


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 <i>Potluck</i></p> <p>Line Dance 10:00-11:00 Ceramic Hand Building 10:00-12:30 Int. Spanish 11:00-12:00 Adult Color 11:00-12:00 Rock and Roll 12:30-1:30 Chair Yoga Cancelled Team Trivia 12:30-1:30 Com. Research 12:30-1:30 Ceramic Hand Building 1:30-4:00 Tai Chi 1:45-2:45 Callanetics® 2:45-3:45</p>	<p>2 <i>Exceptional Nation</i></p> <p>Bird Stroll Cancelled Bridge 10:00-12:00 Zumba 10:30-11:30 Drawing 10:30 - 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 Dance 2:00-3:00</p>	<p>3</p> <p>Line Dance 10:00-11:00 Beg. Spanish 11:00-12:00 Ageless Grace 12:00-1:00 Jewelry-Extra 12:00-4:00 Ethics Cancelled Resistance Bands 1:30-2:15 A Second Look at Astronomy Cancelled</p>	<p>4</p>  <p>CENTER CLOSED</p>	<p>5</p> <p>Brain Games 10:00-11:00 French Beg 10:30-11:30 Water Color 11:30-12:30 Conv. French 11:45-12:45 Floor Yoga 12:45-1:45 Philosophy Cancelled Pencil & Ink 1:00-3:00 Embrace 1:30-2:30 Qi Gong 2:00-3:00 Care Partners 3:00-4:00</p>
<p>8 <i>Birthday Celebration</i></p> <p>Line Dance 10:00-11:00 Ceramic Hand Building 10:00-12:30 Int. Spanish 11:00-12:00 Adult Color 11:00-12:00 Rock and Roll 12:30-1:30 Chair Yoga 12:30-1:30 Team Trivia 12:30-1:30 Com. Research 12:30-1:30 Ceramic Hand Building 1:30-4:00 Tai Chi 1:45-2:45 Callanetics® 2:45-3:45</p>	<p>9 <i>Hootenanny</i></p> <p>Bird Stroll 8:30-11:00 Bridge 10:00-12:00 Zumba 10:30-11:30 Drawing 10:30 - 12:00 Overwhelmed No More 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 Dance 2:00-3:00</p>	<p>10</p> <p>Line Dance 10:00-11:00 Beg. Spanish 11:00-12:00 Ageless Grace 12:00-1:00 Jewelry-Extra 12:00-4:00 Ethics 1:00-2:00 Resistance Bands 1:30-2:15 A Second Look at Astronomy 2:30-3:30</p>	<p>11 <i>Heirloom Plants</i></p> <p>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 11:00-2:00 Let's Do Lunch 11:30 Worldanz 1:00-2:00 Papier-mâché 1:00-3:00 Mah Jongg 1:15-2:30 Tai Chi 2:00-3:00</p>	<p>12 <i>4 Man String Band</i></p> <p>Brain Games 10:00-11:00 French Beg 10:30-11:30 Water Color 11:30-12:30 Conv. French 11:45-12:45 Floor Yoga 12:45-1:45 Philosophy 1:00-2:00 Pencil & Ink 1:00-3:00 Embrace 1:30-2:30 Qi Gong 2:00-3:00 Care Partners 3:00-4:00</p>
<p>15</p> <p>Line Dance 10:00-11:00 Ceramic Hand Building 10:00-12:30 Int. Spanish 11:00-12:00 Adult Color 11:00-12:00 Rock and Roll 12:30-1:30 Chair Yoga 12:30-1:30 Team Trivia 12:30-1:30 Facebook 12:30-1:30 Ceramic Hand Building 1:30-4:00 Tai Chi 1:45-2:45 Callanetics® 2:45-3:45</p>	<p>16 <i>TBA</i></p> <p>Bird Stroll 8:30-11:00 Bridge 10:00-12:00 Zumba 10:30-11:30 Drawing 10:30 - 12:00 Overwhelmed No More 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 Dance 2:00-3:00</p>	<p>17</p> <p>Line Dance 10:00-11:00 Beg. Spanish 11:00-12:00 Ageless Grace 12:00-1:00 Jewelry-Extra 12:00-4:00 Ethics 1:00-2:00 Resistance Bands 1:30-2:15 A Second Look at Astronomy 2:30-3:30</p>	<p>18 <i>Aging in Place</i></p> <p>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 11:00-2:00 Let's Do Lunch 11:30 Worldanz 1:00-2:00 History & Nature of Mason Mill 1:00-2:00 Papier-mâché 1:00-3:00 Mah Jongg 1:15-2:30 Tai Chi 2:00-3:00</p>	<p>19</p> <p>Brain Games 10:00-11:00 French Beg 10:30-11:30 Water Color 11:30-12:30 Conv. French 11:45-12:45 Floor Yoga 12:45-1:45 Philosophy 1:00-2:00 Pencil & Ink 1:00-3:00 Embrace 1:30-2:30 Qi Gong 2:00-3:00 Care Partners 3:00-4:00</p>
<p>22</p> <p>Line Dance 10:00-11:00 Ceramic Hand Building 10:00-12:30 Int. Spanish 11:00-12:00 Adult Color 11:00-12:00 Rock and Roll 12:30-1:30 Chair Yoga 12:30-1:30 Team Trivia 12:30-1:30 Facebook 12:30-1:30 Ceramic Hand Building 1:30-4:00 Tai Chi 1:45-2:45 Callanetics® 2:45-3:45</p>	<p>23 <i>Hootenanny</i></p> <p>Bird Stroll 8:30-11:00 Bridge 10:00-12:00 Zumba 10:30-11:30 Drawing 10:30 - 12:00 Overwhelmed No More 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 Dance 2:00-3:00</p>	<p>24</p> <p>Line Dance 10:00-11:00 Beg. Spanish 11:00-12:00 Ageless Grace 12:00-1:00 Jewelry-Extra 12:00-4:00 Ethics 1:00-2:00 Resistance Bands 1:30-2:15 A Second Look at Astronomy 2:30-3:30</p>	<p>25 <i>The Places We Can Go!</i></p> <p>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 11:00-2:00 Let's Do Lunch 11:30 Worldanz 1:00-2:00 Papier-mâché 1:00-3:00 Mah Jongg 1:15-2:30 Tai Chi 2:00-3:00</p>	<p>26</p> <p>Brain Games 10:00-11:00 French Beg 10:30-11:30 Water Color 11:30-12:30 Conv. French 11:45-12:45 Floor Yoga 12:45-1:45 Philosophy 1:00-2:00 Pencil & Ink 1:00-3:00 Embrace 1:30-2:30 Qi Gong 2:00-3:00 Care Partners 3:00-4:00</p>
<p>29</p> <p>Line Dance 10:00-11:00 Ceramic Hand Building 10:00-12:30 Int. Spanish 11:00-12:00 Adult Color 11:00-12:00 Rock and Roll 12:30-1:30 Chair Yoga 12:30-1:30 Team Trivia 12:30-1:30 Facebook 12:30-1:30 Ceramic Hand Building 1:30-4:00 Tai Chi 1:45-2:45 Callanetics® 2:45-3:45</p>	<p>30 <i>Medicare 101</i></p> <p>Bird Stroll 8:30-11:00 Bridge 10:00-12:00 Zumba 10:30-11:30 Drawing 10:30 - 12:00 Overwhelmed No More 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 Dance 2:00-3:00</p>	<p>31</p> <p>Line Dance 10:00-11:00 Beg. Spanish 11:00-12:00 Ageless Grace 12:00-1:00 Jewelry-Extra 12:00-4:00 Ethics 1:00-2:00 Resistance Bands 1:30-2:15 A Second Look at Astronomy 2:30-3:30</p>	<p>July 2019 Activity Calendar Central DeKalb Senior Center Monday - Friday 9:00a.m. – 4:30p.m. 1346 McConnell Dr. Decatur, GA 30033 Phone: 770-492-5461</p>	