

# WEST COBB INSIDER

West Cobb Senior Center | 4915 Dallas Hwy | Powder Springs, GA 30127 | 770-528-8200  
www.cobbcounty.gov/seniors | Activity Hours: Monday-Friday, 8:30 AM-4:30 PM

## MAY IS OLDER AMERICAN'S MONTH!

Each year brings new opportunities to live healthy, stay active, make connections, try something new, and — most importantly — have fun! That's exactly what this year's Older American's Month theme, "Champion Your Health," is all about! And what better way to do that than to join us for a rafting trip on the Hooch!

Five senior centers are uniting as one for a day of shared adventure, proving that the best way to navigate the rapids is together! We'll enjoy a guided rafting experience and a box lunch from Chick-Fil-A.



See page 20 for more information.

### ACTIVE ADULTS 55+

West Cobb Senior Center is not an adult day facility. Individuals must be able to function independently, both physically and cognitively. There is a \$90 annual fee for non-residents to use Cobb County senior centers.

#### Inside this Edition

- p. 1: Announcements
- p. 2: What's Happening
- p. 3: Monthly Highlights
- p. 4: Programs
- p. 5: Ongoing Activities
- p. 6: Shared Spaces
- p. 7-10: Spring Classes
- p. 11: Spring Class Reg. Form
- p. 12: Class Q&A
- p. 13-14: Spring Class Listing
- p. 15-17: Day Trips
- p. 18: Day Trip Guide
- p. 19: How to Register Online
- P. 20: The Chatter
- P. 21: At-A-Glance Calendar
- P. 22: Just for Fun

#### Weekly Gym Orientations

Wednesday, May 6 | 10:00 am

Wed., May 13, 20, 27 | 2:30 pm

Advanced registration is required at the front desk or call 770-528-8200.

#### CONNECT with US



To contact us via email or sign up for email blasts, send an email to [westcobbseiors@cobbcounty.gov](mailto:westcobbseiors@cobbcounty.gov).

## MEET THE WCSC TEAM



April Anderson,  
Center Manager



Diane Sieverson,  
Program Specialist



Kerrie Bamert,  
Program Leader



(vacant),  
Bldg. Maint. Tech.



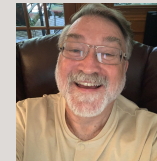
Carmella



Vicki



Betty



Keith



Bonnie



Landon



Lois

# WHAT'S HAPPENING AT WEST



## — HAPPY — Retirement

After more than 32 years of service with Cobb County Government, Travis Byrum has officially hung up his tool belt! Over the years, Travis has seen our center through many seasons and changes. We wish him well as he moves on to this next chapter!

## Pardon our PROGRESS

Starting May 1, we're giving our bathrooms at West Cobb Senior Center an upgrade! This full renovation will bring our restrooms up to ADA compliance, ensuring they are fully accessible for everyone while also providing a fresh and modern look. At the same time, we'll be renovating the kitchen to better support the programs and services our participants enjoy.

The project will take approximately 8 weeks, and during this time a high-quality restroom trailer will be available outside for your convenience.



## Kennesaw Mountain Meet-Up Hike #51658

Wednesday, May 13  
10:00 AM - 11:00 AM (Check in 9:45 AM)  
Free; Registration required

Meet up with West Cobb staff and join a ranger for a medium level, approx. 1.5 hike through Kennesaw Mountain National Battlefield Park. This hike includes civil war earthworks, monuments, natural features and more. Meet at Parking Lot #3 on Cheatham Hill Drive (closest to Illinois Monument). Parking is \$5.00 and must be paid on-site, unless you have an annual pass or an America the Beautiful Pass.

**Registration deadline: May 11. Activity Level 4** - Long periods of walking, many stairs and/or inclines, limited seated breaks.  
**Mobility Requirements** - If you have any concerns with walking or climbing stairs, please check with staff before registering.

## Courageous Conversations on Aging: Transfer on Death Deed (TODD) #52651

Tuesday, May 12  
7:00 pm-8:30 pm  
Free; Registration required



You may have heard the term Transfer on Death Deed, but do you know what it is and how it works? Join us for an evening seminar and learn what a TODD is and how it can protect your loved ones from going through the costly probate process with your home. Open to ages 25+. Presented by Orcutt Law Offices.



We will be closed  
**MEMORIAL DAY**  
Monday, May 25



# Monthly Highlights

Registration begins **Monday, April 1 at 9:00 AM** in-person, online at [www.cobbcounty.gov/seniors](http://www.cobbcounty.gov/seniors), or by calling the center.



## **Digital Literacy: Cybersecurity #51556**

Friday, May 1

10:00 AM – 11:00 AM

Free; Registration required

Learn how to safely navigate the internet and email using basic cybersecurity skills. Presented by Cobb County Library System.



## **Scattered, Smothered, and Covered: 70 Years of Waffle House History #51561**

Friday, May 8

10:00 AM - 11:00 AM

Free; Registration required

Smothered, covered, and steeped in history-come celebrate the Waffle House's 70<sup>th</sup> anniversary with a special presentation by Julia Buschman, archivist and curator of the Waffle House Museum! We'll take a deep dive into its origins, quirky traditions, and lasting cultural impact.



## **Saving Songbirds #51986**

Tuesday, May 12

1:00 PM – 2:00 PM

Free; Registration required

Learn what to do if you encounter an injured songbird and what you can do to help the songbird population. Presented by Wildlife Center of North Georgia Songbird Rehabilitation.



## **Get to Know Cobb: GIS #52652**

Thursday, May 14

1:00 PM - 2:00 PM

Free; Registration required

Join the Cobb County GIS Manager as he introduces and explores GIS mapping-what it is, what it can do, and how the Cobb County Tax Assessor's Office uses it to keep property data accurate and up to date. We'll also show how the public can view their property using maps found on qPublic.net.

# Programs

## at West Cobb Senior Center

NEVER STOP  
LEARNING

Registration begins **Wednesday, April 1 at 9:00 AM** in-person, online at [www.cobbcounty.gov/seniors](http://www.cobbcounty.gov/seniors), or by calling the center.

### Week of May 4-8

#### **Fun in the Foyer: May the Fourth Be With You #52655**

Monday, May 4

9:30 am – 12:30 am

Free; Registration required

Happy Star Wars Day! Fire up your blasters and join the rebellion! Prizes will be awarded while supplies last. Sponsored by D. Ward Insurance Agency.

#### **Paint Along with Cindy**

Join certified Bob Ross instructor, Cindy Fielder, for a painting session for beginners and experienced artists! Learn how to paint using 'alla prima' (wet on wet) and leave with a completed 12X16 unframed masterpiece.

\$25.00 supply fee to instructor day of workshop.

#### **Tuesday Morning Session #51557**

Tuesday, May 5

10:00 am – 12:00 pm

\$5.00; Registration required

#### **Tuesday Afternoon Session #51559**

Tuesday, May 5

1:30 pm – 3:30 pm

\$5.00; Registration required

#### **Wednesday Morning Session #51302**

Wednesday, May 6

10:00 am – 12:00 pm

\$5.00; Registration required

#### **Back to Basics: Strengthening Your Lower Back #51558**

Tuesday, May 5

10:30 am – 11:30 am

Free; Registration required

Join Dr. Salisbury, Doctor of Physical Therapy, for a presentation focusing on spine and low back structure, anatomy, and common problems.

#### **Welcome to West Cobb #51566**

Wednesday, May 6

10:00 am – 11:00 am

Free; Registration required

Come meet staff, hear about the programs that are offered and how to register, take a tour of the facility, and receive an orientation for our workout room.

#### **Composting 101: Trash to Treasure #51560**

Thursday, May 7

10:00 am – 11:00 am

Free; Registration required

Learn to compost easily at home in any space! Presented by Cobb County Office of Sustainability.

#### **Get to Know Cobb: Economic Development Department #52363**

Thursday, May 7

1:00 pm – 2:00 pm

Free; Registration required

Learn about updates on programs and initiatives from the Cobb County Economic Development Department, to include the Entrepreneurship Grant for small businesses, recent economic development projects, redevelopment initiative and films in Cobb County.

### Week of May 11-15

#### **Frederic Chopin, Genius of the New Keyboard #51562**

Wednesday, May 13

10:00 am – 11:00 am

Free; Registration required

A new instrument appeared in the early 19<sup>th</sup> century: the Piano-Forte. It was the piano as we now know it. We'll discuss how Chopin became its most significant composer even up to our own day.

#### **Next Chapter Book Club: Yellow Crocus #51563**

Wednesday, May 13

10:00 am – 11:30 am

Free; Registration required

For the month of May, we will discuss Yellow Crocus by Laila Ibrahim.

### Week of May 18-22

#### **Introduction to FamilySearch.org #51564**

Wednesday, May 20

10:00 am – 11:00pm

Free; Registration required

FamilySearch.org is a genealogy research site similar to Ancestry.com but it's FREE! Learn how to navigate the site and explore its many search options. Presented by Cobb County Public Library.

### Week of May 25-29

#### **Bird Nesting Balls #52062**

Tuesday, May 26

1:00 pm – 2:30pm

Free; Registration required

West Cobb Regional Library hosts DIY Bird Nesting Balls. All materials are provided.

#### **Early 19<sup>th</sup> Century Opera: From Divas to Dramas #51567**

Wednesday, May 27

10:00 am – 11:00 am

Free; Registration required

In the early 19<sup>th</sup> century, the 'unwashed' of Europe wanted for themselves what had been exclusively for the ruling class. We'll discover how opera became more 'for the people'.

#### **Reel Good Movies: May (Call for title) #51855**

Thursday, May 28

1:00 pm – 3:30pm

Free; Registration required

The original 1977 film that started it all, following Luke Skywalker's journey to join the rebellion.



# ONGOING ACTIVITIES

Ongoing activities are free. Registration is not required.

## MONDAY-FRIDAY

### Workout Studio

9:00am-4:00pm

Location: Workout Room  
Orientation and waiver req.

### Billiards

8:30am-4:30pm

Location: Billiards Room

## MONDAY

### Open Art Studio

9:00am-12:00pm

Location: Art Room

Bring your own supplies and interact with other artists.

### Knit Wits

10:00am-12:00pm

Location: Class Room

Beginner and veteran knitters enjoy sharing techniques.

### Mahjong

10:00am-2:00pm

Location: Lost Mtn Room

A tile-based game using Chinese characters and symbols. Game knowledge and Mahjong card required.

### Woodcarvers & Whittlers

1:00pm-3:00pm

Location: Craft Room

Beginners and beyond enjoy carving and socializing. Materials not provided.

### Ballroom Dance Practice

2:30pm-4:30pm

Location: Oak Hall

Enjoy dancing to music provided by a DJ.

## TUESDAY

### Chess

9:00am-12:00pm

Location: Craft Room

Come play, watch, or learn.

### Color Me Happy

12:00pm-2:30pm

Location: Class Room

Bring your own materials and enjoy coloring with others.

### Hand & Foot Canasta

12:00pm-4:00pm

Location: Lost Mtn Room

Version of Canasta in which each player is dealt two sets of cards.

### Table Tennis

1:30pm-4:00pm

Location: Oak Hall

## WEDNESDAY

### Next Chapter Book Club

10:00am-11:30am

Location: Classroom

A pre-selected book is discussed the 2<sup>nd</sup> Wednesday of every month.

### Mahjong

10:00am-2:00pm

Location: Conference Room

Knowledge and card required.

### Stitch-in-Time

10:00am-1:00pm

Location: Craft Room

Join others the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays to work on individual cross stitch, embroidery, and needlepoint.

## WEDNESDAY

### Table Tennis

1:00pm-4:00pm

Location: Oak Hall

Excludes the 3<sup>rd</sup> Wednesday.

## THURSDAY

### Open Art Studio

9:00am-12:00pm

Location: Art Room

### Chickenfoot Dominoes

10:00am-2:00pm

Location: Craft Room

Players form domino chains from central hub. Beginners are welcome.

### Canasta

12:30pm-4:30pm

Location: Lost Mtn Room

Experienced players enjoy Hand and Foot or American Standard.

### Intermediate Bridge

12:30pm-3:00pm

Location: Conference Room  
Standard American Bridge played at an inter. level.

## FRIDAY

### The Mellowtones of West Cobb

12:15pm-1:15pm

Location: Oak Hall

Come listen and dance along to West Cobb's own band.

### The following clubs meet at WCSC:

**ADK Retired Teachers**, Dot Wiltshire 770-943-4668  
2<sup>nd</sup> Monday (Aug-Dec, Feb-Apr), 10:30am-12:00pm

**Duplicate Bridge**, Bill Tippins 770-596-0139  
Wednesdays, 11:30am-2:30pm

**Cobb Co. Govt. Retirees**, Sam Heaton 770-861-6748  
3<sup>rd</sup> Wednesday, 11:30am-2:00pm



## West Cobb Senior Center Shared Spaces Etiquette

A little courtesy goes a long way in making our programs great for everyone!



Parking is in high demand most every day. Please be a pal and make sure you aren't taking up more than one space.



With so many friends joining us lately, we want to make sure everyone feels welcome and has a fair shot at a spot! To keep things equal, seating and floor spaces are available as you arrive. Please wait until you're here to claim your space.



To help everyone stay 'in the zone,' please try to be settled in your spot before we begin. Arriving on time ensures our instructors and speakers can lead a smooth session without any interruptions for your fellow participants.



Let's enjoy our program distraction-free! We kindly ask that all phones be set to silent or vibrate before we begin, and side-chats are kept to a minimum during classes and presentations.



We love keeping our space tidy for the next group! Please help us out by tucking in your chairs and clearing your spot before you head out.

## WE'RE GLAD YOU'RE HERE!

# Spring Class Schedule

Registration for spring classes begins **Monday, March 23** at **9:00 am** and can be done in-person and online at [www.cobbcounty.gov/seniors](http://www.cobbcounty.gov/seniors). Phone and mail-in registration are not allowed. **There is a \$90 annual fee for non-residents to use Cobb County senior centers.**



If your plans change and you need to withdraw from a class, you must submit a withdrawal request at least 72 hours prior to the first class to receive a full refund or credit to your CivicRec account. After the 72-hour cut-off, no refunds or credits will be issued. If a class is cancelled by the department, all registrants will automatically receive a full refund or credit for the cost of the class. Transactions entailing a refund of cash or check may take up to 4 to 6 weeks. Supply fees are non-refundable.

## Exercise Classes - Monday

### **Circuit Training #53253 Instructor: Mitzi Logan Cost: \$30.00**

- Mondays, April 6-June 15 (no class 5/25)
- 8:50 am-9:50 am
- *Bring to class: Light weights*

Circuit training is a total body challenge that is designed to combine resistance training and low impact aerobics. Strengthen your heart and cardiovascular system, increase muscular strength and endurance, and improve agility, balance, and flexibility through various stations. Stations provide you the opportunity to work at your own pace making the class suitable for anyone.

### **Core & Restore #53254 Instructor: Mitzi Logan Cost: \$30.00**

- Mondays, April 6-June 15 (no class 5/25)
- 10:00 am-11:00 am
- *Pre-requisite: Must be able to get down to the floor once and back up at the end of class*
- *Bring to class: Yoga mat and hand towel or yoga strap*

Improve and maintain the strength of your core including abdominals, back, hips, thighs, and improve your posture and strength of your pelvic floor muscles improving bladder control. We will work to gently increase the flexibility of your muscles and range of motion of your joints. All fitness levels welcome.

### **Tai Chi I #53255 Instructor: Sachi Hirata Cost: \$30.00**

- Mondays, April 6-June 15 (no class 5/25)
- 12:00 pm-1:00 pm

Tai Chi is a low impact and slow-motion exercise. It is often described as "meditation." Benefits are relaxation, improved strength, and flexibility. Beginners are welcome.

### **Tai Chi II #53256 Instructor: Sachi Hirata Cost: \$30.00**

- Mondays, April 6-June 15 (no class 5/25)
- 1:15 pm-2:15 pm
- *Pre-requisite: Previous experience in Tai Chi*

Tai Chi is a low impact and slow-motion exercise. It is often described as "meditation." Benefits are relaxation, improved strength, and flexibility.

## Exercise Classes - Tuesday

### **Strength & Stretch #53257 Instructor: Mitzi Logan Cost: \$33.00**

- Tuesdays, April 7-June 16
- 9:00 am-10:00 am
- *Bring to class: Light weights and resistance bands*

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, balance, and flexibility.

## Exercise Classes - Tuesday

### **Yoga #53258    Instructor: Mitzi Logan    Cost: \$33.00**

- Tuesdays, April 7-June 16
- 10:15 am-11:15 am
- *Bring to class: Yoga mat*

This class is designed to introduce seniors to gentle yoga postures, simple stretches, breath work and conscious relaxation. Relax and quiet the mind, body and spirit while simultaneously energizing the body, improving muscle tone and stamina. All levels are welcome.

### **Chair Fitness #53259    Instructor: Mitzi Logan    Cost: \$16.50**

- Tuesdays, April 7-June 16
- 11:45 am-12:15 pm
- *Bring to class: Light weights and resistance bands*

Needing something a little slower paced but still effective? This class will help to improve your cardiovascular fitness, muscular strength, muscular endurance, and balance in just 30 minutes all from a chair!

### **Chair Yoga #53260    Instructor: Mitzi Logan    Cost: \$16.50**

- Tuesdays, April 7-June 16
- 12:30 pm-1:00 pm

You will complete yoga postures and gentle stretches designed to improve flexibility and strength all on and around a chair in this 30-minute class. All levels welcome.

## Exercise Classes - Wednesday

### **Stand Strong #53261    Instructor: Toni Stanfill    Cost: \$33.00**

- Wednesdays, April 8-June 17
- 9:45 am-10:45 am

Looking to increase confidence in your mobility and reduce your risk of falls? This gentle yet effective class is designed specifically for those looking to improve balance, build strength, and enhance overall stability. Class is performed standing and/or seated with the use of a chair to practice functional movements and stretching. Perfect for all fitness levels. No weights or equipment are used.

## Exercise Classes - Thursday

### **Get Fit! #53262    Instructor: Susan Schumacher    Cost: \$33.00**

- Thursdays, April 9-June 18
- 9:00 am-10:00 am
- *Bring to class: Light weights and resistance bands*

Class focuses on muscle strength, cardio endurance, balance, and flexibility for beginners. Weights and resistance bands will be used to safely perform seated and standing exercises to get fit and have fun.

### **Yoga #53264    Instructor: Susan Schumacher    Cost: \$33.00**

- Thursdays, April 9-June 18
- 10:15 am-11:15 am
- *Pre-requisite: Previous experience in Yoga*
- *Bring to class: Yoga mat*

Class is designed to introduce seniors to gentle yoga postures, simple stretches, breath work and conscious relaxation. Relax and quiet the mind, body and spirit while energizing the body, improving muscle tone and stamina.

### **Sound Healing and Meditation #53266    Instructor: Toni Stanfill    Cost: \$33.00**

- Thursdays, April 9-June 18
- 11:30 am-12:30 pm
- *Bring to class: Yoga mat and a yoga blanket or large towel*

Sound Healing utilizes sound vibrations to promote relaxation, reduce stress, and potentially improve physical and mental well-being. It involves using instruments such as singing bowls, gongs, and chimes to create a relaxed meditative state.

## Exercise Classes - Thursday

### **Zumba #53268    Instructor: Yvette Hassell    Cost: \$33.00**

- Thursdays, April 9-June 18
- 2:00 pm-3:00 pm

Zumba is the high energy fitness program consisting of dance set to international music. It incorporates the choreography of hip-hop, soca, samba, salsa, meringue, and mambo with aerobic elements for a total body work out.

## Exercise Classes - Friday

### **Baby Boomers Bootcamp #53269    Instructor: Mitzi Logan    Cost: \$30.00**

- Fridays, April 10-June 12
- 9:00 am-10:00 am
- *Bring to class: Light weights and resistance bands*

Complete age specific functional exercises to improve and maintain muscular strength, cardio capacity, balance, and flexibility while minimizing stress on joints. The exercises are simple, effective, and low impact. This class is suitable for an active senior looking for a challenge.

### **Strike a Beat #53270    Instructor: Mitzi Logan    Cost: \$30.00**

- Fridays, April 10-June 12
- 10:10 am-11:10 am

Class is cardio drumming combinations followed by intervals of strength training using body weight and dumbbells. Suitable for any level. Can be done standing or seated.

### **Chair Yoga #53271    Instructor: Mitzi Logan    Cost: \$15.00**

- Fridays, April 10-June 12
- 11:20 am-11:50 am
- *Bring to class: Yoga mat*

You will complete yoga postures and gentle stretches designed to improve flexibility and strength all on and around a chair in this 30-minute class. All levels welcome.

### **Gentle Stretch, Breathwork and Guided Meditation #53265    Instructor: Toni Stanfill    Cost: \$27.00**

- Fridays, April 10-June 12 (no class 5/15)
- 2:00 pm-3:00 pm
- *Bring to class: Yoga mat (a yoga blanket is optional)*

Unwind and restore with this calming class that blends gentle stretching to release physical tension, breathwork to center the mind, and guided meditation to promote deep relaxation. Perfect for all levels, this session supports stress relief, mindfulness, and overall well-being.

## General Interest Classes - Tuesday

### **Crocheting: Beginner #53272    Instructor: Lois Minta    Cost: \$18.00 (\$15.00 supply fee)**

- Tuesdays, April 7-May 12
- 9:00 am-10:00 am
- *Bring to class: \$15.00 supply fee to instructor*

Crocheting is an amazing and incredibly satisfying hobby. Learn basic techniques you will need to get started on your first projects. All students must have the same supplies; therefore, students will be required to pay the supply fee.

### **American Mah Jongg for Beginners #53273    Instructor: Mary Zupec    Cost: \$18.00**

- Tuesdays, April 14-April 28
- 9:30 am-11:30 am

Are you ready to discover the fast-paced, captivating, and social game of American Mahjong? This beginner-friendly class is the perfect way to learn the fundamentals of this exciting game played with tiles and racks. All supplies provided.

## General Interest Classes - Tuesday

### **American Mah Jongg for Beginners #53274    Instructor: Mary Zupec    Cost: \$18.00**

- Tuesdays, May 5-May 19
- 9:30 am-11:30 am

Are you ready to discover the fast-paced, captivating, and social game of American Mahjong? This beginner-friendly class is the perfect way to learn the fundamentals of this exciting game played with tiles and racks. All supplies provided.

## General Interest Classes - Thursday

### **American Mah Jongg for Beginners #53275    Instructor: Mary Zupec    Cost: \$18.00**

- Thursdays, April 16-April 30
- 9:30 am-11:30 am

Are you ready to discover the fast-paced, captivating, and social game of American Mahjong? This beginner-friendly class is the perfect way to learn the fundamentals of this exciting game played with tiles and racks. All supplies provided.

### **Seniors in Play: Intro to Acting #53276    Instructor: Cyndi Crawford    Cost: \$12.00**

- Thursdays, April 16-May 7
- 10:00 am-11:00 am

There are no age limits on talent or fun! Explore your creativity and learn to express yourself through acting. This course will get your creative energies flowing by studying drama, improv, and comedy. Gain confidence and find your voice through lively social interactions and playful spontaneity.

## General Interest Classes - Friday

### **Backyard Meteorology & Weather Preparedness #53277    Instructor: Kyle Tupin    Cost: \$12.00**

- Fridays, April 10-May 1
- 9:30 am-10:30 am

We've all listened to our local television weatherperson, but do you really understand all the particulars of a weather forecast? Learn how to better understand the information given to you by meteorologists, how to be weather prepared, and what you need to know about weather apps on your smart devices.

### **High Maintenance Relationships #53278    Instructor: Sonya Braverman    Cost: \$15.00**

- Fridays, April 24 – May 22
- 11:00 am – 12:00 pm

Everybody is somebody's impossible person some of the time! How do you deal with these difficult folks (who may even be friends or relatives) without coming undone, losing your mind, or trashing the relationship? This class is an interactive, entertaining, and informative look at different types of impossible people and why they behave the way they do. Learn practical skills that will help you understand and cope more effectively with the impossible people in your life.

### **Stay Focused: Basic iPhone Photography #53279    Instructor: Johnny Barfield    Cost: \$22.50**

- Fridays, April 24-May 22
- 2:00 pm-3:30 pm
- *Bring to class: iPhone*

Are you ready to unlock the incredible potential of the camera already in your pocket? In this five-week class, we will go beyond simple snapshots to explore your iPhone camera's basic features, powerful editing tools, and the essential rules of composition. Learn how to frame compelling images and apply techniques that turn a snapshot into a stunning photograph.

### **Computer Basics using Windows 11 #53280    Instructor: Paul Buege    Cost: \$30.00**

- Fridays, May 15-June 12
- 1:00 pm-3:00 pm
- *Bring to class: Students must bring their own laptop for each session (no iPads, Macbooks or Chromebooks please)*

Course will cover the basics of using a computer with Windows 11 installed as the operating system. You will learn computer fundamentals, making inputs with a mouse or touchpad, using and controlling Windows 11, organizing data, basic word processing, using the internet, as well as other topics. Computers will not be provided for this class. This course will not cover earlier versions of Windows.

# SPRING 2026

## Class Registration Form



### PARTICIPANT INFORMATION

Full Name:

Date of Birth:

Cobb Resident:

Yes

No

Phone Number:

Email:

Address:

Street

City, Zip



### EMERGENCY INFORMATION

Name:

Relationship:

Phone Number:

#### CLASS REFUND POLICY:

If your plans change and you need to withdraw from a class, you must submit a withdrawal request at least 72 hours prior to the first class to receive a full refund or credit to your CivicRec account. After the 72-hour cut-off, no refunds or credits will be issued. If a class is cancelled by the department, all registrants will automatically receive a full refund or credit for the cost of the class. Transactions entailing a refund of cash or check may take up to 4 to 6 weeks. Supply fees are non-refundable.

#### PLEASE PLACE A CHECK MARK NEXT TO EACH SELECTION:

##### Mondays:

|                        |        |         |
|------------------------|--------|---------|
| _____ Circuit Training | #53253 | \$30.00 |
| _____ Core & Restore   | #53254 | \$30.00 |
| _____ Tai Chi I        | #53255 | \$30.00 |
| _____ Tai Chi II       | #53256 | \$30.00 |

##### Tuesdays:

|                                 |        |         |
|---------------------------------|--------|---------|
| _____ Strength & Stretch        | #53257 | \$33.00 |
| _____ Crocheting: Beginner      | #53272 | \$18.00 |
| _____ Am. Mah Jongg Beg. (Apr.) | #53273 | \$18.00 |
| _____ Am. Mah Jongg Beg. (May)  | #53274 | \$18.00 |
| _____ Yoga                      | #53258 | \$33.00 |
| _____ Chair Fitness             | #53259 | \$16.50 |
| _____ Chair Yoga                | #53260 | \$16.50 |

##### Wednesdays:

|                    |        |         |
|--------------------|--------|---------|
| _____ Stand Strong | #53261 | \$33.00 |
|--------------------|--------|---------|

##### Thursdays:

|                               |        |         |
|-------------------------------|--------|---------|
| _____ Get Fit!                | #53262 | \$33.00 |
| _____ American Mah Jongg Beg. | #53275 | \$18.00 |
| _____ Seniors in Play         | #53276 | \$12.00 |
| _____ Yoga                    | #53264 | \$33.00 |
| _____ Sound Healing           | #53266 | \$33.00 |
| _____ Zumba                   | #53268 | \$33.00 |

##### Fridays:

|                                 |        |         |
|---------------------------------|--------|---------|
| _____ Boomers Bootcamp          | #53269 | \$30.00 |
| _____ Backyard Meteorology      | #53277 | \$12.00 |
| _____ Strike a Beat             | #53270 | \$30.00 |
| _____ Chair Yoga                | #53271 | \$15.00 |
| _____ Computer Basics           | #53280 | \$30.00 |
| _____ Gentle Stretch            | #53265 | \$27.00 |
| _____ High Maint. Relationships | #53278 | \$15.00 |
| _____ iPhone Photography        | #53279 | \$22.50 |

\*\*\*\*FOR OFFICE USE ONLY\*\*\*\*

DATE \_\_\_\_\_ STAFF \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

PAYMENT: CASH CHECK # \_\_\_\_\_ CARD: MC V AE D CCSS CREDIT \$ \_\_\_\_\_

SEE REVERSE SIDE OF FORM FOR COMMONLY ASKED QUESTIONS & ANSWERS.

# Commonly Asked Questions & Answers

---

## **CAN I REGISTER BY MAIL OR PHONE?**

NO. Registration can only be done in-person or online. A sign-in list is maintained by center staff the first day of registration. Classes are offered on a first come, first serve basis.

## **WHAT TYPE OF PAYMENTS DO YOU ACCEPT?**

Payment methods accepted are check (made payable to Cobb County Senior Services), cash, or credit card (Visa, MasterCard, Discover or American Express). Payment is due in full at the time of registration.

## **MUST I BE REGISTERED TO ATTEND CLASSES?**

YES. Paid registration is required for all classes. Teachers are instructed not to permit participants who are not registered to attend classes.

## **DO I NEED TO PAY FOR THE FULL SESSION IF I CANNOT ATTEND ALL CLASSES?**

YES. All registrations are for the entire session, regardless of whether a participant will be able to attend all classes.

## **WHAT WOULD PROMPT THE CANCELLATION OF A CLASS?**

It is imperative that participants register on time to prevent class cancellations. All classes are based on a minimum and maximum number of participants. If a class does not meet its minimum number of registrants, there is a possibility the class could be canceled for that session.

## **WHAT IF A CLASS IS CANCELED DUE TO INCLEMENT WEATHER OR AN UNFORSEEN INSTRUCTOR ABSENCE?**

Canceled classes will be made up by extending the course, when possible. If the schedule does not permit us to add a makeup class, a refund or credit will be issued for the canceled class.

## **WHAT IF I REGISTERED FOR A CLASS, BUT I HAVE TO CANCEL?**

If your plans change and you need to withdraw from a class, you must submit a withdrawal request at least 72 hours prior to the first class to receive a full refund or credit to your CivicRec account. After the 72-hour cut-off, no refunds or credits will be issued. If a class is cancelled by the department, all registrants will automatically receive a full refund or credit for the cost of the class. Transactions entailing a refund of cash or check may take up to 4 to 6 weeks. Supply fees are non-refundable.

## **IF THE CLASS I WANTED IS FULL, CAN YOU OPEN ANOTHER SPOT FOR ME?**

NO. Maximum number of students allowed in each class cannot be changed. Once a class is full the registration system will automatically start a waiting list for each class. When space becomes available the registration system will pull your name from the waiting list and staff will notify you.

## **IF THE SAME CLASS IS OFFERED MULTIPLE DAYS OF THE WEEK OR AT OTHER CENTERS, CAN I MAKE UP A CLASS I MISSED BY ATTENDING ON A DIFFERENT DAY OR AT ANOTHER LOCATION?**

NO. Each day of the week is considered a separate class. Classes are not interchangeable with other senior centers. We do not offer make up classes for students who are unable to attend.

For more information regarding registration please call the center at 770-528-8200, or visit our website at [www.cobbcounty.gov/seniors](http://www.cobbcounty.gov/seniors).



# West Cobb Senior Center Spring Class Listing



West Cobb Senior Center • 4915 Dallas Hwy • Powder Springs, GA 30127 • 770-528-8200

Please keep this page as a reference for class dates and any scheduled no class dates\* (if applicable).

In case of an unexpected class cancellation, we will notify you ahead of time and give you the makeup date. Use the provided "Makeup" column to add in dates for any rescheduled classes. If the schedule does not permit us to add a makeup class, a refund will be issued for the cancelled class date.

\*Classes that have pre-scheduled no class dates will not have make up dates as they have already been built into the calendar ahead of time.

| <b>Mondays</b>           | <b>Time</b>     | <b>Dates</b> | <b>No Class</b> | <b>Makeup</b> |
|--------------------------|-----------------|--------------|-----------------|---------------|
| Circuit Training         | 8:50am-9:50am   | 4/6-6/15     | 5/25            |               |
| Core & Restore           | 10:00am-11:00am | 4/6-6/15     | 5/25            |               |
| Tai Chi I                | 12:00pm-1:00pm  | 4/6-6/15     | 5/25            |               |
| Tai Chi II               | 1:15pm-2:15pm   | 4/6-6/15     | 5/25            |               |
| <b>Tuesdays</b>          | <b>Time</b>     | <b>Dates</b> | <b>No Class</b> | <b>Makeup</b> |
| Strength & Stretch       | 9:00am-10:00am  | 4/7-6/16     |                 |               |
| Crocheting: Beg.         | 9:00am-10:00am  | 4/7-5/12     |                 |               |
| Am.Mahjong for Beginners | 9:30am-11:30am  | 4/14-4/28    |                 |               |
| Am.Mahjong for Beginners | 9:30am-11:30am  | 5/5-5/19     |                 |               |
| Yoga                     | 10:15am-11:15am | 4/7-6/16     |                 |               |
| Chair Fitness            | 11:45am-12:15pm | 4/7-6/16     |                 |               |
| Chair Yoga               | 12:30pm-1:00pm  | 4/7-6/16     |                 |               |
| <b>Wednesdays</b>        | <b>Time</b>     | <b>Dates</b> | <b>No Class</b> | <b>Makeup</b> |
| Stand Strong             | 9:45am-10:45am  | 4/8-6/17     |                 |               |



# Spring Class Listing



| Thursdays                        | Time            | Dates     | No Class | Makeup |
|----------------------------------|-----------------|-----------|----------|--------|
| Get Fit!                         | 9:00am-10:00am  | 4/9-6-18  |          |        |
| Am.Mahjong for Beginners         | 9:30am-11:30am  | 4/16-4/30 |          |        |
| Seniors in Play                  | 10:00am-11:00pm | 4/16-5/7  |          |        |
| Yoga                             | 10:15am-11:15am | 4/9-6/18  |          |        |
| Sound Healing                    | 11:30am-12:30pm | 4/9-6/18  |          |        |
| Zumba                            | 2:00pm-3:00pm   | 4/9-6/18  |          |        |
| Fridays                          | Time            | Dates     | No Class | Makeup |
| Baby Boomers                     | 9:00am-10:00am  | 4/10-6/12 |          |        |
| Backyard Meteorology             | 9:30am-10:30am  | 4/10-5/1  |          |        |
| Strike a Beat                    | 10:10am-11:10am | 4/10-6/12 |          |        |
| Chair Yoga                       | 11:20am-11:50am | 4/10-6/12 |          |        |
| Gentle Stretch                   | 2:00pm-3:00pm   | 4/10-6/12 | 5/15     |        |
| High Maintenance Relationships   | 11:00am-12:00pm | 4/24-5/22 |          |        |
| Stay Focused                     | 2:00pm-3:30pm   | 4/24-5/22 |          |        |
| Computer Basics Using Windows 11 | 1:00pm-3:00pm   | 5/15-6/12 |          |        |

# DAY TRIPS

with West Cobb Senior Center

## TRIPS ARE RATED BASED ON THE FOLLOWING ACTIVITY SCALE:

Activity Level 1 – Small distance walking, most of the trip is seated

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

Activity Level 3 – Longer periods of walking, stairs and/or inclines

Activity Level 4 – Long periods of walking, many stairs and/or inclines, limited seated breaks

**Mobility Requirements** – travelers must be able to navigate on and off the bus independently. If you have any concerns with walking or climbing stairs, please check with staff before registering.

## KNOW BEFORE YOU REGISTER:

\*Payment is due at registration.

\*No refunds will be given unless the trip is cancelled by the center.

\*Return times are approximate.

\*To ensure smooth operations, keep to our planned itinerary, and avoid impacting other passengers, buses are scheduled to depart at a designated time and cannot wait for late arrivals.

**ATTENTION!  
PLEASE!**

**For more information on registering, please visit the center or call 770-528-8200.**

## West Cobb Explorers: Pickett's Mill Battlefield #50354

**Wednesday, April 15**

**9:15 am – 2:00 pm (check-in 9:00 am)**

**\$13.00; Registration required**

Visit Georgia's Historic Pickett's Mill Battlefield, where some of the most intense fighting of the Civil War took place. A ranger will lead us on a guided tour of the museum and a trail pointing out natural and historical points of interest. We will hike about a half mile to Prather's Cabin, help pollinators by spreading wildflower seeds, and meet a native wildlife specimen. Lunch will be on your own at Big Doug's Place.

**Registration deadline: March 11.** Price includes transportation and entry to Pickett's Mill Battlefield. Lunch will be incurred independently.

**\*\*\*Trip is full. Waiting list is available.\*\*\***

## ACTIVITY LEVEL 4



## Cobb County Senior Services Older Americans Month Rafting Adventure

**Tuesday, May 12**

**8:15 am – 3:30 pm (check-in 8:00 am at West Cobb)**

**\$86.00; Registration required**

May is Older Americans Month and at Cobb County Senior Services we recognize that aging is just another way to say leveling up! What better way to reach a new level than to join us for our first-ever department-wide trip. Get ready to paddle the Hooch! We're breaking down the walls between our centers. Five centers are uniting as one for a day of shared adventure, proving that the best way to navigate the rapids is together. We will enjoy two hours of rafting on the Chattahoochee. A guide in each raft will help us navigate mostly flat moving water, and some Class I mild rapids during the second half of our journey. Halfway through our rafting experience, we will stop and enjoy a chicken sandwich boxed lunch from Chick-Fil-A at picnic tables provided at the Powers Island Outpost.

**Registration deadline: April 17.** Price includes transportation, rafting and lunch.

**\*\*\*Spaces available traveling from other centers. See page 20.\*\*\***

## ACTIVITY LEVEL 3



For more information on registering for the following WCSC Day Trips, please visit the center or call 770-528-8200.

## Roosevelt's Little White House Historic Site #51045

**Thursday, May 28**  
**8:15 am – 7:00 pm (check-in 7:30 am)**  
**\$110.00; Registration required**

Join us for a trip back in time to Roosevelt's Little White House which bears witness to his battles against the dreaded illness of polio, economic depression and world tyranny, and stands as a moment frozen in time when the world heard of his death there on April 12, 1945. We will take a ranger-led guided tour of the museum, main house, and all open amenities. Afterward, we will enjoy lunch at the Bulloch House with time to shop and explore downtown Warm Springs, GA.

**Registration deadline: April 23.** Price includes motorcoach, admission to Roosevelt's Little White House, lunch at the Bulloch House, snacks and tips.

**\*\*\*Trip is full. Waiting list is available.\*\*\***



## West Cobb Explorers: William Root House and Gardens #52080

**Thursday, June 18**  
**10:15 am – 2:00 pm (check-in 10:00 am)**  
**\$16.00; Registration required**

In recognition of Juneteenth, we will take an in-depth look at daily life in the 1800's for the Root family and the enslaved people who worked and lived on the property. The guided tour includes a 2-story house (with stairs only), log cabin, cookhouse, and gardens. Lunch will be on your own at Cafe Social House at Senior Wellness Center.

**Registration deadline: May 14.** Price includes transportation and entry into William Root House and Gardens. Lunch will be incurred independently.

**\*\*\*Trip opens for registration on April 1 at 9:00 AM.\*\*\***



## Shakespeare Tavern #53306

**Sunday, July 26**  
**11:30 am – 6:45 pm (check-in 10:45 am)**  
**\$96.00; Registration required**

Sword fights and soliloquies! Witness Shakespeare brought to life on stage at the Shakespeare Tavern, recipient of many Suzi Bass Awards, as we dine and recline at this iconic Atlanta destination. Title of show to be announced on the Ides of March.

**Registration deadline: June 5.** Price includes motorcoach, admission, snacks and tips. Lunch will be incurred independently.

**\*\*\*Trip opens for registration on April 13 at 9:00 AM.\*\*\***



For more information on registering for the following WCSC Day Trips, please visit the center or call 770-528-8200.

## West Cobb Explorers: IKEA - Meatballs and More #53318

**Friday, July 17**  
**9:00 am – 3:00 pm (check-in 8:30)**  
**\$8.00; Registration required**

Join West Cobb Senior Center for a delightful day at IKEA – browse inspiring displays, hunt for great finds, and enjoy those famous Swedish meatballs and maybe a warm cinnamon roll, too!

**Registration deadline: June 18.** Price includes transportation. Lunch will be incurred independently.

**\*\*\*Trip opens for registration on May 1 at 9:00 AM.\*\*\***



## West Cobb Explorers: Board and Brush Creative Studio #54229

**Thursday, August 13**  
**9:00 am – 2:30 pm (check-in 8:30 am)**  
**\$58.00; Registration required**

Is your inner DIY itching for a fun new project without having to buy all your own supplies and make a mess at your house? Let your creative juices flow – hammer, sand, and paint your own serving tray (14 x 14) to take home. We will fuel our creativity with brunch on your own at Art's Bagels and More before heading over to Board & Brush Creative Studio.

**Registration deadline: July 9.** Price includes transportation, and cost of making a 14 X 14 serving tray. Brunch will be incurred independently.

**\*\*\*Trip opens for registration on June 1 at 9:00 AM.\*\*\***



# Day Trip Guide

## WELCOME TRAVELERS

West Cobb Senior Center provides a variety of day trip opportunities. Our goal is to take the hassle out of driving, making reservations, or even traveling alone, so that you can relax and make the most of your travel experience.

## REGISTRATION

Registration is available in-person Monday through Friday between the hours of 8:30 A.M. and 4:00 P.M. Registration for all trips is open and spots are filled on a first come, first served basis. Full payment is due at the time of registration. If a trip is full, please ask staff to add your name to the waitlist. When a space becomes available, we will fill from the waitlist in the order that names are listed.

## PRICING

Price may include luxury motorcoach or Cobb Senior Services transportation, admissions, snacks (when applicable), tips, and in some cases meals. See advertisements for specific details.

## PAYMENT

Payment is due at the time of registration. The following forms of payment are accepted: cash, check (payable to Cobb Senior Services), Visa, MasterCard, American Express or Discover.

## CANCELLATION/REFUND POLICY

No refunds will be given unless the trip is cancelled. In the event of a cancellation, you can either receive a credit for the full amount or request a refund. Refunds may take up to 6 weeks to process. If you cancel due to a medical emergency you may receive a credit on your account, if approved by the center manager.

## GENERAL INFORMATION

**Age Requirements** - Adults 55 years or better may participate in day trips. Adults under 55 can participate if they are accompanying a companion 55 and over.

**Emergency Forms** - Every traveler must complete an emergency form that includes pertinent information such as medications, allergies, and emergency contact.

**Staff** - A staff member from WCSC accompanies each trip to ensure the tour runs as close to schedule as possible and address any issues that may arise. Travelers are responsible for handling their own personal items/belongings.

**Mobility** - Each traveler must be able to navigate on and off the bus independently. If you have any concerns with walking or climbing stairs, please check with staff before registering.

**Activity Level Scale** - Trips are rated on an activity 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 periods of walking, many stairs and/or inclines, limited seated breaks.

**Dietary Restrictions** - Before registering for any trip please consult with staff concerning any special dietary needs. Every attempt will be made to meet these needs; however, accommodations cannot be guaranteed in every circumstance. If you have a medical condition that requires eating at specific times, please bring snacks with you.

**Parking** - WCSC has allocated parking zones for day trips. Check with staff in advance to verify these areas. Please secure any personal belongings that you choose to leave in your vehicle.



## HOW TO REGISTER ONLINE

1. Visit our website at [www.cobbcounty.gov/seniors](http://www.cobbcounty.gov/seniors)
2. From the homepage, scroll down and select **Register for Classes and Activities**. You will be redirected to the CivicRec registration system page.
3. Select **Log In/Create Account** in the upper-left corner. At this time, you will either need to create an account or log in to an existing account. If you are unsure if you have an account, please call us at 770-528-8200 to verify with staff.
4. If logging into an existing account, enter your email address and password. If you have not set up your password or have forgotten it, please select **Forgot Password?** and follow the instructions.
5. To create a new account select **Create Your CCGA Account** and complete the required information. Please remember passwords must be at least 8 characters long and contain 3 of the following 4 categories: lower case letters, uppercase letters, numbers, special characters.
6. Once logged in, locate the **Filter** box at the top-left and enter the 5-digit activity code associated with the activity for which you will be registering. You can also register by selecting the **Senior Services Activities** tab and further filter by selecting the name of the senior center.
7. Select **Add to Cart**. You can either select **Close** to add more activities or select **Checkout**. Be sure to accept all waivers to proceed to the payment screen and complete the registration process.
8. At any time, you can log on to your account, select the **Account** option, and view your **Dashboard** which contains information such as your upcoming events, transactions history, payment options, and event calendar. Please note that you will not be able to remove yourself from an activity once you have registered. You will need to contact the center and have staff remove you.

# THE CHATTER

around Cobb County Senior Services

## Older Americans Month

# RAFTING ADVENTURE

# \$86.00



**TUESDAY, MAY 12**

Join us for our first-ever department-wide trip in honor of Older Americans Month. Five centers are uniting as one for a day of shared adventure. We will enjoy two hours of rafting on the Chattahoochee. A guide in each raft will help us navigate mostly flat moving water, and some Class I mild rapids during the second half of our journey. Halfway through our rafting experience, we will stop and enjoy a chicken

sandwich boxed lunch from Chick-Fil-A at picnic tables provided at the Powers Island Outpost. Sign up to travel with your senior center of choice!



**C. FREEMAN POOLE**  
**#53817**  
7:45 am-3:30 pm  
(check-in 7:30 am)  
770-801-3400

**NORTH COBB**  
**#53816**  
8:15 am-3:30 pm  
(check-in 8:00 am)  
770-975-7740

**SENIOR WELLNESS**  
**#53850**  
8:30 am-3:30 pm  
(check-in 8:00 am)  
770-528-5355

**TIM D. LEE**  
**#53789**  
8:30 am-3:30 pm  
(check-in 8:15 am)  
770-509-4900

**WEST COBB**  
**#53793**  
8:15 am-3:30 pm  
(check-in 8:00 am)  
770-528-8200

**Payment due at registration. Registration deadline: April 14.** Price includes transportation, rafting, and lunch. No refunds will be given unless the trip is cancelled. **Activity Level 3** - participants must be capable of walking on flat mixed surfaces for 200 yards to and from the river access and be willing and able to carry paddles. Rafting excursion is two hours and paddling will be involved. **Mobility Requirements** - travelers must be able to navigate on and off the bus independently. If you have any concerns with walking or climbing stairs, please check with staff before registering. **Please note:** To ensure smooth operations, keep to our planned itinerary, and avoid impacting other passengers, buses are scheduled to depart at a designated time and cannot wait for late arrivals.



# may



For more information on activities listed below, please see previous pages of the Insider.

**Monday-Friday: Billiards 8:30am-4:30pm | Workout Studio: 9:00am-4:00pm**

| MON                                                                                                                                                                                                                          | TUE                                                                                                                                                                                                                                                                                      | WED                                                                                                                                                                                                         | THUR                                                                                                                                                                                                                                 | FRI                                                                                                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 27                                                                                                                                                                                                                           | 28                                                                                                                                                                                                                                                                                       | 29                                                                                                                                                                                                          | 30                                                                                                                                                                                                                                   | 1                                                                                                                                                                                                                |
|                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                             |                                                                                                                                                                                                                                      | Baby Boomers 9:00am<br>Meteorology 9:30am<br>Cybersecurity 10:00am<br>Strike a Beat 10:10am<br>Relationships 11:00am<br>Chair Yoga 11:20am<br>Mellowtones 12:15pm<br>Gentle Stretch 2:00pm<br>Photography 2:00pm |
| 4                                                                                                                                                                                                                            | 5                                                                                                                                                                                                                                                                                        | 6                                                                                                                                                                                                           | 7                                                                                                                                                                                                                                    | 8                                                                                                                                                                                                                |
| Circuit Training 8:50 am<br>Open Art 9:00am<br>May 4th 9:30am<br>Mah Jongg 10:00am<br>Knit Wits 10:00am<br>Core & Restore 10:00 am<br>Tai Chi I 12: 00pm<br>Woodcarvers 1:00pm<br>Tai Chi II 1:15pm<br>Ballroom Dnce. 2:30pm | Chess 9:00am<br>Strength 9:00am<br>Beg. Crochet 9:00am<br>Beg. Mah Jongg 9:30am<br>Paint w/ Cindy 10:00am<br>Yoga 10:15am<br>Back Strength 10:30am<br>Chair Fitness 11:45am<br>Canasta 12:00pm<br>Color Happy 12:00pm<br>Chair Yoga 12:30<br>Paint w/Cindy 1:30pm<br>Table Tennis 1:30pm | Stand Strong 9:45am<br>Mah Jongg 10:00am<br>Welcome to West 10:00am<br>Paint w/ Cindy 10:00am<br>Dup. Bridge 11:30am<br>Table Tennis 1:00pm                                                                 | Open Art 9:00am<br>Get Fit 9:00am<br>Chickenfoot 10:00am<br>Composting 10:00am<br>Seniors in Play 10:00am<br>Yoga 10:15am<br>Sound Healing 11:30am<br>Canasta 12:30pm<br>Int. Bridge 12:30pm<br>Economic Dev. 1:00pm<br>Zumba 2:00pm | Baby Boomers 9:00am<br>Waffle House 10:00am<br>Strike a Beat 10:10am<br>Relationships 11:00am<br>Chair Yoga 11:20am<br>Mellowtones 12:15pm<br>Gentle Stretch 2:00pm<br>Photography 2:00pm                        |
| 11                                                                                                                                                                                                                           | 12                                                                                                                                                                                                                                                                                       | 13                                                                                                                                                                                                          | 14                                                                                                                                                                                                                                   | 15                                                                                                                                                                                                               |
| Circuit Training 8:50 am<br>Open Art 9:00am<br>Mah Jongg 10:00am<br>Knit Wits 10:00am<br>Core & Restore 10:00 am<br>Tai Chi I 12:00pm<br>Woodcarvers 1:00pm<br>Tai Chi II 1:15pm<br>Ballroom Dnce. 2:30pm                    | Rafting 8:00am<br>Chess 9:00am<br>Strength 9:00am<br>Beg. Crochet 9:00am<br>Beg. Mah Jongg 9:30<br>Yoga 10:15am<br>Chair Fitness 11:45am<br>Canasta 12:00pm<br>Color Happy 12:00pm<br>Chair Yoga 12:30<br>Songbirds 1:00pm<br>Table Tennis 1:30pm<br>Courage Conv. 6:30pm                | Kennesaw Mt. Meet-Up 9:45am<br>Stand Strong 9:45am<br>Mah Jongg 10:00am<br>Stitch-in-Time 10:00am<br>Music 10:00am<br>Book Club 10:00am<br>Dup. Bridge 11:30am<br>Table Tennis 1:00pm<br>Gym Orient. 2:30pm | Open Art 9:00am<br>Get Fit 9:00am<br>Chickenfoot 10:00am<br>Yoga 10:15am<br>Sound 11:30am<br>Canasta 12:30pm<br>Int. Bridge 12:30pm<br>Cobb GIS 1:00pm<br>Zumba 2:00pm                                                               | Baby Boomers 9:00am<br>Strike a Beat 10:10am<br>Relationships 11:00am<br>Chair Yoga 11:20am<br>Mellowtones 12:15pm<br>Computer 1:00 pm<br>Gentle Stretch 2:00pm<br>Photography 2:00pm                            |
| 18                                                                                                                                                                                                                           | 19                                                                                                                                                                                                                                                                                       | 20                                                                                                                                                                                                          | 21                                                                                                                                                                                                                                   | 22                                                                                                                                                                                                               |
| Circuit Training 8:50 am<br>Open Art 9:00am<br>Mah Jongg 10:00am<br>Knit Wits 10:00am<br>Core & Restore 10:00 am<br>Tai Chi I 12:00pm<br>Woodcarvers 1:00pm<br>Tai Chi II 1:15pm<br>Ballroom Dnce. 2:30pm                    | Chess 9:00am<br>Strength 9:00am<br>Beg. Mah Jongg 9:30<br>Yoga 10:15am<br>Chair Fitness 11:45am<br>Canasta 12:00pm<br>Color Happy 12:00pm<br>Chair Yoga 12:30<br>Table Tennis 1:30pm                                                                                                     | Stand Strong 9:45am<br>Mah Jongg 10:00am<br>Genealogy 10:00am<br>Cobb Retirees 11:30am<br>Dup. Bridge 11:30am<br>Gym Orient. 2:30pm<br><b>No Table Tennis</b>                                               | Open Art 9:00am<br>Get Fit 9:00am<br>Chickenfoot 10:00am<br>Yoga 10:15am<br>Sound 11:30am<br>Canasta 12:30pm<br>Int. Bridge 12:30pm<br>Zumba 2:00pm                                                                                  | Baby Boomers 9:00am<br>Strike a Beat 10:10am<br>Relationships 11:00am<br>Chair Yoga 11:20am<br>Mellowtones 12:15pm<br>Computer 1:00pm<br>Photography 2:00pm<br>Gentle Stretch 2:00pm                             |
| 25                                                                                                                                                                                                                           | 26                                                                                                                                                                                                                                                                                       | 27                                                                                                                                                                                                          | 28                                                                                                                                                                                                                                   | 29                                                                                                                                                                                                               |
| <b>MEMORIAL DAY</b><br><br><b>Center Closed</b>                                                                                                                                                                              | Chess 9:00am<br>Strength 9:00am<br>Yoga 10:15am<br>Chair Fitness 11:45am<br>Canasta 12:00pm<br>Color Happy 12:00pm<br>Chair Yoga 12:30<br>Library 1:00pm<br>Table Tennis 1:30pm                                                                                                          | Stand Strong 9:45am<br>Mah Jongg 10:00am<br>Stitch-in-Time 10:00am<br>Music 10:00am<br>Dup. Bridge 11:30am<br>Table Tennis 1:00pm<br>Gym Orient. 2:30pm                                                     | Roosevelt 7:30am<br>Open Art 9:00am<br>Get Fit 9:00am<br>Chickenfoot 10:00am<br>Yoga 10:15am<br>Sound 11:30am<br>Canasta 12:30pm<br>Int. Bridge 12:30<br>Movies 1:00pm<br>Zumba 2:00pm                                               | Baby Boomers 9:00am<br>Strike a Beat 10:10am<br>Chair Yoga 11:20am<br>Mellowtones 12:15pm<br>Computer 1:00pm<br>Gentle Stretch 2:00pm                                                                            |



Use the clues to fill in the grid.

1. Yellow flower with a trumpet center
2. Bearded garden flower
3. Classic symbol of love
4. Simple white-and-yellow flower
5. Shrub with large clustered blooms
6. Shiny yellow meadow flower
7. Fragrant purple shrub
8. Opium plant relative
9. Complex tropical flower
10. Large, fragrant Southern flower
11. Star-shaped garden bloom

[illegible]

STUMPED? AN ANSWER KEY IS AVAILABLE AT THE FRONT DESK.