



July 2017 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.

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

1:00p.m. - 3:00p.m.

1:30p.m. - 2:30p.m.

2:45p.m. - 3:45p.m.

3:00p.m. - 4:00p.m.

Line Dancing

Intermediate Spanish

Adult Coloring

iPhone/iPad, Begins July 17th Room 209

Gentle Yoga

Trivia

Clay... & Open Studio

Tai Chi for Health

Callanetics®

Embrace the Journey

Room 124

Room 212

Room 120

Room 124

Room 217

Room 120

Room 212

Room 212

July 10th & 24th

Pat Korn

Laura Nieto

CDSC Staff

Emory Students

Ananda \$5 per class

CDSC Seniors

Gillian Gussack

Gayle Christian

Sandy Bramlett

Jenny Heuer, MS,LPC

Tuesday

9:30a.m. - 11:30a.m.

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

10:30a.m. - 11:30a.m.

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

12:00p.m. - 1:30p.m.

1:00p.m. - 1:50p.m.

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

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

2:00p.m. - 3:30p.m.

2:30p.m. - 3:30p.m.

Bird Stroll

Bridge

Zumba Gold

Drawing

Hootenanny!

Sit and Fit

Qi Gong, Starts July 11th Room 212

Chess: Learn to Play or Come to Play July 18th

I Have a Story to Tell

Dance, Dance, Dance!

Great Room

Room 219

Room 124

Room 120

Lobby

Room 212

Room 212

Room 120

Room 124

David Kuechenmeister

CDSC Seniors

Maria Earl

Isabel Patino

July 11th & 25th

Zsa Zsa Robinson

Emmett Swint

Pat DelVisco

Helen Elliott

Pat Korn

Wednesday

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

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

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

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

1:00p.m. - 4:00p.m.

1:30p.m. - 2:15p.m.

2:30p.m. - 3:30p.m.

Line Dancing

Hearts

Beginners Spanish

Ageless Grace

Jewelry Creations

Resistance Bands

Beyond the Solar System

Room 124

Room 219

Room 212

Room 124

Room 120

Room 124

Room 212

Pat Korn

CDSC Seniors

Laura Nieto

Sandy Bramlett

Gillian \$10 monthly fee

Maria Earl

Bill Christian

Thursday

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

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

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

11:00a.m. - 2:00p.m.

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

1:00p.m. - 4:00p.m.

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

Callanetics®

Bridge

Gentle Yoga

One on One Pool

WorldDanz!

Clay... & Open Studio

Tai Chi for Health

Room 212

Room 219

Room 124

Room 210

Room 124

Room 120

Room 212

Sandy Bramlett

CDSC Seniors

Ananda \$5per class

Dale

Sandy Bramlett

Gillian Gussack

Gayle Christian

Friday

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

11:30a.m. - 1:30p.m.

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

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

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

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

1:00p.m. - 3:00p.m.

Brain Games

Euchre

French 101

Watercolor

Floor Stretch Yoga

Philosophy: Age of Wisdom July 14 & 28th

Pencil and Ink Drawing

Room 217

Room 219

Room 212

Room 120

Room 124

Room 120

CDSC Seniors

CDSC Seniors

Elizabeth Wilson

Isabel Patino

Ananda \$5 per class

Joel Vaughn Peddle

Isabel Patino

New Classes Beginning in July

iPhone/iPad - Starts July 17th Mondays 12:30p.m.-1:30p.m. Room 209 Emory Students

Learn how to get the most from your Apple device, from setting up your Apple ID to using popular apps. This class is for beginner to intermediate iPhone/iPad users. Reserve your spot by signing up in the Lobby.

Qi Gong - Starts July 11th Tuesdays 2:00p.m.-3:00p.m. Room 212 Emmett Swint

Qi Gong is an ancient Chinese exercise and healing technique that involves meditation, controlled breathing and gentle movement exercises. This ancient practice has wide-range of benefits, including improving balance, lowering blood pressure and even easing depression.

July Class Spotlight

Adult Coloring Monday 11:00a.m. - 12:00p.m. Room 120 Marian Slater

Join our very own Marian Slater as she leads this fun and relaxing activity.

Drawing With Isabel Tuesdays 10:00a.m. - 11:00a.m. Room 120 Isabel Patino

Learn line drawings, shading, tones and composition. Take that stick figure to the next level!

Dance, Dance, Dance! Tuesday 2:30p.m. - 3:30p.m. Room 124 Pat Korn

Waltz, West Coast Swing, Ballroom and MORE! If you love to dance, this is the class for YOU!

French 101 Fridays 11:00a.m. - 12:00p.m. Room 212 Elizabeth Spence

Stop in a French class this July and learn all about Bastille Day.

July Special Programs & Events

Pizza and a Movie Thursday, July 6th 11:30a.m. - 1:30p.m.

Lunch and the movie Hidden Figures. Lunch served at 11:30a.m., Movie begins at 12:00p.m

Hootenanny and Song Circle Tuesday, July 11th & 25th 12:00p.m. - 1:30p.m.

Nothing formal, this is for people who are interested in getting together to play, sing and have a little fun.

“80 is the NEW 60” Panel Discussion Thursday, July 13th 12:15p.m. - 1:00p.m.

Melissa Black, MD, Melissa Benton and Michelle Allen LCSW join together in a unique panel discussion on strategies to make the most of the elder years – because “80 is the new 60!”

Mindful Self Compassion Tuesday, July 18th 12:15p.m. - 1:00p.m.

Learn self supporting practices to increase your sense of well-being and how to motivate yourself with kindness.

Medicare Info and Ice Cream Social Wednesday, July 19th 1:15p.m. - 2:15p.m.

Get the latest information on Medicare Open enrollment and enjoy some refreshing ice cream.

“Game Changers” - Three Ladies Thursday, July 20th 12:15p.m. - 1:00p.m.

Join us as Brandt Ross tells the stories of Harriet Tubman, Ida B. Wells, and Cynthia Ann Parker.

AARP Smart Driver Course Monday, July 24th 9:15a.m. - 4:00p.m.

The fee for the course is \$15 for AARP members and \$20 for non AARP members. Sign up in the Lobby.

Preparing Your Fall Vegetable Garden Thursday, July 27th 12:15p.m.-1:00p.m.

Sarah Brodd with the Extension Service will be here to give you information make sure your Fall garden is ready.

Central DeKalb will be CLOSED, on Tuesday, July 4th in observance of Independence Day.



Central DeKalb Senior Center

Monday – Friday, 9:00a.m. – 4:30p.m.

1346 McConnell Drive, Decatur, GA 30033 Phone: 770-492-5461



For more information on programs, please contact Victoria Kingsland at 770-492-5462 or Valerie Campbell at 770-492-5465

Monday	Tuesday	Wednesday	Thursday	Friday
3 Line Dance 10:00-11:00 Int. Spanish 11:00-12:00 Adult Color 11:00-12:00 Trivia 12:30-1:30 Gentle Yoga 12:30-1:30 Tai Chi 1:30-2:30 Callanetics® 2:45-3:45	4 CENTER CLOSED 	5 Line Dancing 10:00-11:00 Hearts 10:00-12:00 Beg. Spanish 11:00-12:00 Ageless Grace 12:00-1:00 Jewelry 1:00-4:00 Resistance Bands 1:30-2:15 Beyond the Solar System 2:30-3:30	6 Lunch & a Movie Callanetics® 10:00-11:00 Bridge 10:00-12:00 Gentle Yoga 11:00-12:00 Pool with Dale 11:00-2:00 WorldDanz 1:00-2:00 Book Club 1:00-2:30 Clay 1:00-4:00 Tai Chi 2:00-3:00	7 Brain Games 10:00-11:00 Beg. Bridge 10:30-12:00 Euchre 11:30 - 1:30 French 11:00-12:00 WaterColor 11:30-12:30 Floor Yoga 12:30-1:30 Pencil & Ink 1:00-3:00
10 Line Dance 10:00-11:00 Int. Spanish 11:00-12:00 Adult Color 11:00-12:00 Trivia 12:30-1:30 Gentle Yoga 12:30-1:30 Tai Chi 1:30-2:30 Embrace the Journey 2:00 Callanetics® 2:45-3:45	11 Hootenanny 🎵 Bird Stroll 9:30-11:30 Bridge 10:00-12:00 Zumba 10:30-11:30 Drawing 10:30 - 12:00 Sit and Fit 1:00-1:50 Qi Gong 2:00-3:00 My Story 2:00-3:30 Dance, Dance 2:30-3:30	12 Line Dancing 10:00-11:00 Hearts 10:00-12:00 Beg. Spanish 11:00-12:00 Ageless Grace 12:00-1:00 Jewelry 1:00-4:00 Resistance Bands 1:30-2:15 Beyond the Solar System - CANCELLED TODAY	13 "80 is the NEW 60" Callanetics® 10:00-11:00 Bridge 10:00-12:00 Gentle Yoga 11:00-12:00 Pool with Dale 11:00-2:00 WorldDanz 1:00-2:00 Clay 1:00-4:00 Tai Chi 2:00-3:00	14 Brain Games 10:00-11:00 Beg. Bridge 10:30-12:00 Euchre 11:30 - 1:30 French 11:00-12:00 WaterColor 11:30-12:30 Floor Yoga 12:30-1:30 Pencil & Ink 1:00-3:00 Wisdom of the Ages 1:00 - 2:00
17 Line Dance 10:00-11:00 Int. Spanish 11:00-12:00 Adult Color 11:00-12:00 Trivia 12:30-1:30 Gentle Yoga 12:30-1:30 iPhone/iPad 12:30-1:30 Tai Chi 1:30-2:30 Callanetics® 2:45-3:45	18 Self Compassion Bird Stroll 9:30-11:30 Bridge 10:00-12:00 Zumba 10:30-11:30 Drawing 10:30 - 12:00 Sit and Fit 1:00-1:50 Qi Gong 2:00-3:00 My Story 2:00-3:30 Dance, Dance 2:30-3:30	19 Ice Cream Social Line Dancing 10:00-11:00 Hearts 10:00-12:00 Beg. Spanish 11:00-12:00 Ageless Grace 12:00-1:00 Jewelry 1:00-4:00 Resistance Bands 1:30-2:15 Beyond the Solar System 2:30-3:30	20 Brandt Ross Callanetics® 10:00-11:00 Bridge 10:00-12:00 Gentle Yoga 11:00-12:00 Pool with Dale 11:00-2:00 WorldDanz 1:00-2:00 Clay 1:00-4:00 Tai Chi 2:00-3:00	21 Brain Games 10:00-11:00 Beg. Bridge 10:30-12:00 Euchre 11:30 - 1:30 French 11:00-12:00 WaterColor 11:30-12:30 Floor Yoga 12:30-1:30 Pencil & Ink 1:00-3:00
24 AARP Smart Driver Line Dance 10:00-11:00 Int. Spanish 11:00-12:00 Adult Color 11:00-12:00 Trivia 12:30-1:30 Gentle Yoga 12:30-1:30 iPhone/iPad 12:30-1:30 Tai Chi 1:30-2:30 Embrace the Journey 2:00 Callanetics® 2:45-3:45	25 Hootenanny 🎵 Bird Stroll 9:30-11:30 Bridge 10:00-12:00 Zumba 10:30-11:30 Drawing 10:30 - 12:00 Sit and Fit 1:00-1:50 Qi Gong 2:00-3:00 My Story 2:00-3:30 Dance, Dance 2:30-3:30	26 Line Dancing 10:00-11:00 Hearts 10:00-12:00 Beg. Spanish 11:00-12:00 Ageless Grace 12:00-1:00 Jewelry 1:00-4:00 Resistance Bands 1:30-2:15 Beyond the Solar System 2:30-3:30	27 Fall Gardening Tips Callanetics® 10:00-11:00 Bridge 10:00-12:00 Gentle Yoga 11:00-12:00 Pool with Dale 11:00-2:00 WorldDanz 1:00-2:00 Clay 1:00-4:00 Tai Chi 2:00-3:00	28 Brain Games 10:00-11:00 Beg. Bridge 10:30-12:00 Euchre 11:30 - 1:30 French 11:00-12:00 WaterColor 11:30-12:30 Floor Yoga 12:30-1:30 Pencil & Ink 1:00-3:00 Wisdom of the Ages 1:00 - 2:00
31 Line Dance 10:00-11:00 Int. Spanish 11:00-12:00 Adult Color 11:00-12:00 Trivia 12:30-1:30 Gentle Yoga 12:30-1:30 iPhone/iPad 12:30-1:30 Tai Chi 1:30-2:30 Callanetics® 2:45-3:45	 <h1>July 2017 Activity</h1>  <p>  Central DeKalb Senior Center 1346 McConnell Drive Decatur, GA 30033 Monday – Friday, 9:00am – 4:30pm 770-492-5461 </p> 			



Central DeKalb Senior Center



July 2017 Special Programs

“Let’s Do Lunch”

Every Tuesday and Thursday 11:30a.m. - 1:00p.m.

Join us for a catered lunch every Tuesday and Thursday. Lunch is \$7. Menus are available at the Front Desk.

Pizza and a Movie

Thursday, July 6th 11:30a.m. - 1:30p.m.

Come have some pizza and watch the Award Winning movie *Hidden Figures* with your friends at CDSC. Lunch served at 11:30a.m., Movie begins at 12:00p.m.

July Book Club Meeting

Thursday, July 6th 1:00p.m. – 2:30p.m.

If you love to read, check out the CDSC Book Club. Members meet on the first Thursday of each month in Room 217. Join Myguail Chappell with DeKalb County Library System as he leads a discussion on John Gresham's *Sycamore Row*.

Hootenanny and Song Circle

Tuesday, July 11th & 25th 12:00p.m. – 1:30p.m.

Dust off that old guitar! Nothing formal, this is for people who are interested in getting together to play, sing and have a little fun. Come jam with us on the 2nd and 4th Tuesday of every month at 12:00pm in the Lobby

“80 is the NEW 60” Panel Discussion

Thursday, July 13th 12:15p.m. - 1:00p.m.

Elder life is lived to its fullest when the pieces of the wellness puzzle come together. Join Melissa Black, MD, Melissa Benton and Michelle Allen LCSW as they join together in a unique panel discussion on strategies to make the most of the elder years – because “80 is the new 60!” Presented by Hurley Elder Care Law.

Mindful Self Compassion

Tuesday, July 18th 12:15p.m. - 1:00p.m.

Join us for this introductory presentation on Mindful Self -Compassion, to learn self supporting practices to increase your sense of well-being and methods to motivate yourself with kindness. Presented by Amy Stern, LCSW.

Ice Cream Social

Wednesday, July 19th 1:15p.m. - 2:15p.m.

Join us for an Ice Cream Social and get the scoop on Medicare Plan options, including \$0 Plan Premiums, Prescription Drug Coverages and Plan Supplements. Offered by JJ Edwards Financial Inc.

“Game Changers” - Three Ladies

Thursday, July 20th 12:15p.m. - 1:00p.m.

Join us as Brandt Ross, Senior Instructor and Folk Singer, tells the stories of Harriet Tubman, Ida B. Wells, and Cynthia Ann Parker and why these “Three Ladies” are considered “Game Changers” in American History.

AARP Smart Driver Course

Monday, July 24th 9:15a.m. - 4:00p.m.

AARP will be offering it’s Smart Driver Course here at Central DeKalb. The fee for the course is \$15 for AARP members and \$20 for non AARP members. Lunch is available by reservation only. Sign up in the Lobby or with Valerie Campbell at 770-492-5465.

Preparing Your Fall Vegetable Garden Thursday, July 27th

12:15p.m.-1:00p.m.

Now is the time to begin preparing for your Fall Vegetable Garden. Sarah Brodd with the DeKalb County Extension Service will be here to give you information make sure your garden is ready.