



March 2020 Activity Schedule

Monday

10:00a.m. - 11:00a.m.
 10:00a.m. - 12:30p.m.
 11:00a.m. - 12:00p.m.
 11:00a.m. - 12:00p.m.
 11:30a.m. - 12:30p.m.
 12:30p.m. - 1:30p.m.
 12:30p.m. - 1:30p.m.
 12:30p.m. - 1:30p.m.
 1:30p.m. - 4:00p.m.
 1:45p.m. - 2:45p.m.
 1:45p.m. - 3:00p.m.
 2:45p.m. - 3:45p.m.

Line Dance
 Ceramic Hand Building - \$20 supply fee
 Intermediate Spanish
 Adult Coloring
 Welcome to Improv - Begins March 9th
 Women of Blues and Rock -
 No class on March 9th and 16th
 Chair Yoga - \$4 per class
 TEAM Trivia
 Ceramic Hand Building - \$20 supply fee
 Tai Chi for Health
 Women in Science - Begins March 23rd
 Callanetics® @ the Barre

Great Room Pat Korn
 Room 120 Rick Berman
 Room 219 Maria Earl
 Room 217 Marian Slater
 Room124 Whittney Millsap
 Room 212 Tom Dell
 Great Room Mindi Sigmon
 Room 217 CDSC Seniors
 Room 120 Rick Berman
 Great Room Gayle Christian
 Room 212 Jill Parks
 Room 124 Sandy Bramlett

Tuesday

8:30a.m. - 11:30a.m.
 10:00a.m. - 12:00p.m.
 10:30a.m. - 11:30a.m.
 10:30a.m. - 12:00p.m.
 11:00a.m. - 12:00p.m.
 11:00a.m. - 12:00p.m.
 11:00a.m. - 12:00p.m.
 1:00p.m. - 1:50p.m.
 1:15p.m. - 2:15p.m.
 1:00p.m. - 3:00p.m.
 2:00p.m. - 3:00p.m.
 2:00p.m. - 3:00p.m.

Bird Stroll
 Bridge
 Zumba Gold
 Drawing
 Overwhelmed No More! - Ends March 3rd
 Knitting
 Strength & Balance
 Sit and Fit
 Psychology of Propaganda - Begins March 24th
 Acrylic Painting
 Qi Gong
 Ballroom Dancing

Great Room David Kuechenmeister
 Room 208 CDSC Seniors
 Room 124 Maria Earl
 Room 120 Isabel Patino
 Room 219 Jiffy Page
 Room 217 Joan Stone
 Room 212 Sandy Bramlett
 Room 212 Zsa Zsa Robinson
 Great Room Elizabeth Deschenes
 Room 120 Isabel Patino
 Room 212 Emmett Swint
 Room 124 Pat Korn

Wednesday

10:00a.m. - 11:00a.m.
 10:00a.m. - 12:00p.m.
 11:00a.m. - 12:00p.m.
 12:00p.m. - 1:00p.m.
 12:00p.m. - 4:00p.m.
 1:00p.m. - 2:00p.m.
 1:00p.m. - 2:15p.m.
 1:00p.m. - 3:00p.m.
 1:30p.m. - 2:15p.m.
 2:30p.m. - 3:30p.m.

Line Dance
 Beginners Ceramic Hand Building - \$20 supply fee
 Beginners Spanish
 Ageless Grace Body and Brain Fitness
 Jewelry - Extra - \$10 supply fee
 "From the Hiddenness of Purim
 to the Openness of Passover" - March 11th
 The ERA Makes a Comeback - March 18th
 Encaustic Wax Collage Workshop
 Resistance Bands
 Insight into Modern Science

Great Room Pat Korn
 Room 120 Rick Berman
 Room 212 Maria Earl
 Great Room Sandy Bramlett
 Room 217 Gillian Gussack
 Room 212 Fred Glucksman
 Room 212 George de Man
 Room 120 Jill Brown
 Room 124 Maria Earl
 Room 212 Bill Christian PhD

Thursday

10:00a.m. - 10:50a.m.
 10:00a.m. - 12:00p.m.
 10:00a.m. - 12:00p.m.
 11:00a.m. - 12:00p.m.
 11:00a.m. - 3:00p.m.
 1:00p.m. - 2:00p.m.
 1:00p.m. - 3:00p.m.
 1:15p.m. - 2:15p.m.
 1:15p.m. - 3:00p.m.
 1:30p.m. - 2:30p.m.
 2:00p.m. - 3:00p.m.

Boot Camp 101
 Bridge
 Mosaics
 Chair Yoga - \$4 per class
 One on One Pool with Dale
 Worldanz!
 Encaustic Wax Collage Workshop
 History & Nature at Mason Mill - March 19th
 Mah Jongg (All Levels)
 CDSC Book Club - March 5th
 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 212 Sandy Bramlett
 Room 120 Jill Brown
 Great Room Jonah McDonald
 Room 208 Carole Feinberg
 Room 217 MyGuail Chappel
 Room 212 Gayle Christian

Friday

10:00a.m. - 11:00a.m.
 10:00a.m. - 11:00a.m.
 10:00a.m. - 11:00a.m.
 10:30a.m. - 11:30a.m.
 11:30a.m. - 12:30p.m.
 11:45a.m. - 12:45p.m.
 12:00p.m. - 1:00p.m.
 12:00p.m. - 1:00p.m.
 12:45p.m. - 1:45p.m.
 1:00p.m. - 2:00p.m.
 1:00p.m. - 3:00p.m.
 1:15p.m. - 2:30p.m.
 2:00p.m. - 3:00p.m.
 2:15p.m. - 3:15p.m.
 3:00p.m. - 4:00p.m.

Brain Games
 Let's Take a Walk
 Beginner's Ukulele
 Beginners French
 Watercolor
 Conversational French
 The Art of Drumming - March 27th
 Journey through Grief - March 6th
 Balance & Floor Stretch Yoga - \$4 per class
 Masterpieces of Philosophy
 Pencil and Ink Drawing
 Embrace Your Life
 Qi Gong
 Ethics: Yesterday, Today and Tomorrow
 Compassion for the Care Partner

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

New and Returning Classes

Welcome to Improv - Mondays, March 9 - April 13, 2020 11:30a.m. - 12:30p.m. with Whitney Millsap
Looking to laugh, discover and create? Join us for this 6-week introductory class about improvisational comedy. This class will offer you skills in: listening, focus and being present, all in a supportive creative environment.

“From the Hiddenness of Purim to the Openness of Passover” Wednesday, March 11, 2020 1:00p.m. - 2:00p.m.
with Fred Glucksman

Learn about the traditions and history that surround the upcoming Jewish holidays, Purim and Passover.

Women in Science - Mondays, March 23 - April 6, 2020 1:45p.m. - 3:00p.m. with Jill Parks

Women have always been working alone or with men in the sciences. Perspective has changed and proper recognition finally brought about. The class will be built around books like, *50 Famous Women of Science*, biographies and autobiographies.

The Psychology of Propaganda - Tuesdays, March 24 - April 14, 2020 1:15p.m. - 2:15p.m. with Elizabeth Deschenes

This course is an exciting look at provocative propaganda, past and present used in the United States and globally. This 4-week course will cover the basics of propaganda, so you can identify it in the future; the history of propaganda and the use of it in politics and advertising; and the psychological aspects of propaganda, looking at it from a psychodynamic and humanistic psychological philosophy.

The ERA Makes a Comeback - Wednesday, March 18, 2020 1:00p.m. - 2:15p.m. with George de Man

Can Women Prevail This Time? The Equal Rights Amendment first proposed in 1923, was finally adopted by the House in 1971 with an extended ratification deadline of 1982. Now, Virginia has become the necessary 38th state to ratify. The question is: will the expiration date be upheld or extended? Join George de Man as he discussed the events surrounding the ERA.

Shuttle Trips

CDSC Breakfast Club: Monday, March 9, 2020 10:00a.m. - 12:00p.m.

Join the CDSC Breakfast Club for good food and fun on the 2nd Monday of each month. This month's get together will be held at Highland Bakery, located at 319 Ponce de Leon Avenue in Decatur. Please sign up in the lobby.

Cooke Noontime Concert: Friday, March 20, 2020 11:00a.m. - 2:00p.m.

Margeaux Maloney on violin and Charae Krueger on cello; join William Ransom on piano for Beethoven's Violin Sonata No.4 and Cello Sonata No.1. Space is limited. Please sign up in the lobby.

Special Programs

Conversation with Sheriff Melody Maddox: Tuesday, March 3, 2020 12:15p.m. - 1:00p.m.

Please join us in welcoming our Sheriff Melody Maddox to CDSC for a community conversation.

A Conversation with Commissioner Kathie Gannon: Thursday, March 5, 2020 12:15p.m. - 1:00p.m.

Please join us in welcoming Commissioner Kathie Gannon to CDSC for a community conversation.

CDSC Book Club: Thursday, March 5, 2020 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 on March 5th, as he leads a discussion on the February Book Club selection *The Island of Sea Women* by Lisa Sea, and get your copy of this month's book, *Sapiens by A Brief History of Humankind* by Yuval Noah Harari.

Hootenanny and Song Circle: Tuesdays, March 10 and 24, 2020 12:00p.m. - 1:30p.m.

Guitars, banjos, harmonicas, a mandolin and MORE! Come out to play, sing and have some FUN with your friends at CDSC on the 2nd and 4th Tuesday of each month.

Panel Discussion: Thursday, March 12, 2020 12:15p.m. - 1:00p.m.

Do You Have Questions or Concerns about Advocacy, Financial or Legal Issues? Join local experts in the advocacy, financial and legal services for elders for this unique panel discussion.

Special Presentation with Sal DePasquale: Tuesday, March 17, 2020 12:15p.m. - 1:00p.m.

Sal DePasquale presents a special lunch time presentation.

Women of Valor: Thursday, March 19, 2020 12:15p.m. - 1:00p.m.

In honor of Women's History Month, Brandt Ross recognizes and highlights the lives and accomplishments of several women trailblazers.

What's New in The Forrest? Mason Mill Ecology and History: Thursday, March 19, 2020 1:15p.m. - 2:15p.m.

Each month, Ranger Jonah joins us for an update about the 120-acre forest here at Mason Mill. He will bring new stories, photos and sometimes edible plants! Come learn from our local Park Ranger about what's happening in the forest, and the history of this area, as he inspire and educate us.

Doc Talk: Thursday, March 26, 2020 12:15p.m. - 1:00p.m.

Emory-DeKalb Medical will present their quarterly Doc Talk for CDSC this month. Topic TBA.

DeKalb Symphony Orchestra: Tuesday, March 31, 2020 12:15p.m. - 1:00p.m.

Enjoy an afternoon of music performed by musicians with the DeKalb Symphony Orchestra.

Central DeKalb Senior Center
Monday - Friday, 9:00a.m. - 4:30p.m.
1346 McConnell Drive, Decatur, GA 30033
Phone: 770-492-5461



<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
2 Line Dance 10:00-11:00 Pottery 10:00-12:30 Int. Spanish 11:00-12:00 Adult Color 11:00-12:00 Women of Blues & Rock 12:30-1:30 Chair Yoga 12:30-1:30 Team Trivia 12:30-1:30 Pottery 1:30-4:00 Tai Chi 1:45-2:45 Callanetics at the Barre® 2:45-3:45	3 <i>Sheriff Melody Maddox</i> Bird Stroll 8:30-11:30 Bridge 10:00-12:00 Zumba 10:30-11:30 Drawing 10:30 - 12:00 Knitting 11:00-12:00 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 2:00-3:00	4 Line Dance 10:00-11:00 Pottery for Beginners 10:00 - 12:00 Beg Spanish 11:00-12:00 Ageless Grace 12:00-1:00 Jewelry-Extra 12:00-4:00 Encaustic Wax Collage 1:00-3:00 Resistance Bands 1:30-2:15 Modern Science 2:30-3:30	5 <i>Commissioner Kathie Gannon</i> 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 11:00-3:00 Let's Do Lunch 11:30 Worldanz 1:00-2:00 Book Club 1:30-2:30 Mah Jongg 1:15-2:30 Tai Chi 2:00-3:00	6 Brain Games 10:00-11:00 Walking 10:00-11:00 French Beg 10:30-11:30 Ukulele 10:00-11:00 Water Color 11:30-12:30 Conv French 11:45-12:45 Grief Support 12:00-1:00 Floor Yoga 12:45-1:45 Philosophy 1:00-2:00 Pencil & Ink 1:00-3:00 Embrace 1:15-2:30 Qi Gong 2:00-3:00 Ethics 2:15-3:15 Care Partners 3:00-4:00
9 <i>CDSC Breakfast Club</i> Line Dance 10:00-11:00 Pottery 10:00-12:30 Int. Spanish 11:00-12:00 Adult Color 11:00-12:00 Improv 11:30-12:30 Women of Blues & Rock Cancelled Today Chair Yoga 12:30-1:30 Team Trivia 12:30-1:30 Pottery 1:30-4:00 Tai Chi 1:45-2:45 Callanetics at the Barre® 2:45-3:45	10 <i>Hootenanny</i> Bird Stroll 8:30-11:30 Bridge 10:00-12:00 Zumba 10:30-11:30 Drawing 10:30 - 12:00 Knitting 11:00-12:00 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 2:00-3:00	11 Line Dance 10:00-11:00 Pottery for Beginners 10:00 - 12:00 Beg Spanish 11:00-12:00 Ageless Grace 12:00-1:00 Jewelry 12:00-4:00 Jewish Holidays 1:00-2:00 Encaustic Wax Collage 1:00-3:00 Resistance Bands 1:30-2:15 Modern Science 2:30-3:30	12 <i>Panel Discussion</i> 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 11:00-3:00 Let's Do Lunch 11:30 Worldanz 1:00-2:00 Mah Jongg 1:15-2:30 Tai Chi 2:00-3:00	13 Brain Games 10:00-11:00 Walking 10:00-11:00 French Beg 10:30-11:30 Ukulele 10:00-11:00 Water Color 11:30-12:30 Conv French 11:45-12:00 Floor Yoga 12:45-1:45 Philosophy 1:00-2:00 Pencil & Ink 1:00-3:00 Embrace 1:15-2:30 Qi Gong 2:00-3:00 Ethics 2:15-3:15 Care Partners 3:00-4:00
16 Line Dance 10:00-11:00 Pottery 10:00-12:30 Int. Spanish 11:00-12:00 Adult Color 11:00-12:00 Improv 11:30-12:30 Women of Blues & Rock Cancelled Today Chair Yoga 12:30-1:30 Team Trivia 12:30-1:30 Pottery 1:30-4:00 Tai Chi 1:45-2:45 Callanetics at the Barre® 2:45-3:45	17 <i>Sal DePasquale</i> Bird Stroll 8:30-11:30 Bridge 10:00-12:00 Zumba 10:30-11:30 Drawing 10:30 - 12:00 Knitting 11:00-12:00 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 2:00-3:00	18 Line Dance 10:00-11:00 Pottery for Beginners 10:00 - 12:00 Beg Spanish 11:00-12:00 Ageless Grace 12:00-1:00 Jewelry 12:00-4:00 ERA Make a Comeback 1:00-2:15 Encaustic Wax Collage 1:00-3:00 Resistance Bands 1:30-2:15 Modern Science 2:30-3:30	19 <i>Women of Valor</i> 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 11:00-3:00 Let's Do Lunch 11:30 Worldanz 1:00-2:00 Mason Mill Naturalist 1:15-2:15 Mah Jongg 1:15-2:30 Tai Chi 2:00-3:00	20 <i>"Beethoven 2020" Trip</i> Brain Games 10:00-11:00 Walking 10:00-11:00 French Beg 10:30-11:30 Ukulele 10:00-11:00 Water Color 11:30-12:30 Conv French 11:45-12:00 Floor Yoga 12:45-1:45 Philosophy 1:00-2:00 Pencil & Ink 1:00-3:00 Embrace 1:15-2:30 Qi Gong 2:00-3:00 Ethics 2:15-3:15 Care Partners 3:00-4:00
23 Line Dance 10:00-11:00 Pottery 10:00-12:30 Int. Spanish 11:00-12:00 Adult Color 11:00-12:00 Improv 11:30-12:30 Women of Blues & Rock 12:30-1:30 Chair Yoga 12:30-1:30 Team Trivia 12:30-1:30 Women in Science 1:45-3:00 Pottery 1:30-4:00 Tai Chi 1:45-2:45 Callanetics at the Barre®	24 <i>Hootenanny</i> Bird Stroll 8:30-11:30 Bridge 10:00-12:00 Zumba 10:30-11:30 Drawing 10:30 - 12:00 Knitting 11:00-12:00 Strength & Balance 11:00-12:00 Let's Do Lunch 11:30 Sit and Fit 1:00-1:50 Propaganda 1:15-2:15 Acrylic 1:00-3:00 Qi Gong 2:00-3:00 Ballroom 2:00-3:00	25 Line Dance 10:00-11:00 Pottery for Beginners 10:00 - 12:00 Beg Spanish 11:00-12:00 Ageless Grace 12:00-1:00 Jewelry-Extra 12:00-4:00 Encaustic Wax Collage 1:00-3:00 Resistance Bands 1:30-2:15 Modern Science 2:30-3:30	26 <i>Doc Talk with Emory-DeKalb</i> 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 11:00-3:00 Let's Do Lunch 11:30 Worldanz 1:00-2:00 Mah Jongg 1:15-2:30 Tai Chi 2:00-3:00	27 Brain Games 10:00-11:00 Walking 10:00-11:00 French Beg 10:30-11:30 Ukulele 10:00-11:00 Water Color 11:30-12:30 Conv French 11:45-12:00 Drumming 12:00-1:00 Floor Yoga 12:45-1:45 Philosophy 1:00-2:00 Pencil & Ink 1:00-3:00 Embrace 1:15-2:30 Qi Gong 2:00-3:00 Ethics 2:15-3:15 Care Partners 3:00-4:00
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Central DeKalb Senior Center Special Programs and Shuttle Trips March 2020



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.

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