

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 January 2020 <i>Central DeKalb Senior Center</i> Monday – Friday, 9:00a.m. – 4:30p.m. 1346 McConnell Drive, Decatur, GA 30033 Phone: 770-492-5461		1  Center Closed	2 <i>High Tea & Downton Abbey</i> Boot Camp 10:00-10:50 Bridge 10:00-12:00 Mosaics 10:00-12:00 Chair Yoga 11:00-12:00 Pool with Dale 11:00-3:00 Let's Do Lunch 11:30 WorldDanz 1:00-2:00 Mah Jongg 1:15-2:30 Tai Chi 2:00-3:00	3 Brain Games 10:00-11:00 Walking 10:00-11:00 French Beg 10:30-11:30 Water Color 11:30-12:30 Conv. French 11:45-12:45 Drumming 12:00-1:00 Floor Yoga 12:45-1:45 Philosophy 1:00-2:00 Pencil & Ink 1:00-3:00 Embrace 1:15-2:30 Qi Gong 2:00-3:00 Ethics 2:15-3:15 Care Partners 3:00-4:00
6 Line Dance 10:00-11:00 Pottery 10:00-12:30 Int. Spanish 11:00-12:00 Adult Color 11:00-12:00 Women of Blues & Rock 12:30-1:30 Chair Yoga 12:30-1:30 Team Trivia 12:30-1:30 Pottery 1:30-4:00 Tai Chi 1:45-2:45 Callanetics at the Barre® 2:45-3:45	7 <i>Five Positive Practices to Create 20/20 Vision</i> Bridge 10:00-12:00 Zumba 10:30-11:30 Drawing 10:30 - 12:00 Knitting 11:00-12:00 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 Ballroom 2:00-3:00	8 Line Dance 10:00-11:00 Pottery for Beginners 10:00 - 12:00 Reconstruction & Religion 10:30-12:00 Beg. Spanish 11:00-12:00 Ageless Grace 12:00-1:00 Jewelry-Extra 12:00-4:00 Resistance Bands 1:30-2:15 Modern Science 2:30-3:30	9 <i>Voting Machine Demo</i> Boot Camp 10:00-10:50 Bridge 10:00-12:00 Mosaics 10:00-12:00 Chair Yoga 11:00-12:00 Pool with Dale 11:00-3:00 Let's Do Lunch 11:30 WorldDanz 1:00-2:00 Wax Collage 1:00-3:00 Mah Jongg 1:15-2:30 Book Club 1:30-2:30 Tai Chi 2:00-3:00	10 Brain Games 10:00-11:00 Walking 10:00-11:00 French Beg 10:30-11:30 Water Color 11:30-12:30 Conv. French 11:45-12:45 Drumming 12:00-1:00 Journey Through Grief 12:00-1:00 Floor Yoga 12:45-1:45 Philosophy 1:00-2:00 Pencil & Ink 1:00-3:00 Embrace 1:15-2:30 Qi Gong 2:00-3:00 Ethics 2:15-3:15 Care Partners 3:00-4:00
13 <i>CDSC Breakfast Club</i> Line Dance 10:00-11:00 Pottery 10:00-12:30 Int. Spanish 11:00-12:00 Adult Color 11:00-12:00 Women of Blues & Rock 12:30-1:30 Chair Yoga 12:30-1:30 Team Trivia 12:30-1:30 Pottery 1:30-4:00 Tai Chi 1:45-2:45 Callanetics at the Barre® 2:45-3:45	14 <i>Hootenanny</i> Bridge 10:00-12:00 Zumba 10:30-11:30 Drawing 10:30 - 12:00 Knitting 11:00-12:00 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 Ballroom 2:00-3:00	15 Line Dance 10:00-11:00 Pottery for Beginners 10:00 - 12:00 Reconstruction & Religion 10:30-12:00 Beg. Spanish 11:00-12:00 Ageless Grace 12:00-1:00 Jewelry-Extra 12:00-4:00 Resistance Bands 1:30-2:15 Modern Science 2:30-3:30	16 <i>Tax Reform Update</i> Boot Camp 10:00-10:50 Bridge 10:00-12:00 Mosaics 10:00-12:00 Chair Yoga 11:00-12:00 Pool with Dale 11:00-3:00 Let's Do Lunch 11:30 WorldDanz 1:00-2:00 Wax Collage 1:00-3:00 History and Nature @ Mason Mill 1:15-2:00 Mah Jongg 1:15-2:30 Tai Chi 2:00-3:00	17 Brain Games 10:00-11:00 Walking 10:00-11:00 French Beg 10:30-11:30 Water Color 11:30-12:30 Conv. French 11:45-12:45 Drumming cancelled Floor Yoga 12:45-1:45 Philosophy 1:00-2:00 Pencil & Ink 1:00-3:00 Embrace 1:15-2:30 Qi Gong 2:00-3:00 Ethics 2:15-3:15 Care Partners 3:00-4:00
20  Center Closed	21 <i>Travel with George</i> Bridge 10:00-12:00 Zumba 10:30-11:30 Drawing 10:30 - 12:00 Knitting 11:00-12:00 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 Ballroom 2:00-3:00	22 Line Dance 10:00-11:00 Pottery for Beginners 10:00 - 12:00 Reconstruction & Religion 10:30-12:00 Beg. Spanish 11:00-12:00 Ageless Grace 12:00-1:00 Jewelry-Extra 12:00-4:00 Resistance Bands 1:30-2:15 Modern Science 2:30-3:30	23 <i>Diabetes Management</i> Boot Camp 10:00-10:50 Bridge 10:00-12:00 Mosaics 10:00-12:00 Chair Yoga 11:00-12:00 Pool with Dale 11:00-3:00 Let's Do Lunch 11:30 WorldDanz 1:00-2:00 Wax Collage 1:00-3:00 Mah Jongg 1:15-2:30 Tai Chi 2:00-3:00	24 <i>Cooke Concert Trip</i> Brain Games 10:00-11:00 Walking 10:00-11:00 French Beg 10:30-11:30 Water Color 11:30-12:30 Conv. French 11:45-12:45 Drumming 12:00-1:00 Floor Yoga 12:45-1:45 Philosophy 1:00-2:00 Pencil & Ink 1:00-3:00 Embrace 1:15-2:30 Qi Gong 2:00-3:00 Ethics 2:15-3:15 Care Partners 3:00-4:00
27 Line Dance 10:00-11:00 Pottery 10:00-12:30 Int. Spanish 11:00-12:00 Adult Color 11:00-12:00 Women of Blues & Rock 12:30-1:30 Chair Yoga 12:30-1:30 Team Trivia 12:30-1:30 Pottery 1:30-4:00 Tai Chi 1:45-2:45 New York Intellectuals 1:45-3:00 Callanetics at the Barre® 2:45-3:45	28 <i>Hootenanny</i> Bridge 10:00-12:00 Zumba 10:30-11:30 Drawing 10:30 - 12:00 Knitting 11:00-12:00 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 Ballroom 2:00-3:00	29 Line Dance 10:00-11:00 Pottery for Beginners 10:00 - 12:00 Reconstruction & Religion 10:30-12:00 Beg. Spanish 11:00-12:00 Ageless Grace 12:00-1:00 Jewelry-Extra 12:00-4:00 Resistance Bands 1:30-2:15 Modern Science 2:30-3:30	30 <i>Wind Trio</i> Boot Camp 10:00-10:50 Bridge 10:00-12:00 Mosaics 10:00-12:00 Chair Yoga 11:00-12:00 Pool with Dale 11:00-3:00 Let's Do Lunch 11:30 WorldDanz 1:00-2:00 Wax Collage 1:00-3:00 Mah Jongg 1:15-2:30 Book Club 1:30-2:30 Tai Chi 2:00-3:00	31 Brain Games 10:00-11:00 Walking 10:00-11:00 French Beg 10:30-11:30 Water Color 11:30-12:30 Conv. French 11:45-12:45 Drumming 12:00-1:00 Floor Yoga 12:45-1:45 Philosophy 1:00-2:00 Pencil & Ink 1:00-3:00 Embrace 1:15-2:30 Qi Gong 2:00-3:00 Ethics 2:15-3:15 Care Partners 3:00-4:00