

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

Marietta
Senior Center

JANUARY

2026

1150 Powder Springs Street
Marietta, GA 30064

Program Specialist
Janice Lindsay

Program Leader
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

Brenda Muhammad 1/01

Clytie James 1/04

Jackie Andrews 1/07

Lilli Bowen 1/10

Louise Knight 1/22

Lurlene Donaldson 1/26

Jennie Coar 1/29

CENTER CLOSED
MONDAY 1-1
MONDAY 1-19

