

Marietta Senior Center  
1150 Powder Springs Street  
Marietta, GA 30064  
Center Activity Hours:  
Monday - Friday: 10:00 AM - 2:00 PM  
www.facebook.com/CobbSeniors



# January 2026

## LUNCH SERVED DAILY AT 11:30AM



Janice Lindsay Program Specialist  
Fatima Antunez, Program Leader  
Marietta Phone 770-528-2516  
Transportation 770- 528-5380

= Self Pay

| Mon   | Tue  | Wed  | Thu  | Fri   |
|---|--|--|--|---|
|   | <b>SUBMIT CALENDARS TO CENTER STAFF BY December 19, 2025</b>                 | = No Drive In Bus<br>= Drive In Bus  | 1. CENTER CLOSED   | 2. 10:30a Site Council Meeting<br>12:30p Birthday Bash                        |
| 5. 10:00a Trip: <b>WALMART</b><br><br>*Activity Level 2*<br>FIVE BAG MAXIMUM        | 6. 10:00a Trip: <b>WALMART</b><br><br>*Activity Level 2*<br>FIVE BAG MAXIMUM | 7. 10:15a Cardio Fusion<br>12:30p Nutrition Supplements<br><br>                        | 8. 10:15a Chair Tai Chi<br>12:30p Community Chat with a Cobb County Deputy                       | 9. 10:30a Decluttering Your Life<br>12:30p Crochet/ Quilting Class            |
| 12. 10:00a Breakfast<br>11:30 TRIP: Dekalb Farmers Market<br><br>*Activity Level 2* | 13. 10:00a DA Presentation<br>12:30p The Art of Kombucha                     | 14. 10:15a Cardio Fusion<br>12:45p Nutrition Lesson: Eating Right for a Healthy Weight | 15. 10:15a Chair Tai Chi<br>12:30P National Hat Day Celebration                                  | 16. 10:15a Chair Aerobics<br>12:30p MLK Tribute                               |
| 19. CENTER CLOSED   | 20. 10:15a Chair Yoga<br>12:30p Family Feud Tournament                       | 21. 10:00a TRIP: BOWLING<br><br>*Activity Level 3*                                     | 22. 10:30a Movie Day<br><br>   | 23. 10:15a Chair Aerobics<br>12:30p Emergency Ready:Health, Safety & Recovery |
| 26. 10:00a Town Center Mall & Lunch @ the Food Court<br><br>*Activity Level 2*      | 27. 11:00a TRIP: 911 Center<br>*Activity Level 2* Boxed Lunches To Go Home   | 28. 10:15a Cardio Fusion<br>12:30p Crochet/ Quilting Class                             | 29.10:30a Recycling 101<br>12:00p Trip: Casa Grande Mexican Restaurant<br><br>*Activity Level 2* | 30. 10:15a <b>ZUMBA</b><br>12:30 Mocktail Anyone?                             |

Marietta  
Senior Center

**JANUARY**

**2026**

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Fatima Antunez



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**Trip Activity Level Scale**

**Level 1 – Small distance walking, most of trip is seated.**

**Level 2 – Limited walking, some stairs and/or inclines.**

**Level 3 – Longer walking, many stairs and/or inclines.**

**Level 4 – Long period of walking, many stairs and/or inclines, limited seated breaks.**

**HAPPY  
BIRTHDAY**

|                          |      |
|--------------------------|------|
| <i>Brenda Muhammad</i>   | 1/01 |
| <i>Clytie James</i>      | 1/04 |
| <i>Jackie Andrews</i>    | 1/07 |
| <i>Lilli Bowen</i>       | 1/10 |
| <i>Louise Knight</i>     | 1/22 |
| <i>Lurlene Donaldson</i> | 1/26 |
| <i>Jennie Coar</i>       | 1/29 |

**CENTER CLOSED  
MONDAY 1-1  
MONDAY 1-19**

