

North DeKalb Senior Center October 2016

Belinda Goodman, Center Manager 404-353-7667 Owl Transportation 404-373-9140

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 3. | 4. | 5. | 6. | 7. |
| 9:00-Social Hour 10:00-Chamblee Civic Center Exercise with Janice 11:15-Rummikub 12:00-Lunch 12:00/2:00-Social Worker Brenda Colbert will be available 1:00-Chamblee Civic Center Ageless Grace with Sandy 1:00-Table Games | 9:00-Social Hour 10:00-Chamblee Civic Center Arthritis Foundation Class with Lorraine 10:00-Rummikub 11:00-Chamblee Civic Center Yoga Class with Daniel 12:00-Lunch 12:45-Floral Design 1:00-Table Games | 9:00-Social Hour 10:00-Chamblee Civic Center Exercise with Janice 11:15-Inspirational Group 11:15-Mahjong 12:00-Lunch 1:00-Table Games | 9:15-Chamblee Civic Center Tai Chi with Miriam 10:00-Jewelry Making 10:00-Chamblee Civic Center Tai Chi with Warren 11:00-Spanish Study Group 11:00-1:00/Chamblee Civic Center Beginner and Intermediate Line Dancing 12:00-Lunch 1:00-Table Games | 9:00-Social Hour 9:30-Chamblee Civic Center Body Toning/Strengthening with Gideon 10:45-Bingo 12:00-Lunch 1:00-Table Games |
| 10. | 11. | 12. | 13. | 14. |
| 9:00-Social Hour 10:00-Chamblee Civic Center Exercise with Janice 11:15-Rummikub 12:00-Lunch 12:00/2:00-Social Worker Brenda Colbert will be available 1:00-Chamblee Civic Center Ageless Grace with Sandy 1:00-Table Games | No physical activity classes at Chamblee Civic Center <u>10:00-10:45: Harvest Bingo</u> 11:00-Brain Games 12:00-Lunch 12:45-Floral Design 1:00-Table Games | 9:00- Group Outing: South DeKalb Senior Center "Anniversary Celebration" 10:00-Chamblee Civic Center Exercise with Janice 11:15-Inspirational Group 11:15-Mahjong 12:00-Lunch 12:30-Informational Session with Nurse Brodie 1:00-Table Games | No physical activity classes at Chamblee Civic Center 9:00-Social Hour 10:00-Rummikub 10:00-Jewelry Making 10:00-Brain Games 11:30-Chamblee Civic Center "Chamblee Brunch" 12:00-Lunch 1:00-Table Games | No physical activity classes at Chamblee Civic Center 9:00-Social Hour 10:00-Table Games 10:45-Bingo 12:00-Lunch |



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| <p style="text-align: right;">17.</p> <p>9:00-Social Hour 10:00-Chamblee Civic Center Exercise with Janice 11:15-Rummikub 12:00-Lunch 12:00/2:00-Social Worker Brenda Colbert will be available 1:00-Ageless Grace Class (Canceled) 1:00-Table Games</p> | <p style="text-align: right;">18.</p> <p>9:00-Group Outing: "Atlanta Botanical Garden" 10:00-Chamblee Civic Center Arthritis Foundation Class with Lorraine 11:00-Chamblee Civic Center Yoga Class with Daniel 12:00-Lunch 12:45-Floral Design Class with Mary 1:00-Table Games</p> | <p style="text-align: right;">19.</p> <p>9:00-Social Hour 10:00-Chamblee Civic Center Exercise with Janice 11:15-Inspirational Group 11:15-Mahjong 12:00-Special Meal 1:00-Table Games</p> | <p style="text-align: right;">20.</p> <p>No physical activity classes at Chamblee Civic Center 9:00-Social Hour 10:00-Rummikub 10:00-Jewelry Making 10:00-Group Outing: Hibachi Grill and Buffett 11:00-Table Games 12:00-Lunch</p> | <p style="text-align: right;">21.</p> <p>9:00-Group Outing: Porter Sanford Auditorium "Shut Your Mouth- Little Richard" 9:30-Chamblee Civic Center Body Toning/Strengthening 10:45-Bingo 12:00-Lunch 1:00-Table Games</p> |
| <p style="text-align: right;">24.</p> <p>9:00-Social Hour 10:00-Chamblee Civic Center Exercise with Janice 11:15-Nutrition Education w/Megan 12:00-Lunch 12:00/2:00-Social Worker Brenda Colbert will be available 1:00-Chamblee Civic Center Ageless Grace with Sandy 1:00-Executive Meeting</p> | <p style="text-align: right;">25.</p> <p>9:00-Social Hour 10:00-Exercise Room Available Arthritis Foundation Class with Lorraine 10:00-Rummikub 11:00-Exercise Room Available Yoga Class with Daniel 12:00-Lunch 12:45-Floral Design Class with Mary 1:00-Table Games</p> | <p style="text-align: right;">26.</p> <p>9:00-Group Outing: South DeKalb- "Menu Planning Meeting" 10:00-Chamblee Civic Center Exercise with Janice 11:15-Inspirational Group 11:00-Mahjong 12:00-Lunch 1:00-Table Games</p> | <p style="text-align: right;">27.</p> <p>9:00-Social Hour 9:15-Chamblee Civic Center Tai Chi w/Miriam 10:00-Jewelry Making 10:00-Chamblee Civic Center Tai Chi w/Warren 11:00-1:00/Chamblee Center Beginning and Intermediate Line Dancing 12:00-Lunch</p> | <p style="text-align: right;">28.</p> <p>9:00-Social Hour 9:30-Chamblee Civic Center Body Toning/Strengthening 10:00-Site Council Meeting 10:45-Bingo 12:00-Lunch 1:00-Table Games</p> |



31.

No physical activity classes at
Chamblee Civic Center

9:00-Social Hour

10:00-Taste of North DeKalb

bring your favorite homemade
dessert

1st and 2nd Prizes will be awarded

Wear your favorite mask if you dare!

12:00-Lunch

Group Trips:

10-12-16: South DeKalb Center "Anniversary Celebration"

10-13-16: Chamblee Civic Center "Brunch"

10-18-16: Atlanta Botanical Garden

10-21-16: Porter Sanford Auditorium "Shut Your Mouth- Little Richard"

10-26-16: South DeKalb Center "Menu Planning Meeting"

