Powerful Tools for Caregivers. Connie brings a depth of wisdom, compassion, and passion, that are appreciated by everyone. One recent participant noted as a result of this workshop, “I know how to ask for help.” and another said, “I no longer feel alone.”

Gerald McCracken

Computers 4 Seniors wouldn't be the program it is without Jerry. For 15 years he has not only taught classes but trained, scheduled, and wrote the textbooks!

Paul Buege

Not only is Paul a Computers 4 Seniors instructor he is a dedicated Meals on Wheels volunteer. Known for writing little songs to entertain his clients Paul is always available to take an extra route when called upon.

Pop Up Tai Chi wins 2nd Place in National Competition

Photos courtesy of Johnny Barfield, West Cobb Center coordinator

Under the beautiful skies and quiet serenity of Hyde Farm, a coalition of eighty came together in support of fall prevention awareness with Cobb County's first "Pop Up Tai Chi". This program was designed as a platform to take an ancient art and provide a free, innovative way for tai chi and fall prevention methods to be promoted. Pop Up Tai Chi brought together Cobb Senior Services, Cobb Parks and Recreation and Cobb Libraries to show the community that inspiration for healthy aging can be found in unexpected places.



Pop Up Tai Chi was a free, innovative way for the community to come together and promote a fall prevention method that is easily adaptable and accessible to everyone. This program broke the boundaries on what aging should look like. The average age was above 55 but included community members of all ages. A young mother and her daughter signed up and were taken back by the sheer mass and active ability of the aging community surrounding them. Pop Up Tai Chi opened the door for intergenerational physical activity to promote a healthy community for all residents of Cobb County.



Maintaining an upright, relaxed and balanced posture are essential principles in the Tai Chi for Arthritis for Fall Prevention program. Dr. Lam, founder of the program, believes that when you are upright you feel stronger and more positive. 80+ participants at the August 14th Pop Up Tai Chi event left feeling balanced and the belief, as Calvin Strawder said "That the balance found with tai chi can lead to a stabilizing life style."

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


Thursday, November 16

**Check-in: 7:30a.m. Depart: 8:00 a.m.
Return: 9:00 p.m.**

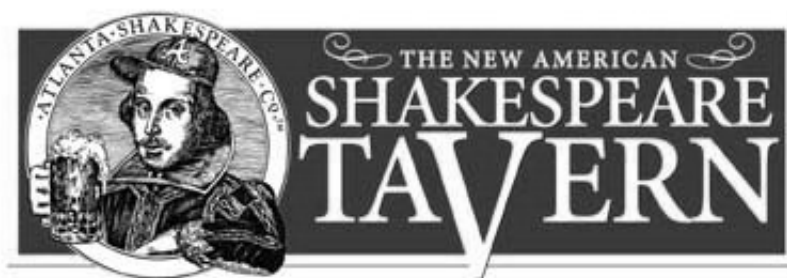
**\$50 Senior Council member
\$55 Non-member**

Save the date and travel with us! A \$15 complimentary lunch included in price, earn and get free play bonus. On our way there we will stop for breakfast and on our way back we will stop for dinner at a fast food restaurant; breakfast and dinner will be on your own.

**Registration deadline October 19
Payment due at time of registration
#14634**

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

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



#15007

Friday, December 8

5:00 p.m. – 10:30 p.m.

**\$75 Senior Council member
\$80 Non-member**

Join us as we travel to the Shakespeare Tavern Playhouse as they present a holiday tradition, "A Christmas Carol". We will dine at the tavern before the show; a pub menu will be available.

**Registration deadline November 1.
Payment due at time of registration**

Price includes motor coach transportation, dinner, admission fee, tax and tip. 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

Rock City Enchanted Garden of Lights #14653

**Wednesday, December 6
2:30p.m.-9:30p.m. Check-in 2:00p.m.**

Our mystical evening starts with a decadent holiday buffet at the Rock City Grill. After dinner, we will venture down the North Pole Highway to Yule Town to tour the Arctic Kingdom and Magic Forest.



**\$77 Senior Council members;
\$82 Non-members
Payment is due at the time of
registration.**

Registration deadline: Friday, November 3

Price includes luxury motor coach, transportation, tickets, lunch, and driver's tip. No refunds will be given unless trip is cancelled.

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



#14938

**Wednesday, January 17 Deadline: Monday, December 4.
5:30p.m.-10:30p.m. (Check in 5:00p.m.)**

Before the show we will dine at Greenwood's Green Street restaurant and enjoy a delicious meal. We will see a fresh and poignant picture of the woman whose unparalleled talent made her a Hollywood legend. One golden hit after another is woven through Clooney's compelling life story: "Come on-a My House," "It's Only a Paper Moon," "Count Your Blessings," "Hey There," "Mambo Italiano," and so many more.

**\$73 Senior Citizen Council members; \$78 Non-members.
Payment is due at the time of the registration.**

Price includes luxury motor coach, transportation, lunch, and driver's trip. No refunds will be given unless trip is cancelled.

Activity Level 1-Small distance walking, most of trip is seated.

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

Christmas Dinner Train

Friday, December 8 #14686
4:15 pm – 11:00 pm (Check-in 3:45 pm)

Join North Cobb Senior Center as we head to the Tennessee Valley Railroad in Chattanooga to board the Christmas Dinner Train. You will enjoy a rail excursion with fine dining. This four hour trip will include a four-course dining experience on board a restored 1924 dining car.

\$112.00 Senior Council member; \$117.00 Non-Council member.

Payment deadline: November 3.

Price includes motor coach transportation, dinner and admission on train, snacks, and tips. No refunds will be given unless the trip is cancelled.

Call North Cobb Senior Center at 770-975-7740

Activity Level 1- Small distance walking, most of trip is seated.

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



AGATHA'S
A TASTE OF MYSTERY

#14720

Thursday, November 9

10:45 am – approx. 4:00 pm (check-in 10:30 am)

**Cost: \$84 Senior Council member
\$89 Non-member**

"Murder on 34th Street" When the toy department staff keeps showing up dead for work, it looks like there will be no holidays. That's when Kris, an elderly gentleman with a white beard who looks kinda sorta like Santa, is hired as an emergency replacement. The problem, however, is that Kris believes that he really is Santa and the Easter Bunny and a bunch of other people. Kris, along with a merry band of holiday characters, works not only to restore everyone's belief in the holidays, but also solve a murder, and ALSO try to prove his identity in a court of law...oh, and all before dessert. Trip price includes deluxe roundtrip motor coach, theater admission, lunch, snacks, and all taxes and tips.

REGISTRATION DEADLINE IS OCTOBER 13.

Activity Level 1 - Small distance walking, most of trip is seated.

Callaway Gardens®

TOUR, DINNER & FANTASY IN LIGHTS #14721

Tuesday, November 28

10:45 am – approx. 10:00 pm (check-in 10:30 am)

Cost: \$123 Senior Council member
\$128 Non-member

We will begin our day with a bag lunch aboard the motor coach as we travel to Pine Mountain. Callaway Gardens is a 2,500-acre gardens nestled in the southernmost foothills of the Appalachian Mountains. We will take a tour of the gardens before enjoying a nice dinner. Our day wouldn't be complete without riding through the amazing light show by trolley. Callaway Gardens' Fantasy in Lights is one of the world's "Top 10 Places to See Holiday Lights," as named by National Geographic Traveler.

Trip price includes deluxe roundtrip motor coach, bag lunch, garden & lights admission, dinner, snacks, and all taxes and tips.

REGISTRATION DEADLINE IS OCTOBER 20.

Activity Level 3 - Longer walking, many stairs and/or inclines.

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APY*

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1-year
1.50 %
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Minimum deposit \$5000

* Annual Percentage Yield (APY) effective 09/07/2017. CDs offered by Edward Jones are bankissued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

Call or visit your local financial advisor today.

Austin Harris

Financial Advisor

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770-919-7047

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Cobb County School District SENIOR CITIZEN Athletic Pass

The Cobb County School District would like to offer full-time residents of Cobb County who are 65 or older the opportunity to receive a SENIOR CITIZEN Athletic Pass.

This Athletic Pass will admit a full-time Cobb County resident, 65 or older to any high school athletic event sponsored by a Cobb County School District school held at a Cobb County School District school; however, it will not be honored at Region and State playoffs as they do not honor individual county passes.

To receive a SENIOR CITIZEN Athletic Pass, we will need a completed application and a copy of your ID (ID should include your name, address located in Cobb County, and date of birth). You may receive your pass in one of the following ways:

- ☐ Make an appointment with Pam Orvino whose office is at Hillgrove High School.
o pamela.orvino@cobbk12.org or (678) 331-1071
- ☐ Fax application and copy of ID to Athletic Director's office (678) 331-1052.
- o Please indicate if you would like to have pass mailed or you would like to pick it up at Hillgrove High School.
- ☐ Email application and copy of ID to pamela.orvino@cobbk12.org.

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