

January 2017 Activity Schedule



Central DeKalb Senior Center
1346 McConnell Drive Decatur, GA 30033

Monday

10:00a.m. - 11:00a.m. Line Dancing
11:00a.m. - 12:00p.m. **Intermediate Spanish**
12:30p.m. - 1:30p.m. Gentle Yoga
1:00p.m. - 2:00p.m. Crochet
1:30p.m. - 2:30p.m. **Tai Chi for Arthritis**
2:45p.m. - 3:45p.m. Callanetics®

Tuesday

9:30a.m. - 11:30a.m. Bird Stroll
10:00a.m. - 12:00p.m. Bridge
10:30a.m. - 11:30a.m. **Zumba Gold**
12:00p.m. - 1:30p.m. **Hootenanny!**
1:00p.m. - 1:50p.m. Sit and Fit
2:00p.m. - 3:00p.m. **Chess: Learn to Play or Come to Play 1st & 3rd Tuesday** Pat DelVisco
2:30p.m. - 3:30p.m. Dance, Dance, Dance!

Wednesday

10:00a.m. - 11:00a.m. Line Dancing
10:00a.m. - 11:00a.m. **iPhone/iPad Advanced**
10:00a.m. - 12:00p.m. Hearts
11:00a.m. - 12:00p.m. Beginners Spanish
12:00p.m. - 1:00p.m. **Ageless Grace**
1:00p.m. - 3:00p.m. Play Pool
1:00p.m. - 4:00p.m. Jewelry Creations
1:30p.m. - 2:15p.m. Resistance Bands

Thursday

10:00a.m. - 11:00a.m. Callanetics®
10:00a.m. - 12:00p.m. Bridge
11:00a.m. - 12:00p.m. Gentle Yoga
11:00a.m. - 2:00p.m. One on One Pool
1:00p.m. - 2:00p.m. WorldDanz!
1:00p.m. - 3:00p.m. **Dominoes**
1:00p.m. - 4:00p.m. Clay... & Open Studio
1:30p.m. - 2:45p.m. **Book Club: Empty Mansions**
2:00p.m. - 3:00p.m. Tai Chi for Arthritis

Friday

10:00a.m. - 11:00a.m. Brain Games
10:00a.m. - 12:00p.m. Euchre
11:00a.m. - 12:00p.m. **French 101**
11:30a.m. - 12:30p.m. Adult Coloring
12:30p.m. - 1:30p.m. Floor Stretch Yoga
1:30p.m. - 3:30p.m. Painting & Drawing

Room 124 CDSC Seniors
Room 212 Laura Nieto
Room 124 Ananda \$5 per class
Room 120 Gillian Gussack
Room 212 Gayle Christian
Room 212 Sandy Bramlett

Great Room David Kuechenmeister
Room 219 CDSC Seniors
Room 124 Maria Earl
Lobby January 10th and 24th
Room 212 Zsa Zsa Robinson
Room 124 Pat Korn

Room 124 CDSC Seniors
STARTS 1/11 Anne Borden PhD.
Room 219 CDSC Seniors
Room 212 Laura Nieto
Room 124 Sandy Bramlett
Room 210 Guided play w/Dale
Room 120 Gillian \$10 monthly fee
Room 124 Maria Earl

Room 212 Sandy Bramlett
Room 219 CDSC Seniors
Room 124 Ananda \$5per class
Room 210 Dale
Room 124 Sandy Bramlett
Lobby CDSC Seniors
Room 120 Gillian \$10 monthly fee
Room 217 Thursday, January 5th
Room 212 Gayle Christian

Room 217 CDSC Seniors
Room 219 CDSC Seniors
Room 212 Elizabeth Wilson
Room 120 Gillian Gussack
Room 124 Ananda \$5 per class
Room 120 Gillian Gussack