

December 2018 Activity Schedule

Monday

10:00a.m. - 11:00a.m.
 11:00a.m. - 12:00p.m.
11:00a.m. - 12:00p.m.
 12:30p.m. - 1:30p.m.
12:30p.m. - 1:30p.m.
 12:00p.m. - 3:00p.m.
1:45p.m. - 2:45p.m.
 2:45p.m. - 3:45p.m.
 3:00p.m. - 4:00p.m.

Tuesday

10:00a.m. - 12:00p.m.
10:30a.m. - 11:30a.m.
 10:30a.m. - 12:00p.m.
11:00a.m. - 12:00p.m.
 1:00p.m. - 1:50p.m.
1:00p.m. - 3:00p.m.
 2:00p.m. - 3:00p.m.
 2:00p.m. - 3:00p.m.

Wednesday

9:30a.m. - 11:00a.m.
10:00a.m. - 11:00a.m.
 10:30a.m. - 12:00p.m.
 11:00a.m. - 12:00p.m.
 12:00p.m. - 1:00p.m.
12:00p.m. - 4:00p.m.
 1:00p.m. - 2:00p.m.
1:30p.m. - 2:15p.m.
 2:30p.m. - 3:30p.m.

Thursday

10:00a.m. - 10:50a.m.
 10:00a.m. - 12:00p.m.
10:00a.m. - 12:00p.m.
 11:00a.m. - 12:00p.m.
11:00a.m. - 12:00p.m.
 1:00p.m. - 2:00p.m.
 1:00p.m. - 3:00p.m.
1:30p.m. - 2:30p.m.
 2:00p.m. - 3:00p.m.

Friday

10:00a.m. - 11:00a.m.
10:00a.m. - 11:00a.m.
 10:30a.m. - 11:30a.m.
 10:30a.m. - 12:00p.m.
11:30a.m. - 12:30p.m.
 11:45a.m. - 12:45p.m.
 12:45p.m. - 1:45p.m.
1:00p.m. - 2:00p.m.
 1:00p.m. - 3:00p.m.
 1:30p.m. - 2:30p.m.
 2:00p.m. - 3:00p.m.

Line Dance
 Intermediate Spanish
Adult Coloring
 Chair Yoga - \$4 per class
TEAM Trivia
 Ceramic Hand Building - \$20 supply fee
Tai Chi for Health
 Callanetics® No Class on 12/24 & 12/31
 Compassion For Care-Partners

Bridge
Zumba Gold
 Drawing
Strength & Balance
 Sit and Fit
Acrylic Painting
 Qi Gong
 Dance, Dance, Dance!

Bird Stroll
Line Dance
 Beginners Mah Jongg
 Beginners Spanish
 Ageless Grace
Jewelry - Extra - \$10 supply fee
 Ethics: Yesterday, Today and Tomorrow
Resistance Bands
 400 Years of Science

Boot Camp 101 No Class on 12/20 & 12/27
 Bridge
Mosaics
 Travel: Globetrotters - Ends 12/13
Chair Yoga - \$4 per class
 WorldDanz!
 Papier-Mâché
Your True Tales - Ends 12/20
 Tai Chi for Health

Brain Games
Let's Take a Walk
 Beginners French
 Beginners Bridge Play
Watercolor
 Conversational French
 Balance and Floor Stretch Yoga - \$4 per class
Masterpieces of Philosophy
 Pencil and Ink Drawing
 Embrace Your Life...
 Qi Gong

Room 212
 Room 219
Room 217
 Room 212
Room 217
 Room 120
Room 212
 Room 124
 Room 217

Pat Korn
 Maria Earl
Marian Slater
 Mindi Sigmon
CDSC Seniors
 Rick Berman
Gayle Christian
 Sandy Bramlett
 Jenny Barwick, LPC. CPCS

Room 219
Room 124
 Room 120
Room 212
 Room 212
Room 120
 Room 212
 Room 124

CDSC Seniors
Maria Earl
 Isabel Patino
Sandy Bramlett
 Zsa Zsa Robinson
Isabel Patino
 Emmett Swint
 Pat Korn

Great Room
Room 212
 Room 217
 Room 219
 Room 212
Room 120
 Room 219
Room 124
 Room 212

David Kuechenmeister
Pat Korn
 Carole Feinberg
 Maria Earl
 Sandy Bramlett
Gillian Gussack
 Joel Peddle
Maria Earl
 Bill Christian PhD

Great Room
 Room 219
Room 120
 Room 212
Room 124
 Room 124
 Room 120
Room 217
 Room 124

Sandy Bramlett
 CDSC Seniors
Jill Brown
 George Brown
Mindi Sigmon
 Sandy Bramlett
 Jill Brown
Terri Sarratt/Larry England
 Gayle Christian

Room 217
Great Room
 Room 219
 Room 209
Room 120
 Room 219
 Room 212
Room 219
 Room 120
 Room 217
 Room 212

CDSC Seniors
Gayle Christian
 Elizabeth Wilson
 CDSC Seniors
Isabel Patino
 Elizabeth Wilson
 Mindi Sigmon
Joel Vaughn Peddle
 Isabel Patino
 Jenny Barwick, LPC. CPCS
 Emmett Swint



New and Returning Classes

MARK YOUR CALENDARS! Coming in January 2019

The Kennedy Assassination: Begins Wednesday, January 23, 2019 with Sal DePasquale, CPP

Was there a conspiracy? Was it a sophisticated assassination? This class will focus on three hypothetical concepts; 1. An adversary plotting the assassination; 2. A Secret Service Agent planning the motorcade; 3. An FBI Agent conducting the investigation of the murder. Classes will be held on Wednesdays from 10:30a.m. - 11:30a.m. beginning January 23, 2019.

The Design Principles for Photographers: Begins Thursday, January 31, 2019 with Steve Steinman PhD

What makes a striking photo? Using the basic principles of design can turn a simple subject into a striking photo. This 4-week course can help you take striking photos no matter what camera you use. Turn your snaps into engaging photographic images. Classes will be held on Thursdays from 11:00a.m. - 12:00p.m. beginning January 31, 2019.

The Origins of Rock and Roll: Returns Monday, January 28, 2019 with Tom Dell

Tom Dell returns with Part One of The Origins of Rock and Roll series in January, covering the beginning of the 20th century up to the late 1950's. Come have some fun, listen to music and bring back a lot of memories! Classes will be held on Mondays from 12:30p.m. - 1:30p.m. beginning Monday, January 29, 2019.

Special Programs

The Greatest Gift of All: Tuesday, December 4th, 12:15p.m. - 1:00p.m.

"How to Give Your Loved Ones Clarity and Peace of Mind Instead of Headaches and Heartbreaks", presented by Paul Black, Elder Law and Estate / Administration attorney.

How to Be Prepared for Holiday Chaos: Thursday, December 6th, 12:15p.m. - 1:00p.m.

Join Sandy Bramlett for simple tips and hacks you can use during the holiday chaos to help you stay cool, calm and collected; even when YOUR HAIR'S ON FIRE!

Holiday Potluck: Friday, December 7th, 12:00p.m. - 1:30p.m.

Celebrate the holidays with your friends at CDSC and NORC at the Annual Holiday Potluck. Bring your favorite holiday dish to share. Sign up in the lobby to let us know you are coming and what snack or dish you are bringing!

Holiday Art Exhibit: Friday, December 7th - Friday, December 28th

For the month of December, art created by CDSC members will be on display throughout Central DeKalb. Please take time to admire the unique and astonishing work created in our Art Studio.

Hootenanny and Song Circle: December 11th Special Holiday Hootenanny, December 18th 12:00p.m. - 1:30p.m.

Guitars, banjos, harmonicas, a mandolin and MORE! Come out on Tuesday, December 11th to play, sing and have a little fun with your friends at CDSC.

Fire and Life Safety: Thursday, December 13th, 12:15p.m. - 1:00p.m.

The DeKalb County Fire Rescue's Public Education Unit is offering a Fire and Life Safety program, at CDSC. The program is designed for seniors and consists of many types of fire and life safety tips, including cooking safety, electrical safety, fire extinguishers and smoke detectors.

Holiday Songfest with Brandt Ross: Thursday, December 20th, 12:15p.m. - 1:00p.m.

Join us as Brandt Ross shares stories and songs from winter holiday traditions celebrated around the world.

Pizza and a Movie: Thursday, December 27th, 11:30a.m. - 1:30p.m.

Take a break from the holiday rush to enjoy pizza and a movie with your friends at CDSC. Lunch is \$6.00 and includes 2 pieces of pizza, cookies and a drink. The movie will be announced at a later date.

Central DeKalb Senior Center will be CLOSED
Tuesday, December 25, 2018 for Christmas
and
Tuesday, January 1, 2019 for New Years.



Central DeKalb Senior Center
Monday – Friday, 9:00a.m. – 4:30p.m.
1346 McConnell Drive, Decatur, GA 30033
Phone: 770-492-5461

