



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

Central DeKalb Senior Center

Monday – Friday, 9:00a.m. – 4:30p.m.

1346 McConnell Drive, Decatur, GA 30033

Phone: 770-492-5461

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.

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