

March 2018 Activity Schedule

 Central DeKalb Senior Center
1346 McConnell Drive Decatur, GA 30033



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. - 4:00p.m.

1:45p.m. - 2:45p.m.

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

Line Dancing

Intermediate Spanish

Adult Coloring

Gentle Yoga - \$5 per class

The Origins of Rock and Roll

TEAM Trivia

Hand Building Pottery \$20 monthly fee

Tai Chi for Health *Room Change*

Callanetics

Room 124

Room 212

Room 120

Room 124

Room 212

Room 217

Room 120

Room 212

Room 124

Pat Korn

Laura Nieto

Marian Slater

Ananda

Tom Dell

CDSC Seniors

Crystal Moon

Gayle Christian

Sandy Bramlett

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.

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

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

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

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

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

Bird Stroll

Bridge

Zumba Gold

Drawing

Strength & Balance

Sit and Fit

Acrylic Painting

Qi Gong

Dance, Dance, Dance!

Great Room David Kuechenmeister

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.

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

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

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

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

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

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

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

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

Line Dancing

Hearts *Room Change*

Beginners Spanish *Room Change*

iPhone/iPad Ends March 21st

Ageless Grace *Room Change*

Ethics for Our Times *Room Change*

Jewelry Creations \$10 monthly fee

Resistance Bands

400 Years of Science

Room 124

Room 209

Room 219

Room 208

Room 212

Room 219

Room 120

Room 124

Room 212

Pat Korn

CDSC Seniors

Laura Nieto

Anne Borden PhD

Sandy Bramlett

Joel Vaughn Peddle PhD

Gillian Gussack

Maria Earl

Bill Christian PhD

Thursday

10:00a.m. - 10:55a.m.

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

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

11:05a.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. - 4:00p.m.

1:30p.m. - 3:00p.m.

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

Callanetics

Bridge

"Paper-Maché" Ends March 15th

Gentle Yoga - \$5 per class

CDSC Globetrotters - Ends March 1st

Jane Austen Begins March 8th

WorldDanz!

Clay... & Open Studio \$20/monthly fee

Beginners Mah Jongg Begins March 8th

Tai Chi for Health

Room 124

Room 219

Room 120

Room 124

Room 212

Room 212

Room 124

Room 120

Room 219

Room 124

Sandy Bramlett

CDSC Seniors

Jill Brown

Ananda

George Brown PhD

Dorothy Carrillo PhD

Sandy Bramlett

Gillian Gussack

Carole Feinberg

Gayle Christian

Friday

9:30a.m. - 10:30a.m.

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

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

11:00a.m. - 1:00p.m.

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

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

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

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

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

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

Let's Take a Walk

Brain Games

French 101

Euchre

Watercolor

The Art of Drumming

Floor Stretch Yoga - \$5 per class

Philosophy: Wisdom of the Ages

Pencil and Ink Drawing

Embrace the Journey - March 2nd & 16th

Great Room Gayle Christian

Room 217 CDSC Seniors

Room 212 Elizabeth Wilson

Room 219 CDSC Seniors

Room 120 Isabel Patino

Great Room Karen Newell

Room 124 Ananda

Room 212 Joel Vaughn Peddle PhD

Room 120 Isabel Patino

Room 217 Jenny Barwick, LPC, CPCS

New Classes

Jane Austen - Thursdays, beginning March 8th - 11:00a.m. - 12:00p.m. with Dorothy Carrillo PhD
Reviews several of Jane Austen's novels and examines their popularity today including "Sense and Sensibility", "Pride and Prejudice", "Mansfield Park", "Emma", "Northanger Abbey", "Persuasion" and "Lady Susan". It is not necessary to have read any of the novels to enjoy this class.

Mah Jongg for Beginners - Thursdays, beginning March 8th- 1:30p.m.-3:30p.m. with Carole Feinberg
Learn to play Mah Jongg. Carole Feinberg will be teaching the fundamentals of the game for those with little to no experience.

The Art of Drumming - Fridays - 12:00p.m. - 1:00p.m. with Karen Newell
Join us for this 4 week, FUN and THERAPEUTIC Drumming Class, led by Karen Newell, and learn the primary tones of the drum, fun beginning rhythms, and fundamentals of rhythm awareness.

Class Spotlight

Let's Take a Walk - Fridays - 9:30a.m. - 10:30a.m. with Gayle Christian
The weather is getting warmer! Come enjoy it with your friends here at CDSC for walk around Mason Mill park. Gayle will demonstrate the correct way to breathe, arm motions and posture to get the most fitness benefits from walking. Walks take place rain or shine.

Jewelry Creations - Wednesdays - 1:00p.m. - 4:00p.m. with Gillian Gussack
Learn beading techniques, wire wrapping and metal works to create beautiful jewelry. There is a \$10 supply fee per month for this class.

Special Programs

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.

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



Central DeKalb Senior Center



Monday – Friday, 9:00a.m. – 4:30p.m.

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