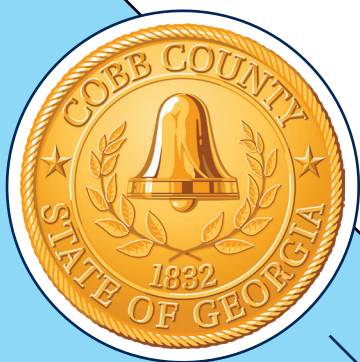




Programs and services for  
the 55 and older community



#ChangeTheWayYouAge

[www.CobbSeniors.org](http://www.CobbSeniors.org)



This is a very exciting time for Cobb Senior Services, and we are ready to meet the growing needs of the 55 and older community, their families and their caregivers. Our goal is to be the Center of Service to connect you with resources, new friends and fun opportunities. If you have not visited a center, call to schedule a tour — you will be surprised! If you are familiar with Cobb Senior Services,

spread the word and invite others to join the excitement. We want to hear from you so, share your ideas on how we can improve our services. Let's do this aging thing together: #ChangeTheWayYouAge!

**Jatunn Gibson, PhD**

Director, Cobb County Senior Services

### **Our Mission**

Serving Cobb County by promoting healthy aging through education, socialization and services.

### **Our Vision**

To create an environment that empowers and embraces aging with confidence.

### **Cobb County Core Values**

Commitment ♦ Diversity

Integrity ♦ Teamwork

**Senior Centers** provide opportunities for adults 55 and older to engage in fun, educational activities such as exercise, arts, general interest, dance, cooking, special events and more.



### **Neighborhood Centers**

Each weekday, Cobb's neighborhood centers — Austell, Marietta and North Cobb — focus on food, fitness and fun! The centers serve lunch in a friendly atmosphere and offer nutrition, health, and wellness education. Recreational activities such as music, arts and crafts, games, exercise, trips and special events add to the warm environment of friends — old and new — gathering for fun and socialization. Neighborhood centers are available to eligible Cobb County residents age 60 and older. Transportation can be provided. Call the centers directly for more information.

## **Multipurpose Centers**

Adults age 55 and older can enjoy programs and events at the five multipurpose centers: Freeman Poole, North Cobb, Senior Wellness, Tim D. Lee and West Cobb. These facilities offer classrooms, art and craft rooms, meeting space and exercise studios.

Educational, social, and recreational activities may include dances, exercise classes, billiards, table tennis, card games, puzzles, special events and on occasion, day trips. Transportation is not provided to these centers. Call the centers for a list of current activities.



## **Travel Opportunities**

Leave the planning and the driving to us as you enjoy the occasional day trip to locales such as North Georgia mountains, festivals, shows, museums, riverboat tours, white water rafting and more!



## **Volunteer Services ♦ 770-528-5381**

There are many ways to share your gifts and give back to the community. Volunteering with CSS is a great way to stay active while making a positive difference in the lives of older adults.

## **Community Health Education ♦ 770-528-5350**

Provides programs focused on managing chronic diseases and helping you remain independent by including education on assistive technology or items that make daily life easier.



## **Veteran Connection ♦ 770-528-1448**

Veterans establish healthy relationships with others who have similar life experiences. Community leaders, personnel from Veteran Administration and fellow veterans share information, resources and entertainment. All veterans age 55 and older are welcome.



### **Meals on Wheels ♦ 770-528-5364**

Delivers nutritious meals meeting dietary guidelines for Cobb residents age 60 and older. Fresh meals are frozen to give flexibility over mealtimes. Medically tailored meals (Renal and Mechanical Soft) available. Assessment required.

### **In-Home Services ♦ 770-528-5364**

Includes light housekeeping to maintain a clean, safe and healthy environment. Personal care services involve bathing, grooming and other personal hygiene activities. Respite provides an aide to stay with the senior to relieve caregiver burden. These services are offered through a contracted vendor and may be subject to cost share. Assessment required.

## **Information & Referral ♦ 770-528-5364**

Identifies services and how to qualify. Information and Referral provides referrals to agencies in the area and helps seniors who want to remain in their homes to age in place through referrals to service providers and community resources.

## **Transportation ♦ 770-528-5364**

Makes low-cost and dependable service available for seniors in Cobb age 60 and older to medical facilities, grocery stores, banks and to the designated Cobb County senior centers. Paratransit application required.





**Stay  
Active!**





**Have fun!**



[www.CobbSeniors.org](http://www.CobbSeniors.org)

**Austell Neighborhood Senior Center**

(inside Clarkdale Park)

4915 Austell-Powder Springs Road, Austell

770-819-3200

**Freeman Poole Senior Center**

4025 S. Hurt Road, Smyrna

770-801-3400

**Marietta Neighborhood Senior Center**

1150 Powder Springs Street, Marietta

770-528-2516

**North Cobb Senior Center**

(inside Kennworth Park)

3900 S. Main Street, Acworth

770-975-7740

**Senior Wellness Center**

1150 Powder Springs Street, Marietta

770-528-5355

**Tim D. Lee Senior Center**

3332 Sandy Plains Road, Marietta

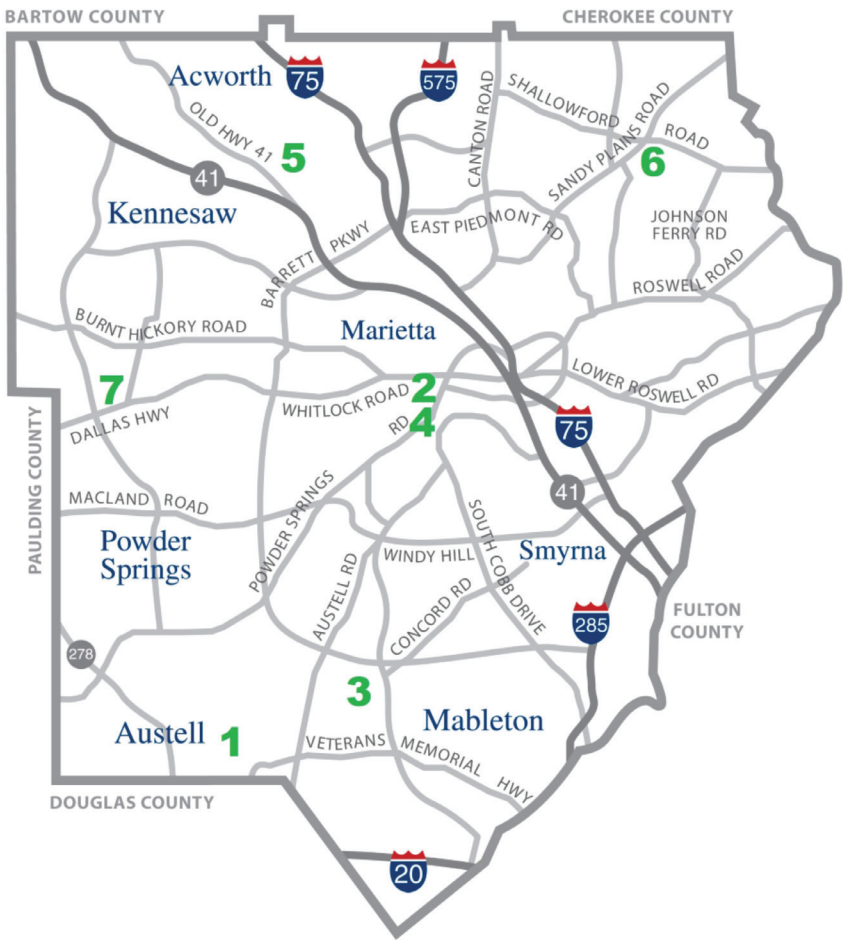
770-509-4900

**West Cobb Senior Center**

4915 Dallas Highway, Powder Springs

770-528-8200





- 1- Austell Neighborhood Senior Center
- 2- Cobb Senior Services Administrative Offices
- 3- Freeman Poole Senior Center
- 4- Marietta Neighborhood Senior Center  
Senior Wellness Center
- 5- North Cobb Senior Center
- 6- Tim D. Lee Senior Center
- 7- West Cobb Senior Center



# **Senior Services**

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## **COBB COUNTY**

### **Physical Address:**

1150 Powder Springs Street, Suite 100  
Marietta, GA 30064

### **Mailing Address:**

PO Box 649  
Marietta, GA 30061

770-528-5355

**[www.CobbSeniors.org](http://www.CobbSeniors.org)**



This is an official publication of the  
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