

Escape Room? What's an Escape Room?!

Escape Room: The Latest in Group Fun

Remember the game Clue? The murder mystery board game where each player assumes a role and then tries to determine the victim, the location and the weapon used in the crime through various "clues". Jump ahead to 2017, and we now have an updated version of this mystery solving game, The Escape Room.

Escape Rooms are popping up all around Atlanta, under various names and with different themes or scenarios. The Escapery, in Marietta, offers two "adventures"; The Ripper Room, where the objective is to find and save the Ripper's latest victim from within his hideout or The Destiny Room, where the objective is to assist Dr. Illinois Smith in recovering

The Spear of Destiny from the office of his nemesis, Dr. Pierre Freeman. Other popular rooms around Atlanta are Escape the Room, which offers the scenario of escaping from what seems like an average apartment, or Room Escape Atlanta, that requires locating four hostages and then escaping the chamber.

So, how does this work? you may ask. This is not a board game; this is an interactive group experience in which everyone participates. Most rooms allow for 8-10 participants. While groups of friends and organizations generally book rooms, unacquainted individuals may also be grouped together for an experience. The setting and the objectives are explained by an attendant before the group enters the room, which is like a movie set constructed to fit the sto-

ryline. Objectives could include finding a specific object or locating hostages with the main objective being to gain access out of the room within a time period of 30-60 minutes. Clues will be found within the room and come in three types: objects, puzzles or red herrings. Players will work together to search for clues and solve puzzles. One free "helping hand" is offered per game, but additional hints will cost 2 minutes. If special puzzles are solved, additional time can be earned. If the group is successful within the allotted time period the door to the room will open. If it fails, an attendant will come in to let everyone know time is up. At no time during the game is anyone truly locked in and participants may leave the room as they like.

While the Escape Room has become a popular team building activity for business organizations, it is mostly a fun group social activity, where the suspense builds as the minutes count down. North Cobb and Wellness Center have planned trips to area Escape Rooms and plan to take more groups in the future. Johnny Barfield, from West Cobb Senior Center, is in the process constructing an Escape Room on-site at and plans to have it open sometime during fall 2017. So if you like mystery, adventure and suspense, or just like to try something new, be on the lookout for an Escape Room activity at a center near you!

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

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

Or Current Resident

Senior Citizen Council Executive Committee

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

2017

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

DATES TO REMEMBER

9/4 **Labor Day- County offices closed**
9/7 **Chik-FI-A opens at Senior Wellness Center 11-1pm**
9/16 **Caregiver Conference at Due West United Methodist Church**
9/22 **Senior Day at the North Georgia Fair**

For more information check out these sites:

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

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Frank O'Brien, Council President

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
770-528-5381

GET INVOLVED IN SENIOR CITIZEN COUNCIL OF COBB COUNTY
Volunteer to serve on the Board or a Committee

Name-(Print) _____

Address: _____

Phone: (C) _____ (H) _____

E-MAIL: _____

I am a member of SENIOR CITIZEN COUNCIL OF COBB COUNTY (Circle One)

Yes No (You may join at any time: Membership forms at your center's front desk.)

My primary center is: _____

Put your name in nomination for an office on the 2018 Senior Citizen Council Board!
NOMINATION ARE OPEN (Circle one) –DEADLINE: FRIDAY, September 29, 2017
President

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

Election process and job descriptions are provided in the By-Laws, found on the Council website
www.seniorcitizencouncilofcobb.org

Send nomination forms to Senior Citizen Council
1750 Powder Springs Rd.
Suite 190, Box 107
Marietta, Georgia 30064
or email Jdemilio@seniorcitizencouncilofcobb.org

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 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.

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.

Acworth, GA 30101
(770) 975-7740 - Page 8

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.

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

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

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

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

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.

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

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

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

North Cobb Center
4100 South Main St. NW

Administrative Offices, Care Management, and Assistive Technology Lab
1150 Powder Springs St.
Suite 100
Marietta, GA 30064
(770) 528-5355

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

Cobb and Beyond

Farmer's Markets across Cobb

Acworth

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

Kennesaw

Mondays 3pm-7pm
through September
2829 Cherokee Street

Mableton

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

West Cobb

Tuesdays 3-7pm
Lost Mountain Park

Marietta Square

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

Farmers Atlanta Road Market (FARM)

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

Smyrna Fresh Market

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

Already on Medicare?

Prepare for Open Enrollment Now

Open Enrollment is October 15 to December 7

During October and November,

RSVP Cobb will assist current Medicare users (by appointment only) in re-evaluating their Medicare Advantage and/or Prescription Drug plan and compare it against other plans on the market.

After re-evaluating, if you find a plan that is a better fit for your needs, you can decide to switch, drop, or add Medicare Advantage (Part C) or Medicare Drug Plan (Part D), or stay with your current plan.

APPOINTMENTS ONLY

Call 770-528-1448

Paid Advertisement



**CELEBRATION
VILLAGE**

A breakthrough senior living community.

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(800) 853-7470 • CVillage.com



UPCOMING EVENTS in Metro Atlanta

September

Decatur Book Festival in Downtown Decatur
Friday 1st- Sunday 3rd Free admission; pay for parking
(404) 666-5926

Yellow Daisy Festival at Stone Mountain Park

Thursday 7th-Sunday 10th 10am-6pm

Admission \$15/vehicle

Address: 1000 Robert E. Lee Blvd Stone Mountain 30083
(877) 638-4385

Atlanta Braves Family Field Day

Saturday 9th 9am-12 Tickets \$60 includes tickets to game
at 7pm against Miami Marlins

Address: 755 Battery Ave Atlanta (404) 577-9100

Marietta Street Fair

Saturday 16th 9am-5pm & Sunday 17th 11am-5pm

Free Admission

Address: Glover Park Marietta 404-966-8497

Fall Folklife Festival at Smith Family Farm

Saturday 17th 10:30am-4:30 \$21/adult \$18/senior & youth

Address: 130 West Paces Ferry Road NW Atlanta
(404) 814-4000

Sippin' Safari

Saturday 23rd 5-9pm Tickets \$60

Address: 800 Cherokee Ave Atlanta (404) 624-5600

Free Admission Day at the National Parks

Saturday 30th Entry is free at all National Parks

October

Chalktober Fest at Marietta Square

Saturday 14th & Sunday 15th

Free admission (770) 617-9781

Georgia Mountain Fall Festival

Friday 13th-Saturday 21st

Admission \$12 Children 12 and under Free

311 Music Hall Road Hiawassee (706) 896-4191

Little 5 Points Halloween Festival

Saturday 21st 12pm-11pm featuring a parade 4-6pm

Admission is free parking is limited onsite.

Address: 1174 Euclid Ave NE Atlanta (404) 230-2884

Jonquil Festival

Saturday 28th 10am-6pm & Sunday 29th 12-5pm

Address: 200 Village Green Cir SE Smyrna (770) 423-1330

Have You Heard?

FRIENDS OF SENIOR WELLNESS CENTER

Promoting Health, Wellness, & Cultural Arts



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

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

CHANGES ARE COMING TO YOUR MEDICARE CARD.

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

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

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

Here are some ways to avoid Medicare scams:

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

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

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

CHOW DOWN for a CAUSE!



4320 E-W Connector (next to Sprouts)
678-424-8630

Present this flyer to your server and Cielo Blue will donate 20% of your check to **Freeman Poole Senior Center**. Purchases include dine-in and catering only.

Thanks for your support of
Freeman Poole Senior Center
4025 S. Hurt Rd, Smyrna (770-801-3400)

Wednesdays and Thursdays thru December 28th
(beverage purchase required)

Valid thru December 28, 2017 only at above location



Cobb County...Expect the Best!

Dining for Dollars

Present this flyer to your server and we'll donate
10% of your check to
C. Freeman Poole Senior Center



1355 East-West Connector, Austell 30106
770-941-4816

Valid thru December 28th at above location
Monday through Thursday
11:00 am - 10:00 pm

Purchases include dine-in and takeout.

Fundraiser supporting
C. Freeman Poole Senior Center
4025 South Hurt Road, Smyrna 30082
770-801-3400



Cobb County...Expect the Best!

Facts, Tidbits & News You Need to Know

SENIOR CHORUS IS LOOKING FOR MALE SINGERS!

The Guys and Dolls Chorus, which meets at East Cobb Senior Center, has openings for more men who enjoy singing the oldies. Music reading ability is not required! The chorus practices on Mondays at Center at 1:30, when we are not performing at senior residences. For more information please contact the director, Barbara Bond at 770 926-7177.

Paid Advertisement

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for Aging Adults

www.iLoveKare.com



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Errands | Appointment Scheduling | Admin Assistance

404-692-0539

Visit Cobb Senior Services' Assistive Technology Lab

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

OVER 100 ITEMS

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

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

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

Complimentary Annuity Check-up

Do you own any annuities?

When was the last time you had them checked by a financial professional?

Did you know that older annuities can be replaced tax-free for newer annuities that may have better rates and more features?

How sound is the company that has your annuity? We can do a free analysis of the company strength for you.

Call (404) 394-4513

*Farrell Wealth Advisors, Marietta, GA
Serving North GA for 37 Years!*

Paid Advertisement

Securities offered through Client One Securities LLC, member SIPC. Farrell Wealth Advisors, Inc. is not a subsidiary of nor controlled by Client One Securities. 12 Powder Springs St., Marietta, GA 30064. Guarantees, including optional benefits, are backed by the claims-paying ability of the issuer, and may contain limitations, including surrender charges, which may affect policy values.

Nanny/Manny Brigade

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

Volunteer whenever you like

Monday-Friday 9am-5pm.

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

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

Email:

nannybrigade2015@gmail.com to RSVP.



Operating Hours: 4025 South Hurt Road
8:00 am - 5:00 pm
Smyrna, GA 30082
Activity Hours: 770- 801-3400
8:30 am - 4:30 pm (M - F) 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 #14323
Monday, September 25
1:00 p.m. - 3:00 p.m.
\$3 Cobb resident \$4 Non-resident



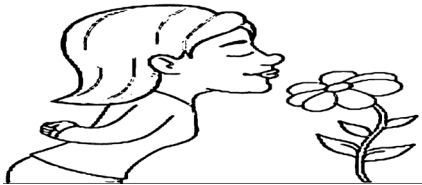
Win gift certificates to local restaurants and/or retailers. Multiple tickets can be purchased.
Ticket required; Ticket price non-refundable.

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

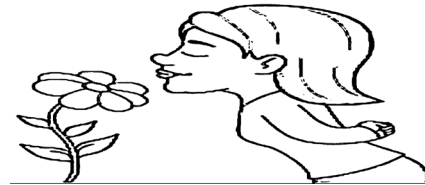
Treat Yourself Tuesday

Tuesday, September 12
11:30 a.m. – 12:30 p.m.

Bonefish Grill
(2997 Cobb Pkwy SE)
Separate checks;
Registration required
Meet at restaurant.
#14318



Aging and Loss of Smell #14325
Tuesday, September 26
10:30 a.m. – 11:30 a.m.
Free; Registration required



As we age, we can expect a variety of changes to take place. One natural change – the loss of smell – slowly occurs for many of us after we reach 60 and we barely notice it. The sense of smell goes hand-in-hand with taste and is often taken for granted, that is until it deteriorates. With the decline of olfactory function, not only do you lose your sense of smell, you lose your ability to distinguish between different smells. Join us to learn how the aging process impacts the anatomy and physiology of the senses. Presented by Karen Andry, Dietitian at Piedmont Healthcare.



Medicare 101
10:30 a.m. – 11:30 a.m.
Free; Registration required



Does the world of Medicare seem like a maze of confusing choices? Are you unsure of the difference between Part A and Plan A? Do you know if you're in the most suitable plan for your needs? Come unravel the mysteries for yourself at this straightforward, easy to understand Medicare 101 seminar Join others and make an educated decision about choosing the right plan for your needs!

Tuesday, September 19: Presented by Dottie Denham of Cigna HealthSpring #14322
Tuesday, October 3: Presented by Julie Chastain of Secern Financial #14571

ONGOING ACTIVITIES AND GROUPS

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

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

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

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

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

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

* prior registration required



Fun Hour Show and Tell #14326
Thursday, September 21
10:30 a.m. – 11:30 a.m.
Free; Registration required



Are you wanting to get that calendar filled with something fun to do? Don't miss out on Barbara Reddick's Show and Tell. It will be an hour of fun and laughter.



Karaoke Happy Hour #14327
Friday, September 29
2:00 p.m. – 4:00 p.m.
\$5.00 Cobb resident; \$6.0 Non-resident



It's karaoke and happy hour time again! Don't sit home alone, join us for this fun social gathering of music, singing and socialization. Light refreshments; first come, first served.
Fundraiser with all proceeds to benefit C. Freeman Poole Senior Center.



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



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

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

Program Coordinator
Donna Kibbe
Program Specialist
Viktoria Mihan
Administrative Specialist I
Jessica Stearns
Maintenance Technician II
Ira Knowles

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


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




Free Hearing Screening
Friday, September 15
9:00am-12:00pm
Is your hearing causing you concern? Take the time to have it checked out with a free screening from Dr. Bret Greenblatt. First come, first served. basis.
Free/ No registration required


Fall Prevention #14010
Friday, September 22 10:30am-11:30am
Have you fallen or do you feel unsteady when you walk? Join us for a free seminar to learn about your balance system, your fall risk, and steps you can take to reduce your risk of fall.
Presented by Beverly Stegman with Foundation Therapy Center.

Free/Registration required

The Benefits of Body Scrubs #14098
Wednesday, September 27 10:00am-11:00am
Do you have a good body scrub? It is essential for maintaining healthy, smooth skin. Store-bought or homemade body scrubs are a must have on your shower menu. Learn more about the benefits of the body scrubs. Presented by Sarah Hilsmier with FirstLight Home Care.

Free/Registration required

Medicare 101 #14004
Tuesday, September 12
10:00a.m.-11:30a.m.
If you are newly eligible or soon to be eligible for Medicare, this seminar is designed especially for you. The seminar will cover the basics of Medicare and what you need to know to make an informed decision about your coverage options. Presented by Dottie Denham with Cigna.
Free/Registration required

Meet the Author: Tammy Billups #14099
Friday, September 15 11:00am-1:00pm
\$6 Cobb residents; \$7 Non-residents
Join us for an intimate conversation with author Tammy Billups, as she discusses how, "Beyond the Fur" came into fruition, and the animal-healing miracles she has witnessed throughout her sixteen years of sharing her intuitive gifts via her holistic healing practice. "Beyond the Fur" is a guide to fully understand the profound connection in your animal-human relationships and its potential for mutual healing. Tammy Billups is a certified Interface Therapist and animal bioenergy healer.
Lunch will be served.
Sponsored by MedSide Healthcare.

Free/Ticket required

ASiST-Aging Simulation #14005
Wednesday, September 20
10:30am-12:00pmm
Presented by Aloha to Aging, this engaging training helps promote empathy when caregiving for older adults, as you step into their world, completing everyday tasks which mimic the challenges and frustrations faced by an older adult impairment such as hearing loss, vision, or balance issues.

Registration required

Flu Shots #14003
Friday, September 29
10:00am-12:00pm
Protect yourself, get a flu shot. Please register to make and appointment. Flu shots provided by Walgreens.

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



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

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

North Cobb Senior Center

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

Monthly Activities

Stevi B's and Bingo

Monday, September 25, 12:00 - 1:30 pm
\$5.29 - Pizza and salad buffet.
3335 Cobb Parkway, Acworth



#12804

Team Bowling

Friday, October 6, 10:15 am - 12:15 pm
\$5.00 - Pay at bowling center.
Stars and Strikes Bowling Center
10010 GA 92, Suite 180, Woodstock

#13613



Let's Do Lunch

Tuesday, October 3, 11:30 am
Bahama Breeze
755 Barrett Pkwy Kennesaw, GA 30144
Lunch on your own. Reservations required.

#14201

Film on Friday

Hidden Figures PG

Friday, October 20, 12:00 pm
The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program.



Concession charge:

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

#14388

Preparing Your Estate Plan

Tuesday, September 12 • 12:00 - 1:30 p.m.
\$2.00 Cobb residents/\$3.00 Non-residents
Join Matthew McManus with Edward Jones as he presents the importance of estate planning, including what to consider when creating a will and the benefits of trusts.



A light lunch will be provided.

#13911

Medicare 101

Wednesday, September 20 • 12:45 - 1:45 pm
Free. Registration required.

Annual enrollment begins in October. Dottie Denham with Cigna will give a fun and educational presentation on all the basics of Medicare. Get the answers to your Medicare questions and learn how to better understand your options.

#13906

Talk Saves Lives

Wednesday, September 27
10:30 - 11:30 a.m.
Free. Registration required.
#13914

Learn the warning signs and risk factors for suicide among adults and how we can help prevent it together. Presented by Diane Gillen, Volunteer with the American Foundation for Suicide Prevention.



ONGOING ACTIVITIES

DAILY: MONDAY - FRIDAY

8:30 am - 4:30 pm Community Puzzle
8:30am - 4:30pm Lending Library

MONDAY

Focus on Fitness*	9:00 am - 10:00 am
Woodcarvers	9:00 am - 11:00 am
Strength Training*	10:00 am - 11:00 am
Art Lovers	10:00 am - 3:00 pm
Tai Chi for Arthritis	10:30 am - 11:30 am
Table Tennis	11:00 am - 1:00 pm
Garden Club (1st)	11:00 am - 12:30 pm
Open Bridge	12:30 pm - 4:00 pm

TUESDAY

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

WEDNESDAY

Art Lovers	9:00 am - 12:00 pm
Photography Club (1st)	9:30 am - 12:00 pm
Rook	9:30 am - 12:30 pm
Zumba with Joyce	10:45 am - 11:45 am
Open Bridge	12:30 pm - 4:00 pm
Hand and Foot	12:30 pm - 4:00 pm

THURSDAY

Strength Training*	8:30 am - 9:30 am
AARP Smart Driver Course (1st)	9:00 am - 3:30 pm
Walking Club	9:30 am
Focus on Fitness*	9:30 am - 10:30 am
Chain Gang - Crochet (1st, 3rd)	9:30 am - 11:30 am
Table Tennis	10:45 am - 12:45 pm
Pinochle	10:00 am - 4:00 pm

FRIDAY

Hiking Club	8:30 am
Art Lovers	9:00 am - 2:00 pm
Mah Jongg	9:30 am - 12:30 pm
Walking Club	9:30 am
Book Lovers (1st)	11:00 am - 12:30 pm

Oldies, But Goodies

Wednesday, September 13 • 1:00 - 2:00 pm
Free. Registration required.
Join us for a fun day as the Oldies, But Goodies band provides musical entertainment that is sure to make you get up and dance. Sing along, and have a good time as they play some of your favorite tunes both secular and spiritual.

#14336

Soups and Frozen Meals

Thursday, September 21 • 1:00 - 2:00 pm
Free. Registration required.
Join Terri Carter of Cobb County/UGA Cooperative Extension Services as she demonstrates how to make soups and other delicious meals ahead of time, store in smaller portions, and freeze them safely for a later date.

#13913

Footloose Players Variety Show

Tuesday, September 26 • 1:00 - 2:30 pm
Free. Registration required.
Join the Footloose Players Drama Club as they present this fun and entertaining variety show! Prepare to laugh and have a good time. Bring a friend and meet the cast after the show.



Did You, Do You Mental Exercises

Thursday, September 14 • 1:00 - 2:00 pm
Free. Registration required.
Join Dindy Broadhead of Homestead Hospice as she introduces a variety of ways to keep your brain in tip top shape. You'll have a great time learning these fun and simple mental exercises.

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

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

Wellness Center

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



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

MEDICARE COUNSELING



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

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

Open Studio



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

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

New Life Walkers Club



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

DO YOU HAVE concerns about falling?



A MATTER OF BALANCE
 MANAGING CONCERNS ABOUT FALLS

Senior Wellness Center
 Tuesdays September 5 – October 24
 10:00 am - 12:00 pm
 Registration required (#14459)
 Program fee is \$30

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

CATCH-UP to Fitness

Monday, September 25
 11:00 am - 12:00 pm
 Free; Registration required #14194



Join us for a one hour nutrition and fitness class based on the award winning Oasis CATCH Healthy Habits program. Class includes discussion of nutrition and 30 minutes of physical activity. Facilitated by Cobb Retired Senior Volunteer Program (RSVP). Wear comfortable clothes and shoes.

Fall prevention awareness

Wednesday, September 27
 11:00 am - 12:00 pm
 Free; Registration required #14188



In observance of "Fall Prevention Awareness Week" 2017, Amy Woodell with Cobb Senior Services will discuss how to identify fall risks and how to develop a plan to avoid them. Learn more about how to develop your own strategies to reduce the risks.

Road Trip! Atlanta History Center and Margaret Mitchell House

Thursday, October 12
 9:00 am- 3:00 pm
 Registration required
 \$16.50 to be paid at the door #14399



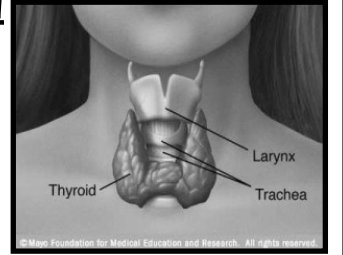
Join us to view award-winning exhibitions, historic houses and enchanting gardens at the Atlanta History Center. After lunch (on your own) at Whole Foods Market, we will tour the Margaret Mitchell House. *Activity level 4- long periods of walking, many stairs and/or incline and limited seated breaks.*

Friends of Senior Wellness Center

Meets last Tuesday of each month
 10:00 am – 11:00 am
 Join Friends of Senior Wellness Center and become part of a dynamic, new volunteer organization dedicated to helping Senior Wellness Center enhance and expand our services to the 55+ population in Cobb County and surrounding areas.

Thyroid Health

Wednesday, September 20
 11:00 am - 12:00 pm
 Free; Registration required #14185



Your thyroid greatly influences almost every cell in your body. Dr. Tami Breton with Wellstar Health System will explain the function of the thyroid gland and diseases which may affect it.

Georgia Cares Monthly Topic: Chronic Care Management

Thursday, September 21
 1:30 pm - 2:30 pm
 Free; Registration required #14186



Medicare may pay for a health care professional's help to manage chronic conditions. Learn more about how chronic care management offers additional help managing conditions such as arthritis, asthma, diabetes, hypertension, heart disease, and osteoporosis.

How to save money on your utility



Tuesday, September 26
 11:00 am -12:00 pm
 Free; Registration required #14187

Learn easy and inexpensive ways to save money on your monthly gas and electric bills and the importance of energy efficient homes with Trey Cason from Georgia Watch, a consumer advocacy organization, and ally for Georgians in regard to utility bills and energy issues.

Advance Care Planning Workshop

Wednesday, October 4
 10:00 am -11:30 a.m
 Free; Registration required #14379



Learn how to talk with your loved ones about final healthcare decisions and receive a free planning guide which outlines questions individuals and families should discuss, along with forms to use to record their final wishes. Presented by Wellstar Community Education and Outreach.

Meet Up: Cobb County Safety Village

Tuesday, October 17
 Arrive: 9:45 am
 Activity: 10:00 am-12:00 pm
 Free; Registration required #14382



Cobb County Safety Village Foundation, Inc. believes that by reaching out to all residents, safety techniques and guidance on crime prevention can be taught through hands-on learning experience. Meet us on site to participate in the interactive tour.
Activity level 4- long periods of walking, many stairs and/or incline and limited seated breaks.

Program Coordinator
Johnny Barfield
Program Leader
Debbie Morgan
Administrative Specialist I
April Anderson
Maintenance Technician II
Travis Byrum

West Cobb Senior Center

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

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



BON APPÉTIT
Volcano
Steak & Sushi
Monday, October 2
12:00 pm
On Your Own; Registration required
#14331
1720 Mars Hill Road #164
Acworth 30101



REEL GOOD MOVIES

Friends of West Cobb Fundraiser:
Beauty and the Beast

Saturday, September 27
6:30 pm - 10:00 pm
Free; Concessions available for \$5

Be our guest as *Beauty and the Beast* plays on the big outdoor screen in the backyard of West Cobb Senior Center. We invite the young and the "young at heart" to join us for this intergenerational movie night. All ages welcome. You will be sitting on the lawn so please bring a comfortable chair. Blankets are always welcome too! Don't miss your chance to see the live-action version of this tale as old as time. Please call 770-528-8200 for more details.

ADVANCE DIRECTIVES



Wednesday, September 20
10:00 am - 11:30 am
Free; Registration required
#13898

Cindy Newman with Wellstar will present on how to speak with your loved ones about final health care decisions. You'll receive a free planning guide which outlines questions you and your family should discuss along with forms you can use to record your wishes.

Make Me Up Before You Go, Go

Thursday, September 28
10:00 am - 11:00 am
Free; Registration required
#14020

Want to learn more about skincare and how to color yourself healthy? Come have some fun with Pat Hutto as you learn tips and tricks on skin care and makeup.

WRITE A NOVEL IN 30 MINUTES

Monday September 18
10:00 am - 11:00 am
Free; Registration required
#13900

Josh Langston's "Write a Novel in 30 Minutes" presentation will give you an informative and surprising look into the creation of a novel. A published author with over 20 books on the market, Josh leads an interactive session that's both educational and fun. Prepare to be entertained--and creative!

Senior VA Benefits Strategy Session

Wednesday, September 27
10:00 am - 11:00 am
Free; Registration required
#13986

Anissa Pellhum with Nelson Elder Care Law will be presenting on benefits offered by the Department of Veteran Affairs that helps veterans and their surviving spouses cover the expenses of long term care.

MEDICARE FAQs

Tuesday, September 26
10:00 am - 11:00 am
Free; Registration required
#14338

Do you have questions about Medicare? Dottie Denham of Cigna HealthSpring will present and answer any questions you might have. Stay informed and up to date on this important topic.

ONGOING ACTIVITIES & GROUPS

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

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

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

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

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

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

Neighborhood Centers

Program Coordinator
Geneva Eddington

Austell

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

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

Program Leader
Linda Martin
Assistant
Joan Ricketts

Blood Pressure Check
Tuesday, September 26
12:30 pm-1:30pm
Free; Registration required
14465



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

Register at any Cobb Senior Center by September 19th.

Gentle Zumba Workshop
Friday, September 29
10:45—11:45 am
\$3.00 Cobb resident
\$4.00 Non-resident
14466



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

Register at any Cobb Senior Center by September 22nd.

Tai Chi for Arthritis
Thursday, September 21
11:00 am
\$3.00 Cobb resident
\$4.00 Non-resident
14467



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

Register at any Cobb Senior Center by September 14th.

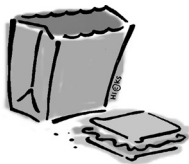
Marietta

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

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

Program Leader
Audrey Devlin
Assistant
Gayle Morrison

Brown Bag Concert Series
Thursdays, September 21 and 28
12:00 pm to 1:00 pm
Free; Registration required
#14660



Celebrate the start of Fall with the biannual concert series sponsored by Marietta City Parks. Grab a folding chair, pack a lunch and meet us at Glover Park for a lunchtime concert. Enjoy a different entertainer every Thursday. Get there early and enjoy the several restaurants of the Square, or take in the scenery by taking a walk around the park. Register at any Cobb Senior Center by September 20th.

Blood Pressure Check
Wednesday, September 20
10:30 am to 12:30 pm
Free; Registration required
14661



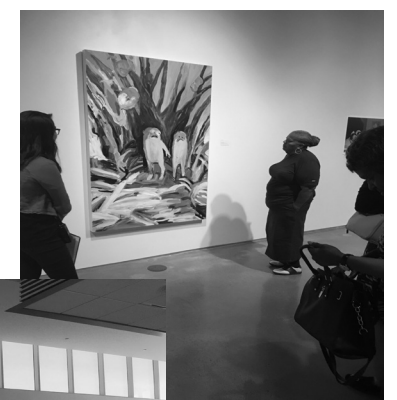
Whether your blood pressure is normal or high, everyone should have their blood pressure checked on a regular basis. Join us at the Marietta Center and learn the importance of your numbers with Cobb County Safety Village staff. Having your blood pressure checked routinely is a great way to prevent and monitor hypertension Register an any Cobb Senior Center by September 19th.

Healthy Sexuality as We Age
Monday, September 25
1:00 pm to 1:45 pm
Free; Registration required
14662



Discusses the various types of STIs; how to identify the signs and symptoms; prevention and treatment; risky sexual behaviors; safe sex; and the knowledge and skills needed to make informed health decisions Register at any Cobb Senior Center by September 15th.

Marietta and North Cobb Neighborhood Centers took a summer trip to visit the Bernard A. Zuckerman Museum of Art at Kennesaw State University. There were several pictures from the University’s permanent art collection and contemporary works of various local and nationally recognized artists. We had the opportunity to view the current exhibitor “Racecar,” which is a metaphor that conjures images of cars looping endlessly around a track. Another artist, Tori Tinsley, uses abstract art with two different figures to describe her struggle growing up with her mother. After touring the museum, we enjoyed a delicious lunch at the campus restaurant, The Commons. Everyone had a terrific time!



VOLUNTEERS
Legacy Coordinator
 Kristie Naylor
Program Leader
 Cindy Campbell
Volunteer Line 770-528-5381

Community Outreach
 Kathy Lathem
RSVP Cobb
 Mike Nichols
 770-528-1448

RSVP Cobb Volunteer Fact Sheet

Who are we?

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

What do we do?

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

Where do we work in Cobb County?

-Community centers
 -Senior residences / Senior communities

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

What are the requirements to participate?

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

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

What are the benefits for me?

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

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

Thank you to all of our sponsors!



Thank you to all of our sponsors who helped us honor the hundreds of volunteers who help us serve the seniors of Cobb County.

**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

ATLANTA GRAB BAR

INSTALLATION



RAMPS

SHOWER DESIGN

DOORS

SAFETLY BARS

Paid Advertisement 770-422-7709

since 1987

ATLANTAGRABBAR.COM

Greg

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.

Having a Healthy Summer

Mark Johnson Georgia State University, Dietetic Intern

Let's face it, summer in the south is scorching. One of the largest concerns in the summer is dehydration, when our bodies lose water from the loss of muscle mass or decreased kidney function. As such, we often lose the feeling of thirst and decrease our daily intake of water, losing out on a major nutrient that the body needs. Even though you may not feel thirsty, it is often beneficial to drink 8-8oz. glasses of water each day to help remain hydrated. A few tips to help combat thirst include eating fresh summer produce that is high in water content, drinking a full glass of water while taking medicine, and starting the day with a glass of water while you drink your morning coffee.

Other sources of water include fresh fruits and vegetables and low-fat dairy products.

Summer fresh produce is even better in season and is often cheaper. Look for these fruits and vegetables that are in season for the summer: watermelon, cantaloupe, peaches, summer squash, green beans, corn, tomatoes and cucumbers to name a few. Vary your fruits and vegetables for added colors to add a variety of vitamins and minerals to your diet, and textures to your meals.

Low-fat and fat-free dairy products are full of B vitamins that are needed for energy, and are lower in fat and calories. Need a healthier frozen treat? Why not freeze yogurt cups to have instead of ice-cream? You can also freeze fruits like melon and grapes for a cold summer treat! Frozen smoothies are a great way to add fruit, vegetables and dairy to your diet. Peel and slice bananas place them into a freezer bag to add to your smoothies later. Ripe bananas will add a sweetness without added sugars.

The body needs less calories, but still needs vitamins and minerals for healthy aging; poor nutrition can lead to many health

problems and increase your risk. Making healthy food choices is a smart thing to do, no matter how old you are! The key is to look for nutrient dense foods, without added fats, calories and sugar. When making snacks, aim for 2-3 food groups to help meet your goals of eating from all of the food groups. One of my favorite snacks is to take a 100% whole grain piece of toast, add 2 tablespoons of nut butter, and 2 tablespoons of dried fruit.

Spice up your life! Many adults experience changes in taste through the years due to decreased senses of smell, taste, or both. Medications may also play a factor in the way that foods and beverages taste.

Instead of grabbing the salt or fat, add healthier flavor to your meals through the use of herbs and spices. Fresh summer herbs are a great way to add flavors to your meal; some in season herbs include basil, chives, coriander, dill, fennel, mint, parsley and sage. Fresh herbs and spices are a great way to add a depth of flavor to your meals by adding freshness! Want to decrease your salt intake? Acids such as vinegar or that of fresh lemon and lime juice have the same effect that salt does on taste, without effecting blood pressure.

Lastly, we need to talk about sun exposure. Limit the amount of time that you spend in the sun between 10am-3pm as the sun's UV rays are at their strongest. When needing to be outside, make sure to keep your skin protected. Apply sunscreen with at least SPF 30 to help provide protection from all of the sun's rays, while using a lip balm with an SPF to help protect your lips from drying and cracking. Other tips to use include wearing a hat, sun glasses, or light colored clothing to protect skin and to help prevent heat exhaustion. As you sweat or swim, be sure to reapply sunscreen as it can wear off during increased physical activity and leave you unprotected.

Upcoming Falls Prevention Events

Matter of Balance Workshops

1. East Cobb
Tuesdays, September 26 – November 16
10:00 am – 12:00 pm
2. Senior Wellness Center
Wednesdays, September 5 – October 24
10:00 am – 12:00 pm

Tai Chi for Arthritis and Falls Prevention demonstration classes will be presented with support from Cobb Senior Services at four Cobb libraries in September. The one-hour classes are:

- ☐ Tuesday, September 5, 2 pm: East Cobb Library, 4880 Lower Roswell Road, Marietta 30068. (770) 509-2730
- ☐ Tuesday, September 12, 2 pm: Kemp Memorial Library, 4029 Due West Road, Marietta 30064. (770) 528-2527
- ☐ Tuesday, September 19, 2 pm: Kennesaw Library, 2250 Lewis Road, Kennesaw 30144. (770) 528-2529
- ☐ Thursday, September 21, 11:30 am: South Cobb Regional Library, 805 Clay Road, Mableton 30126, (678) 398-5828

The 2017 Falls Prevention Awareness events include Free Vision Screenings by volunteers from three area Lions Clubs. The five Lions events at Cobb County libraries are:

- ☐ Wednesday, September 6, 2 pm to 4 pm: West Cobb Regional Library, 1750 Dennis Kemp Lane, Kennesaw 30152. (770) 528-4699. Paulding-West Cobb Lions Club
- ☐ Saturday, September 9, 2 pm to 4 pm: Kennesaw Library, 2250 Lewis St., Kennesaw 30144. (770) 528-2529. North Cobb Lions Club
- ☐ Wed., September 13, 3 pm to 5 pm: Sibley Library, 1539 South Cobb Drive, Marietta 30060. (770) 528-2520. South Cobb Lions Club
- ☐ Monday, September 18, 2 pm to 4 pm: Powder Springs Library, 4181 Atlanta Street, Building 1, Powder Springs 30127. (770) 439-3600. Paulding-West Cobb Lions Club
- ☐ Friday, September 22, 3 pm to 5:30 pm: South Cobb Regional Library, 805 Clay Road, Mableton 30126, (678) 398-5828. South Cobb Lions Club

South Cobb Regional Library is hosting WellStar Health Screening @ South Cobb: "Falls Prevention Awareness" on Wednesday, September 20, 2017 from 11 am to 2 pm. The health screenings for adults ages 18 and up related to falls prevention by WellStar Community Education & Outreach includes blood pressure, glucose, total cholesterol and bone density. No registration required – walk-ins encouraged. (678) 398-5828

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



Thursday, October 26

Check-in: 8:00 a.m. Depart: 8:30 a.m. Return: 5:30 p.m.

\$69 Senior Council member
\$74 Non-member

The Southern Belle Riverboat will take you on a three hour cruise to the famous Tennessee River Gorge to see nature's brilliant canvas of vivid fall colors. They'll have live entertainment for a foot stompin' good time, live narration for all history buffs, pilot house tours to hang out with the captain, free bingo with gift shop prizes and a delicious, one time through, buffet style lunch featuring roast beef, lemon basil chicken, baby red potatoes, mixed vegetables, salad, dinner rolls, dessert, coffee, iced tea and water.

Registration deadline September 18
Payment due at time of registration
#14329

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

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



WIND CREEK
WETUMPKA

Thursday, November 16

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

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

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

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

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

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

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

Rock City Enchanted Garden of Lights #14653

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

Join us for a trip to the magical Rock City Enchanted Garden of Lights. Our mystical evening starts with a decadent holiday buffet at the Rock City Grill. After dinner, we will venture down the North Pole Highway to Yule Town to tour the Arctic Kingdom and Magic Forest.



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

Registration deadline: Friday, November 3

Price includes luxury motor coach, transportation, tickets, lunch, and driver's tip. No refunds will be given unless trip cancelled. **Activity Level 2-Limited walking, some stairs and/or inclines.**



Coming Attractions



Trips subject to change

Tenderly
The Rosemary Clooney Musical at
Georgia Ensemble
January 17, 2018



The Buddy Holly Story
Musical at
Georgia Ensemble
April 18, 2018



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

State Botanical Garden of Georgia

#14333

Tuesday, October 24

Check in: 8:15 am Departure: 8:45 am Return: 4:00 pm

Payment due at registration. Registration deadline: Friday, September 15

\$62.00 Senior Council members

\$67.00 Non-Council members

Activity Level 3: Walking tour, no stairs or inclines. Seating available throughout garden.



Join us for a day of fun and enjoyment at the State Botanical Garden of Georgia in Athens. This 313-acre preserve was set aside by the University of Georgia in 1968 for the study and enjoyment of plants and nature.

We will get to experience the autumn gardens with a 1 1/2 hour guided tour.

Afterwards, we will head to Hilltop Grille for lunch.

Price includes motor coach transportation, admission to garden, lunch, snacks and tips.

No refunds will be given unless trip is cancelled.

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

A DAY IN DAHLONEGA



Wednesday, October 11

9:00 am - 6:15 pm (Check-in 8:45 am)

\$100 Senior Council member; \$105 Non-member

Payment due at registration. Deadline is September 11.

Enjoy the sites and tastes of North Georgia's most scenic town as we explore the nooks and crannies of the famous and nationally registered Dahlonega Square. Our guided tour includes 5 to 7 stops at restaurants where we will sample their food, as well as visits to local artists, historic landmarks, century old architecture and local music venues. The tour will cover just under a mile so please wear comfortable shoes and clothing. Although there will be walking, we will also have seated breaks at times. Don't forget to bring money for our last stop at Reece Orchards, where you can buy fruits, fried pies and other bakery goods.

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

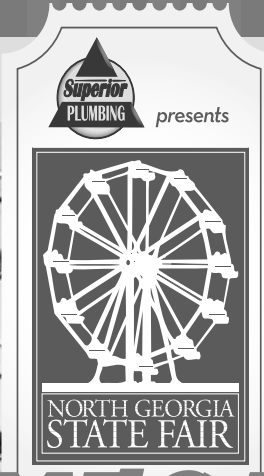


SENIOR CITIZENS' DAY

AT THE 85TH ANNUAL SUPERIOR PLUMBING NORTH GEORGIA STATE FAIR

JIM R MILLER PARK

MARIETTA, GEORGIA



MEGA size FUN

FRIDAY, SEPTEMBER 22, 2017

Activities from 9:00am–1:00pm – Games & Activities, Prior to the Fair Opening
Free Admission for Seniors 55 and Over when the Fair Opens at 4:00pm

SENIOR ACTIVITIES FROM 9:00 AM–1:00 PM

Free activities for seniors 55 and older!

8:00 am Breakfast <i>while supplies last</i>	9:00 am–1:00 pm Petting Zoo and Petting Barn will be open Non-Commercial exhibit hall will be open	10:30 am–12:30 pm Check out the Market Plaza Stage for Entertainment 12:15 pm Drawing in the Arena 11:00 am–1:00 pm Ride the Seattle Wheel and The Georgia Mountain Lift Food vendors open for lunch	Ground Act Schedule 10:30 AM: Lady Houdini 11:00 AM: Firemen High Dive Show 11:30 AM: Kanchuga and the Alligator 12:00 NOON: Sea Lion Splash	9:30 am & 12:30 pm Bingo under the covered arena
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Cobb County...Expect the Best!

4:00 pm Fair opens with Free Admission 55 & Over

Shuttles will be running throughout the park (8:00 am – 1:00 pm) for your convenience.

NORTHGEORGIASTATEFAIR.COM

FOR MORE INFORMATION: 770-528-5355 OR 770-423-1330

