

May 2016 Activity Schedule



Central DeKalb Senior Center
1346 McConnell Drive Decatur, GA 30033



Monday

10:00-11:00	Line Dancing	Room 124	Ananda
11:00-12:00	Intermediate Spanish	Room 212	Laura Nieto
12:15 – 1:15	IPad/IPhone	*Class begins Monday, May 16th	Room 208 Anne Borden PhD.
12:30-1:30	Gentle Yoga	Room 124	Ananda \$5/class
1:30-2:30	Tai Chi for Arthritis	Room 212	Gayle Christian

Tuesday

10:00-12:00	Bridge	Room 219	CDSC Seniors
10:30-11:30	Zumba Gold	Room 124	Marie Earl
12:00-1:30	Hootenanny!	Lobby Area	May 10th & May 24th
1:00-1:50	Sit and Fit	Room 212	Zsa Zsa Robinson
2:30-3:30	Let's Dance, Dance!	Room 124	Pat Korn
1:00-3:00	Play Pool	Room 210	Guided play w/Dale

Wednesday

10:00-11:00	Line Dancing	Room 124	Ananda
10:00-12:00	Hearts	Room 219	CDSC Seniors
11:00 – 12:00	Beginners Spanish	Room 212	Laura Nieto
12:00-1:00	Ageless Grace	Room 124	Sandy Bramlett
1:00-3:00	Play Pool	Room 210	Guided play w/Dale
1:00-3:00	Card Games	Room 219	CDSC Seniors
1:00- 4:00	Jewelry Creations	Room 120	Gillian \$10 monthly

Thursday

10:00-12:00	Bridge	Room 219	CDSC Seniors
11:00-2:00	One on One Pool	Room 210	Dale
11:00-12:00	Gentle Yoga	Room 124	Ananda *\$5/class
1:00-2:00	Worldanz!	Room 124	Sandy Bramlett
1:30-2:45	CDSC Book Club	Room 217	*May 12th
2:00-3:00	Tai Chi for Arthritis	Room 212	Gayle Christian
1:00- 4:00	Clay! And Open Studio	Room 120	Gillian\$10 monthly

Friday

10:00-11:00	Brain Games	Room 217	CDSC Seniors
11:00-12:00	French 101	*Class begins Friday, May 20th	Room 212 Elizabeth Wilson
12:30-1:30	Gentle Floor Stretch Yoga	Room 124	Ananda \$5/class
1:00-2:00	Beginner Bridge	*Class begins Friday, May 6th	Room 219 Barbara McLaurin
12:00-1:00	Needles, Hooks and Yarn	Room 120	Gillian Gussack
1:30-3:30	Painting 101	Room 120	Gillian\$10 monthly

**** PING PONG TABLES are OPEN for PLAY in the Great Room ****

NEW CLASSES BEGINNING IN MAY

Beginner BridgeIPad/IPhone***French 101***

Beginner Bridge Fridays 1:00pm – 2:00pm Room 219

Interested in learning the basics of Bridge? Barbara McLaurin will be teaching a 4 week session on the fundamentals of Bridge beginning Friday, May 6th at 1:00pm. Sign up in the lobby.

IPad/IPhone Mondays 12:15 – 1:15pm Room 208

Anne Borden will begin a new Ipad/IPhone class on Monday, May 16th. Anne will cover everything you need to know to get you started using your device. Class will end on June 6th.

French 101 Fridays 11:00am – 12:00pm Room 212

Elizabeth Wilson is back to teach another French class. Come experience French culture and all things French. Class will begin Friday, May 20th.

May Special Events

“Let’s Do Lunch” - Every Tuesday and Thursday 11:30am—1:00pm

Come join us for a catered lunch every Tuesday and Thursday. Lunch is \$7.00 per person. Please sign up in advance at the front desk, or call 770-492-5461.

Hootenanny and Song Circle Tuesday May 10th and May 24th 12:00 – 1:30 p.m.

May Book Club Meeting Thursday, May 12th 1:30 – 2:45 p.m.

Nutrition Discussion: Food Safety Tuesday, May 17th 10:00 –11:00 a.m.

Jessica Hill with the DeKalb County Extension Services will be at the center to lead a discussion on Food Safety tips for Older Adults.

DeKalb Medical Lunch and Learn Tuesday, May 17th 12:30 - 1:00 p.m.

“80 is the NEW 60: Preemptive Pearls for Savvy Seniors” Thursday, May 19th 12:30 p.m.

Life is lived to its fullest when the pieces of the wellness puzzle come together. Join us for this fun and unique panel discussion on strategies to make the most of these years.

Special Presentation: “American Heroes” Thursday, May 26th 12:00 p.m.

Join us in honoring our fallen heroes as Sid Stein along with veterans from WWII and the Korean War share amazing stories, share artifacts, postcards and memorabilia from the war eras.

Memorial Day Cook Out and Potluck Friday, May 27th 11:00 a.m.

Mason Mill Park Large Pavilion

Please join CDSC and NORC, our good neighbor for a Picnic, Potluck, and Cookout to celebrate Memorial Day! CDSC will furnish the napkins, plates, and cups, NORC will furnish Kosher Hot Dogs! You are invited to bring your favorite dish. Please RSVP to Victoria by May 20th.

DeKalb Reimbursement Vouchers for the Elderly (DRiVE) Wednesdays * 1:30pm – 3:30pm

Every Wednesday, Erica Wheeler of the Office of Senior Affairs will be at CDSC providing information on DeKalb Reimbursement Vouchers for the Elderly (DRiVE).

Central DeKalb Senior Center – Monday – Friday, 9:00am – 4:00pm

For Active, Independent DeKalb County Residents age 62 plus 1346 McConnell Drive, Decatur, GA 30033 Phone: 770-492-5461

For more information on programs, contact Victoria Kingsland at 770-492-5462 or Valerie Campbell at 770-492-5465.