



Central DeKalb Senior Center Special Programs May 2019

Celebrating Older Americans Month



Let's Do Lunch: Every Tuesday and Thursday - 11:30a.m. - 1:00p.m.

Join us in the Great Room for a catered lunch on Tuesdays and Thursdays. Lunch is \$8.00, menus and sign-up sheet are available at the Front Desk.



Got Questions? We've Got Answers! Panel Discussion: Thursday, May 2nd 12:15p.m. - 1:00p.m.

Join us for an expert panel of Senior Service Professionals as they share their knowledge on elder law, senior finances, healthcare and more! *! : *Older Americans Month Special Event**



CDSC Book Club: Thursday, May 2nd, 1:30p.m. - 2:30p.m.

If you love to read, check out the CDSC Book Club. Join Myguail Chappell with DeKalb County Library System as he leads a discussion on this month's book selection, *Summer Rental* by Mary Kay Andrews and get your copy of next month's book, *Educated*, by Tara Westover.



CDSC Art Exhibit! : *Older Americans Month Special Event*

During the month of May, art created by CDSC members will be displayed around Central DeKalb. Please take time to admire the beautiful and unique work created in our Art Studio.



Happy Birthday to You!: Monday, May 6th, 12:00p.m. - 1:00p.m.

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



Heirloom Plants: Tuesday, May 7th, 12:15p.m. - 1:00p.m.

How experts define heirlooms may vary, but typically they are at least 50 years old and are often pre-WWII varieties. 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.



Conversation with a Cop: Thursday, May 9th, 12:15p.m. - 1:00p.m.

In order to better serve and protect citizens, DeKalb County Police Department, North Central Precinct is conducting on going Community Conversations with residents of the county.



Hootenanny and Song Circle: Tuesdays, May 14th and May 28th, 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.



Lawmen of the Old West: Thursday, May 16th, 12:15p.m. - 1:00p.m.

Who was the greatest lawman of the Old West? You may have heard the of Wild Bill Hickok, Bat Masterson and Pat Garrett, but few know about the lawman that had over 3,000 arrests in his 30 years in the "territory." Join Brandt Ross as he tells the stories of the men who fought against the wild and lawless Old West.



Sherry Boston, DeKalb County District Attorney: Tuesday, May 21st, 12:15p.m. - 1:00p.m.

Please join us in welcoming DeKalb County District Attorney, Sherry Boston to Central DeKalb Senior Center for a Community Discussion.



A Day of Strength and Balance: Thursday, May 23rd, 12:15p.m. - 1:00p.m.

Sandy Bramlett, Emmett Swint and Gayle Christian come together to present the benefits of Central DeKalb's mind-body fitness programs featuring Tai Chi, Qi Gong, Ageless Grace and Strength and the Balance classes. **Older Americans Month Special Event**



Coffee and Donuts: Friday, May 24th, 9:30a.m.

Join us in the Lobby for coffee and donuts on the 4th Friday of each month beginning at 9:30a.m. Provided by The Holbrook of Decatur.

Pizza and a Movie: Thursday, May 30th, 11:30a.m. - 1:00p.m.

Join us for Pizza and a Movie. Pizza will be served beginning at 11:30a.m. Movie begins at 12:00p.m.



Billiards - Ping Pong - Computer Lab - Exercise Room

There is always something for you to do at CDSC. We have two ping pong tables in the Great Room, three internet assessable computers in our Computer Lab, a full size pool table in the Billiards Room and an Exercise Room equipped with treadmills, bikes, free weights and more.



Central DeKalb will be closed on Monday, May 27th in observance of Memorial Day



Central DeKalb Senior Center

Monday - Friday, 9:00a.m. - 4:30p.m.

1346 McConnell Drive, Decatur, GA 30033

Phone: 770-492-5461

