

South DeKalb Senior Center-October 2016 OWL Transportation-404-963-0196

 Hazel Gonzalez Center Manager 404-353-8971 or M. Taylor 404-353-9358-Front Desk-404-286-7924

Monday	Tuesday	Wednesday	Thursday	Friday
3.	4.	5.	6.	7.
9:30-Social Hour 10:00-Greeting Card Design 10:00-Handbags/Tote 11:00-Crocheting Class 11:00- JD's Line Dance Class 10:00-4:00- Walking 12:00-Lunch/Announcements 2:00- Jewelry Making Class	9:30- Social Hour 10:00- TRIP-YMCA 10:00- Aerobic Class 10:00-Quilting Class 10:00-4:00-Walking 11:00- Line Dance Class 12:00-Lunch/Announcement	9:30 Social Hour 10:00- Tai Chi Class 10:00-TRIP: Grocery Shopping @ Sprout 11:00- Aerobic w/ Rae Rae 11:00-Floral Design Class 11:00-Creative Art Class 11:00-Computer Class 11:00-4:00-Fitness Room open 12:00-Lunch/Announcements 2:00-Sewing Class	9:30- Social Hour 10:00- Yoga Class- 11:00-Body Toning w/Gideon 11:00-Flower Making Class 11:00-4:00-Fitness Room 12:00-Lunch/Announcements 1:30-Table/Computer Games 2:00- Ballroom Dancing Class	9:00- Social Hour 10:00- In-Center Movie 1:30-Announcement 1:30-Open Lab, Fitness Rm. 5:00-7:00- An Evening of the Arts & Entertainment
10.	11.	12.	13.	14.
9:30-Social Hour 10:00-TRIP:Botanical Garden 10:00-Handbags/Tote Class 11:00-Crocheting Class 11:00- JD's Line Dance Class 10:00-4:00- Walking 11:00-4:00-Open Computer Lab & Fitness Room 12:00-Lunch/Announcements 2:00- Jewelry Making Class	9:30- Social Hour 10:00- Aerobic Class 10:00-Quilting Class 10:00-4:00-Walking 11:00- Line Dance Class 11:00-Computer Lab Open 11:00-4:00-Fitness Room Open 12:00-Lunch/Announcement 2:00-Computer Class	9:30 Social Hour 10:00- Tai Chi Class 10:00-Pre-Anniversary Celebration 11:00- Aerobic w/ Rae Rae 11:00-Floral Design Class 11:00-Creative Art Class 11:00-Computer Class 11:00-4:00-Fitness Room open 12:00-Lunch/Announcements 1:30-4:00-Table/Computer Game 2:00-Sewing Class	9:30- Social Hour 10:00- Yoga Class- 10:00-Health Talk w/VNHS 10:00-TRIP: Suburban Lane 11:00-Flower Making Class 11:00-Body Toning w/Gideon 11:00-4:00-Fitness Room 12:00-Lunch/Announcements 1:30-Table/Computer Games 2:00-Ballroom Dancing Class	9:00- Social Hour 10:00-TRIP:Porter Sanford "Mo Soul At The Cabaret" 12:00-Lunch/Announcement 1:30-4:00 Game Room Sewing Room Open Computer Lab Fitness Room



<p style="text-align: right;">17.</p> <p>9:30-Social Hour 10:00-Greeting Card Design 10:00-Handbags/Tote Class 11:00-Crocheting Class 11:00- JD's Line Dance Class 10:00-4:00- Walking 11:00-4:00-Open Computer Lab & Fitness Room 12:00-Lunch/Announcements 2:00- Jewelry Making Class</p>	<p style="text-align: right;">18.</p> <p>9:30- Social Hour 10:00- TRIP-YMCA 10:00-4:00-Walking 10:00- Aerobic Class- 10:00-Quilting Class 10:00- Line Dance Class 11:00-4:00-Fitness Room Open 12:00-Lunch/Announcements 2:00-Computer Class</p>	<p style="text-align: right;">19.</p> <p>9:30 Social Hour 10:00- Tai Chi Class 10:00- Aerobic w/ Rae Rae 10:00-Floral Design Class 10:00-Creative Art Class 10:00-Computer Class 10:45-Site Council Meeting 11:00-4:00-Fitness Room open 12:00-Lunch/Announcements 2:00-Sewing Class</p> <p style="text-align: center;">*Special Meal Served</p>	<p style="text-align: right;">20.</p> <p>9:30- Social Hour 10:00-Yoga class-Cancel 10:00-Anniversary Celebration 11:00-Body Toning-Cancel 11:00-4:00-Fitness Room 12:00-Lunch/Announcements 1:30-Table/Computer Games 2:00- Ballroom Dancing lass</p>	<p style="text-align: right;">21.</p> <p>9:00- Social Hour 10:00-TRIP:Porter Sanford "Little Richard" 12:00-4:00 Game Room Sewing Room Open Computer Lab Fitness Room</p>
<p style="text-align: right;">24.</p> <p>9:30-Social Hour 10:00-Greeting Card Design 10:00-Handbags/Tote 11:00-Crocheting Class 11:00- JD's Line Dance Class 10:00-4:00- Walking 12:00-Lunch/Announcements 2:00- Jewelry Making Class</p>	<p style="text-align: right;">25.</p> <p>9:30-Social Hour 10:00-4:00-Walking 10:00- Aerobic Class 10:00-Quilting Class 11:00- Line Dance Class 11:00-Computer Lab Open 11:00-4:00-Fitness Room Open 12:00-Lunch/Announcements 2:00-Computer Class</p>	<p style="text-align: right;">26.</p> <p>9:30 Social Hour 10:00- Tai Chi Class 10:00-Menu Planning 11:00- Aerobic w/ Rae Rae 11:00-Floral Design Class 10:00-Creative Art Class 10:00-Computer Class 12:00-Lunch/Announcements 2:00-Sewing Class</p>	<p style="text-align: right;">27.</p> <p>9:30- Social Hour 10:00- Yoga Class- 10:00-Body Toning w/ Gideon 10:00-Flower Making Class 11:00-2:00-Monthly Birthday Celebration Theme Breast Cancer Awareness Wear PINK 12:00-Lunch/Announcements 1:30-Table/Computer Games 2:00-Ballroom Dancing Class</p>	<p style="text-align: right;">28.</p> <p>9:00- Social Hour 10:00-TRIP: Ellijay Ga. Apple Picking 11:00- Arts& Craft Projects 12:00-Lunch/Announcement 1:30-Open Lab, Fitness Room</p>



<p>31. 9:30-Social Hour 10:00-Greeting Card Design 10:00-Handbags/Tote Class 11:00-Crocheting Class 11:00- JD's Line Dance Class 10:00-4:00- Walking 11:00-4:00-Open Computer Lab & Fitness Room 12:00-Lunch/Announcements 2:00- Jewelry Making Class</p>				
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GROUP TRIPS:

- 10-4-16-YMCA- Departure Time -9:30
- 10-5-16- Sprout Departure Time-
- 10-10-16-Botanical Garden-Departure Time-9:30
- 10-13-16-Suburban Lane -Departure Time-
- 10-14-16-Porter Sanford ~Departure Time-
- 10-18-16-YMCA-Departure Time- 9:30
- 10-21-16-Porter Sanford.-Departure Time-
- 10-28-16- Ellijay, Ga.- Departure

Physical Fitness Classes

- Monday- Chair Aerobic, Line Dance
- Tuesday-Line Dance Class, YMCA, Aerobic
- Wednesday- Tai Chi, Walking
- Thursday-Yoga class, Body Toning

Arts & Craft Classes

- Crochet/Arts & Craft Class-Monday Rooms #
- Quilting Class -Tuesday-Room #
- Arts & Craft, Floral Design Class-Wednesday Rm. #
- Arts & Craft, Greeting Cards Designs-Monday & Wed.

Counseling Sessions held on Thursday 12:00-2:00



- Dora Waller 10-2
- Sandra Harris-10-11
- Nellie Sanders-10-11
- Thelma Lee-10-20
- Polly Lewis-10-27
- Carrie Rhodes-10-30

