



May 2019 Celebrating Older American's Month



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. Chair Yoga - \$4 per class
 12:30p.m. - 1:30p.m. TEAM Trivia
 12:30p.m. - 1:30p.m. Welcome to Improv
 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®

Tuesday

9:30a.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. 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

Wednesday

10:00a.m. - 11:00a.m. Line Dance
 11:00a.m. - 12:00p.m. Beginners Spanish
 10:30a.m. - 11:30a.m. History of Slavery
 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

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. Worldanz!
 1:00p.m. - 3:00p.m. Papier-Mâché
 1:15p.m. - 3:00p.m. Beginners Mah Jongg
 1:30p.m. - 2:30p.m. CDSC Book Club - May 2nd
 2:00p.m. - 3:00p.m. Tai Chi for Health

Friday

10:00a.m. - 11:00a.m. Brain Games
 10:00a.m. - 11:00a.m. Let's Take a Walk
 10:30a.m. - 11:30a.m. Beginners French
 11:30a.m. - 12:30p.m. Watercolor
 12:00p.m. - 1:00p.m. The Art of Drumming
 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 - May 3rd & 31st
 2:00p.m. - 3:00p.m. Qi Gong
 3:00p.m. - 4:00p.m. Compassion for the Care Partner May 3rd & 31st

Room 212 Pat Korn
 Room 120 Rick Berman
 Room 219 Maria Earl
 Room 217 Marian Slater
 Room 212 Mindi Sigmon
 Room 217 CDSC Seniors
 Room 124 Whitney Millsap
 Room 120 Rick Berman
 Room 212 Gayle Christian
 Room 124 Sandy Bramlett

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

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

Room 212 Sandy Bramlett
 Room 208 CDSC Seniors
 Room 120 Jill Brown
 Room 212 Mindi Sigmon
 Pool Room Dale Norman
 Room 124 Sandy Bramlett
 Room 120 Jill Brown
 Room 208 Carole Feinberg
 Room 217 Myguail Chappell
 Room 212 Gayle Christian

Room 217 CDSC Seniors
 Great Room Gayle Christian
 Room 219 Elizabeth Wilson
 Room 120 Isabel Patino
 Great Room Karen Newell
 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.