

Central DeKalb Senior Center Special Programs September 2019

LET'S DO LUNCH

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.



4 Hazards of Aging in Place, Part 2: Tuesday, September 3, 2019, 12:15p.m. - 1:00p.m.

Why not stay in the home you love? Near the things you love? It sounds so simple and practical, Right? Join Brandt Ross for part two in the Aging in Place series, as he shares his personal experience on the hazards of aging in place.



An Introduction to Fall Gardening: Thursday, September 5, 2019, 12:15p.m. - 1:00p.m.

Join Tielke Baker, Dekalb Master Gardener, for an introduction to his upcoming Fall Gardening Workshop, scheduled for Monday, September 9, 2019 at 12:30p.m.



CDSC Book Club: Thursday, September 5, 2019, 1:30p.m. - 2:30p.m. with Myguail Chappell

If you love to read, check out the CDSC Book Club. Join Myguail Chappell with the DeKalb County Library System on Thursday, September 5th as he leads a discussion on, *A Woman Is No Man* by Etaf Rum and get your copy of next month's book, *The Man Who Mistook His Wife For A Hat* by Oliver Sacks.



Hootenanny and Song Circle: Tuesdays, September 10 and 24, 2019, 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.



The Dust Bowl: Thursday, September 12, 2019, 12:15p.m. - 1:00p.m.

A morality tale about our relationship to the land that sustains us. The Dust Bowl was the worst man-made ecological disaster in American history. Join Brandt Ross, as he shares the stories of incredible human suffering and equally incredible human perseverance.



Climate Change: Tuesday, September 17, 2019, 12:15p.m. - 1:00p.m. with Chip Harrell

The effects of climate change are happening now. Things that we depend upon and value: water, energy, wildlife, ecosystems, and human health are experiencing the effects of a changing climate. Learn ways to lessen this impact.



Falls Prevention: Thursday, September 19, 2019, 12:15p.m. - 1:00p.m. with Sandy Bramlett

Learn strategies for staying strong, active, and independent. Join Sandy Bramlett and learn how the BODY and BRAIN help with Balance & Fall Prevention. Get the FACTS about falls, and what to do if you fall.



History & Nature at Mason Mill Park: Thursday, September 19, 2019, 1:15p.m. - 2:00p.m.

Learn about the history and nature of Mason Mill. Jonah will share information about what's happening in the forest, and the history of the area, from the early settlers, through the Civil War, to the old Decatur Waterworks, to the present.



Thursday, September 26, 2019, 12:15p.m. - 1:00p.m.

An Emory –DeKalb Healthcare Professional will present a Doc Talk at Central DeKalb. Topic will be announced at a later date,

Central DeKalb will be closed Monday, September 2, 2019 in observance of Labor Day.

Central DeKalb Senior Center
Monday – Friday, 9:00a.m. – 4:30p.m.
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Phone: 770-492-5461