



# March 2019 Activity Schedule



## Monday

10:00a.m. - 11:00a.m.	Line Dance	Room 212	Pat Korn
10:00a.m. - 12:30p.m.	Ceramic Hand Building - \$20 supply fee	Room 120	Rick Berman
11:00a.m. - 12:00p.m.	Intermediate Spanish	Room 219	Maria Earl
11:00a.m. - 12:00p.m.	Adult Coloring	Room 208	Marian Slater
12:30p.m. - 1:30p.m.	Chair Yoga - \$4 per class	Room 212	Mindi Sigmon
12:30p.m. - 1:30p.m.	TEAM Trivia	Room 208	CDSC Seniors
12:30p.m. - 1:30p.m.	Rock and Roll Part 1	Room 219	Tom Dell
1:30p.m. - 4:00p.m.	Ceramic Hand Building - \$20 supply fee	Room 120	Rick Berman
1:45p.m. - 2:45p.m.	Tai Chi for Health	Room 212	Gayle Christian
2:45p.m. - 3:45p.m.	Callanetics®	Room 124	Sandy Bramlett

## Tuesday

10:00a.m. - 12:00p.m.	Bridge	Room 219	CDSC Seniors
10:30a.m. - 11:30a.m.	Zumba Gold	Room 124	Maria Earl
10:30a.m. - 12:00p.m.	Drawing	Room 120	Isabel Patino
11:00a.m. - 12:00p.m.	Strength & Balance	Room 212	Sandy Bramlett
1:00p.m. - 1:50p.m.	Sit and Fit	Room 212	Zsa Zsa Robinson
1:00p.m. - 3:00p.m.	Acrylic Painting	Room 120	Isabel Patino
2:00p.m. - 3:00p.m.	Qi Gong	Room 212	Emmett Swint
2:00p.m. - 3:00p.m.	Dance, Dance, Dance!	Room 124	Pat Korn

## Wednesday

10:00a.m. - 11:00a.m.	Line Dance	Great Room	Pat Korn
10:30a.m. - 11:30a.m.	The Kennedy Assassination - Ends 3/13	Room 212	Sal DePasquale, CPP
11:00a.m. - 12:00p.m.	Beginners Spanish	Room 219	Maria Earl
11:00a.m. - 12:00p.m.	Grassroots Genealogy - Begins 3/20	Room 212	Chip Harrell
12:00p.m. - 1:00p.m.	Ageless Grace	Great Room	Sandy Bramlett
12:00p.m. - 4:00p.m.	Jewelry - Extra - \$10 supply fee	Room 120	Gillian Gussack
1:00p.m. - 2:00p.m.	Ethics: Yesterday, Today and Tomorrow	Room 219	Joel Peddle
1:30p.m. - 2:15p.m.	Resistance Bands	Room 124	Maria Earl
2:30p.m. - 3:30p.m.	A Second Look at Astronomy	Room 212	Bill Christian PhD

## Thursday

10:00a.m. - 10:50a.m.	Boot Camp 101	Great Room	Sandy Bramlett
10:00a.m. - 12:00p.m.	Bridge	Room 219	CDSC Seniors
10:00a.m. - 12:00p.m.	Mosaics	Room 120	Jill Brown
11:00a.m. - 12:00p.m.	Chair Yoga - \$4 per class	Room 124	Mindi Sigmon
1:00p.m. - 2:00p.m.	WorldDanz!	Room 124	Sandy Bramlett
1:00p.m. - 3:00p.m.	Papier-Mâché	Room 120	Jill Brown
1:15p.m. - 3:00p.m.	Beginners Mah Jongg	Room 219	Carole Feinberg
1:30p.m. - 2:30p.m.	CDSC Book Club - 3/7	Room 208	Myguail Chappell
2:00p.m. - 3:00p.m.	Tai Chi for Health	Room 124	Gayle Christian

## Friday

10:00a.m. - 11:00a.m.	Brain Games	Room 208	CDSC Seniors
10:30a.m. - 11:30a.m.	Beginners French	Room 219	Elizabeth Wilson
10:30a.m. - 11:45a.m.	Beginners Bridge	Room 217	Ted Daniel
11:30a.m. - 12:30p.m.	Watercolor	Room 120	Isabel Patino
11:45a.m. - 12:45p.m.	Conversational French	Room 219	Elizabeth Wilson
12:00p.m. - 1:00p.m.	The Art of Drumming - Begins 3/8	Great Room	Karen Newell
12:45p.m. - 1:45p.m.	Balance & Floor Stretch Yoga -\$4 per class	Room 212	Mindi Sigmon
1:00p.m. - 2:00p.m.	Masterpieces of Philosophy	Room 219	Joel Vaughn Peddle
1:00p.m. - 3:00p.m.	Pencil and Ink Drawing	Room 120	Isabel Patino
1:00p.m. - 2:00p.m.	Let's Take a Walk	Great Room	Gayle Christian
1:30p.m. - 2:30p.m.	Embrace Your Life...	Room 208	Jenny Barwick, LPC.
2:00p.m. - 3:00p.m.	Qi Gong	Room 212	Emmett Swint
3:00p.m. - 4:00p.m.	Compassion for the Care Partner	Room 208	Jenny Barwick, LPC.