

September 2019 Activity Schedule

Celebrating National Senior Center 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. An Intro to Jewish Holidays - 9/9, 9/16, 9/23
 11:00a.m. - 12:00p.m. Intermediate Spanish
 11:00a.m. - 12:00p.m. Adult Coloring
 12:30p.m. - 1:30p.m. Fall Vegetable Gardening - 9/9
 12:30p.m. - 1:30p.m. The Origins of Rock and Roll
 12:30p.m. - 1:30p.m. Chair Yoga - \$4 per class
 12:30p.m. - 1:30p.m. TEAM Trivia
 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®

Room 212 Pat Korn
 Room 120 Rick Berman
 Great Room Fred Glusman
 Room 219 Maria Earl
 Room 217 Marian Slater
 Room 208 Tielke Baker
 Room 219 Tom Dell
 Room 212 Mindi Sigmon
 Room 217 CDSC Seniors
 Room 120 Rick Berman
 Room 212 Gayle Christian
 Room 124 Sandy Bramlett

Tuesday

8:30a.m. - 11:00a.m. Bird Stroll
 10:00a.m. - 11:00a.m. Photographing your Favorite Subjects - Begins 9/10
 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. Knitting - Begins 9/10
 11:00a.m. - 12:00p.m. Strength & Balance
 1:00p.m. - 1:50p.m. Sit and Fit
 1:00p.m. - 2:00p.m. Learn to Play the Ukulele - Begins 9/10
 1:00p.m. - 3:00p.m. Acrylic Painting
 2:00p.m. - 3:00p.m. Qi Gong
 2:00p.m. - 3:00p.m. Ballroom Dancing - No Class on 9/3

Great Room David Kuechenmeister
 Room 219 Steve Steinman
 Room 208 CDSC Seniors
 Room 124 Maria Earl
 Room 120 Isabel Patino
 Room 217 Joan Stone
 Room 212 Sandy Bramlett
 Room 212 Zsa Zsa Robinson
 Room 219 John Anderson
 Room 120 Isabel Patino
 Room 212 Emmett Swint
 Room 124 Pat Korn

Wednesday

10:00a.m. - 11:00a.m. Line Dance
 10:30a.m. - 12:00p.m. Martin Luther King Jr. - Begins 9/11
 11:00a.m. - 12:00p.m. Beginners Spanish - Ends 9/4, new class begins 9/11
 11:00a.m. - 12:00p.m. Back to Beginners Spanish - Begins 9/11
 12:00p.m. - 1:00p.m. Ageless Grace
 12:00p.m. - 4:00p.m. Jewelry - Extra - \$10 supply fee
 1:30p.m. - 2:15p.m. Resistance Bands
 2:30p.m. - 3:30p.m. A Second Look at Astronomy - Returns 9/11

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

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. - 3:00p.m. One on One Pool with Dale
 1:00p.m. - 2:00p.m. WorldDanz! - No Class on 9/26
 1:00p.m. - 3:00p.m. Papier-Mâché
 1:15p.m. - 2:00p.m. History & Nature at Mason Mill - 9/19
 1:15p.m. - 3:00p.m. Beginners Mah Jongg
 1:30p.m. - 2:30p.m. CDSC Book Club - 9/5: A Woman is No Man by Etaf Rum
 2:00p.m. - 3:00p.m. Tai Chi for Health

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
 Great Room Jonah McDonald
 Room 208 Carole Feinberg
 Room 217 MyGuail Chappell
 Room 212 Gayle Christian

Friday

10:00a.m. - 11:00a.m. Brain Games
 10:30a.m. - 11:30a.m. Beginners French
 11:30a.m. - 12:30p.m. Watercolor
 11:45a.m. - 12:45p.m. Conversational French
 12:00p.m. - 1:00p.m. The Art of Drumming - 9/6 & 9/13
 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
 1:00p.m. - 3:00p.m. Poker - Begins 9/6
 1:15p.m. - 2:30p.m. Embrace Your Life
 2:00p.m. - 3:00p.m. Qi Gong
 2:15p.m. - 3:15p.m. Ethics: Yesterday, Today and Tomorrow
 3:00p.m. - 4:00p.m. Compassion for the Care Partner

Room 217 CDSC Seniors
 Room 219 Elizabeth Wilson
 Room 120 Isabel Patino
 Room 219 Elizabeth Wilson
 Great Room Karen Newell
 Room 212 Mindi Sigmon
 Room 219 Joel Vaughn Peddle
 Room 120 Isabel Patino
 Room 208 CDSC
 Room 217 Jenny Barwick, LPC.
 Room 212 Emmett Swint
 Room 219 Joel Peddle
 Room 217 Jenny Barwick, LPC.