

March 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Central DeKalb Senior Center
 1346 McConnell Drive
 Monday – Friday,
 9:00a.m. – 4:30p.m.
 770-492-5461



1
 Brain Games 10:00-11:00
 French Beg 10:30-11:30
Bridge Beg. 10:30-11:45
 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
Walking 1:00-2:00
 Embrace 1:30-2:30
 Qi Gong 2:00-3:00
 Care Partners 3:00-4:00

4 Birthday Celebration
 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
 Chair Yoga 12:30-1:30
 Team Trivia 12:30-1:30
 Rock and Roll 12:30-1:30
 Ceramic Hand Building 1:30-4:00
Tai Chi 1:45-2:45
 Callanetics® 2:45-3:45

5 Mardi Gras
 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
Dance! 2:00-3:00

6
 Line Dance 10:00-11:00
Kennedy Assassination 10:30-11:30
 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

7 Homestead Tax
Boot Camp 10:00-10:50
 Bridge 10:00-12:00
 Mosaics 10:00-12:00
 Chair Yoga 11:00-12:00
Let's Do Lunch 11:30
 WorldDanz 1:00-2:00
 Papier-mâché 1:00-3:00
 Mah Jongg 1:15-2:30
Book Club 1:30-2:30
 Tai Chi 2:00-3:00

8
 Brain Games 10:00-11:00
 French Beg 10:30-11:30
Bridge Beg. 10:30-11:45
 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
Walking 1:00-2:00
 Embrace 1:30-2:30
 Qi Gong 2:00-3:00
 Care Partners 3:00-4:00

11
 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
 Chair Yoga 12:30-1:30
 Team Trivia 12:30-1:30
 Rock and Roll 12:30-1:30
 Ceramic Hand Building 1:30-4:00
Tai Chi 1:45-2:45
 Callanetics® 2:45-3:45

12 Hootenanny
 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
Dance! 2:00-3:00

13
 Line Dance 10:00-11:00
Kennedy Assassination 10:30-11:30
 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

14 Ask a Lawyer With Paul Black
Boot Camp 10:00-10:50
 Bridge 10:00-12:00
 Mosaics 10:00-12:00
 Chair Yoga 11:00-12:00
Let's Do Lunch 11:30
 WorldDanz 1:00-2:00
 Papier-mâché 1:00-3:00
 Mah Jongg 1:15-2:30
Tai Chi 2:00-3:00

15 Trip The Forum
 Brain Games 10:00-11:00
 French Beg 10:30-11:30
Bridge Beg. 10:30-11:45
 Water Color 11:30-12:30
 Conv. French 11:45-12:45
Drumming 12:00-1:00
 Floor Yoga 12:45-1:45
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18
 Line Dance 10:00-11:00
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Adult Color 11:00-12:00
 Chair Yoga 12:30-1:30
 Team Trivia 12:30-1:30
 Rock and Roll 12:30-1:30
 Ceramic Hand Building 1:30-4:00
Tai Chi 1:45-2:45
 Callanetics® 2:45-3:45

19 Sherry Boston
 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
Dance! 2:00-3:00

20
Line Dance 10:00-11:00
 Beg. Spanish 11:00-12:00
Grassroots Genealogy 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

21 Abigail Adams
Boot Camp 10:00-10:50
 Bridge 10:00-12:00
 Mosaics 10:00-12:00
 Chair Yoga 11:00-12:00
Let's Do Lunch 11:30
 WorldDanz 1:00-2:00
 Papier-mâché 1:00-3:00
 Mah Jongg 1:15-2:30
Tai Chi 2:00-3:00

22 Sky Pilot
 Brain Games 10:00-11:00
 French Beg 10:30-11:30
Bridge Beg. 10:30-11:45
 Water Color 11:30-12:30
 Conv. French 11:45-12:45
Drumming 12:00-1:00
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26 Hootenanny
 Bridge 10:00-12:00
 Zumba 10:30-11:30
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