



# January 2020 Activity Schedule



## Monday

10:00a.m. - 11:00a.m. Line Dance  
 10:00a.m. - 12:30p.m. Ceramic Hand Building - \$20 supply fee  
 11:00a.m. - 12:00p.m. Intermediate Spanish  
 11:00a.m. - 12:00p.m. Adult Coloring  
 12:30p.m. - 1:30p.m. Women of Blues and Rock - Begins 1/6/20  
 12:30p.m. - 1:30p.m. Chair Yoga - \$4 per class  
 12:30p.m. - 1:30p.m. TEAM Trivia  
 1:30p.m. - 4:00p.m. Ceramic Hand Building - \$20 supply fee  
 1:45p.m. - 3:00p.m. New York Intellectuals: The Women - 1/27/20  
 1:45p.m. - 2:45p.m. Tai Chi for Health  
 2:45p.m. - 3:45p.m. Callanetics® @ the Barre

## 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. Knitting  
 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. Ballroom Dancing

## Wednesday

10:00a.m. - 11:00a.m. Line Dance  
 10:00a.m. - 12:00p.m. Beginners Ceramic Hand Building - \$20 supply fee  
 10:30a.m. - 12:00p.m. Reconstruction and Religion of the Lost Cause - Begins 1/8/20  
 11:00a.m. - 12:00p.m. Back to Beginners Spanish  
 12:00p.m. - 1:00p.m. Ageless Grace  
 12:00p.m. - 4:00p.m. Jewelry - Extra - \$10 supply fee  
 1:30p.m. - 2:15p.m. Resistance Bands  
 2:30p.m. - 3:30p.m. Insight into Modern Science - Begins 1/8/20

## 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 - \$4 per class  
 11:00a.m. - 3:00p.m. One on One Pool with Dale  
 1:00p.m. - 2:00p.m. Worldanz!  
 1:00p.m. - 3:00p.m. Encaustic Wax Collage Workshop - Begins 1/8  
 1:15p.m. - 2:00p.m. History & Nature at Mason Mill - 1/16/20  
 1:15p.m. - 3:00p.m. Beginners Mah Jongg  
 1:30p.m. - 2:30p.m. CDSC Book Club - 1/9/20 - Where the Crawdads Sing  
 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  
 10:30a.m. - 11:30a.m. Beginners French  
 11:30a.m. - 12:30p.m. Watercolor  
 11:45a.m. - 12:45p.m. Conversational French  
 12:00p.m. - 1:00p.m. Drumming Workshop - Begins 1/3  
 12:00p.m. - 1:00p.m. Journey through Grief - 1/10/20  
 12:45p.m. - 1:45p.m. Balance & Floor Stretch Yoga - \$4 per class  
 1:00p.m. - 2:00p.m. Masterpieces of Philosophy  
 1:00p.m. - 3:00p.m. Pencil and Ink Drawing  
 1:15p.m. - 2:30p.m. Embrace Your Life  
 2:00p.m. - 3:00p.m. Qi Gong  
 2:15p.m. - 3:15p.m. Ethics: Yesterday, Today and Tomorrow  
 3:00p.m. - 4:00p.m. Compassion for the Care Partner

Room 212 Pat Korn  
 Room 120 Rick Berman  
 Room 219 Maria Earl  
 Room 217 Marian Slater  
 Room 219 Tom Dell  
 Room 212 Mindi Sigmon  
 Room 217 CDSC Seniors  
 Room 120 Rick Berman  
 Room 219 Jill Parks  
 Room 212 Gayle Christian  
 Room 124 Sandy Bramlett

Room 208 CDSC Seniors  
 Room 124 Maria Earl  
 Room 120 Isabel Patino  
 Room 217 Joan Stone  
 Room 212 Sandy Bramlett  
 Room 212 Zsa Zsa Robinson  
 Room 120 Isabel Patino  
 Room 212 Emmett Swint  
 Room 124 Pat Korn

Great Room Pat Korn  
 Room 120 Rick Berman  
 Room 219 Sal DePasquale  
 Room 212 Maria Earl  
 Great Room Sandy Bramlett  
 Room 217 Gillian Gussack  
 Room 124 Maria Earl  
 Room 212 Bill Christian PhD

Room 212 Sandy Bramlett  
 Room 208 CDSC Seniors  
 Room 120 Jill Brown  
 Room 212 Mindi Sigmon  
 Pool Room Dale Norman  
 Room 124 Sandy Bramlett  
 Room 120 Jill Brown  
 Great Room Jonah McDonald  
 Room 208 Carole Feinberg  
 Room 217 MyGuail Chappel  
 Room 212 Gayle Christian

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