

Free, but registration is required. Senior Wellness Center, 1150 Powder Springs St., Ste. 100, Marietta 30064. Call 770-528-5355 or visit cobbcounty.org to register and get additional info.

**RETIREMENT LIVING:
WHAT DOES IT MEAN FOR YOU?**

Monday, July 24, 2-3 p.m. As adults get closer to their senior years, the topic of housing options becomes increasingly important. Lora Causey with Winnwood Retirement Community will walk you through the differences in independent versus assisted living and how to find a community that suits your needs. Free, but registration is required. West Cobb Senior Center, 4915 Dallas Hwy., Powder Springs, 30127. Learn more and reserve your seat at cobbcounty.org or call 770-528-8200.

**CLASSES AT LISA F. BRILL INSTITUTE
FOR JEWISH LEARNING**



Classes begin in August,

registration now open. The Marcus Jewish Community Center of Atlanta's (MJCCA) Lisa F. Brill Institute for Jewish Learning is the largest adult

Jewish education program in Atlanta. The award-winning classes are taught by some of Georgia's most outstanding Jewish scholars, rabbis and educators, and are offered at MJCCA's Dunwoody campus, 5342 Tilly Mill Rd., Dunwoody 30338, as well as partner locations throughout metro Atlanta. Open to MJCCA members and the community. Cost varies per class. For details, contact Talya Gorsetman, 678-812-4153, talya.gorsetman@atlantajcc.org.

MELLOW MOMENTS



Meets weekly on Mondays, 11-11:50 a.m. Mellow Moments provides older adults with a complete stress management toolkit. Lou Walker Center, 2538 Panola Rd., Lithonia 30058. Go to louwalkercenter.com for more.

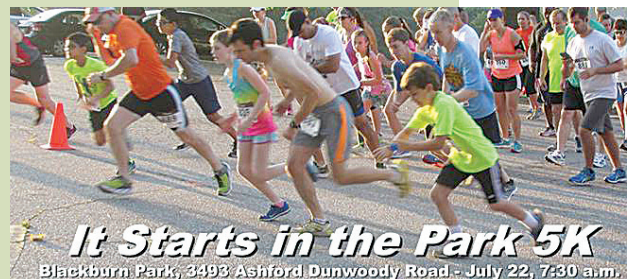
COMMUNITY

**BYOV-BRING YOUR OWN
VINYL MUSIC TRIVIA**

Tuesday, July 18, 1-2:30 p.m.

Bring your favorite vinyl records, and guess the artist and title when we play song snippets from them. Prizes will be awarded. Facilitated by Lisa Cleary with the Switzer Library Branch. Free, but registration is required. Senior Wellness Center, 1150 Powder Springs St., Ste. 100, Marietta 30064, 770-528-5355. Go to cobbcounty.org to register and for more info.

IT STARTS IN THE PARKS 5K



Saturday, July 22, race starts at 7:30 a.m.; awards at 8:30 a.m. July is National Parks and Recreation Month, and there's no better way to celebrate than to get out into the parks. Brookhaven Parks and Recreation hosts their third annual 5K. Cost is \$30 until July 23, \$35 on-site. Race begins and ends at Blackburn Park, 3493 Ashford Dunwoody Rd., Atlanta 30319. For more information, contact Philip Mitchell at philip.mitchell@brookhavenga.gov.

HERO RUN 5K



Saturday, Aug. 5, race starts 8 a.m. The Run for Wounded Heroes, Inc., begun by Kennesaw resident Jonathan Borden to honor the men and women who served in the Iraq and Afghanistan

wars, is in its 8th year. Race is held downtown and begins at Kennesaw First Baptist Church, 2958 N. Main St., Kennesaw 30144. Walks and fun runs also

offered. Register online at active.com or in person at Big Peach Running Co., 1625 Ridenour Blvd., Kennesaw 30152. More at kennesaw-ga.gov.

SMYRNA BIRTHDAY CELEBRATION

Saturday, Aug. 5, 6-10 p.m. Celebrate the birth of Smyrna with family and friends. There'll be high-energy music, festival foods, birthday festivities and a giant birthday cake by McEntyre's Bakery. On the Village Green, 200 Village Green Cir., Smyrna 30080. Go to smyrnacity.com for more info.

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