Fall in Love with Assistive Technology

Assistive technology is any item or piece of equipment used to improve someone’s daily life by assisting with activities such as eating, bathing, mobility, vision, and communication. While there are AT programs located in Fulton and DeKalb counties, there are no programs easily accessible in the western part of the region in Cobb, Douglas and Cherokee counties. The creation of an AT lab in Cobb County will provide a more easily accessible location for this underserved part of the region and create an interactive space for the community to come and observe demonstrations and test assistive technology for themselves.

Cobb Senior Services is establishing this AT lab under contract with the Atlanta Regional Commission. This project was financed in part with funds provided by the U.S. Government through the GA Department of Human Services.

Cobb Senior Services is hosting a free open house for a new assistive technology (AT) lab on Tuesday, February 14 from 10am-1pm at 1150 Powder Springs St, Marietta.

Technology and home modification exhibitors will be on-site to provide information and students with Chattahoochee Technical College’s Occupational Therapist Assistant program will be providing fall risk assessments. The goal of the event is to make this technology more readily available to individuals in need throughout the region by increasing knowledge, access, and utilization of assistive technology for older adults, persons with disabilities, and/or their caregivers as well as the community at large. People of all ages and abilities are welcome to attend this free event. To RSVP, call 770-528-5350. See page 4 for more details.

On the right: Felicia Alingu demonstrates some assistive technologies at Cobb County GIS day.
THE BULLETIN

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

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

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

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

Volunteers
770-528-5381

COUNCIL NOTES

FRANK O’BRIEN, Council President

SENIORS GO is booming. No real problems to date. New sign ups in 2017 will pay an increased fee of $15 to register with Common Courtesy. The one-time fee was previously ten dollars. Services will remain the same. The increased cost will go toward Common Courtesy office costs which were operating at a loss. Ride subsidies are being paid from four grants and additional grant applications are in the process.

A new membership management system has been obtained for Council. This includes online registration and PayPal. We will be able to answer questions more quickly and efficiently. Online registration takes less time for information to be processed and your membership can be activated more quickly.

Advocacy efforts are underway already with the Georgia legislature by GCOA. Priorities include statewide expansion of programs like Seniors Go, family leave for all workers from their earned vacation, oral health care in nursing homes, and a registry of abusers. Council is coordinating with AARP and GCOA on this effort. Advocacy training efforts are being led by GCOA. Look at their website and consider joining.

On January 19th, 2017, from 10am-1pm, join hundreds of senior advocates from across the state of Georgia for the annual "Be There 4 Seniors" Rally taking place in the south wing of the State Capital, 206 Washington Street SW, Atlanta, GA 30334. This is a chance to let legislators know the issues affecting elder that we care about. This is a day to have your voices be heard! If you are interested in joining in this event and getting more involved with advocacy efforts, please contact Amanda James, GCS Administrator at: administrator@georgiagerontology.org

Keep using the Council Website to see what is going on. Frank O’Brien, 404-731-6678, francisobrien0@gmail.com

COBB SENIOR SERVICES

Jessica Gill, Director 770-528-5366

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

SANDEE PANICHI
Manager of Operations

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

This beautiful facility is home to a diverse fun loving group age 60 or better who enjoy gardening, games, lunch, day trips, arts and crafts, and educational programs each week.

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

This unique facility offers seniors age 60 plus opportunities for classes, games, arts and crafts, day trips and socialization. Lunch is served daily at the café or on the patio, weather permitting.

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

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

This Center enjoys the benefits of North Cobb Multipurpose Center as well as the lovely park setting. The active seniors are age 60 or better. Each week they enjoy games, arts and crafts, lunch, day trips, music, educational programs and gardening.

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

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

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

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

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

2017
Cobb Senior Services
Board of Advisors

♦ Theodosia Hill, Chair
♦ Joe Van Horn, Vice Chair
♦ Raymond Coffman
♦ Dan Day
♦ Cosandra Keaton
♦ Frank O’Brien
♦ Dawn Reed
♦ Tera Peterson
♦ Willie Washington
♦ Donna McGrane
Jessica Gill...Director

Jess Gill...Director
Cobb and Beyond - Transportation Options

What is Cobb Freedom?
Gives paratransit eligible Cobb County residents living outside of the paratransit service area the opportunity to arrange private transportation.
Must be 60+ years of age & have a disability to be eligible.

Why We Do It
Because you are valued in this community.
This program allows for more flexibility and more options.
Most importantly, it helps increase your independence.

For more information on the program
Visit www.CobbLinc.com
Mobility Coordinator
Phone: (770) 528-4381
E-mail: Mobility@CobbCounty.org
To sign up
Check to see if you are paratransit eligible by contacting paratransit manager at:
Phone: (770) 429-7855

How Does It Work?
First, participants purchase vouchers from CobbLinc
- $10 for every $100 voucher book
- $1800 worth of vouchers annually
Second, participants schedule their trips ahead of time.
Third, the rider pays the transportation provider in vouchers
- Cost depends on destination
Fourth, provider sends vouchers to CobbLinc which then reimburses the vendor

Why We Do It
Because you are valued in this community.
This program allows for more flexibility and more options.
Most importantly, it helps increase your independence.

Enrollment

Step 1
Ask for Application:
1. Mailed In
2. Picked Up
3. Downloaded from www.CobbLinc.com

Step 2
Paratransit Manager identifies eligible individuals who reside outside paratransit area

Step 3
Assessment at our office:
431 Commerce Park Dr., Marietta, GA 30060

January 2017
Have You Heard? Facts, Tidbits & News You Need to Know

**FALL IN LOVE WITH ASSISTIVE TECHNOLOGY**

- People of all ages and abilities welcome
- Drop in and try out technology that can make your life easier
- Get a Fall Risk Assessment, no appointment necessary
- Technology and home modification exhibitors will be on-site to provide information

**OPEN HOUSE**

**Tuesday, February 14**
10am - 1pm
To RSVP, call 770-528-5350

Cobb Senior Services
1150 Powder Springs Street
Marietta, GA 30064

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**Cobb Senior Services and Senior Citizen Council Helpful Facts**

**Cobb Senior Services**

1. Cobb Senior Services is a department of Cobb County Government which operates 8 centers around the county and provides a variety of services to all citizens of Cobb County age 55+, their families, and care givers.

2. You do not currently need a membership of any kind to attend classes, trips, or anything else at Cobb Senior Services' facilities. There may be a fee depending on the type of programming involved.


4. *The Bulletin* is available digitally every month on CobbSeniors.org for everyone to read, check event schedules, and get information about Cobb Senior Services and events older adults, their families, and caregivers might be interested in around the county.

5. Senior Citizen Council of Cobb is not an entity or subset of Cobb Senior Services.

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**Senior Citizen Council of Cobb County**

1. Senior Citizen Council of Cobb County is an independent membership organization for seniors 55+. It is registered as a 501(c)(3) entity and has a board and bylaws. Membership includes $5 off trips with Cobb Senior Services, *The Bulletin* mailed directly to you monthly, and eligibility to participate in “Seniors Go”.

2. “Seniors Go” is a transportation program that Senior Citizen Council of Cobb County is sponsoring in partnership with Common Courtesy:
   a. Common Courtesy is a nonprofit organization that connects seniors who cannot utilize a smart phone with Uber and Lyft for transportation.
   b. “Seniors Go” requires a separate application with a $10 application fee. Participants must have a cell phone and credit/debit card.

3. Membership dues support Council operating costs and must be sent directly to Senior Council (1750 Powder Springs Rd. Suite 190 Box 107 Marietta, Ga 30064).
For the Members...

Are You A Drought Buster?
Try these Water Saving Ideas!
Use a broom to clear leaves off the sidewalk.
Replace older faucets, showerheads and toilets
Find and fix leaks now!
Winterize your irrigation systems.
Take shorter showers!
Don’t run the dishwasher or washing machine
until they’re full.
Use less electricity. Power plants use thousands of
gallons of water to cool.
Turn off the tap when brushing your teeth, shaving or
washing your hands.
Email us at waterefficiency@cobbcounty.org for more
information and free materials.

AGING BY DESIGN
2017 SUMMIT & EXPO
Saturday, May 6, 2017
Roswell Street Baptist Church
774 Roswell Street
Marietta, GA 30060

SAVE THE DATE
This event is for anyone who wants to take
control of how they age
and/or is caring for an aging loved one.
Visit www.CobbSeniors.org for details
Call 770-528-5393 for details on becoming
a Sponsor

We would like to thank Kathy Scott for
her donation in honor of the Soukup,
Sherlock, and Scott Families for their
years of service with Cobb County Meals
on Wheels. We
appreciate all the years and miles their
families have
dedicated to serving the seniors of Cobb
County.

Upcoming Events

January

1/14 Pirate Day at Fernbank Museum
10am-2pm, Free with cost of admission
Address: 767 Clifton Road NE Atlanta 30307

1/16 Free Entrance Days in the National Parks
All National Parks and Historic Sites free admission

1/16 MLK Day in Marietta
10 am at Turner Chapel AME, Free
Address: 492 North Marietta Pkwy NE Marietta

1/22 In the Mood – A 1940’s Musical Review
2pm $22.00 - $62.00 Address: 2800 Cobb Galleria Pkwy Atlanta

1/28-29 Trains, Trains, Trains
9:30am-5pm at Southern Museum of Civil War &
Locomotive History. $7.50 adults, $6.50 Seniors, $5.50
Children 4-12, free for children under 3.

February

2/10 Fernbank After Dark
2nd Friday of each month 6-9pm Science Demonstrations,
hands on programming all 21+.
Address: 767 Clifton Road NE Atlanta 30307

Red Tea Party #10609
Friday, February 3
11:30 am-1:30 pm
$8 Cobb resident; $10 Non-resident
In honor of National Wear Red Day, held each year on the first Friday
in February to raise awareness about women and heart disease, we will
be hosting a Red Tea Party. Senior Wellness Center is encouraging
everyone to wear red as they join us for a delicious tea time menu of
tea sandwiches, scones and mini pastries. Entertainment will be
provided by The Taylor Piano-Bass Duo. Elizabeth Venell Ph.d,
instructor in Gender and Women’s Studies at Kennesaw State
University, will discuss women’s topics. There will also be a brief
discussion on prevention and the strides being made in women’s health
by a Wellstar Health professional.
Friday, January 20
2:00 p.m. – 4:00 p.m.
$5.00 Cobb resident; $6.00 Non-resident
Don’t let your afternoon get away from you! Stop in and join us for “Happy Hour” with light refreshments, music and socialization; first come, first served.
#10365
Fundraiser with all proceeds to benefit C. Freeman Poole Senior Center.

TUESDAY
10:30 a.m. – 11:30 a.m.
Free; Registration required
Learn how vaccines work, why vaccinations are important and what vaccines are important to older adults.
You will also learn what vaccines may be needed for international travel. Presented by Cobb and Douglas Public Health.

Wednesday, January 25
10:00 a.m. – 4:00 p.m.
Check with your insurance agent regarding a possible discount for taking this class. Registration required. Please bring a lunch.
#10371

Thursday, January 19
1:00 p.m. – 2:00 p.m.
Free; Registration required
If you are having knee or shoulder problems, don’t miss out on this informative seminar. Dr. Mark Duffield of Ortho Atlanta will present on how to alleviate pain in the shoulders and knees and how to prevent damage to them.

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 Daily
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 Weekly

MONDAY (continued)
10:00-12:00pm Drama Club 2nd&4th
10:30-12:30pm Treat Yourself Tuesdays 2nd
11:30-12:30pm Table Tennis Weekly
12:30-4:30pm Spummers Dominoes Weekly
1:00-4:00pm Shanghai Rummy Weekly

TUESDAY
10:00-12:30pm Wii Bowling Weekly
10:00-12:00pm Square Dancers Weekly

WEDNESDAY
9:30-2:00 pm Quilters Guild 1st&3rd Weekly
10:45-12:00 pm Fun Dancers Weekly
11:00 - 2:00 pm Quilting Bees 2nd Weekly
12:30-2:30 pm Covered Bridge Carvers Weekly
1:00-4:00pm MahJongg Weekly
1:00-4:00PM Bid Whist 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 Weekly
10:00-12:00pm CFPSC Camera Club 1st Weekly
10:30-12:30pm NW Metro AT&T Pioneers 4th Weekly
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
## Memory Loss That Disrupts Daily Life May Be a Symptom of Alzheimer’s Disease

Wednesday, January 11
10:00-11:30am #10335

Memory loss that disrupts daily life may be a symptom of Alzheimer’s or another dementia. Alzheimer’s is a brain disease that causes a slow decline in memory, thinking, and reasoning skills. There are 10 warning signs and symptoms. Every individual may experience one or more of these signs in a different degree. Come to our seminar to learn more. Presented by: The Alzheimer's Association

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## Alzheimer’s Association January 2017 Presentation

10 Warning Signs of Alzheimer’s Disease

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>When</th>
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</thead>
<tbody>
<tr>
<td>10:00-11:30am</td>
<td>Open Billiards</td>
<td>Daily</td>
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<tr>
<td>10:00-11:00am</td>
<td>Indoor Walking</td>
<td>Daily</td>
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<tr>
<td>10:30-11:30am</td>
<td>Indoor Walking</td>
<td>Daily</td>
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<tr>
<td>10:45-11:30am</td>
<td>Booked for Lunch Book Club</td>
<td>3rd Mon. of Mo.</td>
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<tr>
<td>11:15-11:30am</td>
<td>Bid &amp; Play Bridge</td>
<td>Weekly</td>
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<tr>
<td>10:00-10:45am</td>
<td>5 Deck Canasta</td>
<td>Weekly</td>
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<tr>
<td>11:00-11:45am</td>
<td>Intermediate Bridge</td>
<td>Weekly</td>
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<tr>
<td>10:00-11:00am</td>
<td>American Mah Jongg</td>
<td>Weekly</td>
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<tr>
<td>11:15-12:30pm</td>
<td>Guys &amp; Dolls Choral Group</td>
<td>Weekly</td>
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</tbody>
</table>

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## Happy New Year

From the Staff at East Cobb Senior Center

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## Financial Fraud and Elder Abuse

Tuesdays, January 10, 17 & 24
1:00am - Noon #10334

As the population ages, losses as a result of financial elder abuse are increasing. Baker Daily Money Management will be presenting on the following topics: financial fraud and elder abuse, how to prevent and report financial fraud, and daily money management services and how they can help.

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## Neuropathy Relief

Do you suffer from neuropathy? Neuropathy affects the motor nerves that control muscle movement and sensory nerves that detect sensations, such as coldness or pain. Come to our seminar to learn the symptoms, terms, causes and treatments to alleviate neuropathy. Presented by Dr. Ellie Tillman, Ballard Chiropractic

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## Pick Your Risk: 26 Different Types of Financial Risks You Face #10338

Friday, January 13 10:00am - 12:00pm

What's the biggest risk you face with your life savings? The answer may surprise you. Learn how to recognize which of the 26 financial risks you must manage for your nest egg monies. Your successful retirement depends upon it. We will have a Q&A period to address any questions, or concerns you have regarding investments, interest rates, guaranteeing principal, income strategies, life insurance, etc. Presented by Larry Lupas, Lupas Financial Services.

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## Dine-a-Round

Wednesday, January 18
11:30-1:00pm

Moxie Burger
2421 Shallowford Rd.

Separate Checks
Everyone meets at the restaurant.

#10333 Registration required

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## Pancakes with Public Safety

Friday, February 10 10:00am - Noon

Join us for a pancake breakfast put on by East Cobb Senior Center and the McCleskey YMCA to honor the men and women of Cobb County Public Safety who service the East Cobb area. This is your opportunity to meet with these men and women, have breakfast with them and learn about our police and fire departments. This is our way of thanking them for all they do for us and our community.

#10803
$5 Cobb-residents
$6 Non-residents

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## Time Activity When

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>When</th>
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<tbody>
<tr>
<td>MONDAY</td>
<td>Puzzles</td>
<td>Weekly</td>
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<tr>
<td>8:00am - 8:45pm</td>
<td>Open Billiards</td>
<td>Daily</td>
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<tr>
<td>8:00am - 8:30pm</td>
<td>Indoor Walking</td>
<td>Daily</td>
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<td>9:00am - 9:45pm</td>
<td>Catchem Fishing Club</td>
<td>1st Mon. of Mo.</td>
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<td>10:00am - 10:45pm</td>
<td>Booked for Lunch Book Club</td>
<td>3rd Mon. of Mo.</td>
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<tr>
<td>10:45am - 11:30am</td>
<td>Bid &amp; Play Bridge</td>
<td>Weekly</td>
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<td>10:00am - 10:45pm</td>
<td>5 Deck Canasta</td>
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<td>11:00am - 11:45am</td>
<td>Intermediate Bridge</td>
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<tr>
<td>10:00am - 10:45pm</td>
<td>American Mah Jongg</td>
<td>Weekly</td>
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<tr>
<td>11:15am - 12:00pm</td>
<td>Guys &amp; Dolls Choral Group</td>
<td>Weekly</td>
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<tr>
<td>TUESDAY</td>
<td>Lockheed Retirees Mtg. and Breakfast</td>
<td>Weekly</td>
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<td>8:00am - 8:30pm</td>
<td>Pinocchio</td>
<td>Weekly</td>
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<tr>
<td>9:30am - 10:00am</td>
<td>Line Dance Practice</td>
<td>Weekly</td>
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<tr>
<td>10:30am - 11:00am</td>
<td>Intermediate Line Dance</td>
<td>Weekly</td>
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<tr>
<td>10:00am - 11:20am</td>
<td>Duplicate Bridge Partner Req.</td>
<td>Weekly</td>
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<tr>
<td>10:00am - 11:00am</td>
<td>5 Deck Canasta</td>
<td>Weekly</td>
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<tr>
<td>10:00am - 11:00am</td>
<td>Intermediate Sign Language</td>
<td>Weekly</td>
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<tr>
<td>10:00am - 11:00am</td>
<td>Advanced Line Dance</td>
<td>Weekly</td>
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<tr>
<td>10:00am - 11:00am</td>
<td>Mexican Train Dominos</td>
<td>Weekly</td>
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<tr>
<td>10:00am - 11:00am</td>
<td>Table Tennis</td>
<td>Weekly</td>
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<tr>
<td>10:00am - 11:00am</td>
<td>Beginner Sign Language</td>
<td>Weekly</td>
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</tbody>
</table>

## Operating Hours:
8:00am - 5:00pm
Activity Hours:
8:30am - 4:30pm (M - F)
Let’s Do Lunch  
**Bay Breeze**  
Wednesday, January 11  
11:30 am  
#9943  
Lunch on your own. Reservation required.

**Just Desserts**  
**Olive Garden**  
Tuesday, January 31  
2:00 pm  
#9949  
429 Barrett Pkwy, Kennesaw  
Separate Checks. Reservation required.

**Portion Distortion**  
Thursday, January 26  
10:30 am - 11:30 am  
Free. Registration required.

In today’s world of oversized servings, it’s difficult to know how much is too much. This lesson looks at the evolution of portion size over time and points us in the right direction of how to model our plate and make appropriate portion decisions when dining. Presented by UGA/Cobb Extension Services.

**Preserving, Enjoying and Sharing Your Personal History**  
Thursday, January 12 • 10:30 am  
Free. Registration required.

Join Katie, Cindy, and Elizabeth with Life’s Preservers to learn ways to preserve your history by putting pictures and family information into digital format to share. Bring 25 of your favorite pictures for #9932 this class.

**NCSC 14th Anniversary**  
Tickets go on sale Tuesday, January 10  
#10807  
Friday, February 10 • 12:00 pm - 2:00 pm  
$12.00 Cobb residents/$15.00 Non-residents  
Join us as we “Rock Around the Clock” celebrating North Cobb’s 14th Anniversary. Our event will be held at North Star Church. Enjoy a delicious catered meal with rockin’ entertainment by 2 Gals and a Guy. Fundraiser with all proceeds to benefit North Cobb Senior Center.

**SPICE BLEND**  
Thursday, January 19  
1:00pm to 1:45pm  
Free; Registration required  
#10810  
If you are concerned about your sodium intake and want to eat healthier, join us and learn how to combine spices and spice roasting techniques. Register by January 13th.

**THERABANDS**  
Monday, January 23  
10:30am to 11:00am  
Free; Registration required  
#10811  
Be amazed with what a little piece of rubber can do. Therabands are incredibly effective and you will find that you can do a good strong workout with it. Register by January 18th.

**Daily: Monday - Friday**  
8:30 am - 4:30 pm Community Puzzle  
8:30 am - 4:30 pm Lending Library

**Monday**  
Focus on Fitness*  
9:00 am - 10:00 am  
Woodcarvers  
9:00 am - 10:00 am  
Strength Training*  
10:00 am - 11:00 am  
Art Lovers  
10:00 am - 3:00 pm  
Table Tennis  
11:00 am - 1:00 pm  
Garden Club (1st)  
11:00 am - 12:30 pm  
Hiking Club Meeting  
(Jan. 9, May 1, Aug. 28)  
11:30 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 Dominos  
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 - 1:30 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 - 10:30 am  
Chain Gang - Crochet (1st, 3rd)  
9:30 am - 11:30 am  
Table Tennis  
10:45 am - 12:45 pm  
Pinochle  
11:00 am - 4:00 pm

**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

**Trivia ’n Treats**  
Wednesday, January 18  
12:30 pm - 2:00 pm  
$3.00 Cobb residents  
$4.00 Non-residents  
#9934

Get your thinking caps on! Do you have what it takes to win? We will have teams of four. Prizes will be awarded to the winners. Sponsored by Comforting Arms

**Author’s Attic: Sal Amico**  
Tuesday, January 24 • 1:00 pm - 2:00 pm  
Free; Registration required

As an active member of both the Bartow County Retired Men’s Group and North Cobb Senior Center, Sal Amico has had the opportunity to know many men and women who have fought in the United States military. With his special interest in world history and WWII, he was able to learn the stories of these brave men and women and in his book, “They Answered the Call”, Sal brings these stories back to life. Join us for a fun and educational day as Sal shares his experiences that inspired him to write this story.

**Tuesdays**  
Focus on Fitness*  
9:00 am - 10:00 am  
Art Lovers  
9:00 am - 12:00 pm  
Open Bridge  
12:30 pm - 4:00 pm  
Hand and Foot  
12:30 pm - 4:00 pm

**NCSC 14th Anniversary**  
Join the North Cobb Senior Center  
2418 Canton Road, Marietta  
(707) 975-7740  
www.cobbseniors.org

**Ongoing Activities**

**Focus on Fitness**  
9:00 am - 10:00 am  
**Woodcarvers**  
9:00 am - 10:00 am  
**Strength Training**  
10:00 am - 11:00 am  
**Art Lovers**  
10:00 am - 3:00 pm  
**Table Tennis**  
11:00 am - 1:00 pm  
**Garden Club (1st)**  
11:00 am - 12:30 pm  
**Hiking Club Meeting**  
(Jan. 9, May 1, Aug. 28)  
11:30 am - 12:30 pm  
**Open Bridge**  
12:30 pm - 4:00 pm

**Preservation, Enjoying and Sharing Your Personal History**  
Thursday, January 13 • 10:30 am  
Free. Registration required.

Learn how to create DIY (Do It Yourself) photo drink coasters with your favorite pictures. You must attend the seminar to participate in this activity.  
#9933

**Wednesday**  
Focus on Fitness*  
9:00 am - 10:00 am  
Open Bridge  
12:30 pm - 4:00 pm  
**Hiking Club**  
9:30 am - 1:30 pm  
**Book Lovers (1st)**  
12:00 pm - 2:00 pm  
**Hand and Foot**  
12:30 pm - 4:00 pm

**Hiking Club**  
9:30 am - 1:30 pm  
**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

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

**North Cobb Senior Center**

5400 South Main St NW  
Acworth, GA 30101  
(770) 975-7740  
www.cobbseniors.org

**Program Coordinator**  
Johnny Barfield  
Geneva Eddington

**Program Specialist**  
Katie Shields

**Program Leader**  
Aida Ford

**Administrative Specialist I**  
Doreen Clymer

**Maintenance Technician II**  
Kenney Joyce
Maximized Quality Nutrition
Tuesday, January 10
11:00 am - 12:00 pm
Free; Registration required #10197

What you put into your body affects how your body functions as well as how you feel each and every day. Dr. Alana Reisinger from Reisinger Family Chiropractic will discuss best dietary practices for optimal health.

Spice of Life: Health Benefits of Eating More Spices
Wednesday, January 25
11:00 am - 12:00 pm
Free; Registration required #10201

Did you know that spices such as cumin, coriander and cinnamon could keep your heart healthy and your arteries clear? Or that turmeric has anti-inflammatory properties and could promote liver health? These everyday flavors do not only add a tasty punch to meals; they can also contribute to better health. Presented by Lauren Bonelli with the Harmony Foundation.

Alzheimer’s Association: Know the 10 Signs
Thursday, January 26
11:00 am - 12:00 pm
Free; Registration required #10218

There are 10 warning signs and symptoms; individuals may experience one or more of these signs to a different degree. Join Jenny Heuer, Georgia Chapter of the Alzheimer’s Association, to learn and identify these signs in yourself or a loved one.

Road Trip!
The Outlet Shoppes at Atlanta
Tuesday, January 17
9:00 am-3:00 pm
Free; Registration required #10198

Get on the bus and take a ride to The Outlet Shoppes at Atlanta located in Woodstock, north Atlanta’s premier shopping destination. Lunch on your own. Limited seating available.

GeorgiaCares Monthly Topic
Medicare Advantage Disenrollment
Thursday, January 19
9:30 am - 10:30 am
Free; Registration required #10199

You can change your Medicare Advantage plan during Fall Open Enrollment (ACEP). However, if you wish to remove your Advantage plan altogether, you can disenroll from your plan and join Original Medicare during the Medicare Advantage Disenrollment Period (MADP), January 1, 2017 through February 14, 2017. Learn more with GeorgiaCares.

What YOU Need to Know About Your  Taxes
Monday, January 23
10:00 am-12:00 pm
Free; Registration required #10200

Join trained volunteers from the AARP Foundation Tax-Aide for a presentation on what is new for the 2016 tax season. Why you should file, what you can do to insure a complete and accurate return and where to file for free will be discussed.

Recycled Book Craft
Wednesday, January 11
10:30 am-12:00 pm
Free; Registration required #10220

Don’t toss old books when you decide to get a Kindle or a Nook; you can make fun crafts with them to give as gifts or to decorate your home. Join Mary Wood from Cobb County Library System and learn how to repurpose an old book into a decorative door wreath. Please bring an old, hardcover book to class.

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

Medicare Counseling
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.

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Daily walk schedule available at desk

Medicare Counseling
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Grounds For Thought
Monday, January 16
10:00 am – 12:00 pm
Free; Registration required #9895
Do you enjoy writing? Have you ever wondered what it takes to be published? Join local authors, memoirists and illustrators for a discussion on the creative process and the road to publication. This expert panel will dive in and answer all the audience questions while enjoying coffee and pastries.

Friends of West Cobb Fundraiser!
Chinese New Year Bingo
Friday, January 20
12:00 pm - 3:00 pm
$10, Registration Required
It’s the Year of the Rooster and what better way to celebrate than with Chinese New Year bingo! Enjoy Chinese cuisine followed by six games of bingo with prizes! Hosted by Friends of West Cobb.

Disjointed
Tuesday, January 17
10:00 am – 11:30 am
Free; Registration required #9888
Joint replacement is a surgical procedure that can be positively life altering. If conservative options such as cortisone injections, anti-inflammatory medications and physical therapy are not helpful, joint replacement may be the ultimate option. Worn and deteriorated joint surfaces, particularly weight bearing joints, are generally very painful which in turn significantly reduces motion and consequently activity level. Dr. Kevin Bunn, from Pinnacle Orthopedics, will discuss the process of joint replacements and answer any questions you may have.

Detox Your Life
Thursday, January 12
1:00 pm – 2:00 pm
Free; Registration required #8754
Toxins in our daily life affect our metabolism, behavior, immune system, and can lead to disease. They are stored in tissues and cells throughout the body, including the brain, often for years. Learn how to limit your exposure to these chemicals while boosting your body’s ability to detox from the burden. Presented by Dr. Ericie Harris of Maximized Living.

What to Know About Senior Scams
Wednesday, January 25
10:00 am – 11:30 am
Free; Registration required #9887
Scammers prey on targets of opportunity. Older Americans are more targeted when it comes to products promising increased cognitive function, virility, physical conditioning, anti-cancer properties, and so on. In a country where new cures and vaccinations for old diseases have given every American hope for a long and fruitful life, it is not so unbelievable that the con artists’ products can do what they claim. Join Comforting Arms as they discuss the top Senior Scams plaguing the nation currently.

Ongoing Activities & Groups

* advance registration required

MondAy
9:30 am - 12:00 pm  West Cobb Shutterbugs
10:00 am - 12:00 pm  ADK - 2nd Mon
10:30 am - 11:30 am  Cobb County Retirees
11:30 am - 1:30 pm  Free BP check - 1st Mon
12:00 pm - 3:00 pm  Great Ideas Book Club
12:00 pm - 4:00 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 - 4:30 pm  Table Tennis

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

FrIAdAy
9:00 am - 12:00 pm  Chess
9:30 am - 1:30 pm  Open Bridge
10:00 am - 12:00 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

## Austell

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

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

### Program Coordinator
**Geneva Eddington**

### Program Leader
**Audrey Devlin**

### Assistant
**Antony Davis**

### Chair Yoga
- **Tuesday, January 24th**
- **10:30 am**
- **$3.00 Cobb Resident**
- **$4.00 Non-resident**

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 January 17th.

### National Hot Tea Month

#### Social with Jim Bass On the Piano
- **Tuesday, January 24**
- **1:00 pm**
- **Free; Registration required**

Have something sweet, pick a flavor of tea, and have a chat! Enjoy listening to Jim Bass play beautiful background piano music. Register at any Cobb multipurpose senior center by January 17th.

### Making Nutrition a New Year’s Resolution
- **Wednesday, January 18**
- **11:00 am to 11:30 am**
- **Free; Registration required**

Annually, we make New Year's resolutions in an attempt to start afresh and turn over a healthy new leaf. Nutrition Coordinator, Jobcy Alexander will teach a class about how to start the new year off with making healthy choices with food and species. Register at any Cobb multipurpose senior center by January 17th.

### Morning Exercise
- **Friday, January 27**
- **10:30 am to 11:15 am**
- **Free; Registration required**

We all ate too much of the tastiest holiday food, but now it is time to shed the turkey and pumpkin pie! Exercise is one of the most important things you can do for your health. Join the Marietta Center for a morning of exercise to get a head start on your New Year’s resolution to be healthier in 2017. Register at any Cobb multipurpose senior center by January 26th.

### Blood Pressure Checks
- **Tuesday, January 24**
- **10:30 am to 11:30 am**
- **Free; Registration required**

Need your blood pressure checked? Blood pressure checks will be available from 10:30am to 11:30am at Marietta Senior Center. Blood pressure checks will be conducted by Cobb County Safety Village staff members. Register at any Cobb multipurpose senior center by January 23rd.

### The Neighborhood Centers hosted their 24th Annual Volunteers Luncheon with the theme “Gratitude is Golden”. The event was held at Senior Wellness Center and keynote speaker was Dee Weatherspoon. The seniors enjoyed a delicious catered lunch prepared by Glen Ambrose Catering Services. To show our appreciation to each of the volunteers, they were presented a beautiful infuser water bottle provided by the Good Life Club. One senior from each center nominated as the Outstanding Volunteer of the Year and each recipient was presented a gold plaque and a $50.00 gift card. The 2016 Outstanding Volunteers were Grace Naeng-Wala (Austell Center), Alice Smith (North Cobb Center) and Odelle Horton (Marietta Center).
### Do You RSVP?

Relax. This is not an article about invitations and etiquette. It is, however, about a great program that you just might want to join. RSVP actually stands for Retired Senior Volunteer Program and has been part of Cobb Senior Services for several years. Under the umbrella of the Corporation for National and Community Service, RSVP is one of the largest volunteer networks in the nation for people age 55 and over.

Senior volunteers provide informative presentations on topics of interest to older adults in the community. Subjects range from services and discounts available, disease management, healthcare options, to fraud prevention, disaster preparations and others. We help CSS with training; and 4) you have a desire to give back to the community.

All the training you need for presentations will be provided at no cost to you throughout the year on various topics. If you would like to hear more about RSVP and how to join our dynamic team of volunteers, please call 770-528-1448. If you know of a senior group that would benefit from our (FREE!) presentations, please contact us. We look forward to hearing from you!

### Nanny/Manny Brigade

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 nannymannybrigade2015@gmail.com to RSVP.

### Heritage Hospice

Become a volunteer and be a gift to the community! Where time in your community makes a difference! Hospice volunteer:
- provide companionship
- play music, read or play games
- do clerical work

Leah Brown with Heritage Hospice at leahssusanbrown@yahoo.com (404) 274-4470

### Paid Opportunity

Pirate Staffing is hiring for Auction drivers. It is a 4-hour day every Tuesday and Thursday. All you need is a valid drivers license. Anyone interested would have to apply at the office: 6990 S. Sweetwater Rd. Lithia Springs, GA. 30122

For more information call (770) 485-3295

#### PIANIST NEED FOR SENIOR CHORUS

Guys and Dolls! Chorus, which practices at East Cobb Senior Center on Mondays at 1:30pm, is looking for an additional pianist to rotate with the present accompanist. Qualifications would include at least 6 years of piano study, and the ability to sight read fairly easy songs and hymns. If interested, please contact Barbara Bond, director, at 770-926-7177 in the evenings.

### 10 Essential Tech Tools for Older Adults

Reprinted from US News and World Report by Teresa Mears

#### Smartphone

More than 78% of Americans over 65 have cell phones, according to Pew data, though only 30 percent have smartphones. SeniorNet has seen its users’ interest move from computers to mobile devices and tablets. In addition to using apps that appeal to all ages, such as email, news weather and social media, seniors can use apps to track their blood pressure, deliver medication reminders or play brain-enhancing games.

#### Tablets and e-readers

Many seniors are replacing their computers with tablets, which give them bigger screens for video conferencing with family, using email, sharing photos and doing Internet research. Reading books with either a tablet or an e-reader provides an option to make the type larger.

#### GPS

Whether it’s a standalone unit or part of a smartphone, the Global Positioning System makes it easier for anyone to find their way around. This is particularly helpful for people who retire to a new city or even move into a new neighborhood.

#### Online estate repository

The online service Everplans is one option for creating a digital archive that includes wills, trust, passwords, advance directives, information about your home and more, with options to share information with family members.

#### Transportation apps

The ride-sharing services Uber and Lyft are designed to appeal to the digital natives who solve every problem with smartphone apps. But they also can be invaluable to seniors who no longer drive. In San Francisco, a new startup called Lift Hero is positioning itself as a ride-sharing service for the elderly, hiring medical professionals and students and training them to meet the needs of older passengers.

#### GPS insoles

A new product called the GPS SmartSole is an insole that can go into the shoes of someone with Alzheimer’s so he can be easily found if he wanders off. You can set a perimeter and get a notification if the person leaves that area, plus track him via the GPS in the insoles. Similar technology exists in watches, but people with Alzheimer’s or other types of dementia often are resistant to new devices they have to wear.
New Years is one of America’s favorite celebrations. Who doesn’t like new beginnings and an opportunity to make changes and start fresh? It is no secret that we want to be healthier, live longer, and feel great as each year goes on. However, making resolutions can be tricky. Often times resolutions can be unrealistic goals and may soon be broken by springtime, especially if they tremendously disrupt your daily routine. When making goals about health and wellness, it is important to be honest about what you can achieve and how much progress you are willing to make year-round. Entering the New Year can also be a tricky time as we are wrapping up the holiday season and have celebrated with friends and loved ones through holiday parties and dinners, which can often lead to over-eating and poor dietary choices. To make coming up with resolutions a little easier, we have come up with some tips that you can follow that will make 2017 a healthier year for you!

1. Eat fruits, vegetables, whole grains, fish, low-fat dairy, and healthy fats: Making half of your plate fruits and vegetables is the recommendation set by the USDA’s MyPlate. Although it may be hard doing that for every meal at first, gradually start adding more fruits and vegetables until they make up one-half of what you eat in a meal. Trying new vegetables that you have never had and using different methods of cooking (roasting, sautéing) is a good way to transition. Transitioning your grains to whole wheat is also beneficial due to the amount of fiber present. These regulate your digestive system and prevent constipation. Have heart-healthy fish, like tuna, salmon, or shrimp, twice a week to get the benefits of their healthy fats that are protective for heart disease. Include sources of calcium and Vitamin D to help keep your bones strong. Two daily servings of low-fat milk, yogurt, or cheese are a good way to get these nutrients. 2. Consider a multivitamin: Consult your healthcare provider about any nutrition issues that may need over the counter vitamin or nutrition supplements. You want to make sure that you are meeting all of your nutrient goals! 3. Be active: Physical activity can be safe and healthy for older adults, even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity. Exercises such as water aerobics, yoga, and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood. Even a quick walk with your spouse or grandchildren in the afternoon can give you major health benefits and quality time with your loved ones! 4. Guard against falls: One in every three older adults falls each year, which is the leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Cobb Senior Services offers an evidenced-based program that has been proved to help older adults reduce their risk of falling. For additional information contact Amy Woodell at 770-528-5351. 5. Give your brain a workout: The more you use your mind, the better it will work. Read. Do crossword puzzles. Try Sudoku. Socializing also gives your brain a boost; so join a bridge club or a discussion group at your local library or the senior center. This will not only challenge you but also improve your memory and cognitive function.

FAQ on SeniorsGo

- How much notice is required for a ride if you looking for a coordinated ride without a Smartphone app?
  - We need 48 hours’ notice for coordinated rides and the cut off is 4:00 PM Friday to schedule a Monday ride.
- Pick up hours:
  - oPick up hours are from 8AM to 6PM for coordinated rides and there are no limitations for Smartphone users scheduling their own rides.
- Common Courtesy Rides offers limited services on Saturday and Sunday but can set up a religious organization to assist with rides.
- Tipping: There is no tipping requested or required.
- Children under 13 years old can ride free with a member.
- Ride costs to members:
  - oThe ride cost is $2.00 per person per ride for Smartphone ride.
  - oThere is an additional $3 charge for a non-smartphone managed ride.
  - oEach ride is up to 15 miles and there is an additional nominal fee for over 15 miles.
  - oCaregivers can ride for an additional $2 even if not a member.
- Application process time:
  - oSubmitting the application on line would be the quickest way to get the process started, generally it takes 4-5 days to process.
  - oSubmitting the application through the mail will take longer depending on the mail delivery service. If you do not receive a reply to the application in 2 weeks, please call 404-276-0164 or email bob@ccrides.org.
- Member can change the credit card information by calling the Common Courtesy office at 678-809-2521.
- We suggest that members do a short trip first to be sure that they are comfortable with the system.
- You must have a cell phone so drivers can reach you in case of problems. The phone must be fully charged and have voicemail.
- For return coordinated rides members need to confirm the exact address of the pickup and time. The dispatching system does not recognize buildings so do not say Marietta Kroger in the message.
- For scheduling multiple managed rides members should place a call for each ride to 888-447-7555.
- If you are using a smartphone we suggest you download both the Uber and Lyft apps. There are pick up areas where one might be better than the other.
- For coordinated rides the pickup can be different than the drop off but must be scheduled as required ahead of time.
- Smartphone users should be sure that location services (GPS) is turned on in the settings of your phone and remember to confirm the pickup address before submitting the request and be sure to verify the correct pickup address on the smartphone before requesting the ride.
- The Senior Citizen Council of Cobb County allows for members to live in counties close to Cobb County and participate in Council programs.

For other specific questions on Seniors GO click on the "Contact Us" tab on our web site www.seniorcitizen councilofcobb.org Leave your name and phone number and we will get back to you or call (917) 374-3459.
The Tennessee Aquarium

Check-in: 7:30 a.m.  Depart: 8:00 a.m.  Return: 6:30 p.m.

$84 Senior Council member
$89 Non-member

Discover why the Tennessee Aquarium is consistently rated one of the nation’s top aquariums. They have two buildings to explore. River Journey features freshwater habitats from our backyard and around the world. Ocean Journey brings you face-to-face with sea creatures from the Gulf of Mexico all the way to the South Pole. We will explore the River Journey, then break for lunch, then return and explore the Ocean Journey. This will be a self-guided tour. We will have lunch at Sticky Fingers Ribhouse.

Registration deadline January 25th
Payment due at time of registration
#10364

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

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

Atlanta Heritage Movie Tour

Wednesday, February 15  9:00a.m. - 4:00p.m.
Check-in 8:30a.m.  # 10307
All times are approximate

Over 700 movies and over 20 television shows have been shot in Atlanta since 1972. The impact of the film industry continues to grow in Georgia making Atlanta a favorite of filmmakers and fans alike. During our tour we will experience the locations of such films as Selma, Driving Miss Daisy, The Blind Side, Ride Along and Madea’s Witness Protection, just to name a few. We will visit Medea’s house for a photo op in front of her home. After the tour we will go to the Smoke Ring House for a delicious lunch. Lunch will be around 1:30pm so please bring along a snack.

Activity Level 1-small distance walking, most of the trip is seated.
Price includes luxury motor coach, lunch, tickets and driver’s tip.
Cost: $85 Senior Council members
$90 Non-members.
No refunds unless trip is cancelled. Payment is due at time of registration.
Registration deadline: January 18, 2017.

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.

Cost: $75 Senior 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.
Join West Cobb for a day of fun at Harrah's Cherokee Valley River in Murphy, NC! Please bring a photo ID and your rewards card. If you do not have a rewards card, you will be issued one. You must also provide a current email address. Each person will receive a $20 game credit. Lunch will be on your own at the Harrah's food court. On the way home we will stop in Murphy to enjoy southern hospitality along with a good dinner at Brother's Restaurant. Don’t miss this exciting trip offered at the same low price as last year!

Payment due immediately upon registering. Price includes luxury motorcoach transportation, $20 game credit, dinner, snacks and all taxes and tips. No refunds will be given unless the trip is canceled.

Activity Level 4: Long periods of walking during this tour. Limited seated breaks.

Dress Code: long pants (no loose clothing), closed toed shoes, no dangling jewelry, no strong perfume/cologne, no tobacco, long hair tied up. Wear clothes you don’t mind getting dirty!

Price includes motor coach transportation, admission to zoo, 1 feed cup, lunch, snacks, tips and taxes.

No refunds will be given unless trip is canceled.

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Join North Cobb Senior Center as we head out to Cleveland, Georgia to visit the wild animals of the North Georgia Zoo! Your trip will begin with a Wildlife Walk, which will include a guided tour to learn more about and get to see wild animals such as deer, kangaroos, lemurs, Fennec fox, snakes, alligators and more. Afterwards you will get to enjoy a hands on experience with some of the small exotic animals. After the tour, we will enjoy a Camel Encounter, Reptile Encounter & Petting Zoo at your leisure.

For lunch, you’ll want to get your appetite ready as we will head down the road to the Western Sizzlin’ Restaurant to enjoy a delicious buffet.

Activity Level 4: Long periods of walking during this tour. Limited seated breaks.

Dress Code: long pants (no loose clothing), closed toed shoes, no dangling jewelry, no strong perfume/cologne, no tobacco, long hair tied up. Wear clothes you don’t mind getting dirty!

Price includes motor coach transportation, admission to zoo, 1 feed cup, lunch, snacks, tips and taxes.

No refunds will be given unless trip is canceled.

---

Join North Cobb Senior Center for a day of fun at Harrah’s Cherokee Valley River in Murphy, NC! Please bring a photo ID and your rewards card. If you do not have a rewards card, you will be issued one. You must also provide a current email address. Each person will receive a $20 game credit. Lunch will be on your own at the Harrah’s food court. On the way home we will stop in Murphy to enjoy southern hospitality along with a good dinner at Brother’s Restaurant. Don’t miss this exciting trip offered at the same low price as last year!

Payment due immediately upon registering. Price includes luxury motorcoach transportation, $20 game credit, dinner, snacks and all taxes and tips. No refunds will be given unless the trip is canceled. Registration deadline is February 1.

Activity Level 4: Long periods of walking during this tour. Limited seated breaks.

Dress Code: long pants (no loose clothing), closed toed shoes, no dangling jewelry, no strong perfume/cologne, no tobacco, long hair tied up. Wear clothes you don’t mind getting dirty!

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No refunds will be given unless trip is canceled.

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Watch for these fun trips in 2017!

North Georgia Zoo

Tuesday, March 14

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

$86.00 Senior Council Members  $91.00 Non-members

Deadline: Tuesday, February 7

Payment due at time of registration.

Join North Cobb Senior Center as we head out to Cleveland, Georgia to visit the wild animals of the North Georgia Zoo! Your trip will begin with a Wildlife Walk, which will include a guided tour to learn more about and get to see wild animals such as deer, kangaroos, lemurs, Fennec fox, snakes, alligators and more. Afterwards you will get to enjoy a hands on experience with some of the small exotic animals. After the tour, we will enjoy a Camel Encounter, Reptile Encounter & Petting Zoo at your leisure.

For lunch, you’ll want to get your appetite ready as we will head down the road to the Western Sizzlin’ Restaurant to enjoy a delicious buffet.

Activity Level 4: Long periods of walking during this tour. Limited seated breaks.

Dress Code: long pants (no loose clothing), closed toed shoes, no dangling jewelry, no strong perfume/cologne, no tobacco, long hair tied up. Wear clothes you don’t mind getting dirty!

Price includes motor coach transportation, admission to zoo, 1 feed cup, lunch, snacks, tips and taxes.

No refunds will be given unless trip is canceled.
Ready to Serve your Neighbors?

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

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Enjoy Ballroom Dancing?

**Dance Practice**

Come to West Cobb Senior Center

- **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

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**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.

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**Lost Mountain Golden K Kiwanis**

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