



# October 2018 Activity Schedule

## Monday

**10:00a.m. - 11:00a.m.** Line Dance  
 11:00a.m. - 12:00p.m. Intermediate Spanish  
 11:00a.m. - 12:00p.m. Adult Coloring  
 12:30p.m. - 1:30p.m. The Origins of Rock and Roll  
**12:30p.m. - 1:30p.m.** ChairYoga - \$5 per class  
 12:30p.m. - 1:30p.m. TEAM Trivia  
 12:00p.m. - 3:00p.m. Ceramic Hand Building Techniques  
 \$20 supply 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 Dance  
**10:00a.m. - 11:00a.m.** Grassroots Genealogy - Ends 10/17  
 10:30a.m. - 12:00p.m. Beginners Mah Jongg  
 11:00a.m. - 12:00p.m. Beginners Spanish  
 12:00p.m. - 1:00p.m. Ageless Grace  
 12:00p.m. - 4:00p.m. Jewelry - Extra - \$10 supply fee  
**1:00p.m. - 2:00p.m.** Ethics: Yesterday, Today and Tomorrow  
 1:30p.m. - 2:15p.m. Resistance Bands  
 2:30p.m. - 3:30p.m. 400 Years of Science

## Thursday

**10:00a.m. - 10:50a.m.** Boot Camp 101  
 10:00a.m. - 12:00p.m. Bridge  
 10:00a.m. - 12:00p.m. Mosaics  
**11:00a.m. - 12:00p.m.** Chair Yoga - \$5 per class  
 1:00p.m. - 2:00p.m. WorldDanz!  
 1:00p.m. - 3:00p.m. Papier-Mâché  
**1:30p.m. - 2:30p.m.** CDSC Book Club - October 4th  
**1:30p.m. - 2:30p.m.** Welcome to Improv - No Class 10/4  
 1:30p.m. - 3:00p.m. Mah Jongg Play  
 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 - Begins 10/12  
 10:30a.m. - 11:30a.m. Beginners French \*Room Change\*  
 10:30a.m. - 12:00p.m. Beginners Bridge Play  
 11:30a.m. - 12:30p.m. Watercolor  
 11:45a.m. - 12:45p.m. Conversational French \*Room Change\*  
**12:00p.m. - 1:00p.m.** The Art of Drumming - 10/26  
 12:30p.m. - 1:30p.m. Floor Stretch Yoga - \$5 per class  
**1:00p.m. - 2:00p.m.** Masterpieces of Philosophy  
 1:00p.m. - 3:00p.m. Pencil and Ink Drawing  
 1:30p.m. - 2:30p.m. Embrace Your Life...  
 2:00p.m. - 3:00p.m. Qi Gong

**Room 212** Pat Korn  
 Room 219 Maria Earl  
 Room 217 Marian Slater  
 Room 219 Tom Dell  
**Room 124** Mindi Sigmon  
 Room 217 CDSC Seniors  
 Room 120 Rick Berman  
 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

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**Great Room** Chip Harrell  
 Room 217 Carole Feinberg  
 Room 219 Maria Earl  
 Room 212 Sandy Bramlett  
 Room 120 Gillian Gussack  
**Room 219** Joel Peddle  
 Room 124 Maria Earl  
 Room 212 Bill Christian PhD

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 Room 219 CDSC Seniors  
 Room 120 Jill Brown  
**Room 124** Mindi Sigmon  
 Room 124 Sandy Bramlett  
 Room 120 Jill Brown  
**Room 217** Myguail Chappel  
**Room 212** Whitney Millsap  
 Room 219 CDSC Seniors  
 Room 124 Gayle Christian

Room 217 CDSC Seniors  
**Great Room** Gayle Christian  
 Room 219 Elizabeth Wilson  
 Room 208 CDSC Seniors  
 Room 120 Isabel Patino  
 Room 219 Elizabeth Wilson  
**Great Room** Karen Newell  
 Room 124 Mindi Sigmom  
**Room 219** Joel Vaughn Peddle  
 Room 120 Isabel Patino  
 Room 217 Jenny Barwick, LPC. CPCS  
 Room 212 Emmett Swint



## New and Returning Classes

### **Gentle Yoga: Mondays, Thursdays and Fridays with Mindi Sigmon**

Join us in welcoming CDSC's new Yoga instructor Mindi Sigmon. Mindi has been practicing yoga since 2011. She offers dynamic and inspiring alignment-based classes where students can explore their strengths, practice with mindfulness and improve their balance. Mindi earned her certification through Yoga Fit International. Please see Activity Schedule/Calendar for class offerings. There is a \$5.00 participation fee for each class.

### **Drumming: Fridays, October 26th & November 2nd, 12:00p.m. - 1:00p.m. with Karen Newell**

HAVE SOME FUN! Karen is coming back to Central DeKalb for 2 more weeks of Drumming. Learn the primary tones of the drum, fun rhythms, and fundamentals of rhythm awareness.

### **Let's Take a Walk: Fridays, 10:00a.m. - 11:00a.m. with Gayle Christian**

Walking is the safest and easiest way to get into shape, enjoy the outdoors, and enliven your spirits. Gayle will be here Friday mornings to show you how to blend your everyday walking with the basic movement principles to reap the most health benefits from walking and improve the quality of your life. Class begins Friday, October 12, 2018.

**Story Telling and True Tales Class with Larry England and Terri Sarratt later this month!!!**

## Special Programs

### **Ask a Lawyer with Paul Black: Tuesday, October 2nd 12:15p.m. - 1:00p.m.**

Join us for this open discussion as Paul Black answers your questions concerning: Elder Law Issues, including Medicaid & Veterans benefits; Estate Planning including Wills, Trusts, and Health Care Directives; Uncontested Probate Court matters including Estate Administration and Guardianship and Petitions.

### **National Coffee with a Cop Day: Wednesday, October 3rd, 10:30a.m. - 11:30a.m.**

Enjoy coffee and conversation with Master Police Officer JB Whelchel and officers from the Special Operations Division. This is a great opportunity for you to ask questions, voice concerns and get to know the specially trained officers working in this division. Sponsored by Holbrook of Decatur.

### **Storytelling and True Tales: Thursday, October 4th, 12:15p.m. - 1:00p.m.**

Everyone has a story! Join us as Larry Clayton England and Terri Sarratt, CDSC members introduce you to the art of storytelling. Larry and Terri are members of the Southern Order of Storytellers and specialize in stories surrounding family and history.

### **CDSC Book Club: Thursday, October 4th, 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 the first Thursday of every month as he leads a discussion on the monthly book selection. Join us on October 4th to discuss Jodi Picoult's *Small Great Things* and reserve your copy of *Gentlemen in Moscow* by Armor Towles to discuss at the November meeting.

### **Hootenanny and Song Circle: Tuesdays, October 9th and 23rd - 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.

### **Medicare Questions and Answers: Thursday, October 11th, 12:15p.m. - 1:00p.m.**

Keith Nabb of Affordable Medicare Solutions will be at CDSC to share updates to Medicare and how to prepare for the open enrollment season.

### **Are There Senior Housing Options?: Tuesday, October 16th, 12:15p.m. - 1:00p.m.**

What housing options are in the neighborhood? There is a wide array of housing available. Please join us for a panel discussion with The Mansions, Holbrook of Decatur, Wesley Woods, Benton House, Clairmont Crest and others.

### **The Story of Us: Thursday, October 18th, 12:15p.m. - 1:00p.m.**

The Greatest Generation and the Silent Generation: born during the era of the Great Depression and World War II, they endured life-changing events and moved into adulthood during relatively prosperous times. Many of us can be defined as this generation. Join us as Brandt Ross tells the story of "our" lives in his new program, *The Story of Us*.

### **DeKalb Medical and Emory Healthcare Merger: Thursday, October 26th 12:15p.m. - 1:00p.m.**

What does it mean for you? A representative with DeKalb Medical will be here to explain the recent merger with Emory Healthcare and what it means for the those that utilize their services.

### **Fall into Fun with Improv: Tuesday, October 30th, 12:15p.m. - 1:00p.m.**

Join us for this fun, high energy improv comedy with Whitney Millsap and other local improv artist. The show will feature a variety of Fall themed skits and games that are sure to provide an entertaining experience.



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

