



DeKalb County
GEORGIA

APRIL

25 TUESDAY

PROCLAMATION
PRESENTATION
Board of Commissioners Meeting
9:30AM
Maloo 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 TUESDAY

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

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

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
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)
Date/ Time/ Location TBA

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

OLDER AMERICANS
MONTH
AGE OUT LOUD

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:



404.508.7190
ext. 2257



Central DeKalb Senior Center
1346 McConnell Drive Decatur, GA 30033
770.492.5461



404.371.2711

2017 Older Americans Month Activities

LOCATION	EVENT DESCRIPTION	DATE	TIME	RESPONSIBILITY
Maloof Building	Proclamation Presentation 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>				
Various Locations <i>(Please see attached calendar of events for activities, times, and locations)</i>	Senior Olympics 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
Central DeKalb Senior Center	Senior Information and Panel Discussion 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
Central DeKalb Senior Center	Adult and Senior Wellness Health Fair, Targeting Emotional & Physical Health 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
Decatur Recreation Center	National Senior Health & Fitness Day "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
DeKalb/ Atlanta Senior Center	Dancing is Good for the Heart 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
Lithonia Senior Center	Fun Fitness Day 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
Lou Walker Senior Center	Fall Prevention Awareness Forum 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