

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



May 2019

Central DeKalb Senior Center
Monday – Friday, 9:00a.m. – 4:30p.m.
1346 McConnell Dr.
Decatur, GA 30033
Celebrating Older Americans Month

6 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
Improv 12:30-1:30
 Ceramic Hand Building 1:30-4:00
 Tai Chi 1:45-2:45
 Callanetics® 2:45-3:45

7 Heirloom Plants

Bird Stroll 9:30-11:00
 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

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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

9 Convo with a Cop

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
 WorldDanz 1:00-2:00
Papier-mâché 1:00-3:00
 Mah Jongg 1:15-2:30
 Tai Chi 2:00-3:00

10

Brain Games 10:00-11:00
Walking 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 Cancelled
 Qi Gong 2:00-3:00
 Care Partners Cancelled

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14 Hootenanny

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15

Line Dance 10:00-11:00
 Beg. Spanish 11:00-12:00
History of Slavery 10:30-11:30
 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

16 The Great Lawmen

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17

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20

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21 Sherry Boston, DA

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23 A Day of Strength & Balance

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CENTER CLOSED

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28 Hootenanny

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30 Pizza and a Movie

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