



October 2018 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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 Chair Yoga 12:30-1:30 Hand Building Pottery 1:00-3:00 Tai Chi 1:45-2:45 Callanetics® 2:45-3:45 Care Partners 3:00-4:00	2 Ask a Lawyer 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 1:00-3:00 Qi Gong 2:00-3:00 Dance! 2:00-3:00	3 Coffee with a Cop Line Dancing 10:00-11:00 Genealogy 10:00-11:00 Beg. Mah Jongg 10:30-12:00 Beg. Spanish 11:00-12:00 Jewelry-Extra 12:00-4:00 Ageless Grace 12:00-1:00 Ethics 1:00-2:00 Resistance Bands 1:30-2:15 400 Years of Science 2:30-3:30	4 Storytelling and True Life Stories Boot Camp 10:00-10:50 Bridge 10:00-12:00 Mosaics 10:00-12:00 Chair Yoga 11:00-12:00 Let's Do Lunch 11:30 WorldDanz 1:00-2:00 Book Club 1:30-2:30 Papier-mâché 1:00-3:00 Mah Jongg 1:30-3:00 Tai Chi 2:00-3:00	5 Brain Games 10:00-11:00 Beginners Bridge Play 10:30-12:00 French Beg 10:30-11:30 WaterColor 11:30-12:30 Conv French 11:45-12:45 Floor Yoga 12:30-1:30 Philosophy 1:00-2:00 Embrace Your Life 1:30-2:30 Pencil & Ink 1:00-3:00 Qi Gong 2:00-3:00
8 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 Chair Yoga 12:30-1:30 Hand Building Pottery 1:00-3:00 Tai Chi 1:45-2:45 Callanetics® 2:45-3:45 Care Partners 3:00-4:00	9 Hootenanny 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 1:00-3:00 Qi Gong 2:00-3:00 Dance! 2:00-3:00	10 Line Dancing 10:00-11:00 Genealogy 10:00-11:00 Beginners Mah Jongg 10:30-12:00 Beg. Spanish 11:00-12:00 Jewelry-Extra 12:00-4:00 Ageless Grace 12:00-1:00 Ethics 1:00-2:00 Resistance Bands 1:30-2:15 400 Years of Science 2:30-3:30	11 Medicare with Keith Nabb Boot Camp 10:00-10:50 Bridge 10:00-12:00 Mosaics 10:00-12:00 Chair Yoga 11:00-12:00 Let's Do Lunch 11:30 WorldDanz 1:00-2:00 Papier-mâché 1:00-3:00 Improv 1:30-2:30 Mah Jongg 1:30-3:00 Tai Chi 2:00-3:00	12 Brain Games 10:00-11:00 Walking 10:00-11:00 Beginners Bridge Play 10:30-12:00 French Beg 10:30-11:30 WaterColor 11:30-12:30 Conv French 11:45-12:45 Floor Yoga 12:30-1:30 Philosophy 1:00-2:00 Embrace 1:30-2:30 Pencil & Ink 1:00-3:00 Qi Gong 2:00-3:00
15 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 Chair Yoga 12:30-1:30 Hand Building Pottery 1:00-3:00 Tai Chi 1:45-2:45 Callanetics® 2:45-3:45 Care Partners 3:00-4:00	16 Senior Housing Panel 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 1:00-3:00 Qi Gong 2:00-3:00 Dance! 2:00-3:00	17 Line Dancing 10:00-11:00 Genealogy 10:00-11:00 Beginners Mah Jongg 10:30-12:00 Beg. Spanish 11:00-12:00 Jewelry-Extra 12:00-4:00 Ageless Grace 12:00-1:00 Ethics 1:00-2:00 Resistance Bands 1:30-2:15 400 Years of Science 2:30-3:30	18 The Story of Us Boot Camp 10:00-10:50 Bridge 10:00-12:00 Mosaics 10:00-12:00 Chair Yoga 11:00-12:00 Let's Do Lunch 11:30 WorldDanz 1:00-2:00 Papier-mâché 1:00-3:00 Improv 1:30-2:30 Mah Jongg 1:30-3:00 Tai Chi 2:00-3:00	19 Brain Games 10:00-11:00 Walking 10:00-11:00 Beginners Bridge Play 10:30-12:00 French Beg 10:30-11:30 WaterColor 11:30-12:30 Conv French 11:45-12:45 Floor Yoga 12:30-1:30 Philosophy 1:00-2:00 Embrace 1:30-2:30 Pencil & Ink 1:00-3:00 Qi Gong 2:00-3:00
22 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 Chair Yoga 12:30-1:30 Hand Building Pottery 1:00-3:00 Tai Chi 1:45-2:45 Callanetics® 2:45-3:45 Care Partners 3:00-4:00	23 Hootenanny 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 1:00-3:00 Qi Gong 2:00-3:00 Dance! 2:00-3:00	24 Line Dancing 10:00-11:00 Beginners Mah Jongg 10:30-12:00 Beg. Spanish 11:00-12:00 Jewelry-Extra 12:00-4:00 Ageless Grace 12:00-1:00 Ethics 1:00-2:00 Resistance Bands 1:30-2:15 400 Years of Science 2:30-3:30	25 DeKalb Medical - Emory Merger Boot Camp 10:00-10:50 Bridge 10:00-12:00 Mosaics 10:00-12:00 Chair Yoga 11:00-12:00 Let's Do Lunch 11:30 WorldDanz 1:00-2:00 Papier-mâché 1:00-3:00 Improv 1:30-2:30 Mah Jongg 1:30-3:00 Tai Chi 2:00-3:00	26 Drumming Brain Games 10:00-11:00 Walking 10:00-11:00 Beginners Bridge Play 10:30-12:00 French Beg 10:30-11:30 WaterColor 11:30-12:30 Conv French 11:45-12:45 Floor Yoga 12:30-1:30 Philosophy 1:00-2:00 Embrace 1:30-2:30 Pencil & Ink 1:00-3:00 Qi Gong 2:00-3:00
29 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 Chair Yoga 12:30-1:30 Hand Building Pottery 1:00-3:00 Tai Chi 1:45-2:45 Callanetics® 2:45-3:45 Care Partners 3:00-4:00	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 1:00-3:00 Qi Gong 2:00-3:00 Dance! 2:00-3:00	31 Line Dancing 10:00-11:00 Beginners Mah Jongg 10:30-12:00 Beg. Spanish 11:00-12:00 Jewelry-Extra 12:00-4:00 Ageless Grace 12:00-1:00 Ethics 1:00-2:00 Resistance Bands 1:30-2:15 400 Years of Science 2:30-3:30	Central DeKalb Senior Center Monday – Friday, 9:00a.m. – 4:30p.m. 1346 McConnell Drive, Decatur, GA 30033 Phone: 770-492-5461	

