

Monday

Tuesday

Wednesday

Thursday

Friday



March 2018 Activity Calendar

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



<p>5 Line Dance 10:00-11:00 Int. Spanish 11:00-12:00 Adult Color 11:00-12:00 Team Trivia 12:30-1:30 Rock & Roll 12:30-1:30 Gentle Yoga 12:30-1:30 Hand Building Pottery 1:00-4:00 Tai Chi 1:45-2:45 Callanetics® 2:45-3:45</p>	<p>6 Homestead Tax Bird Stroll 9:30-11:30 Bridge 10:00-12:00 Zumba 10:30-11:30 Drawing 10:30 - 12:00 Strength & Balance 11:00-12:00 Let's Do Lunch 11:30 Sit and Fit 1:00-1:50 Acrylic 1:00-2:00 Qi Gong 2:00-3:00 Dance! 2:00-3:00</p>	<p>7 Line Dance 10:00-11:00 Hearts 10:00-12:00 Beg. Spanish 11:00-12:00 iPhone/iPad 11:00-12:00 Ageless Grace 12:00-1:00 Ethics for Our Times 1:00-2:00 Jewelry 1:00-4:00 Resistance Bands 1:30-2:15 400 years of Science 2:30-3:30</p>	<p>1 Lunch and a Movie CDSC Book Club Callanetics® 10:00-10:55 Bridge 10:00-12:00 Paper Mache 10:30-12:00 Gentle Yoga 11:00-12:00 Travel 11:00-12:00 Let's Do Lunch 11:30 WorldDanz 1:00-2:00 Clay Studio 1:00-4:00 Tai Chi 2:00-3:00</p>	<p>2 Walking 9:30-10:30 Brain Games 10:00-11:00 Euchre 11:00 - 1:00 French 11:00-12:00 Water Color 11:30-12:30 Drumming 12:00-1:00 Floor Yoga 12:30-1:30 Philosophy 1:00-2:00 Pencil & Ink 1:00-3:00 Embrace the Journey</p>
<p>12 Line Dance 10:00-11:00 Int. Spanish 11:00-12:00 Adult Color 11:00-12:00 Team Trivia 12:30-1:30 Rock & Roll 12:30-1:30 Gentle Yoga 12:30-1:30 Hand Building Pottery 1:00-4:00 Tai Chi 1:45-2:45 Callanetics® 2:45-3:45</p>	<p>13 Hootenanny Bird Stroll 9:30-11:30 Bridge 10:00-12:00 Zumba 10:30-11:30 Drawing 10:30 - 12:00 Strength & Balance 11:00-12:00 Let's Do Lunch 11:30 Sit and Fit 1:00-1:50 Acrylic 1:00-2:00 Qi Gong 2:00-3:00 Dance! 2:00-3:00</p>	<p>14 Line Dance 10:00-11:00 Hearts 10:00-12:00 Beg. Spanish 11:00-12:00 iPhone/iPad 11:00-12:00 Ageless Grace 12:00-1:00 Ethics for Our Times 1:00-2:00 Jewelry 1:00-4:00 Resistance Bands 1:30-2:15 400 years of Science 2:30-3:30</p>	<p>15 Women of Valor Callanetics® 10:00-11:00 Bridge 10:00-12:00 Paper Mache 10:30-12:00 Gentle Yoga 11:00-12:00 Jane Austen 11:00-12:00 Let's Do Lunch 11:30 WorldDanz 1:00-2:00 Clay Studio 1:00-4:00 Mah Jongg 1:30-3:30 Tai Chi 2:00-3:00</p>	<p>16 Walking 9:30-10:30 Brain Games 10:00-11:00 Euchre 11:00 - 1:00 French 11:00-12:00 Water Color 11:30-12:30 Drumming 12:00-1:00 Floor Yoga 12:30-1:30 Philosophy 1:00-2:00 Pencil & Ink 1:00-3:00 Embrace the Journey</p>
<p>19 Line Dance 10:00-11:00 Int. Spanish 11:00-12:00 Adult Color 11:00-12:00 Team Trivia 12:30-1:30 Rock & Roll 12:30-1:30 Gentle Yoga 12:30-1:30 Hand Building Pottery 1:00-4:00 Tai Chi 1:45-2:45 Callanetics® 2:45-3:45</p>	<p>20 Spring Gardens Bird Stroll 9:30-11:30 Bridge 10:00-12:00 Zumba 10:30-11:30 Drawing 10:30 - 12:00 Strength & Balance 11:00-12:00 Let's Do Lunch 11:30 Sit and Fit 1:00-1:50 Acrylic 1:00-2:00 Qi Gong 2:00-3:00 Dance! 2:00-3:00</p>	<p>21 Line Dance 10:00-11:00 Hearts 10:00-12:00 Beg. Spanish 11:00-12:00 iPhone/iPad 11:00-12:00 Ageless Grace 12:00-1:00 Ethics for Our Times 1:00-2:00 Jewelry 1:00-4:00 Resistance Bands 1:30-2:15 400 years of Science 2:30-3:30</p>	<p>22 Commissioner Jeff Rader Callanetics® 10:00-11:00 Bridge 10:00-12:00 Gentle Yoga 11:00-12:00 Jane Austen 11:00-12:00 Let's Do Lunch 11:30 WorldDanz 1:00-2:00 Clay Studio 1:00-4:00 Mah Jongg 1:30-3:30 Tai Chi 2:00-3:00</p>	<p>23 Walking 9:30-10:30 Brain Games 10:00-11:00 Euchre 11:00 - 1:00 French 11:00-12:00 Water Color 11:30-12:30 Drumming 12:00-1:00 Floor Yoga 12:30-1:30 Philosophy 1:00-2:00 Pencil & Ink 1:00-3:00 Embrace the Journey</p>
<p>26 Line Dance 10:00-11:00 Int. Spanish 11:00-12:00 Adult Color 11:00-12:00 Team Trivia 12:30-1:30 Rock & Roll 12:30-1:30 Gentle Yoga 12:30-1:30 Hand Building Pottery 1:00-4:00 Tai Chi 1:45-2:45 Callanetics® 2:45-3:45</p>	<p>27 Hootenanny Bird Stroll 9:30-11:30 Bridge 10:00-12:00 Zumba 10:30-11:30 Drawing 10:30 - 12:00 Strength & Balance 11:00-12:00 Let's Do Lunch 11:30 Sit and Fit 1:00-1:50 Acrylic 1:00-2:00 Qi Gong 2:00-3:00 Dance! 2:00-3:00</p>	<p>28 Line Dance 10:00-11:00 Hearts 10:00-12:00 Beg. Spanish 11:00-12:00 iPhone/iPad 11:00-12:00 Ageless Grace 12:00-1:00 Ethics for Our Times 1:00-2:00 Jewelry 1:00-4:00 Resistance Bands 1:30-2:15 400 years of Science 2:30-3:30</p>	<p>29 DeKalb Medical "Doc Talk" Callanetics® 10:00-11:00 Bridge 10:00-12:00 Gentle Yoga 11:00-12:00 Jane Austen 11:00-12:00 Let's Do Lunch 11:30 WorldDanz 1:00-2:00 Clay Studio 1:00-4:00 Mah Jongg 1:30-3:30 Tai Chi 2:00-3:00</p>	<p>30 Walking 9:30-10:30 Brain Games 10:00-11:00 Euchre 11:00 - 1:00 French 11:00-12:00 Water Color 11:30-12:30 Drumming 12:00-1:00 Floor Yoga 12:30-1:30 Philosophy 1:00-2:00 Pencil & Ink 1:00-3:00 Embrace the Journey</p>



March 2018 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.

CDSC Book Club - March 1st - 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 March 1, 2018 at 1:30p.m. as he leads a discussion on the book, "Leaving Time" by Jodi Picoult.

Lunch and a Movie - Thursday, March 1st- 11:30a.m. - 1:30p.m.

Join us for Lunch and a Movie featuring the movie "Just Getting Started" starring Morgan Freeman, Tommy Lee Jones and Renee Russo. Lunch will be served at 11:30a.m., movie begins at 12:00p.m.

Embrace the Journey - Fridays, March 2nd & 16th - 3:00p.m. - 4:00p.m.

A small group setting where participants can discuss topics as they relate to aging such as depression and anxiety, relationships, loss and grief, self care, retirement and other topics the participants want to explore. Led by with Jenny Barwick, LPC.

Homestead Tax Exemptions - Tuesday, March 6th - 12:15p.m. - 1:00p.m.

Sherry Bortiz, DeKalb County Tax Director, will provide you with information on the Homestead Tax Exemption including the benefits, who and how to qualify, and important filing deadlines.

An Afternoon of Jazz - Thursday, March 8th - 12:15p.m. - 1:00p.m.

Join us for an "Afternoon of Jazz" performed live by April Rooks. Program sponsored by The Holbrook of Decatur.

Hootenanny and Song Circle - Tuesdays - March 13th & 27th - 12:00p.m. - 1:30p.m.

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

Women of Valor - Thursday, March 15th - 12:15p.m. - 1:00p.m.

Brandt Ross, senior instructor and folk singer, tells compelling stories of women that fought adversity, overcame obstacles and saved many lives during the World War II era.

Spring Gardens - Tuesday, March 20th - 12:15p.m. - 1:00p.m.

Learn everything you need to know to have a thriving vegetable garden this spring. Presented by DeKalb County Extension Office.

Commissioner Jeff Rader - Thursday, March 22nd - 12:15p.m. - 1:00p.m.

Mark your calendars to be at Central DeKalb on March 22nd to welcome OUR Commissioner Jeff Rader.

"Doc" Talk with DeKalb Medical - Thursday, March 29th - 12:15p.m. - 1:00p.m.

Topic—TBA

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