



# August 2018 Activity Schedule

Central DeKalb Senior Center  
1346 McConnell Drive Decatur, GA 30033



## Monday

10:00a.m. - 11:00a.m. Line Dancing \*Room Change\*

**11:00a.m. - 12:00p.m. Intermediate Spanish**

11:00a.m. - 12:00p.m. Adult Coloring

12:30p.m. - 1:30p.m. The Origins of Rock and Roll

12:30p.m. - 1:30p.m. Gentle Yoga - \$5 per class

12:30p.m. - 1:30p.m. TEAM Trivia

1:00p.m. - 4:00p.m. Hand Building Pottery \$20 monthly fee

1:45p.m. - 2:45p.m. Tai Chi for Health

**2:45p.m. - 3:45p.m. Callanetics®**

3:00p.m. - 4:00p.m. Compassion For Care-Partners

Room 212 Pat Korn

**Room 219 Maria Earl**

Room 120 Marian Slater

Room 219 Tom Dell

Room 124 Ananda

Room 217 CDSC Seniors

Room 120 Crystal Moon

Room 212 Gayle Christian

**Room 124 Sandy Bramlett**

Room 217 Jenny Barwick, LPC. CPCS

## Tuesday

10:00a.m. - 12:00p.m. Bridge

**10:30a.m. - 11:30a.m. Zumba Gold**

10:30a.m. - 12:00p.m. Drawing

11:00a.m. - 12:00p.m. Strength & Balance

1:00p.m. - 1:50p.m. Sit and Fit

**1:00p.m. - 3:00p.m. Acrylic Painting**

2:00p.m. - 3:00p.m. Qi Gong

2:00p.m. - 3:00p.m. Dance, Dance, Dance!

Room 219 CDSC Seniors

**Room 124 Maria Earl**

Room 120 Isabel Patino

Room 212 Sandy Bramlett

Room 212 Zsa Zsa Robinson

**Room 120 Isabel Patino**

Room 212 Emmett Swint

Room 124 Pat Korn

## Wednesday

10:00a.m. - 11:00a.m. Line Dancing \*Room Change\*

11:00a.m. - 12:00p.m. Beginners Spanish

12:00p.m. - 1:00p.m. Ageless Grace

**1:00p.m. - 2:00p.m. Ethics for Our Times**

1:00p.m. - 4:00p.m. Jewelry Creations \$10 monthly fee

**1:30p.m. - 2:15p.m. Resistance Bands**

2:30p.m. - 3:30p.m. 400 Years of Science

Room 212 Pat Korn

Room 219 Maria Earl

Room 212 Sandy Bramlett

**Room 219 Joel Vaughn Peddle**

Room 120 Gillian Gussack

**Room 124 Maria Earl**

Room 212 Bill Christian PhD

## Thursday

10:00a.m. - 10:50a.m. Boot Camp 101

10:00a.m. - 12:00p.m. Bridge

**10:00a.m. - 12:00p.m. Mosaics**

11:05a.m. - 12:00p.m. Gentle Yoga - \$5 per class

1:00p.m. - 2:00p.m. WorlDanz!

1:00p.m. - 4:00p.m. Clay... & Open Studio \$20/monthly fee

**1:30p.m. - 2:30p.m. CDSC Book Club - 8/2**

1:30p.m. - 3:00p.m. Mah Jongg for Beginners

2:00p.m. - 3:00p.m. Tai Chi for Health

Room 212 Sandy Bramlett

Room 219 CDSC Seniors

**Room 120 Jill Brown**

Room 124 Ananda

Room 124 Sandy Bramlett

Room 120 Gillian Gussack

**Room 217 Myguail Chappel**

Room 219 Carole Feinberg

Room 124 Gayle Christian

## Friday

10:00a.m. - 11:00a.m. Brain Games

**10:30a.m. - 11:30a.m. \*French for Beginners**

11:30a.m. - 12:30p.m. Watercolor

11:45a.m. - 12:45p.m. \*Conversational French

**12:00p.m. - 1:00p.m. The Art of Drumming 8/17 & 8/24**

12:30p.m. - 1:30p.m. Floor Stretch Yoga - \$5 per class

**1:00p.m. - 2:00p.m. Philosophy: Wisdom of the Ages**

1:00p.m. - 3:00p.m. Pencil and Ink Drawing

1:30p.m. - 2:30p.m. Embrace the Journey

Room 217 CDSC Seniors

**Room 212 Elizabeth Wilson**

Room 120 Isabel Patino

Room 212 Elizabeth Wilson

**Great Room Karen Newell**

Room 124 Ananda

**Room 212 Joel Vaughn Peddle**

Room 120 Isabel Patino

Room 217 Jenny Barwick, LPC. CPCS



## New Classes

### **Mosaics: Thursdays, 10:00a.m. - 12:00p.m. with Jill Brown**

It's not too late to get in on the FUN! Jill Brown will continue to offer the very popular mosaics class on Thursdays at 10:00a.m. in the Art Studio.

### **The Art of Drumming: Fridays, August 18th & 24th - 12:00p.m. - 1:00p.m. with Karen Newell**

Karen Newell is returning to Central DeKalb for two sessions of drumming. Learn the primary tones of the drum, fun rhythms and the fundamentals of rhythm awareness. Drumming is FUN and THERAPEUTIC!

## August Special Programs

### **Atlanta Theatre to Go presents "Summer Lovin'": Thursday, August 2nd - 12:00p.m. - 1:00p.m.**

Who doesn't need a little summer lovin'? We all do, of course! Join us as we look at romance and all of its ups and downs in this comical, three-play collaboration featuring: "Love Link, "Man Wanted" and "Lucille Flirts".

### **CDSC Book Club: Thursday, August 2nd - 1:30p.m. - 2:30p.m.**

If you love to read, check out the CDSC Book Club. Join Myguail Chappell with DeKalb County Library System on Thursday August 2nd as he leads a discussion on the August Book Club selection *The Secret Keeper* by Kate Morton and reserve your copy of the August book *Life After Life* by Kate Atkinson.

### **Grassroots Genealogy: Tuesday, August 7th - 12:15p.m. - 12:45p.m.**

Chip Harrell will give an overview of this new CDSC class scheduled to begin in September.

### **"Welcome to Improv": Thursday, August 9th - 12:15p.m. - 1:00p.m.**

Looking to laugh, discover and create? Join us for this special program for "Welcome to Improv"! Presented by Whittney Millsap, an Atlanta actress and improviser from Dad's Garage Theatre.

### **Hootenanny and Song Circle: Tuesdays, August 14th & 28th - 12:00p.m. - 1:30p.m.**

Guitars, Banjos, Harmonicas, a Mandolin and MORE! Come out on the 2nd and 4th Tuesday of each month to play, sing and have a little fun with your friends at CDSC.

### **Andrew Jackson: "Hero or Villain": Thursday, August 16th - 12:15p.m. - 1:00p.m.**

He was the seventh president of the United States. He is known for founding the democratic party and his support for individual liberties. Join us as Brandt Ross tell the story of Andrew Jackson and why he is considered a "game changer" in United States history.

### **DeKalb County Extension Office: Tuesday, August 21st - 12:15p.m. - 1:00p.m.**

Sarah Brodd with the DeKalb County Extension Office is scheduled to present a special program at Central DeKalb on Tuesday, August 21st. Topic will be announced at a later date.

### **DeKalb Medical Doc Talk: Thursday, August 23rd - 12:15p.m. - 1:00p.m.**

A medial professional with DeKalb Medical will present the quarterly Doc Talk on Thursday, August 23rd. The topic will be announced at a later date.

### **Let's Go to Ashville for the Holidays: Thursday, August 30th - 12:15p.m. - 1:00p.m.**

George Brown has another fun and exciting trip planned for the CDSC Globetrotters this upcoming holiday season. Join us on August 30th as he gives us a brief history of the city and important trip details.

### **Labor Day Potluck: Friday, August 31st - 12:00p.m. - 1:30p.m.**

Celebrate Labor Day with your friends here at Central DeKalb at the Annual CDSC and NORC Community Labor Day Potluck. Bring your favorite side dish or dessert. Sign up in the lobby.

***Central DeKalb will be closed on Monday, September 3rd in observance of Labor Day.***

***Central DeKalb Senior Center***

***Monday – Friday, 9:00a.m. – 4:30p.m.***

***1346 McConnell Drive, Decatur, GA 30033***

***Phone: 770-492-5461***

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

# August 2018

**Central DeKalb Senior Center**

Monday – Friday, 9:00a.m. – 4:30p.m.

1346 McConnell Drive, Decatur, GA 30033

Phone: 770-492-5461



<p><b>6</b></p> <p>Line Dance 10:00-11:00  <b>Int. Spanish</b> 11:00-12:00            Adult Color 11:00-12:00            Team Trivia 12:30-1:30            Gentle Yoga 12:30-1:30            Hand Building Pottery 1:00-4:00            Tai Chi 1:45-2:45  <b>Callanetics®</b> 2:45-3:45            Care Partners 3:00-4:00</p> <p><b>NO ROCK &amp; ROLL</b></p>	<p><b>7 Grassroots Genealogy</b></p> <p>Bridge 10:00-12:00  <b>Zumba</b> 10:30-11:30            Drawing 10:30 - 12:00            Strength &amp; Balance 11:00-12:00  <b>Let's Do Lunch</b> 11:30            Sit and Fit 1:00-1:50  <b>Acrylic</b> 1:00-3:00            Qi Gong 2:00-3:00            Dance! 2:00-3:00</p>	<p><b>1</b></p> <p>Line Dancing 10:00-11:00            Beg. Spanish 11:00-12:00            Ageless Grace 12:00-1:00  <b>Ethics for Our Times</b> 1:00-2:00            Jewelry 1:00-4:00  <b>Resistance Bands</b> 1:30-2:15            400 Years of Science 2:30-3:30</p>	<p><b>2 "Summer Lovin"</b></p> <p>Boot Camp 10:00-10:50            Bridge 10:00-12:00  <b>Mosaics</b> 10:00-12:00  <b>Let's Do Lunch</b> 11:30            WorldDanz 1:00-2:00            Clay Studio 1:00-4:00  <b>Book Club</b> 1:30-2:30            Mah Jongg 1:30-3:00  <b>Tai Chi</b> 2:00-3:00</p> <p><b>NO YOGA</b></p>	<p><b>3</b></p> <p>Brain Games 10:00-11:00  <b>French Beg</b> 10:30-11:30            WaterColor 11:30-12:30            Conv. French 11:45-12:45            Floor Yoga 12:30-1:30  <b>Philosophy</b> 1:00-2:00            Pencil &amp; Ink 1:00-3:00            Embrace the Journey 1:30-2:30</p>
<p><b>13</b></p> <p>Line Dance 10:00-11:00  <b>Int. Spanish</b> 11:00-12:00            Adult Color 11:00-12:00            Team Trivia 12:30-1:30            Rock &amp; Roll 12:30-1:30            Gentle Yoga 12:30-1:30            Hand Building Pottery 1:00-4:00            Tai Chi 1:45-2:45  <b>Callanetics®</b> 2:45-3:45            Care Partners 3:00-4:00</p>	<p><b>14 Hootenanny</b></p> <p>Bridge 10:00-12:00  <b>Zumba</b> 10:30-11:30            Drawing 10:30 - 12:00            Strength &amp; Balance 11:00-12:00  <b>Let's Do Lunch</b> 11:30            Sit and Fit 1:00-1:50  <b>Acrylic</b> 1:00-3:00            Qi Gong 2:00-3:00            Dance! 2:00-3:00</p>	<p><b>15</b></p> <p>Line Dancing 10:00-11:00            Beg. Spanish 11:00-12:00            Ageless Grace 12:00-1:00  <b>Ethics for Our Times</b> 1:00-2:00            Jewelry 1:00-4:00  <b>Resistance Bands</b> 1:30-2:15            400 Years of Science 2:30-3:30</p>	<p><b>16 The Erie Canal Brandt Ross</b></p> <p>Boot Camp 10:00-10:50            Bridge 10:00-12:00  <b>Mosaics</b> 10:00-12:00            Gentle Yoga 11:05-12:00  <b>Let's Do Lunch</b> 11:30            WorldDanz 1:00-2:00            Clay Studio 1:00-4:00            Mah Jongg 1:30-3:00  <b>Tai Chi</b> 2:00-3:00</p>	<p><b>17</b></p> <p>Brain Games 10:00-11:00  <b>French Beg</b> 10:30-11:30            Water Color 11:30-12:30            Conv. French 11:45-12:45  <b>Drumming</b> 12:00-1:00            Floor Yoga 12:30-1:30  <b>Philosophy</b> 1:00-2:00            Pencil &amp; Ink 1:00-3:00            Embrace the Journey 1:30-2:30</p>
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# August 2018 Special Programs



**Let's Do Lunch!**

**“Let’s Do Lunch”:** Every Tuesday and Thursday - 11:30a.m. - 1:00p.m.

Join us in the Great Room for a catered lunch on Tuesdays and Thursdays. Lunch is \$7. Menus and sign-up sheet are available at the Front Desk.



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