

# DeKalb-Atlanta Senior Center    **OCTOBER 2016**    **404-370-7297**

Debra Banks, Center Manager @ 404-353-6084    Carmelita Durden, Asst. Mgr 404-451- 3568    Owl Transportation @ 404-373-9140

Monday	Tuesday	Wednesday	Thursday	Friday
3.	4.	5.	6.	7.
9:00-Social Hour 9:00 Crocheting Class <b>9:30 DIABETES SELF-MANAGEMENT CLASS</b> <b>10:30-Line Dancing w / Jan – Exercise Room</b> 12:00-Lunch/Announcements 1:00 Table and Board Games	9:00 Social Hour 10:00 Computer Lab Open <b>10:00 Body Toning w/Gideon</b> <b>10:00 TAI CHI w/St. James</b> <b>11:00 SITE COUNCIL ADVISORY BOARD MTG</b> <b>11:00 Darryl Blackwell -OSA</b> 12:00 Lunch /Announcements 1:00 Games/Wii Bowling	9:00 Social Hour 10:00 Computer Lab Open <b>9:15 STARS &amp; STRIKES</b> <b>10:00 Body Toning w/ Gideon</b> 12:00 Lunch/Announcements 1:00 Wii Bowling/Table Games	9:00 Social Hour 9:00-Social Work/Brenda (VNHS) 10:00 Inspirational Dance Group <b>10:00 Computer Class (BEG)</b> <b>11:00 Computer Class /INT/AD</b> <b>11:00 Chair Aerobics w/RaeRae</b> 12:00 Lunch/Announcements <b>1:00-BINGO</b>	9:00 Social Hour <b>9:00 GEORGIA AQUARIUM</b> 10:00 Computer Lab Open <b>10:00 BRAIN GAME</b> <b>11:00 Exercisingw/Gideon</b> 12:00Lunch/Announcement 1:00 Wii Bowling/Table Games
10.	11.	12.	13.	14.
9:00-Social Hour 9:00 Crocheting Class <b>10:30-Line Dancing w / Jan – Exercise Room</b> 12:00-Lunch/Announcements 1:00 Table and Board Games	9:00 Social Hour 10:00 Computer Lab Open <b>9:15 TRIP: YMCA</b> <b>10:00 Body Toning w/Gideon</b> <b>10:00 TAI CHI w/Warren St. James</b> <b>11:00 SITE COUNCIL MTG</b> 12:00 Lunch /Announcements 1:00 Games/Wii Bowling	9:00 Social Hour <b>9:30 South DeKalb Senior Center Celebration</b> <b>10:00 WII Bowling Session</b> <b>10:00 Body Toning w/ Gideon</b> <b>11:00 HEALTHTALK</b> 12:00 Lunch/Announcements 1:00 Wii Bowling/Table Games	9:00 Social Hour 9:00-Social Work/Brenda (VNHS) <b>9:15 DEKALB FARMER’S MARKET</b> 10:00 Inspirational Dance Group <b>10:00 Computer Class (BEG)</b> <b>11:00 Computer Class /INT/AD</b> <b>11:00 Chair Aerobics/Rae Rae</b> 12:00 Lunch/Announcements <b>1:00-BINGO</b>	9:00 Social Hour <b>9:15 MO SOUL @ PORTER SANFORD</b> <b>10:00 BRAIN GAME</b> <b>11:00 Exercising for the Aging w/Gideon</b> 12:00 1:00 Wii Bowling



<p style="text-align: right;">17.</p> <p>9:00-Social Hour  9:00 Crocheting Class  <b>9:30 DIABETES SELF-MANAGEMENT CLASS</b>  <b>10:30-Line Dancing w / Jan – Exercise Room</b>  12:00-Lunch/Announcements  1:00 Table and Board Games</p>	<p style="text-align: right;">18.</p> <p>9:00- Social Hour  <b>10:00 Tai Chi w/Warren</b>  <b>10:00 Body Toning Exercise</b>  12:00-Lunch/Announcements  1:00 Wii Bowling /Table Games</p>	<p style="text-align: right;">19.</p> <p>9:00 Social Hour  <b>9:15 STARS &amp; STRIKES</b>  <b>10:00 Body Toning w/ Gideon</b>  <b>11:00 HEALTHTALK</b>  <b>W/MS. BRODIE (VNHS)</b>  12:00 Lunch/Announcements  1:00 Wii Bowling /Table Games</p>	<p style="text-align: right;">20.</p> <p>9:00 Social Hour  <b>9:00-Social Work/Brenda (VNHS)</b>  <b>10:00 Computer Class (BEG)</b>  <b>11:00 Computer Class INT/ADV</b>  <b>11:00 Chair Aerobics w/RaeRae</b>  12:00 Lunch/Announcements  <b>1:00 - BINGO</b></p>	<p style="text-align: right;">21.</p> <p>9:00 Social Hour  <b>9:15 LIL RICHARD @ PORTER SANFORD</b>  <b>10:00 BRAIN GAMES</b>  <b>11:00 SENIOR CENTER EXERCISE</b>  12:00 Lunch/Announcements  1:00 Wii Bowling/Table and Card Games</p>
<p style="text-align: right;">24.</p> <p>9:00-Social Hour  9:00 Crocheting Class  <b>9:30 DIABETES SELF-MANAGEMENT CLASS</b>  <b>10:30-Line Dancing w / Jan – Exercise Room</b>  12:00-Lunch/Announcements  1:00 Table and Board Games</p>	<p style="text-align: right;">25.</p> <p>9:00 Social Hour  <b>9:15-TRIP: YMCA</b>  <b>10:00 Tai Chi w/Warren St. James</b>  12:00-Lunch/Announcements  1:00 Wii Bowling Game/Table Games</p>	<p style="text-align: right;">26.</p> <p>9:00 Social Hour  <b>10:00 MENU PLANNING MEETING @ S. DEKALB</b>  <b>10:00 Body Toning w/Gideon</b>  <b>10:00 WII Bowling</b>  10:00 Computer Lab Open  <b>11:00 BRAIN GAMES</b>  12:00 Lunch/Announcements  1:00 Table and Board Games</p>	<p style="text-align: right;">27.</p> <p>9:00 Social Hour  <b>9:00 Work/Brenda(VNHS)</b>  <b>10:00 Chair Aerobics s/Rae Rae</b>  <b>10:00 Computer Class (BEG)</b>  10:00 Inspirational Dance Group  <b>11:00 Computer Class INT/ADV</b>  <b>12:00 OCTOBER BIRTHDAY CELEBRATION PARTY</b>  1:00 Wii Bowling /Table Games</p>	<p style="text-align: right;">28.</p> <p>9:00 Social Hour  9:00 Computer Lab Open  <b>10:00 HIBACHI GRILL &amp; BUFFETT</b>  <b>10:00 Exercising for the Aging w/Gideon</b>  12:00 Lunch/Announcements  1:00 Wii Bowling/Table Games</p>



<p>9:00 Social Hour  9:00 Crocheting Class  <b>10:30 Line Dancing w/Jan Exercise Room</b>  12:00 Lunch/announcements  1:00 Table, Board &amp; Wii Games  1:00 Computer Lab Open</p>	<p><b>31. <u>HAPPY BIRTHDAY TO YOU:</u></b>  <i>Loretta Aqeel 10/31</i>  <i>Evelyn Crawford 10/21</i>  <i>Beverly Ephraim 10/10</i>  <i>Precious Jones 10/18</i>  <i>Jennie Rakestraw 10/02</i></p>			



**GROUP TRIPS:**

- 10-5-16 – Stars & Strikes Bowling Center, Departure @ 9:15 am
- 10-7-16 – Georgia Aquarium, Departure @ 9:15 am
- 10-11 -16 – YMCA, Departure @ 9:30 am
- 10-13-16 – DeKalb Farmer’s Market, Departure @ 9:30 am
- 10-14-16 – Porter Sanford Theater, Departure @ 9:00 am
- 10-19 -16 – Stars & Strikes Bowling Center, Departure @ 9:15 am
- 10-25-16 – YMCA, Departure 9:30 am
- 10-26-16 – Menu Planning Meeting, Departure @ 9:45 am
- 10-28-16 – Hibachi Grill and Buffett, Departure 10:00 am

**Physical Fitness Classes**

- Monday – Line Dancing
- Tuesday-Tai Chi & YMCA
- Wednesday- Body Toning
- Thursday -Chair Aerobics
- Friday - Exercising for the Aging

