

July 2019 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. The Origins of Rock and Roll
 12:30p.m. - 1:30p.m. Chair Yoga - \$4 per class
 12:30p.m. - 1:30p.m. TEAM Trivia
 12:30p.m. - 1:30p.m. Computer Research - ends 7/8
 12:30p.m. - 1:30p.m. Facebook - begins 7/15
 1:30p.m. - 4:00p.m. Ceramic Hand Building - \$20 supply fee
 1:45p.m. - 2:45p.m. Tai Chi for Health
 2:45p.m. - 3:45p.m. Callanetics®

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 209 Carolyn White
 Room 209 James Simon
 Room 120 Rick Berman
 Room 212 Gayle Christian
 Room 124 Sandy Bramlett

Tuesday

8:30a.m. - 11:00a.m. Bird Stroll
 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. Overwhelmed No More! - Begins 7/9
 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

Great Room David Kuechenmeister
 Room 208 CDSC Seniors
 Room 124 Maria Earl
 Room 120 Isabel Patino
 Room 219 Jiffy Page
 Room 212 Sandy Bramlett
 Room 212 Zsa Zsa Robinson
 Room 120 Isabel Patino
 Room 212 Emmett Swint
 Room 124 Pat Korn

Wednesday

10:00a.m. - 11:00a.m. Line Dance
 11:00a.m. - 12:00p.m. Beginners Spanish
 12:00p.m. - 1:00p.m. Ageless Grace
 12:00p.m. - 4:00p.m. Jewelry - Extra - \$10 supply fee
 1:00p.m. - 2:00p.m. Ethics: Yesterday, Today and Tomorrow
 1:30p.m. - 2:15p.m. Resistance Bands
 2:30p.m. - 3:30p.m. A Second Look at Astronomy

Great Room Pat Korn
 Room 219 Maria Earl
 Great Room Sandy Bramlett
 Room 120 Gillian Gussack
 Room 219 Joel Peddle
 Room 124 Maria Earl
 Room 212 Bill Christian PhD

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. - 2:00p.m. One on One Pool with Dale
 1:00p.m. - 2:00p.m. WorldDanz!
 1:00p.m. - 2:00p.m. History & Nature at Mason Mill - 7/18
 1:00p.m. - 3:00p.m. Papier-Mâché
 1:15p.m. - 3:00p.m. Beginners Mah Jongg
 2:00p.m. - 3:00p.m. Tai Chi for Health

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

Friday

10:00a.m. - 11:00a.m. Brain Games
 10:30a.m. - 11:30a.m. Beginners French
 11:30a.m. - 12:30p.m. Watercolor
 11:45a.m. - 12:45p.m. Conversational French
 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
 1:30p.m. - 2:30p.m. Embrace Your Life
 2:00p.m. - 3:00p.m. Qi Gong
 3:00p.m. - 4:00p.m. Compassion for the Care Partner

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

New and Returning Classes

Overwhelmed No More!: Tuesdays, July 9-30, 2019, 11:00a.m.-12:00p.m. with Jiffy Page

Overwhelmed by all the family photos in boxes, in albums, in the attic, basement or under the bed? Feeling stuck or guilty? Have a personal or family story to tell? This 4-week course is made for you. Learn WHY saving and sharing family photos and stories is important, HOW to effectively save and share your photos and BE INSPIRED by doable ways to share your family's unique story through your photos and the stories they tell.

Introduction to Facebook: Mondays, July 15, - July 29, 2019, 12:30-1:30p.m. with James Simon

Learn how to create and update your profile, accept and send friend request and important safety and privacy settings for this popular social media platform.

Special Programs

Happy Birthday to You!: Monday, July 8th, 12:00p.m. - Jennifer Pritchett

Celebrate CDSC's July Birthdays with a song and cake! Sponsored by The Mansions.

Fourth of July Potluck: Monday, July 1st, 12:00p.m. - 1:30p.m. - CDSC & NORC

Join CDSC and NORC for our Annual Fourth of July Potluck featuring a LIVE performance by local acoustic and solo artist, Nick Morrett. Sign up to bring your favorite dish in the lobby.

An Exceptional Nation: Tuesday, July 2nd, 12:15p.m. - 1:00p.m. - Brandt Ross

Join us in celebrating America's 243rd Birthday with a commentary on our nation's history. Presented by Brant Ross, story teller and folk singer.

Hootenanny and Song Circle: Tuesdays, July 9th and 23rd, 12:00p.m. - 1:30p.m.

Guitars, banjos, harmonicas, a mandolin and MORE! Come out on the 2nd and 4th Tuesday of each month to play, sing and have a little fun with your friends at CDSC.

Heirloom Plants: Thursday July 11th, 12:15p.m. - 1:00p.m.

Join Sarah Smith Brodd, Master Gardener Coordinator with the UGA Coop Extension Office, as she talks about the unique traits and many benefits of heirloom plants.

4 Man String Band: Friday, July 12th, 12:00p.m. - 1:00p.m.

Enjoy the 4 Man String Band, seasoned veterans of the Atlanta music scene: George Eckard, John Miller, Charles Absher and Clark Brown. Join us for an afternoon of old favorites plus some originals.

Four Hazards of Aging in Place: Thursday, July 18th, 12:15p.m. - 1:00p.m. - Brandt Ross

Why not stay in the home you love and near the things you love. It sounds so simple and practical, right? Join Brandt Ross for this candid presentation to inform you on the hazards of aging in place.

History & Nature at Mason Mill Park: Thursday, July 18th, 1:00p.m. - 2:00p.m. - Jonah McDonald

Learn about the history and nature at Mason Mill. Jonah will share information about what's happening in the forest, as well as the history of this area, from pre-European civilizations, to early settlers, to the Civil War, to the old Decatur Waterworks, to now.

Oh, the Places We Can Go!: Thursday, July 25th, 12:15p.m. - 1:00p.m. - George Brown PhD.

Traveling is always exciting, no matter where you're going. Seeing the world offers you first-hand experiences you'll never forget. Join George Brown as he shares his travel experiences and information on top travel destinations.

Medicare Questions and Answers: Tuesday, July 30th, 12:15p.m. - 1:00p.m. - Keith Nabb

Keith Nabb, President of Affordable Medicare Solutions, will be at CDSC to share updates to Medicare and how to prepare for the upcoming open enrollment season.

Central DeKalb will be closed on Thursday, July 4, 2019 in observance of Independence Day.

Central DeKalb Senior Center

Monday – Friday, 9:00a.m. – 4:30p.m.

1346 McConnell Drive, Decatur, GA 30033

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