

The Tim D. Lee Times

MONTHLY NEWSLETTER

JUNE 2026

Active
Adults
55+



Tim D. Lee Senior Center

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Fitness Orientation

Tuesdays: 9:00 am

Registration required. Call or see the front desk to register.



Tim D. Lee Senior Center will be closed on
Friday, June 19th in observance of Juneteenth

It's time to sign up for classes!

SUMMER REGISTRATION



Monday, June 22 • 9:00 am

Register for classes in person or online using CivicRec. Access CivicRec by going to cobbcounty.gov/seniors

www.cobbcounty.gov/seniors

@CobbSeniors

@CobbSeniors



Tim D. Lee Senior Center
3332 Sandy Plains Rd
Marietta, GA 30066
770-509-4900



Center Hours:
Monday-Friday
8:00 am - 5:00 pm

Senior Services
COBB COUNTY

Sign up to receive TDL email blasts for news and updates! See the front desk for more details.

Tim D. Lee Senior Center Highlights

Dynamic Downsizing: Lecture Series on Right Sizing Your Life

Transitioning into a new chapter of life should feel like an adventure, not a chore. Join us for Dynamic Downsizing, a comprehensive four-part seminar series designed to take the stress out of rightsizing your life. Presented by Janice Overbeck Real Estate.

Financial Foundations #54965

Thursday, June 4th

7:00 pm - 8:30 pm

Free; Registration Required

In this seminar, we'll explore the financial implications of selling a long-term home and how to strategically manage your assets for a comfortable, worry-free retirement.

Legacy and Estate Planning #54966

Thursday, June 11th

7:00 pm - 8:30 pm

Free; Registration Required

In this session, we will cover the essentials of estate planning, ensuring your legacy is protected and your future transitions are handled with care and clarity.

The Art of Decluttering and Organizing #54967

Thursday, June 18th

7:00 pm - 8:30 pm

Free; Registration Required

Learn practical, stress-free methods for sorting through decades of belongings, deciding what to keep, and efficiently organizing your home for a fresh start.

Renovating for Maximum Return #54968

Thursday, June 25th

7:00 pm - 8:30 pm

Free; Registration Required

Discover which home improvements actually add value and how to prepare your property to shine in today's market, ensuring you get the best possible return on your investment.



Meet the Tim D. Lee Team!



Viktoria Mihan
Center Manager



Liz Dunn
Program Specialist



Curtis Letner
Bldg, Maint. Tech



Samantha Cowell
Program Leader



Melanie Knopf
Program Leader



Monthly Activities

June

Veteran Connection

Every third Wednesday of the Month
10:00am - 12:00pm

Free; No Registration Required

Join other Veterans each month for fellowship & special guest presentations. These meetings are for both women and men to come together to share their experiences with each other.

Hiking Group

Wednesdays at 1:00pm and Fridays at 9:30am followed by lunch.

Join us on weekly hikes with our hiking group. Hikes are usually 4-6 miles. See the front desk or call if you are interested.



Tech Help: Ask the Tech Experts

Wednesdays, June 3rd and June 17th
1:00 pm - 3:00 pm

Free; No Registration Required

Drop in for help with your smart phone and tablets! Volunteers from Pope High School will be available to help with iPhone and Android questions.

Movie Matinee #53613 (Call for Title)

Tuesday, June 30th
2:00 pm - 4:00 pm

Free; Registration required

Everyone deserves a great love story, but for seventeen-year-old Simon Spier, it's a little more complicated. He hasn't told his family or friends that he's gay, and he doesn't know the identity of the anonymous classmate that he's fallen for online. Resolving both issues proves hilarious, terrifying and life changing.

Highlights



In Honor of Men's Health Month

10-Ball Tournament #53658

Thursday, June 4th at 9:00 am - 4:00 pm
\$5.00; Registration Required

Enjoy a fun pool tournament! Blind Draw for pairs with double elimination. Standardized World BCA 10 Ball Rules. Lunch will be provided. Sponsored by EVOQ. **Deadline to register June 2. Rules meeting will begin at 8:30 am.**



Programs

at Tim D.
Lee

Week of June 1-5

Recipe Swap #52621

Wednesday, June 3rd

10:00 am - 12:00 pm

Free; Registration Required

Celebrate the joy of cooking together! Bring your favorite recipes and stories to share and swap.

Keep Cobb Beautiful:

Greener Cleaning #52616

Thursday, June 4th

10:00 am - 11:00 am

Free; Registration Required

Did you know you can make your own furniture polish, drain cleaner, laundry detergent and more with common products you already have around the house - that aren't toxic to you or the environment? Find out home-made solutions to all of your cleaning needs, and save a pretty penny doing it! We will also make a few products during the class, using recipes published by the EPA and other sources.

10-Ball Pool Tournament

#53658

Thursday, June 4th

9:00 am - 4:00 pm

\$5.00; Registration Required

Enjoy a fun pool tournament! Blind Draw for pairs with double elimination. Standardized World BCA 10 Ball Rules. Lunch will be provided. Sponsored by EVOQ. Deadline to register June 2. Rules meeting will begin at 8:30 am.

Registration can be done in-person, online at
www.cobbcounty.gov/seniors, or call 770-509-4900

Aging with a Healthy Brain #52617

Friday, June 5th

1:00 pm - 2:00 pm

Free; Registration Required

Fuel your mind: Discover how nutrition impacts your brain health and how to nourish it for a sharper future. Presented by the Cobb UGA Extension Office.

Week of June 8-12

Durable Medical Goods Scams and Ai/Phone

Scams #52622

Monday, June 8th

1:00 pm - 2:00 pm

Free; Registration Required

Learn tips on how to be careful when shopping for durable medical goods and avoid scams. Learn about the latest scams that are targeting seniors and how to detect and report them. Presented by the Senior Medicare Patrol.

Gardening for the Birds #53611

Tuesday, June 9th

1:00 pm - 2:00 pm

Free; Registration Required

Learn more about what plants attract which birds and how you can prepare your garden. Presented by a UGA Master Gardener.

June

Avoiding Probate and Protecting Assets #52624

Wednesday, June 10th

1:00 pm - 2:00 pm

Free; Registration Required

Discover strategies and bust myths about asset protection in this discussion led by Josh Nelson. In addition to how to protect your assets from probate, he will explain how some of the most common financial advice may leave you and your loved ones vulnerable.

Week of June 15-18

Joint Health and Staying Active #53612

Tuesday, June 16th

1:00 pm - 2:00 pm

Free; Registration Required

Learn about the importance of joint health and what you can do to protect your joints from injuries. Presented by ATI Physical Therapy.

Composting 101: From Trash to Treasure #52901

Wednesday, June 17th

1:00 pm - 2:00 pm

Free; Registration Required

Discover how composting at home can cut down household waste and boost your vegetable and flower gardens with essential nutrients. Learn to compost easily at home in any space!



Self Defense 101 #53659

Wednesday, June 17th

11:00 am - 12:00 pm

Free; Registration Required

Ready to feel stronger, move better, and have a blast doing it? Join our 55+ Fitness Sampler Class led by the seasoned Black Belts of ETO Martial Arts & Fitness! Every exercise can be modified, making this class perfect for all fitness levels -- whether you're just getting started or already active. Our experienced instructors prioritize safety, proper technique, and FUN in a welcoming, supportive environment. Come see how martial arts-inspired fitness can help you stay independent, empowered, and energized at any age! No experience necessary. Just bring comfortable clothes, water, and a great attitude!

B.E.S.T. Dementia Friends #52618

Thursday, June 18th

1:00 pm – 2:00 pm

Free; Registration Required

Discuss how dementia affects people, the different types of dementia, how to differentiate between normal aging and dementia and how to effectively communicate with a person with dementia. All presenters of this class are specifically trained, by Dementia Friends of Georgia, in the subject matter and are able to guide the viewer in how to understand the best way to be a positive impact in the life of people living with dementia.

Week of June 22-26

Snakes of Georgia #52620

Tuesday, June 23rd

1:00 pm – 2:00 pm

Free; Registration Required

Georgia is home to over 40 different kinds of snakes, and despite their peculiar bodies and sometimes frightening behaviors, they are very important to the environment and even to people! We will learn how these amazing animals are not as scary as you thought and how to differentiate between the venomous and nonvenomous species. Presented by University of Georgia Extension Office.

Fraud Prevention with Cobb Sheriff's Office

#54351

Wednesday, June 24th

10:00 am - 11:00 am

Free; Registration Required

Learn tips on how to keep yourself safe from different types of fraud. Presented by Cobb County Sheriff's Office.

Fire Prevention and Safety #52619

Thursday, June 25th

1:00 pm – 2:00 pm

Free; Registration Required

Learn how to make your home a safer place by learning more about how and why fires start. We will discuss what you need to know to keep you, your family, and your neighbors safe from fire and related hazards. Presented by the Cobb County Safety Village.

Programs at Tim D. Lee



Looking for exercise classes?

We offer a wide variety of exercise and general interest classes on a quarterly basis. Look for our Summer class listing in-person or online at www.cobbcounty.gov/seniors.

Class Registration Information

Class registration for our Summer session begins Monday, June 22nd at 9:00 am. Online or in-person registration only.



Ongoing Activities

Monday

Care and Connect:
10:00am-11:00am

Fishing Club:
10:30am-11:30pm
Every 1st Monday

Chess:
11:00am-12:30pm

Book Club:
11:00am-12:30pm
Every 3rd Monday
(Book List available
at Front Desk)

**Morning Writing
Group:**
11:15am-12:30pm

**Bid and Play
Bridge:**
1:00pm-4:00pm
(Partner Required)

Hearts:
1:00pm-4:00pm

5 Deck Canasta:
12:50pm-4:00pm

**American Mah
Jongg:**
1:00pm-4:00pm

Texas Hold'em:
1:00pm-4:30pm

**Guys and Dolls
Choral Group:**
1:00pm-2:45pm

Tuesday

**Lockheed
Retirees:**
9:30am-10:30am

Pinochle:
8:00am-2:00pm

**Young at Heart
Line Dance
(Improver):**
10:00am-
11:30am

**Duplicate
Bridge:**
10:30am-3:00pm
(Partner
Required)

**Sign Language
Group:**
1:00pm-2:00pm

**Canasta (Hand,
Knee, and Foot):**
1:00pm-4:00pm

**Young at Heart
Line Dance
(Advanced):**
1:00pm-2:30pm

**Mexican Train
Dominoes:**
1:00pm-4:00pm

Table Tennis:
1:00pm-4:00pm
(Tennis Shoes
Required)

Wednesday

East Cobb Golf Club:
9:00am-12:00pm
Every 3rd Wednesday

**Veterans
Connection:**
10:00am-12:00pm
Every 3rd Wednesday

Adult Coloring:
9:30am-11:30am

Wednesday Bridge:
1:00pm-4:00pm

**Wednesday
Intermediate Bridge:**
1:00pm-4:00pm

Knit Wits:
1:00pm-3:30pm

**Canasta (Hand,
Knee, and Foot):**
1:00pm-4:30pm

**Canasta/Super
Samba (not a dance):**
11:30am-4:00pm

Thursday

Woodcarvers:
8:00am-12:00pm

**Hand Knee and
Foot Canasta:**
12:00pm-4:00pm

**East Cobb Photo
Club:**
10:00am-12:00pm
Every 1st
& 3rd Thursday

Cribbage:
10:00am-1:00pm

Duplicate Bridge:
10:30am-3:00pm
(Partner Required)

Spades:
1:00pm-4:00pm

Table Tennis:
9:00am-4:00pm
(Tennis Shoes
Required)

**Siamese Mah
Jongg:**
1:00pm-4:30pm

Friday

Pinochle:
8:00am-2:00pm

**Young at Heart
Line Dance
(Improver):**
10:00am-11:30am

**Canasta (Hand
Knee and Foot):**
11:30am-4:30pm

**Canasta/Samba
(not a dance):**
12:30pm-4:30pm

**Asian Mah
Jongg:**
12:30pm-4:30pm

**American Mah
Jongg:**
1:00pm-4:00pm

**Young at Heart
Line Dance
(Advanced):**
1:00pm-2:30pm

**Good Times
Band:**
1:00pm-3:00pm

**Please note:

Basic knowledge of certain games is required. Please bring your own sets for cards and Mah Jongg.

Fitness Room Hours

Monday - Friday:
8:00am - 4:30pm

**Fitness Orientation
required to use the
Fitness Room.**

Fitness Orientation

Tuesdays:
9:00am

Call or see the front desk
to register.

Billiards Room

Monday - Friday
8:00am - 4:30pm



Trips are 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 seating 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 or credits will be given unless the trip is canceled 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.

For more information on trip registration, please visit the center or call 770-509-4900

Trilith Foundation Studio Tour #53455

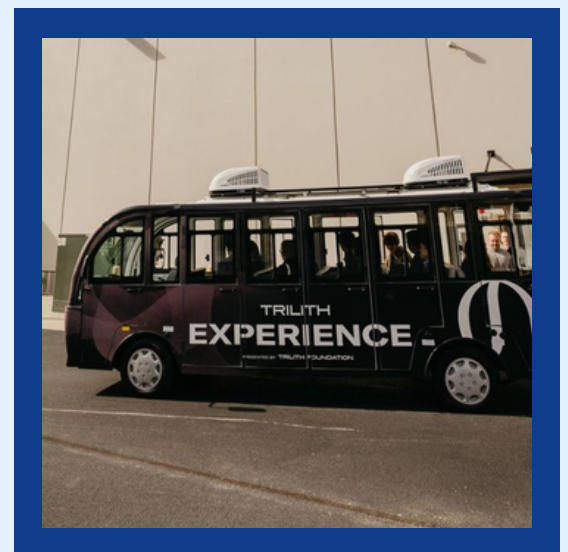
Tuesday, July 21st

**9:00 am – 4:00pm; Check in at 8:30 am
\$64.00; In-Person Registration Required**

Experience Trilith Studios - the primary filming location of some of the highest grossing films of all time. You'll be inspired as you peek behind the scenes to see creativity and collaboration at work. You'll also experience a curated walkthrough display of sets and props that have called Trilith home and some of our expert Trilith Studio Vendors that make filmmaking possible.

Registration deadline: June 16. Price includes transportation, lunch, and admission.

****Trip opens for registration on April 1****



ACTIVITY LEVEL 4



Savoy Automobile Museum #54274

Friday, August 21st

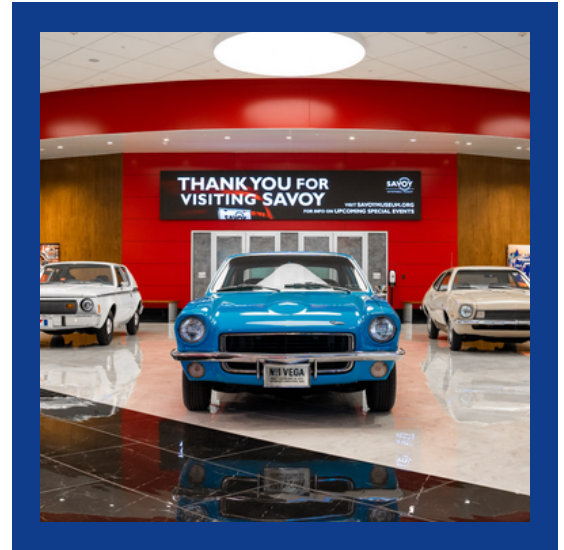
9:00 am – 2:00 pm; Check in at 8:30 am

\$23.00; In-Person Registration Required

The Savoy Automobile Museum in Cartersville boasts a world class collection of classic cars. Join us for this unique museum experience. Lunch on your own at the Savoy Cafe. All times are approximate. Payment due at registration.

Registration deadline: July 17. Price includes transportation and admission.

****Trip opens for registration on June 1st ****



ACTIVITY LEVEL 2

Riverboat Tour in Rome, Georgia #54953

Monday, September 14th

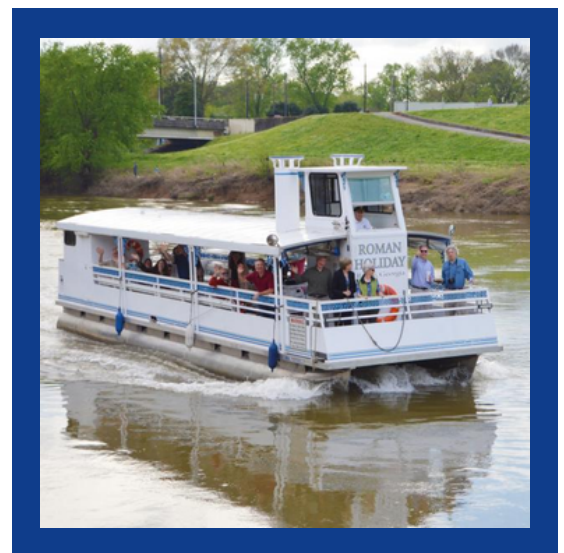
9:00 am - 2:30 pm; Check in at 8:30 am

\$48.00; In-Person Registration Required

Experience the scenic beauty of Rome's three rivers aboard the Sulzbacher Roman Holiday. Departing from Heritage Park, this two-hour guided tour provides breathtaking, relaxing views of local history. The tour is led by US Coast Guard-certified captains. Enjoy lunch catered by Chick Fill A while enjoying the tour.

Registration deadline July 24. Payment due at registration. Price includes transportation, lunch, admission, and tips.

****Trip opens for registration on June 1st ****



ACTIVITY LEVEL 2

Chattahoochee Nature Center #54858

Wednesday, September 30th

10:30 am - 2:30 pm ; Check in at 10:00 am

\$37.00; In-Person Registration Required

September is National Senior Center Month, a perfect time to enjoy the Chattahoochee Nature Center while we venture social engagement and lifelong learning on the CNC Wildlife Journey. This will include a guided tour where you will get to see CNC's permanent residents, raptors, and beaver as well as the Discovery Center to the Watershed Gallery. You will also encounter one of the CNC's rescued animals. You will have about an hour to explore or hike with friends and have lunch catered by Subway in the picnic area. Payment includes transportation, admission and lunch. Payment due at registration.

Registration deadline: August 7. No refunds will be given unless the trip is cancelled.

****Trip opens for registration on June 1st ****



ACTIVITY LEVEL 4

Previous Trips



Clydesdale Farm



Tellus Science
Museum



Mercedes Benz
Stadium Tour



Tim D. Lee 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 out of your travel experience.

Registration

Registration is available in-person Monday through Friday between the hours of 8:00 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.

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.

Pricing

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

Cancellation/Refund Policy

No refunds or credits 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.

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, or if a traveler requires special assistance.

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 TDL 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.

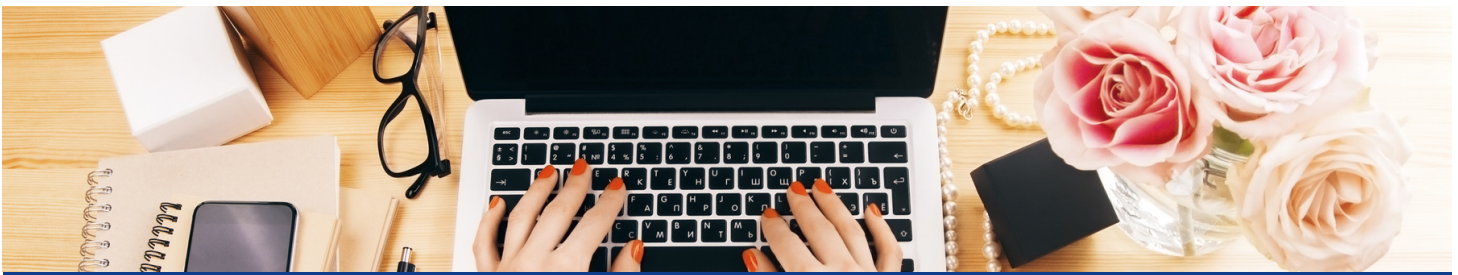
Mobility- Each traveler must be able to navigate on and off the bus independently or with a caregiver. If you have any concerns with walking or climbing stairs, please check with staff before registering.

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, be sure and bring snacks with you.

Parking- TDL 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
2. From the homepage, scroll down and select the **Register for Classes and Activities** icon. You will be directed 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 770-509-4900 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 forgetting , please select **Forgot Password?** and follow the instructions.
5. To create a new account select the **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, transaction 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.



Searching for June

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



BEACH	GRADUATION	STRAWBERRY MOON
CAMPING	JUNETEENTH	SUMMER
CANCER	PEARL	TRIP
FATHER'S DAY	ROSE	WEDDING
FLAG DAY	SIXTH	WIMBLEDON
GEMINI	SOLSTICE	WORLD CUP

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