



Cobb County...Expect the Best!

West Cobb Senior Center

Ongoing Activities

Seniors (55+) are welcome to participate in activities between 8:30am and 4:30pm

MONDAY through FRIDAY		
8:00 a.m. – 9:00 a.m.	Walking group	Daily
8:30 a.m. – 4:30 p.m.	Honor Library	Daily
8:30 a.m. – 4:30 p.m.	Billiards – cues available	Daily
Various times	Retreads Hiking Club <i>Dee Adamson (770) 966-9480</i> <i>Nancy Parke (678) 581-9265</i>	Mon, Tue, Thu, Sat
9:00 a.m.	West Cobb Senior Golfers <i>Jim Tipton (770) 565-2736</i> <i>Jackie McKenzie (770) 436-3456</i> <i>Dac Cardelli (770) 594-0909</i>	Wednesday: <i>Fox Creek</i> Thursday: <i>Legacy</i>
MONDAY and WEDNESDAY		
9:00 a.m. – 1:00 p.m.	AARP Driver Safety * \$12/AARP member \$14/Non-AARP member	1 st Mon & Wed
MONDAY		
9:00 a.m. – 10:00 a.m.	Focus on Fitness*	Weekly
10:00 a.m. – 12:00 p.m.	Knit Wits knitting group	Weekly
10:00 a.m. – 1:00 p.m.	ADK (Fidelis Lambda Retired Teachers)	3 rd Mon; No meetings Jan, Jun-Aug, Dec
10:00 a.m. – 2:00 p.m.	Mah Jongg	Weekly
10:30 a.m. – 11:30 a.m.	Cobb County Retirees	3 rd Mon
10:30 a.m. – 12:30 p.m.	West Cobb Shutterbugs	4 th Mon
11:30 a.m. – 1:30 p.m.	Free Blood Pressure	1 st Mon
1:00 p.m. – 3:00 p.m.	Woodcarvers Club	Weekly
1:00 p.m. – 3:00 p.m.	Great Ideas Book Club	2 nd & 4 th Mon
1:00 p.m. – 4:00 p.m.	Ballroom Dance Practice	Weekly
1:30 p.m.	Movie Madness*	1 st Mon
4:00 p.m.	Dine Around*	1 st Mon
TUESDAY		
9:00 a.m. – 12:00 p.m.	Chess	Weekly
9:00 a.m. – 10:00 a.m.	Senior Strength Training*	Weekly
9:30 a.m. – 1:30 p.m.	Open Bridge	Weekly
10:00 a.m. – 11:30 a.m.	West Cobb Bookends	Last Tue
10:30 a.m.	F.A.N. Club (Friends & Neighbors) <i>Pat Cerutti (770) 675-3600</i>	1 st Tue (Sep – May)
12:00 p.m. – 4:00 p.m.	Mah Jongg	Weekly
1:00 p.m. – 3:00 p.m.	Wii Love Bowling*	3 rd Tue
1:00 p.m. – 3:00 p.m.	Scrabble	Weekly
2:30 p.m. – 4:30 p.m.	Table Tennis	Weekly
WEDNESDAY		
9:00 a.m. – 10:00 a.m.	Focus on Fitness*	Weekly
10:00 a.m. – 3:00 p.m.	Stitch-In-Time	Weekly
12:00 p.m. – 4:00 p.m.	Bridge*	Weekly

THURSDAY		
9:00 a.m. – 11:00 a.m.	Free Blood Pressure	1 st Thu
10:00 a.m. – 11:00 a.m.	Golden “K” Kiwanis	Weekly
1:00 p.m. – 4:00 p.m.	Assorted Cards & Games (hand and foot, pinochle, domino, others)	Weekly
1:00 p.m. – 4:00 p.m.	Melody Makers Chorus	Weekly (Sep – May)
1:00 p.m.	NCGA Ex-POWs Club	3 rd Thu
FRIDAY		
9:00 a.m. – 10:00 a.m.	Focus on Fitness*	Weekly
9:00 a.m. – 12:00 p.m.	Chess	Weekly
9:30 a.m. – 1:30 p.m.	Open Bridge	Weekly
10:00 a.m. – 12:00 p.m.	Magnolia Porcelain Art Guild	3 rd Fri
10:30 a.m. – 12:30 p.m.	Danc’N Square Club	2 nd & 4 th Fri
1:00 p.m. – 3:00 p.m.	Clown Alley	2 nd Fri
1:00 p.m. – 4:30 p.m.	Table Tennis	Weekly
7:45 p.m. – 10:30 p.m.	Stardust Dance Club <i>Bill Clements (770) 919-1072</i>	2 nd Fri

*Registration required

July '09