

Care Support and Christmas 365

Christmas 365 is one of the many ways that Cobb Senior Services joins with the community to provide a little extra cheer for its clients during the holidays and throughout the year. The 11th annual Christmas 365 takes place on December 7th and is a special time when our clients get to enjoy an afternoon of holiday cheer, great food, special gifts, and fellowship with others. This annual event is hosted by Cobb Senior Services to provide only homebound clients with donated gifts, money, and various items needed throughout the year.

Christmas 365 began 11 years ago as "Senior Santa" but as the needs throughout the year grew, the name changed to reflect those growing needs.

The program provides ongoing support for the Care Closet where caregivers and seniors can receive durable medical equipment and other medical supplies the other 364 days of the year.

The Care Support team was able to make a difference for the family of a mother in her 60's diagnosed with early onset dementia and her young adult children who care for her. With the help of the Care Support team, the young adults had access to the Care Closet, caregiver respite, and other services to help them as they cared for their mother. This type of wraparound service enabled the young adults to work and attend school once they knew their mother was being cared for.

The Care Support team's goal is to assist individuals and families in educating, evaluating, and determining needs for services, exploring additional resources, and identifying other funding options for homebound clients of Cobb Senior Services. The goal, simply stated, is to assist senior adults age 60 plus and their caregivers to live in their homes as independently as they can for as long as possible and to provide support to the caregiver so they may avoid becoming overwhelmed.

Once someone calls the Information and Referral number and requests assistance, a care manager completes a telephone screening to determine what the potential

client may need. Based on those results a care manager may schedule a home assessment to verify and gather more information on the potential client so they do not miss any needs or programs that may help a new client.

Sometimes a person may not qualify for a program that CSS offers, and then the care manager can recommend another community program that might benefit the senior adult. CSS offers In-Home Services such as Personal Care Assistance and Homemaker Services, Meals On Wheels, Transportation Services, Cobb Freedom, Caregivers' respite, and Voucher programs to seniors in need.

For more information see page 4

PRE-SORTED STANDARD
U.S. POSTAGE PAID
PERMIT NO. 251
MARIETTA, GA

Or Current Resident

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

Senior Citizen Council Executive Committee

President: Frank O'Brien
1st V-Pres: Jane Galvin-Lewis
2nd V-Pres: Rena Bailey
Secretary: Kimberly Haase
Treasurer: Gwendolyn Gaythos
EC Delegate Dorothy Beckworth
Sally Sarkin
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2016

WC Delegate Eloise Evans
CFP Delegate June VanBrackle
SWC Delegate Surrendra Shah
Site Council: Louise Bedford
A/L Delegates: Jim D'Emillio
Robertta Linton

DATES TO REMEMBER

10/15-12/7 Medicare Open Enrollment
11/8 Election Day
11/11 Veteran's Day
11/11-11/12 Senior Arts & Crafts Extravaganza
11/24&25 County Offices Closed
12/7 Christmas 365
12/13 Senior Council Annual Meeting

For more information check out these sites:

www.cobbseniors.org
Twitter-@CobbSeniors
Instagram- CobbSeniorServices
www.facebook.com/CobbSeniors
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

Frank O'Brien, Council President

Seniors Go is well underway, with several hundred people registered and around 100 rides taken. The second grant appears to be imminent. We've had some minor hiccups as we start; thanks for your patience. Continue to call 917-374-3459 for questions about signing up for Seniors Go.

I made a mistake on the phone number for the Arts Extravaganza; it is 470-301-4710. This will be Council's number beginning in December.

Annual Meeting will take place Tuesday, December 13 at 11:30 AM at Senior Wellness Center. We will conduct the election of officers, give a report on what transpired in 2016 and plans for 2017. There will be door prizes and great speakers.

GCOA legislative activism sees several projects underway with teams actively meeting. We expect to be successful in the 2017 legislative session in areas like: oral health, transportation innovation grants, registering elder

abusers, and more funding for in-home and community care. See GCOA.org for details.

Hunger and Malnutrition in Cobb

Is hunger real in Cobb County? I am not hungry but I can imagine that others are not as lucky as I have been. There is a Georgia organization called CAFE, Community Advocacy to Access Food Stamps for the Elderly and Disabled. This organization provides education on the new Standard Medical Deduction, which requires proving monthly medical costs of at least \$35: health insurance cost, medical and dental services, prescription drugs, medical supplies, transportation cost, even service animal costs. Once proven, the individual has \$150 waived from their income assessment and may be eligible for increased benefits. *See page 5 for more information*

You can help donate time, food, and funds to the regional food

bank serving your county and in your neighborhood. Many churches, perhaps 100 in Cobb, serve as retail level conduits between the regional food banks like Atlanta Community Food Bank and the hungry family. You can also volunteer with Meals on Wheels or donate. Hunger isn't just around the holidays-it is a daily problem for many of our peers in the state of Georgia.

There is an attitude problem here. Some people may look down on those using food stamps as some sort of government handout. In a sense Social Security is such a handout, and I hope that we are not turning down this federal benefit.

There is obviously a lot going on. What do you want to help with?

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

COBB SENIOR SERVICES Jessica Gill, Director 770- 528-5366

Sandee Panichi Manager of Operations

Senior Services Web Site:
<http://cobbseniors.org>

Austell Center**
 Located in Clarkdale Park
 4915 Austell-Powder Springs Rd
 Austell, GA 30106
 (770) 819-3200

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.

Marietta Center**
 Located in Cobb Senior Services Complex
 1150 Powder Springs Rd.
 Marietta, GA 30064
 (770) 528-2516

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.

****Transportation Available**
Transportation Information:
 (770) 528-5355

North Cobb Center**
 Located in Kennworth Park
 4100 South Main St. NW
 Acworth, GA 30101
 770-974-2984

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.

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Multipurpose Centers provide social, educational, health and wellness programs for adults over 55. Ongoing activities and classes are available. See each Center's page for details.

C. Freeman Poole Center
 4025 South Hurt Road
 Smyrna, GA 30082
 (770) 801-3400 - Page 6

East Cobb Center
 3332 Sandy Plains Road
 Marietta, GA 30066
 (770) 509-4900 - Page 7

North Cobb Center
 4100 South Main St. NW
 Acworth, GA 30101
 (770) 975-7740 - Page 8

Senior Wellness Center
 1150 Powder Springs St.
 Suite 100
 Marietta, GA 30064
 (770) 528-5355 - Page 9

West Cobb Center
 4915 Dallas Highway
 Powder Springs, GA 30127
 (770) 528-8200 - Page 10

2016 Cobb Senior Services Board of Advisors

- ◆ Theodosia Hill, Chair
- ◆ Joe Van Horn, Vice Chair
- ◆ Raymond Coffman
- ◆ Dan Day
- ◆ Cosandra Keaton
- ◆ Frank O'Brien
- ◆ Dawn Reed
- ◆ Tera Peterson
- ◆ Willie Washington
- ◆ Donna McGrane

Jessica Gill...Director

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

Cobb and Beyond

Already on Medicare? Prepare for Open Enrollment Now

Medicare Open Enrollment is from Oct. 15 to Dec. 7



You can shop for new Medicare Policies, switch from Original Medicare (Parts A and B) to a Medicare Advantage Plan (Part C) or Medicare Prescription Drug Plan (Part D).

During select times in October and November, Cobb Senior Services' RSVP Volunteers 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 a Medicare Advantage (Part C) or Medicare Drug Plan (Part D), or stay with your current plan.

APPOINTMENTS ONLY
Call 770-528-1448

Tuesdays & Thursdays:
October— 11, 13, 18, 20, 25, 27
November— 1, 3, 8, 10, 15, 17, 22, 29

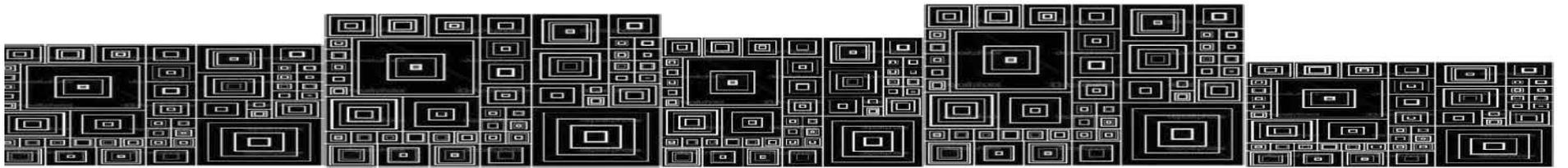
SENIOR ARTS & CRAFTS EXTRAVAGANZA

Friday, November 11, 2016 **1 pm to 5 pm**
Saturday, November 12, 2016 **10 am to 3 pm**

SENIOR WELLNESS CENTER
1150 Powder Springs Street, SW
Marietta, GA 30064

Do your holiday shopping early!

Handcrafted wares include: jewelry, pottery, paintings, sculpture, woodwork, leather goods, etc.



Please call 470-301-4710 for
more information



Have You Heard? Facts, Tidbits & News You Need to Know

CHRISTMAS 365

Christmas is just weeks away and Cobb Senior Services is gearing up for our 11th annual Christmas365 (formerly *Senior Santa*) on Dec 7th. This special event is a wonderful opportunity for our homebound senior adults to enjoy an afternoon of holiday cheer, great food, terrific gifts and fellowship with others. How can you help? Donate New generic items or make a monetary donation to adopt a senior for this special event.

Suggested Items for Donation Include:



Adult pull-ups (male & female)
Bed pads & liner
Diabetic socks (all sizes)
Electric can openers
Grocery gift cards: Kroger etc
House shoes (non skid bottom)
Pajamas (male & female)
Rollator Walker

Bath sets (male & female)
Blankets (all sizes)
Electric Blankets
Gowns (all sizes & length)
Hats & Glove sets (male & female)
Loungers (all sizes)
Prescription gift cards: CVS, Walgreens, etc.
Microwaves

If you would like to make a financial donation, please visit www.CobbSeniors.org Please make checks payable to Cobb Senior Services

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

Donations drop off locations: Monday-Friday 8:00am-4:30pm

East Cobb Senior Center
3332 Sandy Plains Rd
Marietta, GA 30066
770-509-4900

Freeman Poole Senior Center
4025 Hurt Rd
Smyrna, GA 30082
770-801-3400

North Cobb Senior Center
4100 Old Hwy 41
Acworth, GA 30101
770- 975-7740

Senior Wellness Center
1150 Powder Springs St
Marietta, GA 30064
770-528-5355

West Cobb Senior Center
4915 Dallas Hwy
Powder Springs, GA 30127
770-528-8200



Cobb Senior Services and Senior Citizen Council Helpful Facts

Cobb Senior Services

1. Cobb Senior Services is a department of Cobb County Government which operates 8 centers around the county and provides a variety of services to all citizens of Cobb County age 55+, their families, and care givers.
2. You do not *currently* need a membership of any kind to attend classes, trips, or anything else at Cobb Senior Services' facilities. There may be a fee depending on the type of programming involved.
3. *The Bulletin*, trips, and classes are produced by Cobb Senior Services.
4. *The Bulletin* is available digitally every month on CobbSeniors.org for everyone to read, check event schedules, and get information about Cobb Senior Services and events older adults, their families, and caregivers might be interested in around the county.
5. Senior Citizen Council of Cobb is not an entity or subset of Cobb Senior Services.

Senior Citizen Council of Cobb County

1. Senior Citizen Council of Cobb County is an independent membership organization for seniors 55+. It is registered as a 501c(3) entity and has a board and bylaws.
 - a. Membership includes \$5 off trips with Cobb Senior Services, *The Bulletin* mailed directly to you monthly, and eligibility to participate in "Seniors Go".
2. "Seniors Go" is a transportation program that Senior Citizen Council of Cobb County is sponsoring in partnership with Common Courtesy.
 - a. Common Courtesy is a nonprofit organization that connects seniors who cannot utilize a smart phone with Uber and Lyft for transportation.
 - b. "Seniors Go" requires a separate application with a \$10 application fee. Participants must have a cell phone and credit/debit card.
3. Membership dues support Council operating costs and must be sent directly to Senior Council (1750 Powder Springs Rd. Suite 190 Box 107 Marietta, Ga 30064).

For the Members...

PIANIST NEED FOR SENIOR CHORUS

"Guys and Dolls" Chorus, which practices at the ECSC on Mondays at 1:30pm, is looking for an additional pianist to rotate with the present accompanist. The music is usually show tunes, songs of the great pop composers of the 30-50's, and Christmas/Hanukah/Irish/Patriotic songs. We have 30 singers, and have been performing at Assisted Living and Senior Apartments for 15 years. Qualifications would include at least 6 years of piano study, and the ability to sight read fairly easy songs and hymns. If interested, please contact Barbara Bond, director, at 770-926-7177 in the evenings.

Public Benefits: Food Stamps

A recent change in policy called the Standard Medical Deduction, or SMED, could mean more food stamps for seniors and people who get Social Security disability or Supplemental Security Income (SSI) disability benefits.

Under the old policy, only 15% of the seniors and people who get SS/SSI disability benefits who receive food stamps in Georgia actually received a medical expense deduction under the old policy even when they were eligible. SMED, the new policy, makes a one-time application for standard medical expense deduction possible, and the monthly deduction can increase food stamp eligibility significantly.

How do I claim
medical deductions?

If you have any single or combination of medical expense(s) that total more than \$35 a month, you just need to include proof of the item(s) that total more than \$35 a month with your food stamp application to receive the deduction. Save your receipts! Include the billing receipt(s) for Medical and Dental Services, Prescription Drugs, Health Insurance Costs, Medical supplies, or Medical Equipment. Include a written statement of the distances you travel or where you travel along any parking receipts for Transportation Costs or Car Mileage. Include your receipt and documentation showing that you need them for medical reasons including: Over-the-Counter Medicines, Alternative Medical Services, or Service Animals.

How do medical expenses
help with applying for food
stamp benefits?

If you have more than \$35 a month in out of pocket medical expenses, you can meet the \$150 deduction.

If you have more than \$185 a month in out of pocket medical expenses, you may be eligible to meet a higher deduction amount.

For many people, both cases may mean MORE food stamps each month. You just have to provide proof of your medical expenses to DFCS.

Who is eligible?

Individuals 60 years and older, or receiving social security or supplemental security income disability benefits, are eligible for medical deductions in applying for food stamp benefits.

Upcoming Events

November

11/4-5 IrishFest Atlanta

Admission \$75 for weekend pass

Address: Holiday Inn Atlanta - Perimeter/Dunwoody
4386 Chamblee Dunwoody Road Atlanta

11/7-12/11 Shakespeare's First Folio

Shakespeare's First Folio will be on display at the Michael C. Carlos Museum for one month only.

Admission: \$8, Seniors \$6 Tues-Fri 10 a.m. - 4 p.m.

Saturday 10 a.m. - 5 p.m. Sunday 12 noon - 5 p.m.

Address: 571 South Kilgo Circle Atlanta

11/11 Free Park Day

Free entry into all National Parks and Historic Sites

11/11 Veteran's Day Parade at Marietta Square

start at 11:00 a.m. at Roswell Street Baptist Church and end at Glover Park on the Square. The ceremonies on the Square will begin at 12:00 noon and conclude at approximately 1:00 pm

11/12 Sounds of Silence at Rialto Center for the Arts

Viewing of Metropolis with 3 piece orchestra

Tickets: \$27 8:00 pm – 10:00 pm

Address: 80 Forsyth St NW Atlanta

11/12 9th Annual 1940's Swing Dance

the Museum of History and Holocaust Education at KSU
7:00pm 1940's attire non required but recommended

FREE with the donation of one non-perishable food item

Address: 3333 Busbee Drive, Kennesaw

11/12 Veteran's Day Parade in Atlanta

Parade begins at 11:11am, and will begin in Downtown Atlanta on Peachtree Street south of Ralph McGill/Ivan Allen Blvd. The Parade will proceed south on Peachtree Street, turn right on Baker Street towards Centennial Olympic Park, The World of Coca Cola, and Georgia Aquarium. It will continue on Baker Street and turn left onto Marietta Street. The parade will end at the intersection of Centennial Olympic Park Drive and Marietta Street.

11/29 Tree Lighting Program at Tunnel Plaza

6-7pm Free event Downtown Kennesaw

December

12/3-4 Marietta Pilgrimage Christmas Home Tour

Day Tour - \$30.00 Candlelight Tour - \$25.00

Saturday 9am-9:30pm Sunday 9:45am-6:15pm



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.cobbseiors.org

C. F. Poole Senior Center

Program Coordinator
 Gretchen Mattei
Program Specialist
 Margaret Rojas
Program Leader
 Merline Beauvil
Maintenance Technician II
 Jason Dauphinais

Thanksgiving Holiday Meet and Eat



Tuesday, November 15
 12:00 p.m. – 2:00 p.m.
 \$12.00 Cobb resident; \$14.00 Non-resident

Start your holiday season off with us and plan to be here for this festive and fun-filled afternoon where you will enjoy a delicious meal of turkey, dressing and all the trimmings by Ambrose Culinary Caterers. Don't miss out on About Time4Jazz who will perform live.
#9601

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

Financial Fraud and Elder Abuse #9592
 Tuesdays, November 1 – November 15
 10:30 a.m. – 12:00 p.m.
 Free; Registration required

As the population ages, losses as a result of financial elder abuse are increasing. Baker Daily Money Management will be presenting on the following topics: Part 1 – Financial Fraud and Elder Abuse, Part 2 – How to Prevent and Report Financial Fraud, Part 3 – Daily Money Management Services and How They Can Help. This 3 part series will be held once a week for 3 weeks for an hour and a half each. Join Chris Baker of Baker DMM, LLC as he presents and answers your questions.

Funeral Pre-Planning 101 #9593
 Wednesday, November 2
 10:30 a.m. – 11:30 a.m.
 Free; Registration required

Why pre-plan a funeral? The main reason that people pre-plan funerals is because they want to make a time of loss less stressful for their family and loved ones. No matter how well your will is prepared or how much money or insurance you are leaving behind, if you fail to pre-plan your final arrangements, someone will have to do it for you. Pre-planning is truly a final gift of love to your family. Presented by Mayes Ward-Dobbins Funeral Home & Crematory.

Diabetes Prevention #9594
 Thursday, November 3
 10:30 a.m. – 11:30 a.m.
 Free; Registration required

Information on pre-diabetes and diabetes can sometimes be hard to figure out. You have a surprising amount of power to control and prevent the disease and its complications by making simple but important lifestyle changes. Add the tools of diabetes prevention and management to your healthy aging tool kit! Presented by Wellstar.

Effects of Massage Therapy #9596
 Monday, November 7
 10:30 a.m. – 11:30 a.m.
 Free; Registration required

Massage therapist Mindy Newman will discuss the health benefits of massage therapy, especially for the aging population. Stress and anxiety reduction, inflammation reduction and lower blood pressure with better circulation are only a few of the rewards. Massage therapy has been found to be beneficial to people with Alzheimer's disease and dementia. Five minute chair massages will be given at the end of the presentation.



Bingo Bash
 Monday, November 28
 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.
#9595

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



Treat Yourself Tuesday #9598
 November 8
 Chili's (4145 Austell Rd.)
 11:30 a.m. - 12:30 p.m.
 Separate checks; Registration required
 Meet at restaurant



Dementia 101 #9597
 Thursday, November 10
 10:30 a.m. – 11:30 a.m.
 Free; Registration required

Learn about the different types of dementia and how the disease progresses physically and mentally. This presentation will also cover how dementia impacts families and caregivers. Presented by Bridget Kurt, Homestead Hospice.

In's & Out's of Infection Prevention #9599
 Wednesday, November 16
 10:30 a.m. – 11:30 a.m.
 Free; Registration required

You can help prevent infection! It's true that infection is serious, but there's also a lot you can do to prevent it. Register to learn about a few simple steps you can take to prevent it, such as practicing good hand hygiene. Wash your hands! Get a flu shot. By getting vaccinated, you'll protect yourself and those around you. Presented by Jenay Beshears, RN, Infection Prevention Manager, Piedmont Physicians.

Advanced Care Planning Workshop #9600
 Friday, November 18
 10:00 a.m. – 11:30 a.m.
 Free; Registration required

At this workshop, you will learn how to talk with your loved ones about final healthcare decisions. You will receive a free planning guide which outlines questions you and your family should discuss along with forms to record your wishes. Presented by Wellstar.

Living One Day at a Time Lunch & Learn #9602
 Wednesday, November 30
 Pasta Bella (3696 Austell Rd.)
 11:30 a.m. – 1:00 p.m.

Separate checks; Registration required; Limited shuttle service available; Limited seating. Anne "The Attitude Adjuster" Taylor speak on "One Thousand-Four Hundred-Forty-Living One Day at a Time". Anne's goal as a trainer and speaker is to make an impact and inspire others to follow their dreams. She does this by sharing stories about people who rise above life's struggles to make an extraordinary contribution. Anne's presentation will leave you nodding in agreement and laughing while learning.



AARP Smart Driver
 Wednesday, November 9
 10:00 a.m. - 4:00 p.m.
#9591
 \$15 AARP members;
 \$20 Non-members

Check with your insurance agent regarding a possible discount for taking this class. Registration required. Please bring a lunch.

Closed Thanksgiving Day

November 24th & November 25th



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
10:45-12:00pm	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	Mexican Dominoes	Weekly
1:00-4:00pm	Bridge	Weekly
1:00-4:00pm	Bid Whist	Weekly

* prior registration required

Program Coordinator
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Bobby Perkins

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)



Funeral Home 101 #9564
Friday, November 18
10:00-11:30am



Planning ahead is always good. Join our seminar to help ease your family's emotional burden, avoid difficult decisions at a stressful time. What happens after the funeral? What documents will you need? Presented by Mayes Ward-Dobbins.
Free Registration required

Veterans Day Celebration #9561
Thursday, November 10 10:00-11:30am



Join us for our Veterans Day program. This year we have a special speaker, Mike Boyce, Cobb's Chairman elect. Mike served as commander of Marine aviation units, deputy commander of a Marine base, and on expeditionary campaigns to Iraq and Somalia. He is a parachutist and Naval aviator in both fixed and rotary winged aircraft. He is a distinguished graduate of the Naval War College and retired from the Marine Corps in 2001 with the rank of Colonel. You can bring memorabilia with you to share. Complementary brunch by Chick-fil-A.
Free Registration required

Don't forget to sign up for our Thanksgiving Luncheon with Lucy and Ricky!



Wednesday, November 30
12:00-2:00pm
#9525

I Love Lucy Trivia #9648
Tuesday, November 15 2:00-4:00pm
\$3 Cobb-residents; \$4 Non-residents

"I Love Lucy" is one of the most revered and acclaimed sitcoms in history. It is universally recognized, and almost everyone has at least some knowledge of the show. Come to our trivia and see how much you know. Sponsored by Lupas Financial Services. Light refreshments including "Vitametavegamin" and snack will be provided.

Make Plans to Stay Home #9589
Monday, November 7 10:00-11:30am



Join us for this presentation, by the Atlanta Chapter of the National Aging in Place Council, designed to help empower seniors to make choices about self, home, and community. The presentation provides a forum for learning about key successful components of aging in place to help address current and future needs.
Free Registration required

Navigating the Senior Years #9563
Wednesday, November 16 10:00-11:30am



As you age, it is advisable to plan so your voyage is a pleasant journey. Many of us have spent more time, energy, and money planning a vacation than we have spent planning for our "senior years." This fun and informative session will explain the decisions that need to be made, along with the legal documents required to protect your assets and qualify for benefits without going broke. Complimentary lunch will be provided. Presented by Nelson Elder Care Law LLC.
Free Registration required

Time	Activity	When
MONDAY THRU FRIDAY		
8:00am -4:00pm	Puzzles	Weekly
8:00am - 4:30pm	Open Billiards	Daily
8:00am - 8:30am	Indoor Walking	Daily
3:00pm - 4:00pm	Indoor Walking	Daily
MONDAY		
10:00am-12:00pm	Catchem Fishing Club	1st Mon. of Mo.
11:15am-1:00pm	Booked for Lunch Book Club	3rd Mon. of Mo.
11:45am -4:30pm	Bid & Play Bridge	Weekly
10:00am-4:00pm	5 Deck Canasta	Weekly
1:00pm-4:00pm	Intermediate Bridge	Weekly
1:00pm-4:00pm	American Mah Jongg	Weekly
1:15pm-2:45pm	Guys & Dolls Choral Group	Weekly
TUESDAY		
8:00am-10:30am	Lockheed Retirees Mtg. and Breakfast	Weekly
8:00am-2:30pm	Pinochle	Weekly
9:30am-10:30am	Line Dance Practice	Weekly
10:30am-11:30am	Intermediate Line Dance	Weekly
10:00am-3:00pm	Duplicate Bridge Partner Req.	Weekly
11:30pm-4:00pm	5 Deck Canasta	Weekly
1:00pm-2:00pm	Intermediate Sign Language	Weekly
1:00pm-2:30pm	Advanced Line Dance	Weekly
1:00pm-4:00pm	Mexican Train Dominoes	Weekly
1:30pm-4:00pm	Table Tennis	Weekly
2:00pm-3:00pm	Beginner Sign Language	Weekly
WEDNESDAY		
9:00am-11:00am	Classic Golf Club Board Mtg.	3rd Wed. of Mo.
9:00am-12:00pm	American Mah Jongg	Weekly

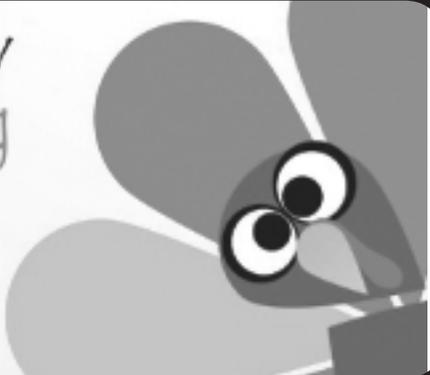
Time	Activity	When
WEDNESDAY Continued		
12:30pm-4:30pm	Asian Mah Jongg	Weekly
1:00pm- 4:00pm	Knitting	Weekly
1:00pm-3:30pm	Ballroom Dance Practice	1st & 3rd Wed. of Mo.
1:00pm-4:00pm	Intermediate Bridge	Weekly
2:00pm-3:00pm	Foxtrotters' Dance Board Mtg.	2nd Wed. of Mo.
THURSDAY		
8:00am-12:00pm	Woodcarvers Club	Weekly
8:30am-9:30am	Golden Kiwanis Board Mtg.	2nd Thurs. of Mo.
9:00am-4:00pm	AARP Smart Driver Class	4th Thurs. (3rd Nov. & Dec.)
10:00am-11:00am	Golden Kiwanis Club	Weekly
9:30am-3:30pm	Hand & Foot	Weekly
9:00am - Noon	Camera Club	1st Thurs. of Mo.
10:00am-Noon	Camera Club Open Forum	3rd Thurs. of Mo.
10:00am-1:00pm	Cribbage	Weekly
10:30am-12:30pm	Ideas & Issues Book Club	3rd Thurs. of Mo.
1:30pm-3:30pm	AARP Chapter Meeting	1rd Thurs. of Mo.
1:30pm-2:30pm	Garden Club	3rd Thurs. of Mo.
1:30pm-4:00pm	Table Tennis	Weekly
2:00pm-3:00pm	Retired Military (Sept.-May)	2nd Thurs. of Mo.
FRIDAY		
8:00am-2:30pm	Pinochle	Weekly
9:30am-10:30am	Line Dance Practice	Weekly
10:30am-11:30am	Intermediate Line Dance	Weekly
10:00am-3:00pm	Duplicate Bridge Partner Req.	Weekly
11:30am-4:30pm	Hand & Foot Canasta	Weekly
12:30pm-4:30pm	Asian 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	<h2 style="margin:0;">North Cobb Senior Center</h2>	Program Coordinator Johnny Barfield Geneva Eddington Program Specialist Katie Shields Program Leader Aida Ford Administrative Specialist I Doreen Clymer Maintenance Technician II Kenney Joyce
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Let's Do Lunch Thursday, November 17 3150 Cobb Pkwy, Kennesaw
Diner Bakery Company 11:30 am Lunch on your own. Reservation required.

Just Desserts Tuesday, November 29 #8745 4815 South Main Street, Acworth
Fusco's 2:00 pm Separate Checks. Reservation required.

Happy Thanksgiving



- Johnny, Geneva, Katie, Doreen, Aida, Kenney, and Sherry
Closed November 24&25

Benefits of Massage Therapy
 Tuesday, December 6 • 1:00 pm - 3:00 pm
 Free. Registration required.

Massage Therapist Mindy Newman will discuss the health benefits of massage therapy, especially for the aging population. Stress and anxiety reduction, inflammation reduction and lower blood pressure with better circulation are only a few of the rewards. Massage therapy has been found to be beneficial to people with Alzheimer's disease and dementia. Five minute chair massages will be given at the end.

STRESS FREE
 Wednesday, November 9
 12:30 pm - 1:30 pm
 Free. Registration required.

Join Dr. Mark Jones with ADIO Chiropractic as he explains how stress can affect your health and tips for handling stress effectively.



#9460

Financial Fraud and Elder Abuse Series
 Tuesdays, November 1, 8, and 15
 2:00 pm - 3:30 pm #9631
 Free. Registration required.

As the population ages, losses as a result of financial elder abuse are increasing. Over the next few weeks, Baker Daily Management will be presenting on the following topics: Financial Fraud and elder abuse and how to prevent and report financial fraud.

FILM ON FRIDAY
The Man from U.N.C.L.E
 Friday, November 18 • 12:00 pm



In the early 1960's, CIA agent Napoleon Solo and KGB operative Illya Kuryakin participate in a joint mission against a mysterious criminal organization, which is working to proliferate nuclear weapons.

#8822

Concession Charge:
 \$1.00 Cobb residents • \$2.00 Non-residents

VETERANS SALUTE #8662
 Friday, November 11 • 12:00 pm - 2:00 pm
 RSVP by November 4th Free to Veterans and Spouses.

JINGLE BELL BASH
 Friday, December 2 • 12:00 pm - 2:00 pm
 \$14.00 Cobb residents/ \$17.00 Non-residents

Public Water Supply; Fact or Fiction
 Thursday, November 10
 1:00pm to 2:00pm
 Free; Registration required
 #9865



We will discuss the common beliefs about public water supply, debunk the myths about drinking water, and new supply in meeting the region's future demands. Register by November 4th.

Video Chair Tai Chi Exercise
 Tuesday, November 22
 10:30am to 11:00pm
 \$3.00 Cobb resident
 \$4.00 Non-resident
 #9866



Tai Chi exercise moves while sitting will help heal arthritis, Osteoporosis, joint pain and more. It helps to improve calmness of the body and mind, and strengthen the functions of muscles. Register by November 15th.

Chair Baseball
 Wednesday, November 30
 1:00pm to 2:00pm
 Free;
 Registration required
 #9950



Come be a part of this exciting indoor game. Learn the rules and play a few innings. Register at any Cobb Multi-purpose Center by November 18th.

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 - 10:00 am
Strength Training*	10:00 am - 11:00 am
Art Lovers	10:00 am - 3:00 pm
Table Tennis	11:00 am - 1:00 pm
Garden Club (1st)	11:00 am - 12:30 pm
Hiking Club Meeting (Jan. 4, Apr. 25, Aug. 29)	11:30 am - 12:30 pm
Open Bridge	12:30 pm - 4:00 pm

<u>TUESDAY</u>	
Focus on Fitness*	9:30 am - 10:30 am
Mexican Train Dominoes	12:00 pm - 4:00 pm
Sew & So's	1:00 pm - 3:00 pm
<u>WEDNESDAY</u>	
Art Lovers	9:00 am - 12:00 pm
Photography Club (1st)	9:30 am - 12:00 pm
Rook	9:30 am - 1:30 pm
Kennworth Kiwanis Club (2nd, 4th, 5th)	11:00 am - 12:00 pm
Open Bridge	12:30 pm - 4:00 pm
Hand and Foot	12:30 pm - 4:00 pm

Open Bridge wants YOU to join their club!
 Come be a part of the fun!
 See the front desk for more details.

<u>THURSDAY</u>	
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	11:00 am - 4:00 pm
<u>FRIDAY</u>	
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
Bingo (Last)*	12:00 pm - 2:00 pm
Hand and Foot	12:30 pm - 4:00 pm

Program Coordinator
 Margie Castillo-Carbaugh
Program Specialist
 Tracy Shehab
Fitness Leader
 Mike Sherrill
 Teresa Mills
Administrative Specialist I
 Vel Pierre
 Susann Massey
Maintenance Tech II
 Curtis Letner
Maintenance Assistant
 Diana Doby

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

Successful Aging in Place- What Does It Look Like?



Tuesday, November 1
 11:00 am- 12:00 pm
 Free; Registration required
 #9651

How do we create a plan for aging so that if the tasks of everyday life become challenging, we aren't acting in crisis? Learn more about how to pay for in-home care, transportation and advanced directives options. Come explore these topics and so much more with the Greater Atlanta Chapter of the National Aging in Place Council (NAIPC).

Reconstruction Era: Meet the Change Makers



Wednesday, November 9
 11:00 am- 12:00 pm
 Free; Registration required
 #9485

Learn about the historical figures who took advantage of a country in transition as well as a general overview of the time period. Mary Wood, Cobb County Public Library System, will demonstrate how to dig deeper into researching famous or infamous people of the past through traditional and digital tools.

Armchair Travelers BOOK CLUB



Fourth Tuesdays
 11:30 am- 12:30 pm
 Call 770-528-5355
 more for information

African Performing Arts: African Drum and Dance

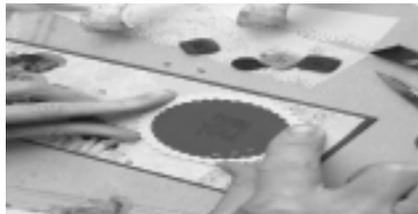


Wednesday, November 30
 12:30 pm-1:30 pm
 \$8 Cobb resident
 \$10 Non-resident
 #9629

The African Performing Arts Association (APAA) is an organization created to fill a need for extremely skilled artists from Guinea, West Africa, living in Atlanta and surrounding areas, to share their culture with their new community. The organization facilitates opportunities and funding that allows artists to do what they do best: share their culture and skills with anyone who has an interest. APAA is supported by drummers and dancers who provide traditional and contemporary West African rhythms and dance.

Handcrafted Holiday Card Workshop

Thursday, November 10
 10:00 am-12:00 pm
 Registration required
 \$5 Supply fee to be paid to instructor
 #9632



Learn to make fun and beautiful hand crafted holiday greeting cards. Five holiday themed cards will be completed during this session. Supply kits will be provided by the instructor, but you will also need to bring a pair of sharp scissors and a full roll of a dot runner scrap-booking tape (purchase at Hobby Lobby or Michael's). Led by Debby Boyce Cobb Library System.

GeorgiaCares Monthly Topic: Medicare Part C



Thursday, November 17
 1:30 pm- 2:30 pm
 Free; Registration required
 #9488

Medicare Advantage plans are sometimes referred to as Medicare Part C and generally offer additional benefits, such as vision, dental, and hearing, and many include prescription drug coverage. Learn more about the benefits of enrollment in Medicare Part C in this presentation by Georgia Cares.



Holiday Ornament Wreath Making Workshop

Friday, November 18
 10:00 am- 12:00 pm
 \$5 Cobb resident; \$8 Non-resident
 #9566

Did you know that you can take a wreath form, some ornaments, ribbon, beads, and using a glue gun, make a gorgeous holiday wreath? You can, and it's easy, too! Join Tracy Shehab and learn how to create your own colorful holiday wreath for indoors or outdoors. *Supply list available at the time of registration.



HISTORIC HOMES AND GARDENS OF GEORGIA

Thursday, December 1
 11:00 am- 12:00 pm
 Free; Registration required
 #9663

Learn about home tours, popular garden destinations, and various architectural styles that mark Georgia's architectural history with Mary Wood Cobb County Library System.



Road Trip! Holiday in Historic Acworth

Wednesday, December 7
 9:45 am-1:30 pm
 Free; Registration required
 #9664

Join us for a guided walking tour of historic downtown, holiday shopping in Acworth's unique collection of shops and boutiques and lunch on your own in one of Acworth's downtown eateries. Limited transportation available.

Program Coordinator
Johnny Barfield
Program Specialist
Tara Brewer
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)



Christmas at the Peppermint Lounge



Saturday, December 3
5:00 pm - 8:00 pm

\$20 Cobb resident/ \$25 Non-resident # 9145

Take a "Sleigh Ride" back to 1958 and the famous Peppermint Lounge in New York City. "Baby it's Cold Outside," but West Cobb Senior Center will be full of warm, holiday cheer as we recreate the establishment that was the launchpad for the global Twist craze. Stars like Frank Sinatra, Audrey Hepburn, Liberace and Marilyn Monroe all swarmed to the Peppermint Lounge. You will enjoy an Italian feast as you listen to vocalist Bill Gleeson perform songs from the 50's and 60's. The West Cobb staff (aka West Cobb Players) is also pleased to return this holiday season with a few acts of our own. Come on down to the Peppermint Lounge and twist the night away!
Registration deadline is Wednesday, November 23.

Return to Rich's



Friday, November 4
11:30 pm - 1:30 pm

\$18 Cobb resident/ \$20 Non-resident
9571

Return to Rich's as West Cobb takes you back in time to the historic department store and recreates the beloved Magnolia Room with a traditional Thanksgiving feast. After lunch, join author and historian Jeff Clemmons as he traces Rich's 137-year history. Learn the true stories behind Penelope Penn, Fashionata, the Great Tree, the Pink Pig, Rich's famous coconut cake and much more. Join us for this special event that pays homage to a treasured Southern institution.

Boost Your Metabolism

Thursday, November 17
1:00 pm - 2:30 pm
Registration required
9570

Metabolism is a term that is used to describe all chemical reactions involved in maintaining the living state of the cells in one's body. While much of your metabolic rate is determined by genetics, age, gender, and body size, there are some lifestyle changes that can, quite literally, speed up the process. Join Dr. Eriec Harris, Maximized Living, as she presents ways to boost your metabolism.

Quick Guide to Diabetes

Tuesday, November 15
10:30 am - 12:00 pm
Registration required
9148



Information on pre-diabetes and diabetes can sometimes be hard to figure out. You have a surprising amount of power to control and prevent the disease and its complications by making simple but important lifestyle changes. Add the tools of diabetes prevention and management to your healthy aging tool kit! Presented by the Wellstar Good Life Club.

BON APPÉTIT

Monday, November 7
12:00 pm
On your own.

Ted's Montana Grill 3625 Dallas Hwy, Marietta. Please Note Time Change!

Can You Hear Me Now? #8749

Wednesday, December 7
10:00 am - 12:00 pm

Free; Registration required

Director of Audiology at Wellstar, Dr. Brett Greenblatt, will present a wealth of information on the important health topic of hearing. The ability to hear is the most important factor in balance. Different disorders associated with this body function can plague our aging process. Luckily, treatment and lifestyle changes can alleviate such problems.

ONGOING ACTIVITIES & GROUPS

DAILY: MONDAY - FRIDAY

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

* advance registration required

MONDAY

9:30am - 12:00 pm West Cobb Shutterbugs
Camera 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 - 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 - 400 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
Vacant

Bunco

Tuesday, December 6
1:00 to 1:45 pm



Free; Registration required
#9929

Join us as Visiting Angels hosts our own version of Bunco. This is a game played with dice and a whole lot of luck! Did you know Bunco has been played in America since the 1800's? Take a chance and come roll away! Register at any Cobb Multipurpose Senior Center by November 29th.

The NoteAbles

Smyrna First United Methodist Church
Monday, November 21
10:30 am to 11:30 am

Free; Registration required
#9928



Start your day off right! Come have a cup of coffee as the members of the The NoteAbles fill your morning with joy. This ladies group always has a fun program as they sing songs of the "Oldies and Goldies" that may bring back some golden memories. Register at any Cobb Multipurpose Senior Center by November 14th.

Gentle Zumba Workshop

Friday, November 18
10:45-11:45 am

\$3.00 Cobb Residen
\$4.00 Non-resident
#9930



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 Multipurpose Senior Center by November 11th.

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
Antonay Davis

Blood Pressure Checks

Tuesday, November 22
10:30 am to 12:00 pm

Free; Registration required
#9874



Stay up to date with your blood pressure readings. A representative from Cobb County Safety Village will take your pressure reading and pulse and provide you with a copy of information. Checking your blood pressure can be a way to monitor any hypertension and potential for heart disease. Register at any Cobb Mult-purpose Senior Center by November 21st.

Work Your Brain "Word Association Game"

Monday, November 21
1:00 pm to 1:45 pm

Free; Registration required
9875



Join us for an afternoon of a Thanksgiving program & word association game! Join a team and compete against each other with words and phrases that relate to one of the biggest holidays of the year...Thanksgiving! Register at any Cobb Multipurpose Senior Centers by November 18th.

Movie Day Meet Up

NCG Marietta Cinemas
Tuesday, November 29
10:30 am to 1:45 pm

Cost: \$6.00/ticket and \$3.50 popcorn
Pay at Theater
9876



Meet us at the NCG Theater next door to Wellness Center for a day at the movies. Admission and snacks are paid on your own at the theater. Join Marietta and Austell Centers and make some new friends. Movie choice is up to you. See you there!Address: 1050 Powder Springs St, Marietta, 30064 Register at any Cobb Multipurpose Senior Center by November 28th.

North Cobb Ladies Club, "Social Butterflies", dressed in their long laced dresses and summer hats celebrating a "Southern Belle's" tea party! Finger foods were served along with hot and cold tea flavored beverages. Friendship Hall was elegantly decorated in bright colors and centerpieces. The ladies paraded around the hall showing off their colorful parasols. Everyone enjoyed themselves.



VOLUNTEERS

Legacy Coordinator
Kristie Naylor
Program Leader
Cindy Campbell

Volunteer Line 770-528-5381

Community Outreach

Kathy Lathem
Metro Atlanta RSVP
Mike Nichols
770-528-1448

Do You RSVP?

Relax. This is not an article about invitations and etiquette. It is, however, about a great program that you just might want to join. RSVP actually stands for Retired Senior Volunteer Program and has been part of Cobb Senior Services 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.

Senior volunteers provide informative presentations on topics of interest to older adults in the community. Subjects range from services and discounts available, disease management, healthcare options, to fraud prevention, disaster preparations and others. We help CSS with special events such as *Aging by Design*, Senior Day at the Fair, and more.

No experience is needed to be part of this team. All we ask is 1) you be at least 55 years of age; 2) you have a passion for helping fellow seniors receive the information they need to make educated decisions; 3) you be willing to join us for monthly meetings and trainings; and 4) you have a desire to give back to the community. All the training you need for presentations will be provided at no cost to you throughout the year on various topics.

If you would like to hear more about RSVP 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 look forward to hearing from you!

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.

Dedicated Volunteers

The staff and clients for *Meals on Wheels* want to say thank you to all of our dedicated volunteers who step in and pick up open routes every month. We could never serve as many people without your dedication.

Below are a few people who went above and beyond in their time volunteering with us.

Bill Lappe- Thank you for picking up 2 routes in one day when we were short handed.

Larry Walker- Thank you for picking up extra routes regularly.

Shelby Torbert, Roman Mierbeth, Mr. and Mrs. Bear, and Mike Tavares thank you for picking up extra routes for your fellow volunteers when they need a hand.

Volunteer Opportunities in your Community:

Happy Caps of Atlanta needs volunteers to support their mission: to gift cheerful handmade hats to people suffering hair loss due to cancer treatment - or any medical condition - to keep their head warm, to remind them each time they wear it that there are people who care and to make sure that when people stare, it's because they have on such a cool hat!

Go to happycapsatlanta.org for more information or contact them at 770-653-9448 or contact@happycapsatlanta.org
Cap Guidelines: handmade, avoid patterns with large holes, new and unworn, washable fabrics (please, no wool), soft yarns and fabrics, appliques or other additions must be easily removed, smoke and pet hair free.

To Fit (male or female)

Adult Small-Circumference 18-20 inches Brim Edge to Top 6.5-7 inches

Adult Medium - Circumference 20-22 inches Brim Edge to Top 7-8.5 inches

Adult Large-Circumference 22-24 inches Brim Edge to Top 8-9 inches

Child 3-10 yrs old-use adult small size. over 10 yrs old - use adult sizes.

Cobb County Court Appointed Special Advocates (CASA) is a court-based program of Juvenile Court of Cobb County. It was created to provide a voice to speak for the best interests of abused and neglected children involved in dependency proceedings. Because CASA volunteers carry an average caseload of only 2 cases, they are able to give each child what others in the system do not have – TIME. The CASA volunteer spends numerous hours working on these cases, and the CASA volunteer's only job is to speak for the child to assure that his or her best interests are not overlooked. [Program Requirements](#)

- Must be at least 21 years old
- Complete a personal face-to-

face interview with a member of the CASA staff.

- Undergo a criminal background investigation including fingerprinting.
- Successful completion of the 30+ hour pre-service training program.
- Commitment of at least 18 months to the CASA program as an "Active Volunteer"
- Earn 12 hours of in-service training credit annually.

For more information contact Carlene Redmond, CASA Judicial Program Coordinator at Carlene.Redmond@cobbcounty.org or 770.528.2285



Girls Scouts of Greater Atlanta is seeking troop leaders to assist with Girl Scout troops in your area. A leader is expected to mentor a group of girls as they make new friends and develop connections that will last a lifetime.

Time frame of commitment: One year renewable upon troop or Service Unit review.

Requirements:

- Must be an approved volunteer
- Must register as a Girl Scouts member
- Specialized training is provided

Hospice

Many local hospice organizations are looking for Volunteers to provide companionship to their clients.

Contact :

Keona Crawford with Bristol Hospice at (404) 623-8787 or Keona.crawford@bristolhospice.com

Leah Brown with Heritage Hospice at leahsusanbrown@yahoo.com

(404) 274-4470

Thanksgiving (U.S.) Word Search

Find and circle all of the words that are hidden in the grid.
The remaining 26 letters spell a popular Thanksgiving Day event

```

M A C P I L G R I M S P A R A D E
S M A Y S W E E T P O T A T O Y N
G N I R E H T A G S H T H G A O S
D N P L L A B T O O F F R N I C E
O S U C K S N S L G E A O N R L O
O T M I E R E I V S V I U A A D T
F U P I O L D V T Y T E N U N G A
R F K C N A E I I I R B N E N A T
I F I Y Y O V B D T E N K G H O O
E I N D A A V A R R A E A Y T N P
N N P N L D R E R A E L T P U A D
D G I A M T S Y M W T R E F O P E
S Y E K R U T R G B A I E R M M H
H A R V E S T N U V E A O E Y A S
H S A U Q S O U E H S R A N L W A
R F A M I I Y I A T T I A P P F M
  
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ANNUAL	GRAVY	RELATIVES
AUTUMN	HARVEST	REUNION
CELEBRATION	HOLIDAY	SQUASH
CORN	LONG WEEKEND	STUFFING
CRANBERRY	MASHED POTATOES	SWEET POTATO
FAMILY	MEAL	THURSDAY
FEAST	NOVEMBER	TRADITION
FESTIVAL	PARADE	TRAVEL
FOOD	PILGRIMS	TURKEY
FOOTBALL	PLYMOUTH	WAMPANOAG
FRIENDS	PUMPKIN PIE	YAMS
GATHERING		

Healthier Thanksgiving Leftover recipe Cream of Turkey & Wild Rice Soup

Adapted from Eatwell.com

Ingredients

1 tablespoon extra-virgin olive oil	1/4 teaspoon salt
2 cups sliced mushrooms, (4 ounces)	3/4 cup chopped carrots
1/4 cup chopped shallots	3/4 cup chopped celery
1/4 cup all-purpose flour	1/4 teaspoon black pepper
4 cups reduced-sodium chicken broth	
1 cup quick-cooking or instant wild rice, (see Ingredient Note)	
3 cups shredded cooked chicken, or turkey (12 ounces)	
1/2 cup reduced-fat sour cream	
2 tablespoons chopped fresh parsley	

Directions

Heat oil in a large saucepan over medium heat. Add mushrooms, celery, carrots and shallots and cook, stirring, until softened, about 5 minutes. Add flour, salt and pepper and cook, stirring, for 2 minutes more. Add broth and bring to a boil, scraping up any browned bits. Add rice and reduce heat to a simmer. Cover and cook until the rice is tender, 5 to 7 minutes. Stir in turkey (or chicken), sour cream and parsley and cook until heated through, about 2 minutes more. Ingredient note: Quick-cooking or instant wild rice has been par-boiled to reduce the cooking time. Conventional wild rice takes 40 to 50 minutes to cook. If you can't find the quick-cooking variety, just add cooked conventional wild rice when you add turkey.

This & That

Computers4Seniors
Jim Hopkins

What is happening with the Computers for Seniors curriculum?

Changes to Windows Operations Systems have occurred throughout the years. Microsoft's purpose is to make their operating systems faster, more friendly, easy to use, and safer to operate. Many of you may have the Windows 7 or 8 operating systems. Our classrooms' systems used the Windows 7 operating system and our books and handouts were written to the Windows 7 operating system. However, most of you have wanted to upgrade your present system to the new Windows 10 system, or you bought a new computer that contained the Windows 10 operating system. Over this year, we delivered a seminar on the new Windows 10 system so that you could plan for this change. That seminar introduced you to the features of Windows 10 and how to upgrade your system.

Over the summer months our volunteers upgraded all our classroom computers in the four senior centers with the latest Windows 10 operating system. We then

upgraded the PC Introduction Windows 10 and the Advanced Windows 10, and the Advanced Internet courseware based on the new operating system. For the Fall term, we had five PC Introduction 10 classes, two Advanced Windows 10 classes and one Advanced Internet class that are all filled with 6 students in each class.

For the Winter 2017 term, we will continue having these Windows 10 classes and are now working on updating other courseware to Windows 10, such as the Files and Folders course and some of the seminars. Again, your input to us is another need we are addressing to make our curriculum current.

Registration for the Winter 2017 term will occur on Tuesday, January 10 at 4 Cobb County senior centers. Please check out our web site www.computers4seniors.org for descriptions of all our computer classes.

Many changes are occurring in the computer industry. We are doing our best to provide you with low-cost training by dedicated professional volunteers whose role in life is to build quality senior citizens.

CLASS INFORMATION

Not all courses are offered every quarter

<u>Course</u>	<u># of Sessions</u>	<u>Cost</u>
Advanced Windows	4	\$35
Advanced Internet	5	\$40
Family Tree Maker	2	\$15
Files and Folders	3	\$25
Internet	5	\$35
Introduction to PC	7	\$45
Photo Album	6	\$40
Print Shop	4	\$25
Word- Beginner	4	\$30
Word	8	\$50
Seminars	1	\$5

(Non-residents of Cobb County may pay a higher fee for classes)

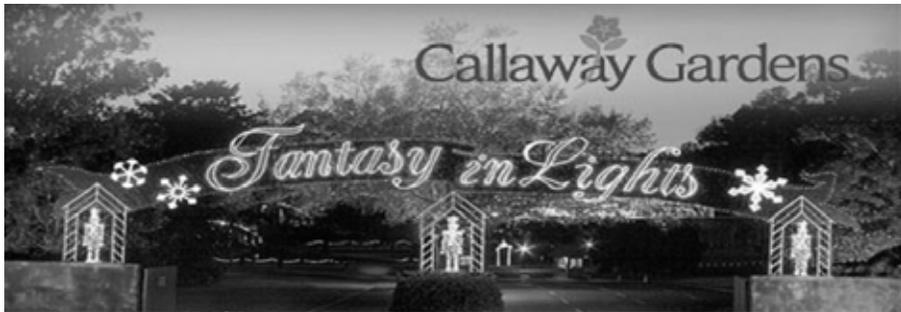
C Freeman Poole Senior Center Merline Beauvil, Program Leader 770-801-3400

Callaway Gardens Fantasy in Lights

Thursday, December 15

Check-in: 3:00 p.m. Depart: 3:30 p.m. Return: 9:30 p.m.

\$72 Senior Council member
\$77 Non-member



Our first stop will be dinner at Mama Lucia's Italian Restaurant in Newnan where you will enjoy a delicious meal. Following dinner, we will travel to Callaway Gardens to experience the most incredible holiday light and sound show in the South. Fantasy in Lights is considered to be among the top 10 in the world!

Registration deadline November 17
Payment due at time of registration
#9603

Price includes motor coach transportation, admissions, dinner and tip.
No refunds will be given unless the trip is cancelled.

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



AGATHA'S

A TASTE OF MYSTERY

Tuesday, January 31

Check-in: 10:30 a.m. Depart: 11:00 a.m. Return: 4:30 p.m.

\$79 Senior Council member
\$84 Non-member

For over 25 years Agatha's has been entertaining Atlanta with its unique, original, and hilarious murder mysteries. Their actors are some of the funniest and most talented people in the Southeast. Their special brand of comedic murder mysteries are centered on making sure that the audience is always laughing. If you've been to an interactive murder mystery show before, we can honestly tell you, you haven't experienced anything until you've been to Agatha's. This fun-filled afternoon will include a wonderful 3-course meal.

Registration deadline January 3
Payment due at time of registration
#9872

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

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

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

Christmas in Roswell: Bulloch Hall and Barrington Hall



Wednesday, December 7

1:00 p.m. - 6:30 p.m. Check-in 12:30 p.m.

9524

Step back in time to a more genteel age. The lights and decorations are up and it is time to enjoy Christmas in Roswell. The Historic Homes of Roswell are where most folks start their experience. Join us on a beautiful tour to Barrington Hall and Bulloch Hall to see their magical transformation. Bulloch Hall will be decorated for Christmas just like in 1845 and holiday wishes do come true at Barrington Hall! Come with us and help make your wish come true!

After the tour, we will enjoy a delicious dinner at the Pastis Restaurant.

Cost: Council members: \$75; Non-members: \$80

No refunds unless trip is cancelled. Price includes luxury motor coach, dinner, and driver's tip.

Payment is due at time of registration.

Activity Level 2-Limited walking, some stairs, and/or inclines. No refunds unless the trip is cancelled.

Payment is due at time of registration. Payment deadline: November 4

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



CHRISTMAS CANTEEN

Wednesday, December 21

Check in: 7:45 am Departure: 8:00 am Return: 3:30 pm

\$77.00 Council Members \$82.00 Non-members

Deadline: Friday, November 14

Happy Holidays and Season's Greetings! North Cobb Senior Center is heading out to the Aurora Theatre in Gwinnett for an original theatrical holiday tradition, *Christmas Canteen*. We will get to enjoy sketch comedy mixed with theatrical numbers and singing galore. Afterwards, we will enjoy a delicious Italian lunch at Dominick's.

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

Price includes motor coach transportation, admission to theatre, lunch, snacks, tips and taxes. No refunds will be given unless trip is cancelled. Payment due at time of registration.

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

CHRISTMAS DINNER TRAIN



DATE: SATURDAY, DECEMBER 17
Departure Time: 3:30 PM (check-in 3:15 PM)
Return: Approx. 10:00 PM

All aboard the Christmas Dinner Train at the Tennessee Valley Railroad in Chattanooga! Passengers will enjoy a rail excursion with fine dining. The two hour trip will include a four-course dining experience on board a restored 1924 dining car. Take a trip back in time this holiday season to a slower-paced era when railroad travel was a way of life, and vintage trains provided an escape from the everyday routine.

COST: \$113 - Senior Council member
\$118 - Non-member

Payment due immediately upon registering. Price includes luxury motorcoach transportation, train ride, dinner, snacks and all taxes and tips. No refunds will be given unless the trip is cancelled.

Registration deadline is November 10.



ACTIVITY LEVEL 1
Small distance walking,
most of trip is seated.

West Cobb Seniors Remain Young At Heart Rafting Nantahala River



Ready to Serve your Neighbors?

Meals on Wheels has a great opportunity for you to deliver meals to homebound seniors who are waiting for this needed service. Cobb Senior Services is in need of volunteer drivers in Powder Springs, Smyrna, West Cobb, and Mableton and new weekly deliveries in South Cobb. If you have some time to volunteer as a MOW driver, or if you belong to an organization or business that would like to "Adopt-A-Route," call Volunteer Services at 770-528-5381. More information about *Meals on Wheels* and Cobb Senior Services is available at www.cobbseniors.org.



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

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.



Homestead Hospice

Homestead Hospice provides physical, emotional and spiritual support not only to the patient, but also to the patient's family and loved ones.

Our Superior Proactive Care Includes:
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Medication Management
Respite Care • Continuous Care
Volunteer Program

Ask About our 5-Star Care Program



Our specialized team of hospice professionals works with the patient, family members and attending physician to develop a plan of care that will best meet the patient's needs. An individualized plan of care may also include other disciplines to ensure patient comfort.

678-290-4817
www.homesteadhospice.com
Life's Most Important Journey Starts Here

Lost Mountain Golden K Kiwanis



We meet every Thursday
10 am - 11 am
at West Cobb Senior Center

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