

June 2018 Activity Schedule

 Central DeKalb Senior Center
1346 McConnell Drive Decatur, GA 30033
 DeKalb County

Monday

10:00a.m. - 11:00a.m. Line Dancing
11:00a.m. - 12:00p.m. Intermediate Spanish
11:00a.m. - 12:00p.m. Adult Coloring
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

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!

Wednesday

10:00a.m. - 11:00a.m. Line Dancing
10:00a.m. - 12:00p.m. Hearts
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

Thursday

10:00a.m. - 10:55a.m. Callanetics®
10:00a.m. - 12:00p.m. Bridge
10:00a.m. - 12:00p.m. Mosaics - Begins June 21st
11:05a.m. - 12:00p.m. Gentle Yoga - \$5 per class
1:00p.m. - 2:00p.m. WorldDanz!
1:00p.m. - 4:00p.m. Clay... & Open Studio \$20/monthly fee
1:30p.m. - 2:30p.m. CDSC Book Club June 7th
1:30p.m. - 3:00p.m. Mah Jongg for Beginners
2:00p.m. - 3:00p.m. Tai Chi for Health

Friday

10:00a.m. - 11:00a.m. Brain Games
10:00a.m. - 11:00a.m. Let's Take a Walk *Rain or Shine*
10:30a.m. - 11:30a.m. *French for Beginners
**11:00a.m. - 12:30p.m. Reiki I Practitioner Training-
Begins June 15th**
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-June 1st & 8th
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 *Every Friday*

Room 124 Pat Korn
Room 219 Maria Earl
Room 120 Marian Slater
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

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

Room 124 Pat Korn
Room 209 CDSC Seniors
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

Room 124 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

Room 217 CDSC Seniors
Great Room CDSC Staff
Room 212 Elizabeth Wilson

Room 217 David Carter M. Ed.
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

Compassion For Care-Partners - Mondays - 3:00p.m. - 4:00p.m. with Jenny Barwick, LPC. CPCS
A support group for spouses, partners, siblings, or adult children caring for an aging loved one.

Reiki I Practitioner Training - Fridays, starting June 15th - 11:00a.m.-12:30p.m. with David Carter M Ed
Learn this hands-on energetic healing to help yourself and others. Class is limited to 8. Please reserve your spot by signing up in the lobby.

Mosaics – Thursdays, starting June 21st - 10:00am. - 12:00pm. with Jill Brown
Learn the craft of Mosaic and create your own work of art. Class begins June 21st through July 26th.

Embrace the Journey - Fridays, now offered weekly - 3:00pm. - 4:00pm. with Jenny Barwick, LPC. CPCS
This small discussion group is now offered weekly. Join Jenny and CDSC members as they discuss several myths about aging and explore why self care is so important.

Drumming - Fridays, June 1st & June 8th - 12:00p.m. - 1:00p.m. with Karen Newell
Karen is coming back to Central DeKalb for 2 weeks of Drumming. Learn the primary tones of the drum, fun rhythms, and fundamentals of rhythm awareness.

June Special Programs

Ask a Lawyer with Paul Black - Tuesday, June 5th - 12:15p.m. - 1:00p.m.
Join us for this open discussion as Paul Black answers your questions concerning elder law issues, estate planning and uncontested Probate Court matters.

Women of WWII: D-Day Edition - Thursday, June 7th - 12:15p.m. - 1:00p.m.
Women played an integral part in WWII. Brandt Ross will share stories of several women and the role they played in the invasion of the beaches at Normandy.

CDSC Book Club - Thursday, June 7th - 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 June 7th as he leads a discussion on the June Book Club selection *Girls of Atomic City* and reserve your copy of July's book *Paths of Glory* by Jeffrey Archer.

Hootenanny and Song Circle - Tuesdays - June 12th & 26th - 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.

The Power of Symbols and Patriotism - Thursday, June 14th - 12:15p.m. - 1:00p.m.
National symbols convey meaning about the nation's history and ideals. Join us this Flag Day as Joel Peddle reveals the power of patriotic symbols and why they invoke an emotional attachment to a nation.

More Life Hacks: Summer Edition!- Tuesday, June 19th - 12:15p.m. - 1:00p.m.
Sandy Bramlett M. Ed. shares with us simple life hacks to help you stay COOL, ACTIVE, HEALTHY and RELAXED so you can enjoy Summer.

Women of the West - Thursday, June 21st - 12:15p.m. - 1:00p.m.
Brandt Ross tells the stories of several trailblazers, including Annie Oakley, who proved women are as good - if not better - than their male counterparts in the Wild West.

AARP Driver Safety - Monday, June 25th - 9:00a.m. - 4:00p.m.
The AARP Driver Safety Course will be offered at Central DeKalb this month. Take advantage of insurance discounts. Sign up in the Lobby or by call Valerie at 770-492-5465. The fee is \$20 for non-AARP members and \$15 for AARP members.

History and Travel with George Brown PhD - Thursday, June 28th - 12:15p.m. - 1:00p.m.
George Brown, PhD will share with us his recent travel experiences and the rich history of the countries he has visited.



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