



# September 2017 Activity Schedule



Central DeKalb Senior Center  
1346 McConnell Drive Decatur, GA 30033



## Celebrating National Senior Center Month

### Monday

10:00a.m. - 11:00a.m.	Line Dancing	Room 124	Pat Korn
11:00a.m. - 12:00p.m.	Intermediate Spanish	Room 212	Laura Nieto
11:00a.m. - 12:00p.m.	Adult Coloring	Room 120	Marian Slater
12:30p.m. - 1:30p.m.	Gentle Yoga	Room 124	Ananda \$5 per class
12:30p.m. - 1:30p.m.	TEAM Trivia	Room 217	CDSC Seniors
<b>1:00p.m. - 2:00p.m.</b>	<b>The Origins of Rock &amp; Roll *Begins September 18th</b>	<b>Tom Dell</b>	
1:00p.m. - 3:00p.m.	Open Art Studio	Room 120	Gillian Gussack
<b>1:30p.m. - 2:30p.m.</b>	<b>Tai Chi for Health</b>	<b>Room 212</b>	<b>Gayle Christian</b>
2:45p.m. - 3:45p.m.	Callanetics®	Room 212	Sandy Bramlett

### Tuesday

<b>9:30a.m. - 11:30a.m.</b>	<b>Bird Stroll *Begins September 12th</b>	<b>The Great Room</b>	<b>David Kuechenmeister</b>
10:00a.m. - 12:00p.m.	Bridge	Room 219	CDSC Seniors
<b>10:30a.m. - 11:30a.m.</b>	<b>Zumba Gold</b>	<b>Room 124</b>	<b>Maria Earl</b>
10:30a.m. - 12:00p.m.	Drawing	Room 120	Isabel Patino
<b>11:30a.m. - 1:00p.m.</b>	<b>"Let's Do Lunch"</b>	<b>The Great Room</b>	<b>Local Caterers</b>
<b>12:00p.m. - 1:30p.m.</b>	<b>Hootenanny!</b>	<b>Lobby</b>	<b>September 12th &amp; 26th</b>
1:00p.m. - 1:50p.m.	Sit and Fit	Room 212	Zsa Zsa Robinson
2:00p.m. - 3:00p.m.	Qi Gong	Room 212	Emmett Swint
2:00p.m. - 3:00p.m.	Dance, Dance, Dance!	Room 124	Pat Korn

### Wednesday

10:00a.m. - 11:00a.m.	Line Dancing	Room 124	Pat Korn
10:00a.m. - 12:00p.m.	Hearts	Room 219	CDSC Seniors
<b>11:00a.m. - 12:00p.m.</b>	<b>Beginners Spanish</b>	<b>Room 212</b>	<b>Laura Nieto</b>
12:00p.m. - 1:00p.m.	Ageless Grace	Room 124	Sandy Bramlett
<b>1:00p.m. - 2:00p.m.</b>	<b>Ethics for Our Times *Begins September 20th</b>		<b>Joel Vaughn Peddle</b>
1:00p.m. - 4:00p.m.	Jewelry Creations	Room 120	Gillian \$10 monthly fee
1:30p.m. - 2:15p.m.	Resistance Bands	Room 124	Maria Earl
2:30p.m. - 3:30p.m.	Beyond the Solar System	Room 212	Bill Christian

### Thursday

10:00a.m. - 11:00a.m.	Callanetics®	Room 212	Sandy Bramlett
10:00a.m. - 12:00p.m.	Bridge	Room 219	CDSC Seniors
11:00a.m. - 12:00p.m.	Gentle Yoga	Room 124	Ananda \$5 per class
11:00a.m. - 2:00p.m.	One on One Pool	Room 210	Dale
<b>11:30a.m. - 1:00p.m.</b>	<b>"Let's Do Lunch"</b>	<b>The Great Room</b>	<b>Local Caterers</b>
1:00p.m. - 2:00p.m.	WorldDanz!	Room 124	Sandy Bramlett
1:00p.m. - 4:00p.m.	Clay... & Open Studio	Room 120	Gillian Gussack
<b>1:30p.m. - 2:30p.m.</b>	<b>Book Club - The Sunday Philosophy Club</b>		<b>September 7th</b>
2:00p.m. - 3:00p.m.	Tai Chi for Health	Room 212	Gayle Christian

### Friday

10:00a.m. - 11:00a.m.	Brain Games	Room 217	CDSC Seniors
11:00a.m. - 12:00p.m.	French 101	Room 212	Elizabeth Wilson
11:00a.m. - 1:00p.m.	Euchre	Room 219	CDSC Seniors
<b>11:30a.m. - 12:30p.m.</b>	<b>Watercolor</b>	<b>Room 120</b>	<b>Isabel Patino</b>
12:30p.m. - 1:30p.m.	Floor Stretch Yoga	Room 124	Ananda \$5 per class
1:00p.m. - 2:00p.m.	Wisdom of the Ages	Room 212	Joel Vaughn Peddle
1:00p.m. - 3:00p.m.	Pencil and Ink Drawing	Room 120	Isabel Patino

## *New Classes starting this Month*

### **The Origins of Rock and Roll - Mondays - 1:00p.m. - 2:00p.m. with Tom Dell**

A look at the history of Rock and Roll from its roots in the Blues in the early 1900's with W.C Handy and Ma Rainey through the early 1960's with Buddy Holly and Elvis. **Starts Monday, September 18th.**

### **Ethics for Our Times - Wednesdays - 1:00p.m. - 2:00p.m. with Joel Vaughn Peddle**

### **Bird Stroll - Tuesdays - 9:30a.m. - 11:30a.m. with David Kuechenmeister**

Come discover more about the birds of Mason Mill Park by participating in a leisurely morning Stroll through the tree-lined trails and diverse habitats. The CDSC Bird Strolls will resume on **Tuesday, September 12th.**

## *September Special Programs*

### **Labor Day Potluck**

**Friday, September 1st**

**12:00p.m. - 1:30p.m.**

Kick off National Senior Center Month with us at the CDSC and NORC Labor Day Potluck. Sign up to bring your favorite side dish or dessert in the Lobby.

### **The Story of Abigail Adams**

**Tuesday, September 5th**

**12:15p.m. - 1:00p.m.**

Brandt Ross, senior instructor and folk singer, tells the story of Abigail Adams, the founding mother, and why she is considered a "game changer" in American History.

### **Medicare Information**

**Thursday, September 7th**

**12:00p.m. - 1:00p.m.**

Keith Nabb President of Affordable Medicare Solutions will be at CDSC to teach you how to properly analyze and easily narrow down which Medicare plan combinations are best for you. Updates to Medicare in will be discussed, as well as how to prepare for the open enrollment season which begins in October.

### **Hearing Screenings**

**Wednesday, September 13**

**11:00a.m. - 1:00p.m.**

Dr. Chaiken with Atlanta Hearing Associates is coming to Central DeKalb to give a brief discussion on hearing loss and the importance of having your hearing tested. She will offer free screenings following the discussion. Please reserve your spot for a free hearing screening by signing up in the lobby.

### **The 21st Century Traveler**

**Thursday, September 14th**

**12:15p.m. - 1:00p.m.**

George Brown gives us an in depth look at current trends in international travel and how we can take advantage of the opportunities to meet personal travel goals.

### **Panel Discussion**

**Tuesday, September 19th**

**12:15p.m. - 1:00p.m.**

Join us for an open panel discussion presented by some of the leading experts within the older adult industry. This event will offer key advice on how to navigate the unexpected costs of aging, and how to make the difficult decisions that seniors face on a day to day basis.

### **The Constitution and the Compromise Thursday, September 21st**

**12:15p.m. - 1:00p.m.**

In honor on Constitution week, Terry Manning will present "The Constitution and the Compromise", a program highlighting Benjamin Franklin's viewpoints on the strengths and weaknesses of the Constitutional Convention.

### **Falls Prevention with Sandy Bramlett Thursday, September 28th**

**12:15p.m. - 1:00p.m.**

Join us as Sandy Bramlett gives us the facts about falls and tips on how to prevent falls by practicing simple brain/body exercises to keep you steady, active and mobile for life.

### **Senior Center Month Celebration with The Ukulele Society**

**Friday, September 29th from 12:00p.m. - 1:00p.m.**

Join us as we celebrate Central DeKalb Senior Center as National Senior Center Month comes to an end. Enjoy music performed by the Ukulele Society and a light lunch provided by Renaissance on Peachtree.

### **Central DeKalb Senior Center**

**Monday - Friday, 9:00a.m. - 4:30p.m.**

**1346 McConnell Drive, Decatur, GA 30033 Phone: 770-492-5461**

*For more information on programs, please contact Victoria Kingsland at 770-492-5462 or Valerie Campbell at 770-492-5465*