



Where you Hang your Hat

Home is more than just an address, it's a sense of community, the grocery store clerk who knows your name, and your route to avoid traffic. Currently there are over 130,000 people in Cobb County over the age of 55. Overwhelmingly across the country people live in single family homes and prefer to keep it that way. Many people only leave their home when it becomes unsafe or difficult to meet basic daily needs or after an injury or medical event.

Unless you bought a house with universal design in mind there is a good chance that you will need to either make modifications to your home or move. Even the smallest of upgrades can make a large difference in the safety and

livability of your home as you age. Some options include adding more lighting, especially in the kitchen and garage or other areas where increased visibility can keep you safe. Changing doorknobs, cabinet/drawer pulls, and faucet handles to levers that are easier to use with reduced dexterity or can even be pushed with your elbow when carrying something are easier on arthritic hands.

Removing rugs or using double sided tape to secure them to the floor reduces trip hazards.

Adding a bench or shelf next to the door to place packages when trying to unlock the door can keep you from dropping the eggs when coming home or provides a place for the mailman to deliver packages so you won't have to

lean too far to pick up.

If you are able to handle a slightly larger renovation on a kitchen or bathroom, no matter the age of your house or yourself there are a few features you can put in place that will increase your home's accessibility. Lowering cabinets and countertops so they are comfortable to use and puts items within easy reach can easily be done if you are already redoing the kitchen. In the bathroom you can install a comfort height toilet that has a higher seat, or a tub that has a zero step entry. If you are doing work inside the walls it is easy to install blocking to support grab bars while the wall is open. Then, if you need to add extra support later on it

will be easy to install grab bars without having to open up the walls.

Outside your home some of the main hazards come in the form of tripping over large cracks in the sidewalk or trying to climb too many stairs.

Installing a ramp can be helpful even if you do not utilize a wheelchair or walker as it reduces the amount of energy you must expend to reach your front door. Filling in cracked pavement can be expensive but can also save you from a bad fall. Large and small changes can be made to extend your independence at home and at a range of costs. It's important to plan now for how you wish to live in the future.

By Kristie Naylor

PRESORTED 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: Surendra Shah
EC Delegate Dorothy Beckworth
Sally Sarkin
NC Delegate Vacant

2017

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

DATES TO REMEMBER

3/31 Teepa Snow
3/6-4/18 Free AARP Tax Prep *see page 3*
4/15 Tax Day
5/6 Aging By Design 2017 Expo

For more information check out these sites:

www.cobbseiors.org

Twitter-@CobbSeniors

Instagram- CobbSeniorServices

www.facebook.com/CobbSeniors

www.computers4seniors.org

<http://seniorcouncilofcobb.org>

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

INSIDE this issue

Senior Council News
Pages 2

Human Interest &
Community Events
Page 3

Have You Heard About
Page 4

Club Chatter
Page 5

Multipurpose Centers
Pages 6-10

Neighborhood Centers
Page 11

Volunteer & Advocacy
RSVP
Zest for Life
Page 12

Computer4Seniors
Nuts about Nutrition
Page 13

Center Travel
Pages 14-15

PAID ADVERTISING
Page 16

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

2017



Aging by Design Expo **10 a.m.-3 p.m., Saturday, May 6** **Cobb Civic Center**

548 South Marietta Parkway, Marietta

Health and Wellness Screenings
Housing & Transportation Information
Demonstrations & Breakout Sessions

Take control of how you age.
If you are caring for a loved one, THIS IS FOR YOU!

THIS FREE EVENT IS OPEN TO ALL

Register online www.CobbSeniors.org

Event code #11936

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



Due West UMC & Cobb Senior Services invite you for "A Day with Teepa Snow: Today's Voice for Dementia"

**Friday, March 31
8:30 am - 4:00 pm
Family Life Center (Bldg. B)**

**Free Event Open to
Family Caregivers &
Professional Caregivers Alike**



**Renowned
Positive
Approach To
Care Educator
and Trainer**



**Due West United Methodist Church
3956 Due West Road, Marietta, GA 30064**

**REGISTER ONLINE AT <http://www.duewest.org/index.php?cID=225>
Further Info: Sheila Welch at sheilaowelch@gmail.com or 404-642-6027**

For the Members...

TAKE A CHANCE ON WINNING

A 40" LED Smart TV with Roku
To benefit Cobb Neighborhood
Senior Center Programs

Tickets only \$2;
available until 1pm on
March 31st.
Call 770-528-5320



THANK YOU FOR YOUR SUPPORT!
All proceeds will go toward a Summer Trip for
Neighborhood



NEW LIFE WALKING CLUB

at Cobb Senior Wellness Center

Come and Join the Fun!



For the New Life Walking Club members at the Cobb Senior Wellness Center, 2016 was a wonderful year. Active club involvement was instrumental in keeping the group healthier and happier through individual and group walks.

In addition to urging each other to continue with their daily walks, the club participated in Senior Wellness Center and community related activities. We enjoyed events like our Spring Picnic, a walk excursion to Red Top Mountain State Park and a Fall Walk and Picnic at Kennesaw Mountain National Battlefield Park. They also joined participants from the Senior Wellness Center at the Kennesaw Mountain National Battlefield Park for an opportunity to hear about the history of the park from park staff, participate in a group exercise and explore the hiking trails the park has to offer.

The New Life Walking Club marked their four year participation in the annual Atlanta Step Out Walk to Stop Diabetes, as well as bringing home top medals in the 2016 Legacy (Senior) Games.

Stay tuned for more information on all the exciting opportunities the group has planned for 2017, beginning with planning a meet-up at Tumblin Park on Wednesday April 5, 2017 in celebration of the American Heart Association's National Walking Day event. More information coming soon to a Center near you.





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

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

**C. F. Poole
Senior Center**

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



Bingo Bash #10865
Monday, March 27
1:00 p.m. - 3:00 p.m.
\$3 Cobb resident \$4 Non-resident

Win gift certificates to local restaurants and/or retailers.
Multiple tickets can be purchased.
Registration required; Ticket price non-refundable.

**Fundraiser to benefit
C. Freeman Poole Senior Center.**


St. Patrick's Luck o' the Irish Green Party #10870
Thursday, March 16
12:00 p.m. – 2:00 p.m.



\$12 Cobb resident; \$14 Non-resident
Join others to have a whale of a time as Kathleen Donohoe, Irish singer and dancer, performs. Come dressed in green to celebrate St. Patrick's Day. You will enjoy a delicious meal, too. To keep the green going, please bring in any non-perishable food items such as canned green beans, canned green peas, green pasta etc., which will benefit MUST Ministries.
Don't miss out on the fun!

**Fundraiser to benefit
C. Freeman Poole Senior Center.**

AARP Smart Driver
Wednesday, March 22
10:00 a.m. - 4:00 p.m.
\$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.
#10863



Monday, April 10
1:00 p.m. – 3:00 p.m.
\$3.00 Cobb resident; \$4.00 Non-resident

Friends of Freeman Poole fundraiser to benefit C. Freeman Poole Senior Center.
***Bonus Bingo will have a \$50 prize for the game of "Cover All".**
#11870



**Stop by the
center and check
out our new
shuttle trips!**

Treat Yourself Tuesday
Tuesday, March 14
11:30 a.m. – 12:30 p.m.
Longhorn Steakhouse
(1355 East-West Connector)
Separate checks;
Registration required
Meet at restaurant.
#10866


What About Driving? #10867
Tuesday, March 7
10:30 a.m. – 11:30 a.m.
Free; Registration required
Driving means independence. It's how most of us visit family and friends; it's how we get to the store; and it's how we remain connected within the community. As a result, one of the most difficult decisions to make is deciding when one should stop driving or "taking the keys away" from a family member. During this program, they will discuss driving issues, warning signs, resources and future trends. Presented by Sixty Plus Services at Piedmont Healthcare.

Put Your Best Fork Forward #11937
Wednesday, March 15
10:30 a.m. - 11:30 a.m.
Free; Registraion required
This seminar will focus on the importance of making informed food choices and developing sound eating and physical activity habits. How much we eat is as important as what we eat. Come experiment with healthier ingredients while creating an eating style that practices cooking more at home. Additionally, we will discuss enjoyable physical activities that can help us stay active most of the week. Presented by Jobcy Alexander, MPA, RD, Nutrition Coordinator, Senior Services.

Maintain Brain Health #10868
Tuesday, March 21
10:30 a.m. – 11:30 a.m.
Free; Registration required
Feed your brain. Already watching your weight and sticking to a heart-healthy diet that is low in bad fats and cholesterol? Stay physically active and healthy, as overall physical health is closely linked to brain health, making a healthy body key to a healthy brain. Stay mentally active and stay socially engaged. Presented by Bridget Kurt of Homestead Hospice.

Georgia Memorial: Lunch and Learn #10869
Wednesday, March 29
11:00 a.m. – 1:00 p.m.
Free; Registration required
Stay informed and don't procrastinate. A complimentary lunch will be provided by Georgia Memorial and their representatives will answer any questions you might have on planning for funeral arrangements, cremations, etc.
Limited seating.

Loneliness – Finding Your Way Out of the Dark #11873
Tuesday, April 4
10:30 a.m. – 11:30 a.m.
Free; Registration required
If you're a self-reliant loner, someone who chases after freedom and independence, simply glimpsing your own capacity for loneliness can be a startling revelation. The need to belong seems to be a universal human need. So even if you prefer to keep people at arm's length, chances are that you still have some desire to connect with others. Loneliness can be so agonizing that it often presses us to seek a quick remedy, something to numb the pain. The good news is that we can often take the edge off in simple, cost-free ways like a call to a family member, some light small talk with a stranger, or a heart-to-heart with a trusted friend. The issue of social isolation and the difference between isolation/loneliness vs. solitude will be addressed. Moira Keller, LCSW, Clinical Coordinator of Geriatric Social Work for Sixty Plus Services at Piedmont Healthcare will



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

Donna Kibbe

Program Specialist

Viktoria Mihan

Administrative Specialist

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)



The Six Dimensions of Wellness #10854

Come have fun while learning "The Six Dimensions of Wellness". This is a seven week program including an introduction seminar and a party for the social dimension component. We encourage you to attend all seven weeks. The Six Dimensions of Wellness are: physical, emotional, spiritual, intellectual, occupational, and social. The program is interactive, fun, and is not set up as a lecture. Don't miss this opportunity to apply the model to your life. Please bring your ticket to each session.

1. Introduction Seminar - Wednesday, March 1**2. Physical Session:** Wednesday, March 8 Presented by Comforting Arms.**3. Occupational Session:** Wednesday, March 15 Presented by Johnnie Gabriel.**4. Intellectual Session:** Wednesday, March 22. Presented by ComFore Care Home Care.**5. Spiritual Session:** Wednesday, March 29. Presented by Tang Acupuncture Team.**6. Emotional Session:** Emotional Journey of Aging Wednesday, April 5. Presented by Private Care Services.**7. Social Session:** Wednesday, April 12 party (speakers & participants).

How to have "Happy Feet" #10838

Friday, March 3

11:00am-12:00pm

This lecture will provide you with the information on healthy feet including education on causes of foot pain and what you can do about it. Presented by Bev Stegman with Foundation Therapy Center.

**Free Registration required**

Preventive Benefits of Traditional Chinese Medicine #11327

Monday, April 10 10:00am-11:30am

Join our seminar to learn more about the traditional Chinese benefits for many common and chronic conditions such as obesity, diabetes, high cholesterol, and infertility. Presented by Tang Acupuncture Team.

**Free Registration required**

Personal Health Records #10858

Friday, March 17 10:00am-11:30am

Personal Health Records presentation aims to educate you about taking control of your healthcare decisions by maintaining a personal health record, communicating effectively with health providers, and completing an advance directive for health care. This presentation does not give medical advice, just safety suggestions and techniques. Any questions about your medications should be directed to your healthcare providers.

Presented by RSVP

Free Registration required

Dine-a-Round

Tuesday, March 7

10:15-2:00pm #10876

West Cobb Diner

Dallas Hwy at Barrett Pky

Lunch & shopping
Limited seating on a bus
Separate checks

Everyone meets at the restaurant.

Registration required

Lunch & Learn: The Aging Hand #11316

Tuesday, March 14 11:00am-1:00pm

Musculoskeletal disorders are among the most common problems affecting the elderly. The resulting loss of mobility and physical independence can be particularly devastating in this population. Please join us for an informational talk with Dr. Ugwonli from Peachtree Orthopedics Clinic. Complimentary lunch will be provided.

**Free Class****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.cobb seniors.org

North Cobb Senior Center

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

Let's Do Lunch

Texas Roadhouse #9945

Friday, March 24
11:30 am

2475 Barrett Creek Parkway. Kennesaw
Lunch on your own. Reservation required.

FILM ON FRIDAY The Legend of Tarzan

#9941

Tarzan, having acclimated to life in London, is called back to his former home in the jungle to investigate the activities at a mining encampment. PG-13

Friday, March 17 • 12:00 pm

Concession Charge:

\$1.00 Cobb residents • \$2.00 Non-residents

Introduction To Essential Oils

Wednesday, March 8 • 1:00 pm - 2:00 pm

The changes that occur over a lifetime can cause an enormous toll on the body, emotions and mind. Ensure your golden years are lived to their fullest by learning about and incorporating pure, therapeutic-grade essential oils by making them part of a daily routine of preventative healthcare. Presented by Staci Williams with Essentially Zestful.

Free. Advance registration required.

#10814



BINGO

Friday, March 31 • 12:00 p.m.



Prizes will be awarded

to the winners!

\$3.00 Cobb Residents

\$4.00 Non-residents

*Fundraiser to benefit
North Cobb Senior Center*

PUBLIC WATER SUPPLY -

FACT OR FICTION

Wednesday, March 22

1:00 pm - 2:00 pm

Free. Registration required.



This presentation will address the common beliefs about public water supply and conservation and will debunk the myths about drinking water and the roles of efficiency and new supply in meeting the region's future demands. Presented by Cobb County Water Department.

Scarf Tying and Accessory Workshop

Wednesday,
March 29

Free.

Registration
required.



#10813

10:30 am - 12:00 pm

Scarves are a great way to update an outfit and in this workshop you will learn some of the ways to tie the latest fashion scarves, including tricks with infinity scarves. Presented by Bonita Prigmore with Comforting Arms.

TAI CHI FOR ARTHRITIS

Monday, March 6 & 20

10:30am to 11:30am

\$3.00 per class Cobb resident

\$4.00 per class Non-resident

Registration required

#11901

Tai Chi helps relieve arthritis pain, reduces blood pressures and prevents falls. You will learn movements to help improve overall health and wellness. Register at any Cobb Multipurpose Center by March 3rd.



ZUMBA WITH JOYCE

#10812

Wednesday, March 8, 22 & 28

10:30am to 11:30am

\$3.00 per class Cobb resident

\$4.00 per class Non-resident

Registration required

#11900

Get your body in shape.

Zumba can help keep you mobile and flexible. Easy to follow moves to create a dynamic fitness program. Register at any Cobb Multipurpose Center.



COUPONING in the DIGITAL AGE

Wednesday, March 22

1:00pm to 2:00pm

Free; Registration required

#11902

Come learn what today's coupon shopper can expect as new technologies revolutionize couponing methods and mediums. Hear the many benefits of digital couponing using your smart phone. Register at any Cobb Multipurpose Center by March 16th.



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
Table Tennis	11:00 am - 1:00 pm
Garden Club (1st)	11:00 am - 12:30 pm
Hiking Club Meeting	11:30 am - 12:30 pm
(Jan. 9, May 1, Aug. 28)	
Open Bridge	12:30 pm - 4:00 pm

TUESDAY

Focus on Fitness*	9:30 am - 10:30 am
Color Me Calm (2nd, 4th)	10:00 am - 12:00 pm
Mexican Train Dominoes	12:00 pm - 4:00 pm
Sew & So's	1:00 pm - 3:00 pm

WEDNESDAY

Art Lovers	9:00 am - 12:00 pm
Photography Club (1st)	9:30 am - 12:00 pm
Rook	9:30 am - 12:30 pm
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
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
 Vacant

AARP Tax-Aide™

Beginning February 6th

AARP Tax - Aide will be
 on-site Mondays and
 Tuesdays from
 10:00 am - 2:00 pm

No appointments taken;
 first come, first served

New Life Walkers Club



Planning meetings
 first Thursday of each
 month at 10:00 am
 Daily walk schedule
 available at desk

MEDICARE COUNSELING



EVERY THIRD 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.

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

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

Wellness Center

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



GENEALOGY



Wednesday, March 8
 11:00 am- 1:00 pm
 Free; Registration required
 #10839

Lunch & Learn for an overview of
 genealogy as a hobby and resources available. Sit, chat,
 and share your genealogy stories or questions while
 eating. You may bring your brown bag lunch
 or purchase lunch from a nearby eatery. Facilitated by
 Diane Barfield, Genealogy Society of Cobb County.

Road Trip! Red Hare Brewery Tour

Thursday, March 9
 12:00 pm- 3:00 pm
 Registration required
 \$12 at time of registration
 #10829



Red Hare Brewing Company is an independent
 microbrewery located in the heart of Marietta on
 Delk Road. Join us for a walk through the brewing
 process. You will also be offered samples for tasting
 and will receive a souvenir pint glass to take home.

Tea Time



Wednesday, March 15
 11:00 am- 12:00 pm
 Free; Registration required
 #10833

Terri Carter, Cobb County/UGA Cooperative
 Extension Services, will discuss tea basics in
 addition to how to make and brew your own tea
 blends. Bring your own tea cup and saucer to
 enjoy a cup of tea and tea sandwiches!

GeorgiaCares Monthly Topic Medicare and Foreign Travel

Thursday, March 16
 9:30 am- 10:30 am
 Free; Registration required
 #10834

What happens if you get sick when you're out of
 town? In general, health care you get while traveling
 outside the U.S. isn't covered by Medicare. In specific
 rare cases, Medicare may pay for inpatient, hospital,
 doctor, ambulance or dialysis services you receive
 in a foreign country, but drug plans will not cover
 prescription drugs you buy outside the U.S. Join GA
 Cares to learn more about what is covered by
 Medicare when traveling abroad.

Posture and Balance Workshop

Thursday, March 9
 11:00 am- 12:00 pm
 Free; Registration required
 #10828



Having good balance means being able to control and
 maintain your body's position as you go through your
 day. Learn more about how better posture and balance
 can improve stability and decrease risk of falling and
 potentially reduce the risk of disease. Presented by
 Reisinger Family Chiropractic.

Healthy Cooking Demonstration: Power of Raw Foods



Friday, March 10
 11:00 am- 12:30 pm
 \$8 Cobb resident; \$10 Non-resident
 #10830

Barbara Boling, LMT, will demonstrate
 delicious and easy raw food recipes. On the
 menu: Red Cabbage and Apple Salad with Ginger
 Vinaigrette, Mayan Pumpkin Seed-Cilantro Dip
 with Veggies and German Chocolate Cake Balls.



Tilt Brush by Google: Virtual Reality 3D Painting

Wednesday, March 22
 11:00 am- 12:30 pm
 Free; Registration required
 #10835

Tilt Brush by Google lets you paint 3D space in
 virtual reality. With the swipe of a digital brush,
 users wearing a connected virtual reality headset
 can paint life-sized, three dimensional strokes of
 just about anything. Others can experience the
 artist's work as it is projected onto a screen using
 Google's virtual reality application. To see more,
 go to: <https://www.tiltbrush.com/>. Presented by
 Mary Wood of Cobb County Library System.



Thursday, March 30
 1:00 pm-2:30 pm
 Free; Registration required
 #10249

Calling all trivia lovers! Have some fun testing
 your knowledge of history, geography, arts
 and literature, the sciences and, of course, pop
 culture. Groups will answer questions in four
 rounds. Facilitated by South Cobb Regional
 Library.

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.cobbseiors.org

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



BON APPÉTIT



ISLAND GRILLE
Monday, March 6
12:00 pm
On Your Own; Registration Required
755 Ernest W Barrett Pkwy,
Kennesaw, GA 30144

REEL GOOD MOVIES

Join us the 3rd Monday of every month for a new release or a timeless classic.


FLORENCE FOSTER JENKINS

Monday, March 20
1:00 pm
Concession charge:
\$2 Cobb resident/\$3 Non-resident
#10862

A wealthy New York heiress (Meryl Streep) attempts to become an opera singer despite her horrible singing voice.

COFFEE AND CONVERSATION

with your Coordinator



Fourth Wednesday of Every Month
Starting March 22
2:00 pm - 4:00 pm

We want to hear from you! Drop by with your comments, concerns, and suggestions on ways we can serve you better.

Scentsational Smells

Aromatherapy and Aging
Thursday, March 30
1:00 pm - 2:30 pm
Free; Registration required
#10386


Used for nearly 6,000 years, aromatherapy and essential oils have been shown to relieve anxiety, stress, and depression. Learn how they can help you with Dr. Kristin Dominguez of Revolution Chiropractic.

Advanced Planning: Lasting Arrangements

Wednesday, March 15
10:00 am - 11:30 am
Free; Registration required
#9919

This topic is a tough but important one. If you've ever planned a funeral, you know there are countless details to consider when making arrangements. By planning your own funeral in advance, you can enjoy benefits such as removing the emotional burden from your loved ones, expressing your own wishes for how you want to be remembered and relieving your family of the financial responsibility. Mayes Ward-Dobbins representative, Gary Teate will be presenting this seminar. Spaces are limited.

Wills and Estate Planning



Tuesday, March 14
10:00 am - 11:30 am
Free; Registration required
#9924


Your estate is comprised of everything you own. As we age it is important to start to ask questions about how your legacy will be continued. Join attorney Jason Bowman from Hallmark Bowman and Hallmark LLC., and Senior Real Estate Specialist(SRES), Joanna Lindsey and D. J Davies, for an open forum Q&A.

Tech Time

TROUBLESHOOTING

Wednesday, March 8
10:00 am - 12:00 pm
Free; Registration required
#9922


Technology is constantly being updated in today's society. Although it can improve our lives, it can cause frustration to many. Students from KSU Marietta Campus will be available to assist in any electronic device, application or any technological based questions you have. Appointments are available.



World Religions

Wednesday, March 22
10:00 am - 11:30 am
Free; Registration required
#10859

Led by Joel Smith from the University of West Florida Center for Lifelong Learning, this comparative religion presentation is concerned with the systematic comparison of the doctrines and practices of the world's major religions. The study of such material is meant to give the individual a richer and more sophisticated understanding of human beliefs and practices regarding the sacred, spiritual and divine.



Monday, March 20 & Tuesday, March 21
10:00 am - 12:00 pm
\$5 Cobb Resident/ \$6 Non-resident
#11121

Paint.NET is a free photo editing and graphics design program which fits that need perfectly. Presented by Josh Langston, this workshop will focus on techniques for digitally restoring photographs and adding or deleting specific elements, designing posters, book covers and other printable material using layered elements.

ONGOING ACTIVITIES & GROUPS

* advance registration required

MONDAY		TUESDAY		THURSDAY	
9:30am - 12:00 pm	West Cobb Shutterbugs Camera Club - 4 th Mon	9:00 am - 12:00 pm	Chess	9:00 am - 11:00 am	Free BP check - 1 st Thu
10 :00 am - 12:00 pm	Knit-Wits Knitting group	9:30 am - 1:30 pm	Open Bridge	9:30 am - 2:30 pm	Open Art Studio
10:00 am - 1:00 pm	ADK - 2 nd Mon	10:30 am - 1:00 pm	FAN Club - 1 st Tue	9:30 am - 3:30 pm	AARP Smart Driver* - 3 rd Thu
10:00 am - 2:00 pm	Mahjong	12:00 pm - 4:00 pm	Mahjong	10:00 am - 11:00 am	Golden "K" Kiwanis
10:30 am - 11:30 am	Cobb County Retirees 3 rd Mon	12:00 pm - 4:00 pm	Advanced Cuban & Progressive Canasta	12:00 pm -4:00 pm	Mexican Train Dominoes
11:30am - 1:30pm	Free BP check - 1 st Mon	1:00 pm - 3:00 pm	Coloring	11:00 am - 400 pm	Assorted Cards & Games
12:00 pm - 3:00 pm	Woodcarvers	1:00 pm - 4:30pm	Table Tennis		
1:00 pm - 3:00 pm	Great Ideas Book Club 2 nd & 4 th Mon				
12:00 pm - 3:00 pm	Woodcarvers				
1:00 pm - 4:00 pm	Ballroom Dance Practice				

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

FRIDAY	
9:00 am - 12:00 pm	Chess
9:30 am - 1:30 pm	Open Bridge
10:00 am - 12:00 pm	Magnolia Porcelain - 3 rd Fri
10:30 am - 12:30 pm	Dance 'N Squares Club
1:00 pm - 4:30 pm	Table Tennis
2:00 pm - 4:00 pm	Bunco* - 1 st Fri
7:30 pm - 10:30 pm	Stardust Dance - 2 nd 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
Shelly Martin

Bocce Ball

Tuesday March 28
1:00 pm
#11118
Free;
Registration required



It's time to get back outside! Let's get some fresh air and exercise while playing Bocce Ball with friends. All levels from beginner to skilled are welcome. If you have never played before, we can teach you! Register at any Cobb Multipurpose Center by March 21st.

Chair Yoga

Tuesday, March 28
10:30 am
\$3.00 Cobb resident
\$4.00 Non-resident
11117



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 Multipurpose Senior Center by March 21st.

Craft for Humanity

Sleeping Mats for the Homeless
Friday, March 24
1:00 pm
Free; Registration required
11119



Join us as we Craft for Humanity by making sleeping mats for those who are homeless. These crochet mats are remarkably comfortable and create a barrier between the ground and the body, to help retain body heat while sleeping. It's not a problem if the mats get wet as they can easily be dried. If you can crochet, you can easily learn how to make a mat out of recycled plastic bags to help the cause. Register at any Cobb Multipurpose Center by March 17th.

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

VFW Bingo Extravaganza

Wednesday, March 15
11:00 am to 1:00 pm
Free; Registration required
#11641



Meet at the VFW in Marietta for the biggest bingo event of the year. Get there early to get a good seat. Entertainment is provided along with a sandwich sack lunch. Meet your friends at the event as you play for cash prizes. Meet us at: 140 Powers Ferry Road SE
Register at any Cobb Multipurpose Center by March 14th.

Disaster Preparedness

Monday, March 27
1:00 pm to 1:45 pm
Free; Registration required.
11642



Don't be caught off guard! Learn how you can prepare your home, pets, and yourself for emergency situations. RSVP, Retired Senior Volunteer Program, will present this beneficial program at Marietta Neighborhood Center.
Register at any Cobb Multipurpose Center by March 24th.

Mythology Monday

Monday, March 20
1:00 pm to 1:45 pm
Free; Registration required.
11887



Try your luck at Greek and Roman mythology trivia. Do you know the name of the goddess of love? What about the goddess of war? Learn something new about the Roman traditions of their sun god and how they worshiped.
Register at any Cobb Multipurpose Center by March 17th.

Cobb Neighborhood Centers celebrated the Chinese New Year on January 26 at Windy Hill Community Center. The seniors participated in Chinese zodiac games and a Tai Chi workout in the morning. They enjoyed a wonderful lunch from House of Lu III, featuring authentic Chinese cuisine. To end the celebration, the Atlanta Chinese Dance Company entertained with traditional Chinese dance performances, combined with a lecture demonstration introducing the history of various Chinese cultures.



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

AARP TAX-AIDE**TAX PREPARATION LOCATIONS NOW THROUGH
APRIL 18, 2017**

LOW TO MODERATE INCOME TAXPAYERS
MEMBERSHIP IN AARP IS NOT REQUIRED SERVICE
IS AVAILABLE REGARDLESS OF AGE

MONDAY 10:00-2:00 SENIOR WELLNESS CENTER
1150 POWDER SPRINGS ST *

MONDAY 10:30-2:30 GRITTERS LIBRARY 880 SHAW
PARK RD, *

TUESDAY 10:00-2:00 SENIOR WELLNESS CENTER
1150 POWDER SPRINGS ST *

TUESDAY 10:30-2:00 EAST COBB LIBRARY 4880
LOWER ROSWELL RD, *

WEDNESDAY 10:00-2:00 WOLFE ADULT
RECREATION 884 CHURCH ST, SMYRNA

WEDNESDAY 10:30-2:30 WARD RECREATION
CENTER 4845 DALLAS HWY, POWDER SPRINGS

THURSDAY 11:30-3:00 MT VIEW LIBRARY 3320
SANDY PLAINS RD, *

THURSDAY 11:30-3:30 WEST COBB LIBRARY 1750
DENNIS KEMP LANE, KENNESAW

FRIDAY 12:00-3:30 CENTRAL/SWITZER LIBRARY
266 ROSWELL ST, *

No tax returns will be prepared at Central Library on
4/14/17

FRIDAY 10:00-2:00 ROBERTSON COMMUNITY 2753
WATTS DR CENTER KENNESAW

No tax returns will be prepared at Robertson Community
Center on 4/17/17

*MARIETTA

TAXES PREPARED BY IRS – TRAINED

TAX COUNSELORS

FREE AND CONFIDENTIAL

NO APPOINTMENT REQUIRED

ELECTRONIC FILING AVAILABLE AT ALL

LOCATIONS SPONSORED BY THE IRS

BRING YOUR 2015 RETURN AND YOUR 2016 TAX
DOCUMENTS

EACH TAXPAYER MUST PRESENT THEIR SOCIAL
SECURITY CARDS OR OTHER IDENTIFICATION
DOCUMENTATION FOR YOURSELF AND
ALL DEPENDENTS.

FOR DIRECT DEPOSIT REFUNDS, TAXPAYER
MUST HAVE A VALID CHECK.

For more information go to aarp.org/taxaide

Beware Tax Time Scam Artists!

Scam artists adopt false identities as a way to extract personal information from their targets or to plant destructive software into a person's computer.

The IRS never contacts people via email or phone.

Scammers often pretend to be IRS agents, informing their targets of problems with their returns or refunds and telling them that the only solution is to send their Social Security numbers or bank account information.

Once they have a Social Security number in hand, the scammers can file a phony tax return in the victim's name, claiming a large refund and having it sent to a false address. One of the surest signs of a scam is when tax preparers make unrealistic promises, guaranteeing huge payouts, regardless of an individual's financial situation.

Another way is they are telling people their payments are rejected and ask for another credit card or insisting that they wire the money immediately or risk imprisonment.

They claim that the IRS is holding their money because of scammers. They will request

their personal information to ensure they are speaking with the actual client due the refund and then will release the funds to them.

If you receive a suspicious email that appears to come from TurboTax, forward it to us at spoof@intuit.com so we can investigate.

Taxpayers also need to be wary of ghost preparers, unlicensed companies or websites whose only goal is to take advantage of their so-called clients.

You should use only a tax service that is well-known, established or registered with the IRS.

You can contact A.A.R.P. for tax help who will prepare a simple return at no cost for low income households. Check below for locations to get assistance:

<https://secure.aarp.org/applications/VMISLocator/searchTaxAideLocations.action>

If you suspect that you are the victim of a scam, contact the IRS Identity Protection Specialized Unit at 1-800-908-4490. Suspicious emails should be forwarded to the IRS at phishing@irs.gov.

**Is your New Year's Resolution to share your talents
with others?**

If you are interested in becoming a volunteer instructor at any Cobb Senior Center we are always looking for people to share their knowledge and talent with others. From drawing to dance; from cooking to crochet; we try to offer a wide variety of opportunities and as with many of our programs we do that with volunteers.

New volunteers in all programs have to complete volunteer paperwork including a background check. For more information call 770-528-5381.

Beyond Rice: Great Grains

By Dawn Hedley, Life University Dietetic Intern

Rice has long been a staple food in countries all over the world. It is very versatile as it makes a great side with a little seasoning or it can serve as a complete meal when combined with a protein and vegetables. It is also very simple to prepare and can have nutritional benefits if you choose brown rice over white. Overall, rice is a great food choice, but if you are getting bored with the same old go-to side item or are looking for more nutrition in your meals, discover some other great grains.

Barley has been a popular grain used in soups for quite some time, but did you know that it is a nutritional “powerhouse”? According to the Whole Grains Council, this grain is packed with fiber which not only helps to reduce the risk of heart disease, but has also been shown to be helpful in preventing the onset of type 2 diabetes. This is due to the ability of beta-glucan, a special kind of fiber found in barley, to slow the absorption of sugars. Boasting a mildly nutty flavor and a chewy, pasta-like consistency, barley makes a great hot cereal or can be substituted for rice in casserole dishes for added health benefits.

Farro is a distant relative of barley, actually belonging to the wheat family. It is one of the oldest forms of wheat and has been found buried in the tombs of ancient Egyptian kings. Farro is much higher in fiber than most wheat varieties used in breads and pastas today and contains 10 essential vitamins and minerals. Similar to barley in taste and texture, this grain goes wonderfully in salads, soups or as a side dish with your favorite vegetables.

Quinoa has recently become a regular item in grocery stores and on menus. This ancient food that was considered sacred to the Incas, is what is known as a pseudo-grain as it has the nutritional profile of a grain but is in fact related to spinach and beets. This tiny “grain” is packed with protein as well as other nutrients. Cook in low-sodium

chicken, beef or vegetable broth for extra flavor and nutrition and mix in with any dish for added texture.

Aside from adding variety to your meals, including some of these great grains in your meal planning will also add extra nutrition into your life. They are all rich in fiber which is important in heart and digestive health as well as protein which plays a vital role in everything from cell health to healing. These grains are also excellent sources of B vitamins important to energy and metabolism, iron needed to get oxygen to all of our cells, magnesium for bone health and zinc for fighting off viruses and bacteria. Try adding in some great grains to your meals today and see the health benefits begin.

Baked Chicken with Apples and Barley

Recipe courtesy of barleyfoods.org

1 tablespoon olive oil
1/2 c chopped onion
1/2 c chopped red bell pepper
1/2 c chopped green bell pepper
1 clove garlic, finely chopped
1 medium green apple, chopped
1-2 tablespoons curry powder
1 cup pearl barley
2-1/2 c chicken broth
4 boneless, skinless chicken breasts
1/2 teaspoon garlic salt
3 tablespoons orange marmalade or apricot jam
Heat oil in large skillet; sauté onion, bell peppers and garlic 5 minutes, stirring occasionally. Add chopped apple and curry powder; sauté 4 minutes longer. Stir in barley and chicken broth; bring to boil. Reduce heat and simmer 15 minutes. Pour barley mixture into large baking dish or casserole. Arrange chicken breasts over barley and season with garlic salt. Cover and bake in 375° F oven for 45 minutes. Remove cover; brush chicken with marmalade. Continue to bake, uncovered, 15 minutes longer. Remove from oven and let stand 5 minutes before serving. Makes 4 servings.

Cobb Public Safety Implements SwiftReach Notification System

MARIETTA, Ga. (January 24, 2017) – The Cobb County Department of Public Safety is working to enhance the delivery of near real-time information to the public regarding incidents that may have a significant and/or imminent impact on their safety or welfare. DPS has now implemented the SwiftReach Swift911 notification system to inform residents of those types of alerts. SwiftReach is a high speed Emergency Notification System that alerts residents to emergency situations including severe weather, missing and endangered persons or significant road closures due to fatality accidents or other unplanned incidents in the local area. The program has the capability of delivering pre-recorded messages to the entire county via telephone, cell phone, email and text messaging. The system uses a publicly

available list of phone numbers that can be removed, or updated by both residents and businesses. There are two simple options to opt-in and provide contact information for this service. A sign up portal is available on the Police, Fire, EMA, 911 and Public Safety pages on the Cobb County website. Residents can also get the Swift911 Mobile App by texting the word “Swift911” to “99538”, once it is sent a response will be received with a link for the Swift 911 Public App within your app store. SwiftReach is one example of using current technology to make it easier for residents to receive communications from the Department of Public Safety. For more information residents can visit the Department of Public Safety page at www.cobbcounty.org and click on the SwiftReach icon.




Swift911 Public

Text
SWIFT911
to
99538

Stay Informed!

During Emergency Situations, Important Events and More

**Ensure You KNOW
Manage Your Alerts
Customize Your Information**

 **SWIFTREACH** www.swiftreach.com 1.800.794.3891

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

Wednesday, April 27
Check-in: 7:00 a.m.
Depart: 7:30 a.m.
Return: 9:00 p.m.

\$46 Senior Council member
\$51 Non-member

Come see The Fields of the Wood which is a biblically-based theme park. The park is located in the Cherokee mountains of North Carolina. It covers a total area of 220 beautiful acres, so wear comfortable shoes. Then we will head to Harrah Cherokee Valley River; a \$20 game credit is included in the price. 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. Bring your Total Rewards Card; for those who do not have one, bring a State or Federal issued ID. A secondary ID is required for a jackpot. New sign-ups must have e-mail address to receive Total Rewards Card.

Registration deadline March 30
Payment due at time of registration
#10871

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

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


Tuesday, May 23
Check-in: 9:30 a.m.
Depart: 10:00 a.m.
Return: 6:00 p.m.

\$67 Senior Council member
\$72 Non-member

Plan to spend an adventurous day with us at the Wild Animal Safari in Pine Mountain. We will first have lunch at the Bulloch House in Warm Springs, where you will enjoy a delicious Southern meal. The Wild Animal Safari has 65 different species adding to over 650 animals. Everyone will learn about various creatures as a park tour guide will join us.

Registration deadline April 25
Payment due at time of registration
#11880

Price includes motor coach transportation, admission fees, lunch, taxes and tips. 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

Unclaimed Baggage Store & McCutchen's Magnolia House

Tuesday, March 28 9:00am-8:00pm Check-in: 8:30am
All times are approximate #10565

Don't miss this opportunity. This is the only store in America that buys and sells unclaimed baggage from airlines. Come and see why they are one of Alabama's top shopping and tourist attractions, hosting nearly a million visitors each year. With thousands of items arriving in our store every day, you never know what you'll find! The 40,000-square-foot store is organized by departments, such as men's, jewelry and electronics, making it easy for you to find what you're looking for. Come with us on this trip and shop around, you never know what kind of treasure you can find. First, we will dine at the McCutchen's Magnolia House Restaurant for lunch and after that we will take an adventure through the famous Unclaimed Baggage Center to explore this unique shopping experience.

We will shop for couple of hours.

On our way home we will stop at Zaxby's to pick up dinner.

\$75 Senior Citizen Council member;
\$80 Non-member.

Payment is due at time of registration.
Price includes luxury motor coach,
lunch, dinner, and driver's tip.

No refunds unless the trip is cancelled.

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



Savannah River Augusta Boat Tour

Friday, April 21
9:00am - 5:30pm Check-in 8:30am
All times are approximate #10873

Join us for a beautiful spring cruise on the Savannah River. Learn the water way history of the Augusta area. We will be having lunch before the cruise at Beamie's at the River.

Call East Cobb Senior Center for Details.
770-509-4900



\$84 Senior Citizen Council member; \$89 Non-member.

Payment is due at time of registration.

Registration Deadline: March 24

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

No refunds unless the trip is cancelled.

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

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

Braves Game

Atlanta Braves vs. Pittsburgh Pirates

Thursday, May 25

Check in: 8:15 am Departure: 8:30 am Return: 4:30 pm

\$92.00 Council members \$97.00 Non-members

Deadline: Thursday, April 13



North Cobb Senior Center is heading out to the brand new SunTrust Park to watch America's pastime as the Atlanta Braves take on the Pittsburgh Pirates. We will begin our adventure with a delicious breakfast at Whistle Stop Cafe in Kennesaw and then head out to the stadium where we will be sitting in the shade as we "root, root, root, for the home team"!

Your ticket will also include \$10.00 to use for concessions.

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

Price includes motor coach transportation, admission to game, breakfast, concessions, snacks, tips and taxes.

No refunds will be given unless trip is canceled. Payment due at time of registration.

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



Tuesday, April 18

8:45 am - 4:15 pm (Check-in 8:30 am)

Experience the Georgia Aquarium as you never have before. Go behind closed doors to unlock the secrets of the day-to-day operations of the world's largest aquarium. Our visit includes the dolphin and sea lions shows, a walk through of the aquarium and a lunch voucher for their café.

Cost: \$95 Senior Council member; \$100 Non-member. Deadline: March 10. Price includes deluxe roundtrip motor coach transportation, general admission, behind the scenes tour admission, lunch, snacks and all taxes and tips. No refunds will be given unless the trip is cancelled.

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

Coming May...



GIBBS GARDENS





Come Join the Braves Family!

To submit an application or learn more about our exciting Gameday Staff positions, please visit

braves.com/employment



If you have any questions, please email bravesjobs@braves.com.



The Atlanta Braves are an Equal Opportunity Employer.

Paid Advertisement

APPLY FOR YOUR HOMESTEAD EXEMPTION TODAY

OVER 62?

APPLICATIONS AVAILABLE AT WWW.COBBTAX.ORG



APPLY BY APRIL 1 TO RECEIVE THE REDUCTION TO YOUR TAX BILL

*All qualifications must be met as of January 1 of year after your 62nd birthday.

You must own, occupy, and claim the property as your legal residence on January 1 of the year the application is made.



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



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:

Disease-Specific Care
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

MDCR# 11-1693

Paid Advertisement



**CELEBRATION
VILLAGE**

A breakthrough senior living community.

4450 Celebration Boulevard • Acworth, GA 30101



(800) 853-7470 • CVillage.com



Paid Advertisement