



## APRIL

### 25 TUESDAY

PROCLAMATION  
PRESENTATION  
Board of Commissioners Meeting  
9:30AM  
Maloof Auditorium  
1300 Commerce Dr. | Decatur, GA

## MAY

### 01 MONDAY

SENIOR OLYMPICS & OLDER  
AMERICANS MONTH KICK-OFF  
OPENING CEREMONY  
FUN WALK | Wii BOWLING |  
SENIOR EXPO &  
HEALTH FAIR |  
OLYMPIC PARTICIPANT  
CHECK-IN & T SHIRT PICKUP  
10:00AM-1:00PM  
Exchange Park  
2271 Columbia Dr. | Decatur, GA  
*DeKalb County Recreation,  
Parks, & Cultural Affairs*

### 02 MONDAY

SENIOR OLYMPICS  
SWIMMING (Individual)  
CHECK-IN 9:00AM | 10:00AM-1:00PM  
Wade Walker Family YMCA  
5605 Rockbridge Rd | Decatur, GA

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TABLE TENNIS (Singles & Doubles)  
6:30PM-8:30PM  
Decatur Recreation Center  
231 Sycamore St. | Decatur, GA  
*DeKalb County Recreation,  
Parks, & Cultural Affairs*

### 03 WEDNESDAY

SENIOR OLYMPICS  
WATER VOLLEYBALL  
(TEAM ROSTER REQUIRED)  
CHECK-IN 9:00AM | 10:00PM-1:00PM  
Wade Walker Family YMCA  
5605 Rockbridge Rd | Decatur, GA  
*DeKalb County Recreation,  
Parks, & Cultural Affairs*

### FALL PREVENTION AWARENESS FORUM

10:00AM - 2:00PM  
Lou Walker Senior Center  
2538 Panola Rd. | Lithonia, GA  
*Lou Walker Senior Center*

### 04 THURSDAY

SENIOR OLYMPICS  
TRACK & FIELD | HORSE SHOES  
CHECK-IN 8:30AM | 9:00AM-2:00PM  
Buck Godfrey Stadium (Panthersville)  
2817 Clifton Springs Rd. | Decatur, GA  
*DeKalb County Recreation,  
Parks, & Cultural Affairs*

MUSICAL EXTRAVAGANZA  
10:00AM-12:30PM  
South DeKalb Senior Center  
1931 Candler Rd. | Decatur, GA  
*Office of Senior Affairs*

### 05 FRIDAY

SENIOR OLYMPICS  
BILLIARDS  
CHECK-IN 11:30AM | 12:00PM-3:00PM  
Mr. Cue's II (Embry Village  
Shopping Center)  
3541 Chamblee Tucker Rd. | Atlanta, GA  
*DeKalb County Recreation,  
Parks, & Cultural Affairs*

VERONICA JACKSON -  
ACOUSTIC FOLK MUSIC  
10:30AM - 11:30AM  
North DeKalb Community/  
Senior Center  
3393 Malone Dr.  
Chamblee, GA  
*DeKalb County Public Library*

## MAY 2017

Older Americans Month  
Events and Programs Calendar

### 08 MONDAY

SENIOR OLYMPICS  
SPADES TOURNAMENT  
CHECK-IN 9:30AM | 10:00AM-12:00PM  
BASKETBALL 3 ON 3  
BASKETBALL FREE THROW  
CHECK-IN 12:00 PM | 12:30M-2:00PM  
Gresham Recreation Center  
3113 Gresham Rd. | Atlanta, GA  
*DeKalb County Recreation,  
Parks, & Cultural Affairs*

### 09 TUESDAY

SENIOR OLYMPICS  
BOWLING  
CHECK- IN 10:00AM | 10:30AM- 1:00PM  
Comet Pub & Lanes  
2619 N. Decatur Rd. | Decatur, GA  
*DeKalb County Recreation,  
Parks, & Cultural Affairs*



**AGE OUT LOUD**

**DEKALB COUNTY  
SENIOR OLYMPIC PARTICIPANTS  
MUST REGISTER BY APRIL 15, 2017  
EVENTS WILL BE HELD MAY 1-10, 2017  
FOR MORE INFORMATION CONTACT  
(404) 371-2711  
[www.dekalbcountyga.gov/parks](http://www.dekalbcountyga.gov/parks)**

# MAY 2017

Older Americans Month  
Events and Programs Calendar

## 10 WEDNESDAY

SENIOR OLYMPICS  
CLOSING EVENT  
LINE DANCE SHOWCASE  
CHECK-IN 9:00AM | 10:00AM-2:00PM  
Lou Walker Senior Center  
2538 Panola Rd. | Lithonia, GA  
*DeKalb County Recreation,  
Parks, & Cultural Affairs*

### PICNIC IN A PARK

10:00AM-1:00PM  
McKoy Park  
1000 Adams St.  
Decatur, GA  
*Decatur Active Living*

### DANCING IS GOOD FOR THE HEART

9:30AM-12:00PM  
DeKalb Atlanta Senior Center  
25 Warren St., SE  
Atlanta, GA  
*Office of Senior Affairs*

## 11 THURSDAY

SENIOR INFORMATION &  
PANEL DISCUSSION  
12:15PM  
Central DeKalb Senior Center  
1346 McConnell Dr. | Decatur, GA  
*Central DeKalb Senior Center*

## 12 FRIDAY

FUN FITNESS DAY  
9:00AM-12:00PM  
Lithonia Senior Center  
2484 Bruce St.  
Lithonia, GA  
*Office of Senior Affairs*

## 16 TUESDAY

ANNUAL SENIOR FASHION SHOW  
10:00AM-12:00PM  
South DeKalb Senior Center  
1931 Candler Rd.  
Decatur, GA  
*Office of Senior Affairs*

## 18 THURSDAY

LET'S PARTY!  
7TH ANNUAL,  
SENIOR CELEBRATION  
SENIORS GOT TALENT  
10:30AM- 2:00PM  
Porter Sanford III  
3181 Rainbow Dr.  
Decatur, GA  
Performing Arts  
*DeKalb County Public Library  
(Registration Required)*

## 19 FRIDAY

SENIORS RECYCLING KICKOFF  
11:00AM  
Lou Walker Senior Center  
2538 Panola Rd.  
Lithonia, GA  
*The DeKalb County  
Sanitation Division*

## 22 MONDAY

WELCOME HOME TOUR,  
THE NEXT NEST  
(A tour of Senior Housing  
In DeKalb County. We will  
meet at Lou Walker Senior  
Center. Reserve your seat,  
space will be limited.)  
9:00AM  
2538 Panola Rd. | Lithonia, GA  
*Lou Walker Senior Center*

## 24 WEDNESDAY

ADULT SENIOR HEALTH FAIR,  
TARGETING EMOTIONAL &  
PHYSICAL HEALTH  
10:00AM- 2:00PM  
Central DeKalb Senior Center  
1346 McConnell Dr.  
Decatur, GA  
*DeKalb County Public Library*

GOLDEN OLDIES SPRING DANCE  
10:00AM- 12:30PM  
North DeKalb Senior Center  
3393 Malone Dr.  
Chamblee, GA  
*Office of Senior Affairs*

## 31 WEDNESDAY

NATIONAL SENIOR HEALTH  
& FITNESS DAY  
9:00AM-1:00PM  
Decatur Recreation Center  
231 Sycamore St.  
Decatur, GA  
*Decatur Active Living*



**DEKALB COUNTY PUBLIC LIBRARY ANNUAL SENIOR CELEBRATION "SENIORS GOT TALENT!"**  
**PARTICIPANTS MUST REGISTER BY MAY 1, 2017 | EVENT WILL BE HELD ON MAY 18, 2017**  
To register, call 404.508.7190, ext. 2257

**OLDER AMERICANS  
MONTH COMMITTEE:**



DEKALB  
COUNTY  
PUBLIC  
LIBRARY

404.508.7190  
ext. 2257



770.322.2900



770.322.2900



Central DeKalb Senior Center  
1346 McConnell Drive Decatur, GA 30033

770.492.5461



678.377.0494



DeKalb County RPCA  
Recreation, Parks & Cultural Affairs  
404.371.2711



## 2017 Older Americans Month Activities

LOCATION	EVENT DESCRIPTION	DATE	TIME	RESPONSIBILITY
<b>Maloof Building</b>	<b>Proclamation Presentation</b> The OAM proclamation will be presented at the BOC meeting. OAM partners will be in attendance: DeKalb County's Office of Senior Affairs Neighborhood Senior Centers, Lou Walker Senior Center, Central DeKalb Senior Center, Senior Connections, Public Library, Senior Coalition of DeKalb County, & Recreation, Parks, & Cultural Affairs. Last year more than 100 seniors attended BOC meeting.	4/25/2017	9:30AM	Lou Walker Senior Center/ Office of Senior Affairs/ Human Services
<i>*The Senior Olympics' Opening Ceremony and Older Americans Month Kick-Off will begin at 10:00AM on May 1, 2017 at Exchange Park. The Senior Olympics will end its activities at the Closing/ Dance Competition on Wednesday, May 10, 2017 at the Lou Walker Senior Center. Older Americans Month activities will carry on throughout the entire month of May.</i>				
<b>Various Locations</b> <i>(Please see attached calendar of events for activities, times, and locations)</i>	<b>Senior Olympics</b> The Senior Olympic Games provide an excellent way men and women ages 50 and older can maintain or improve their physical and mental condition as well as coordination, while enjoying some friendly competition. There are individual and team events offered. Our mission is to promote healthy lifestyles for seniors through fun, fitness, and play. Opening Ceremony Kickoff is May 1, 2017 at 10:00 am at Exchange Recreation Center	5/1/2017-5/10/2017	Various Times	DeKalb County Recreation, Parks & Cultural Affairs
<b>Central DeKalb Senior Center</b>	<b>Senior Information and Panel Discussion</b> All you never wanted to know about death and taxes! Financial, legal, and medical insight and information in each area. A few of the topics to be covered are IRA's, probate, and end of life decisions.	5/11/2017	12:15PM	Central DeKalb Senior Center
<b>Central DeKalb Senior Center</b>	<b>Adult and Senior Wellness Health Fair, Targeting Emotional &amp; Physical Health</b> Come meet representatives from DeKalb Medical Center, Oakhurst Medical Center, Center for the Visually Impaired, Rite Aid Pharmacy, Avon Foundation, Center for Medicaid and Medicare, Diabetes Association of Atlanta, DeKalb County Board of Health, East Metro Wellness Center, Emory Women's Health Center and others to learn about services and get free health screenings and giveaways. Also, enjoy informative 30-minute sessions on self-massage, techniques to improve your health, drumming for wellness and reflexology.	5/24/2017	10:00AM-2:00PM	DeKalb County Public Library/ Central DeKalb Senior Center
<b>Decatur Recreation Center</b>	<b>National Senior Health &amp; Fitness Day</b> "With Movement...There's Improvement!" Join Decatur Active Living for a day of health and fitness. We will have exercise demos, health screenings, Doc Broc, the KP Mobile unit, vendors and more!	5/31/2017	9:00AM-1:00PM	Decatur Active Living
<b>DeKalb/ Atlanta Senior Center</b>	<b>Dancing is Good for the Heart</b> A fun filled day of dancing for seniors that will include line and inspirational dances.	5/10/2017	9:30AM-12:00PM	Office of Senior Affairs
<b>Lithonia Senior Center</b>	<b>Fun Fitness Day</b> Come jump start your day with our seniors! We will begin our body pumping chair aerobics class at 9:00AM. At 10:00AM we will begin toning our bodies and move into line dancing at 11:00AM. We will also have a brain aerobics session along with blood pressure and weight management assessments.	5/12/2017	9:00AM-12:00PM	Office of Senior Affairs
<b>Lou Walker Senior Center</b>	<b>Fall Prevention Awareness Forum</b> Provide members of Lou Walker Senior Center and other senior centers in DeKalb with information related to activities and equipment to improve balance, prevent falls and increase awareness of available resources. Health Screenings (blood pressure, diabetes, bone density, vision & hearing), Medication Review,	5/03/2017	10:00AM-2:00PM	Lou Walker Senior Center

## 2017 Older Americans Month Activities

	Hypertension Testing, Balance Activities, Music Therapy, PT/OT Modifications and more!			
*Lou Walker Senior Center	<u>Senior Center Recycling Program KICK OFF</u> The DeKalb County Sanitation Division is pleased to announce the implementation of a customized DeKalb senior center recycling program. A program launch event highlighting the program's features and benefits will be held at the Lou Walker Senior Center. We look forward to engaging our seniors in one of the County's leading environmental sustainability initiatives.	5/19/2017	11:00AM	Lou Walker Senior Center/ The DeKalb County Sanitation Division
Lou Walker Senior Center	<u>Welcome Home Tour, The Next Nest</u> Is a change of housing in the future for you or a loved one? LWSC is partnering with the Office of Community Development Seniors & Housing Authority of DeKalb County Learn about some of the choices in the DeKalb County (senior apartments, 55+ housing communities and much more! ). Check in at 9am to board bus and tour several senior housing sites. Lunch will be provided after a short informational session.	5/22/2017	Check-in 9:30AM Tour: 10:00AM-2:00PM	Lou Walker Senior Center
North DeKalb Senior/ Community Center	<u>Veronika Jackson/ Acoustic Folk Music</u> Veronika has combined acoustic folk music to create her own unique sound. She has shared her musical talents with audiences through the south and northeastern states, as well as with music lovers across the Atlantic ocean where she has performed for various venues and festivals.	5/05/2017	10:30AM-11:30AM	DeKalb County Public Library/ North DeKalb Senior/ Community Center
North DeKalb Senior/ Community Center	<u>Golden Oldies Spring Dance</u> Come join in a day of fun with dances from the 50's to the current dances.	5/24/2017	10:00AM-12:30PM	Office of Senior Affairs
Porter Sanford	<u>Let's Party! 7th Annual Senior Celebration Seniors Got Talent</u> Seniors 55 and older who are members of the DeKalb Public Library and/ or senior centers have a chance to show off their talent. Pictures will begin at 10:30AM and the show will start immediately after.	5/18/2017	10:30AM-2:00PM	DeKalb County Public Library, Lou Walker Senior Center, & Office of Senior Affairs
South DeKalb Senior Center	<u>May Musical Extravaganza</u> Enjoy a day filled with singing and dancing with senior participants throughout DeKalb.	5/4/2017	10:00AM-12:30PM	Office of Senior Affairs
South DeKalb Senior Center	<u>Annual Senior Fashion Show</u> Come enjoy watching the seniors showcase their fashion with a variety styles for different occasions!	5/16/2017	10:00AM-12:00PM	Office of Senior Affairs
McKoy Park	<u>Picnic in The Park</u> Join Decatur Active Living for a day at McKoy Park! We will have entertainment, games, food and fun! RSVP required to Sara Holmes at sara.holmes@decaturga.com or 678-553-6559.	5/10/2017	10:00AM-1:00PM	Decatur Active Living