

LWSTC  
LOU WALKER SENIOR CENTER

WINTER  
2018  
SCHEDULE



# WELCOME BACK

In 2017, Lou Walker Senior Center focused our eyes and efforts on excellence. Though we strive to reach excellence every day, our goal was to make even our best better, and to underscore our mission of delivering our members a world class service focusing on integrity, fairness and open communication. With the addition of new programs and services, our goal was to make sure that every member could get the most well- rounded and fulfilling experience possible, and to deepen your connection with LWSC through new initiatives designed to invite members to participate in how LWSC serves the community.

The feedback and suggestions of members also inspired new ideas for achieving **operational excellence** in 2018. This year will be one of even greater communication, knowledge sharing and improved member services. This publication begins the PROCESS!!!

Happy New Year!

*Bettye Davis*

Director

Lou Walker Senior

## 2018 REGISTRATION INFORMATION

You will be able to register online beginning **Tuesday, January 9th at 9:00 a.m.** until **Friday, January 12th at 4:00 p.m.** Please note, your membership must be current in order to register for classes.

### TO REGISTER

1. Visit **www.myactivecenter.com**
2. If you do not see Lou Walker Senior Center, click "**Change Location**".
3. Click "**Sign In**" and enter your email address and password. If you are a new user click the "**New Users**" link on the top of the page. Use the phone number that is on file at the center and a valid email address that you check.
4. Classes are listed in alphabetical order. You can either scroll until you reach the class you want to register for, or you can type it into the search box.
5. Click on the class name. You will be brought to a screen with a calendar. The calendar will have times listed on the days the class will occur. Click on any of the times **within the current session period.**
6. Click "**Register**".
7. A pop-up box will appear listing the days and times of the class. Click "**Register**" again.
8. You have now registered for a class!
9. Click "**Activities**" and then refresh your browser to register for your next class. Do not hit the back button on your browser!

For a video demonstration and detailed instructions, visit [www.louwalkercenter.com](http://www.louwalkercenter.com).



## 2018 Class Sessions, Holidays & Facility Closures



Rev 1/2/2018

### Winter Session

Monday, January 1, 2018  
 Tuesday, January 9, 2018 & Wednesday, January 10, 2018  
 Tuesday, January 9, 2018 – Friday, January 12, 2018  
 Monday, January 15, 2018  
**Tuesday, January 16, 2018 – Friday, March 23, 2018**  
 Monday, February 19, 2018  
 Monday, March 26, 2018 – Friday, April 6, 2018

New Year's Day Observed **CENTER CLOSED**  
 In-person Registration  
 Online Registration  
 Martin Luther King Jr. Day **CENTER CLOSED**  
 Winter Session  
 President's Day **CENTER CLOSED**  
 Core Session

### Spring Session

Monday, April 2, 2018  
 Tuesday, April 3, 2018 & Wednesday, April 4, 2018  
 Tuesday, April 3, 2018 – Friday, April 6, 2018  
**Monday, April 9, 2018 – Friday, June 15, 2018**  
 Monday, May 28, 2018  
 Monday, June 18, 2018 – Friday, June 29, 2018

Maintenance Work Day **CENTER CLOSED**  
 In-person Registration  
 Online Registration  
 Spring Session  
 Memorial Day **CENTER CLOSED**  
 Core Session

### Summer Session

Monday, June 25, 2018  
 Tuesday, June 26, 2018 & Wednesday, June 27, 2018  
 Tuesday, June 26, 2018 – Friday, June 29, 2018  
**Monday, July 2, 2018 – Friday, September 7, 2018**  
 Wednesday, July 4, 2018  
 Monday, September 10, 2018 – Friday, September 21, 2018  
 Monday, September 3, 2018

Maintenance Work Day **CENTER CLOSED**  
 In-person Registration  
 Online Registration  
 Summer Session  
 Independence Day **CENTER CLOSED**  
 Core Session  
 Labor Day **CENTER CLOSED**

### Fall Session

Monday, September 17, 2018  
 Tuesday, September 18, 2018 &  
 Wednesday, September 19, 2018  
 Tuesday, September 18, 2018 – Friday, September 21, 2018  
**Monday, September 24, 2018 – Friday, November 30, 2018**  
 Monday, November 12, 2018

Maintenance Work Day **CENTER CLOSED**  
 In-person Registration  
 Online Registration  
 Fall Session  
 Veteran's Day Observed **CENTER CLOSED**

### Winter Holiday / Workshop Session

**Monday, December 3, 2018 – Friday, January 4, 2019**  
 Thursday, November 22, 2018 & Friday, November 23, 2018  
 Tuesday, December 25, 2018  
 Tuesday, January 1, 2019

Winter Holiday / Workshop Session  
 Thanksgiving Holiday **CENTER CLOSED**  
 Christmas Day **CENTER CLOSED**  
 New Year's Day **CENTER CLOSED**

# 2018 Class Sessions, Holidays & Facility Closures

## 2018

## Holidays & Observances

**January**

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**February**

Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

**March**

Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**April**

Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**May**

Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**June**

Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**July**

Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**August**

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**September**

Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

**October**

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**November**

Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

**December**

Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- Jan 01 New Year's Day
- Jan 15 Martin Luther King Day
- Feb 12 Lincoln's Birthday
- Feb 14 Valentine's Day
- Feb 14 Ash Wednesday
- Feb 16 Chinese New Year
- Feb 19 President's Day
- Mar 11 Daylight Saving (begin)
- Mar 17 St. Patrick's Day
- Mar 20 Vernal equinox
- Apr 01 April Fool's Day
- Apr 01 Easter
- Apr 16 Taxes Due
- Apr 25 Admin Assistants Day
- May 05 Cinco de Mayo
- May 13 Mother's Day
- May 20 Pentecost
- May 28 Memorial Day
- Jun 14 Flag Day
- Jun 17 Father's Day
- Jun 21 June Solstice
- Jul 04 Independence Day
- Sep 03 Labor Day
- Sep 11 Patriot Day
- Sep 23 Autumnal equinox
- Oct 08 Columbus Day
- Oct 16 Boss's Day
- Oct 31 Halloween
- Nov 04 Daylight Saving (end)
- Nov 11 Veterans Day
- Nov 22 Thanksgiving
- Dec 21 December Solstice
- Dec 25 Christmas Day
- Dec 26 Kwanzaa Begins
- Dec 31 New Year's Eve

2018 Calendar with Holidays by Vertex42.com

<http://www.vertex42.com/calendars/2018.html>

© 2014 Vertex42 LLC. Free to Print.

### AARP Smart Driver Classes

The AARP Smart Driver Class teaches proven driving techniques to help keep you and your loved ones safe on the road.

Classes are held from 9:00am – 3:30pm in room A117

Cost: \$15 for AARP members/\$20 for Non-members

Monday, January 8	Monday, July 9
Monday, February 5	Monday, August 6
Monday, March 5	Monday, September 10
April, March 2	Monday, October 1
Monday, May 7	Monday, November 5
Monday, June 4	Monday, December 3

### CPR

CPR is an important skill to have and can be used to save a life.

Classes are held from 10:00 – 10:50am and again in room A123 and 1:00 – 1:50 pm in room A114

Tuesday, February 13	Tuesday, August 21
Tuesday, April 17	Tuesday, October 16
Tuesday, June 19	Tuesday, December 18

### Food Safety Series Hosted by UGA Cooperative Extension

Classes providing free, reliable, research-based information based on the latest scientific research

Classes are held from 9:30am – 12:30pm in room A117

<i>Date</i>	<i>Topic</i>
Thursday, February 1	Becoming a Healthier You
Thursday, May 3	Feeding the Healthy Grandchild
Thursday, August 2	Understanding the Food Label
Thursday, November 1	Bone Up to Health

### Health & Wellness Series Hosted by RSVP

Classes ranging from disease management, healthy sexuality, healthcare options, and more.

Classes are held from 10:00 – 11:00am and again from 1:00 – 2:00pm in room A123

<i>Date</i>	<i>Topic</i>
Friday, January 12	Preventive Services = Better Health
Friday, January 19	Personal Health Records
Friday, January 26	TBD
Friday, February 2	TBD
Friday, February 9	TBD
Friday, February 16	TBD
Friday, February 23	TBD
Friday, March 2	TBD
Friday, March 9	TBD
Friday, March 16	TBD
Friday, March 23	TBD
Friday, March 20	TBD

# 2018 WINTER SCHEDULE (January 16 - March 23)

*1/2/18*

**(R) = Registered Class**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>FITNESS CENTER OPEN 8:30 - 4:45</b>				
<b>7:30 A.M.</b>				
<b>Chair Aerobics</b> <b>ID F858</b> Room F106 7:30 am - 8:20 am <i>Danielle Cunningham</i>		<b>Chair Aerobics</b> <b>ID F859</b> Room F106 7:30 am - 8:20 am <i>Danielle Cunningham</i>		<b>Chair Aerobics</b> <b>ID F861</b> Room F106 7:30 am - 8:20 am <i>Danielle Cunningham</i>
<b>8:00 A.M.</b>				
	<b>Stretchercising</b> <b>ID F827</b> Victory Room 8:40 am - 8:50 am <i>Warren St. James</i>		<b>Stretchercising</b> <b>ID F827</b> Victory Room 8:40 am - 8:50 am <i>Warren St. James</i>	
<b>9:00 A.M.</b>				
<b>(R) Int. Wire Wrap Jewelry</b> <b>ID L577</b> Room A106 9:00 am - 11:50 am <i>Linda Bryan</i> <b>*Must have completed Beginning Wire Wrap Jewelry (ID L501) Supply fee</b>	<b>(R) Begin Jewelry Making</b> <b>IDL584</b> Room A101 9:00 am - 11:50 am <i>Valerie Keith</i> <b>* \$30 - \$50 Supply Fee</b> <b>**NEW**</b>	<b>(R) Piano Basics 1</b> <b>ID L519</b> Room A124 9:00 am - 9:50 am <i>Corey Taylor</i> <b>* \$15 Supply Fee</b>	<b>(R) Photography for Beginners</b> <b>ID T611</b> Room A124 9:00 am - 10:50 am <i>Bob GlickSmith</i>	<b>(R) Spanish 2</b> <b>ID L541</b> Room A101 9:00 am - 9:50 am <i>Odilia Moore</i>
<b>(R) Computer Basics I</b> <b>ID T601</b> Room A109 9:00 am - 10:50 am <i>Tracie Hawkins</i>	<b>(R) Computer Basics 2</b> <b>ID T603</b> Room A109 9:00 am - 10:50 am <i>Tracie Hawkins</i>	<b>(R) Computer Basics I</b> <b>ID T601</b> Room A109 9:00 am - 9:50 am <i>Barry Roosevelt</i>	<b>(R) Computer Basics 2</b> <b>ID T603</b> Room A109 9:00 am - 9:50 am <i>Tracie Hawkins</i>	<b>(R) Adv DSLR Camera Software Techniques</b> <b>ID T616</b> Room A124 9:00 am - 10:50 am <i>Bob GlickSmith</i> <b>* For students in T614 Adv DSLR Camera Hardware</b>
	<b>Silver Sneakers Classic</b> <b>ID F828</b> Room F106 9:00 am - 9:50 am <i>Ellen Mintzmyer</i>	<b>(R) Crochet with Plastic Bags</b> <b>ID L521</b> Room A114 9:00 am - 11:50 am <i>Doretha Conner</i>	<b>Body Flow</b> <b>ID F845</b> Room F106 9:00 am - 9:50 am <i>Danielle Cunningham</i>	<b>Zumba Friday</b> <b>ID F853</b> Victory Room 9:30 am - 10:20 am <i>Zsa Zsa Robinson</i>
<b>Open Water Exercise</b> <b>ID A713</b> Pool 9:00 am - 9:45 am <i>E'Licia</i>	<b>Open Water Exercise</b> <b>ID A713</b> Pool 9:00 am - 9:45 am <i>Nicole Allen</i>	<b>Open Water Exercise</b> <b>ID A713</b> Pool 9:00 am - 9:45 am <i>E'Licia</i>	<b>Open Water Exercise</b> <b>ID A713</b> Pool 9:00 am - 9:45 am <i>E'Licia</i>	<b>Open Water Exercise</b> <b>ID A714</b> Pool 9:00 am - 10:00 am <i>Nicole Allen</i>
<b>(R) Martial Arts</b> <b>ID F801</b> Room F109 9:00 am - 9:50 am <i>Tyrone Bailey</i>	<b>(R) Interior Decorating &amp; Dining</b> <b>ID L508</b> Room A114 9:00 am - 10:50 am <i>Janet Prioleau</i> <b>* \$5 Supply Fee</b>	<b>(R) Martial Arts</b> <b>ID F801</b> Room F109 9:00 am - 9:50 am <i>Tyrone Bailey</i>	<b>(R) Beginning Sign Language 1</b> <b>ID L530</b> Room A117 9:00 am - 9:50 am <i>Claudette Powdar</i>	<b>(R) Slideshows-Movie/DVR Makers</b> <b>ID T126</b> Room A109 9:00 am - 10:50 am <i>Barry Roosevelt</i> <b>* Must have basic computer skills</b> <b>**NEW**</b>

# 2018 WINTER SCHEDULE (January 16 - March 23)

1/2/18

**(R) = Registered Class**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Advanced Yoga</b> <b>ID F819</b> Victory Room 9:00 am - 9:50 am <i>Lorna Lindsay</i>	<b>(R) Learn to Shoot Pool 1</b> <b>ID L507</b> Room A108 9:00 am - 11:50 am <i>Quincy Woods</i>	<b>Advanced Yoga</b> <b>ID F819</b> Victory Room 9:00 am - 9:50 am <i>Lorna Lindsay</i>	<b>(R) Learn to Shoot Pool 2</b> <b>ID L531</b> Room A108 9:00 am - 10:50 am <i>Quincy Woods</i>	
		<b>(R) Handmade Greeting Cards</b> <b>ID L520</b> Room A101 9:00 am - 10:50 am <i>Julia Baker</i> * <b>\$35 Supply Fee</b>		
<b>10:00 A.M.</b>				
<b>Tai Chi</b> <b>ID F823</b> Room F109 10:00 am - 10:50 am <i>Adelina San Juan</i>	<b>Line Dancing</b> <b>ID F830</b> Victory Room 10:00 am - 10:50 am <i>Sylvia Bailey</i>	<b>Line Dancing</b> <b>ID F839</b> Victory Room 10:00 am - 10:50 am <i>Sylvia Bailey</i>	<b>Line Dancing</b> <b>ID F830</b> Victory Room 10:00 am - 10:50 am <i>Sylvia Bailey</i>	<b>(R) Spanish 1</b> <b>ID L542</b> Room A101 10:00 am - 10:50 am <i>Odilia Moore</i> * <b>Must purchase book - "Teach them Spanish, Book 2" (publisher: Carson-Dellosa)</b>
<b>Mellow Moments</b> <b>ID L549</b> Room A124 10:30 am - 11:50 am <i>Rochelle Evans</i>	<b>(R) Crochet by Numbers</b> <b>ID L512</b> Room A124 10:00 am - 12:50 pm <i>Marina Ogle</i>			<b>(R) Traditional Crochet</b> <b>ID L543</b> Room A114 10:00 am - 12:50 pm <i>Marina Ogle</i>
<b>Self Defense</b> <b>ID F822</b> Room F106 10:00 am - 10:50 am <i>Tyrone Bailey</i>	<b>(R) Quilting Advanced</b> <b>ID L511</b> Room A125 10:00 am - 11:50 am <i>Karen Furnish</i> * <b>\$20 Machine Fee</b>	<b>(R) Basic Digital Cameras</b> <b>ID L585</b> Room A106 10:00 am - 11:50 am <i>Barry Roosevelt</i> <b>Bring your camera</b>	<b>(R) Sewing with Patterns</b> <b>ID L536</b> Room A125 10:00 am - 12:50 pm <i>Janice Johnson</i> * <b>\$40 Supply Fee</b> <b>Must know how to operate sewing machine</b>	<b>JD's Line Dancing</b> <b>ID F815</b> Victory Room 10:30 a.m. - 11:20 a.m. <i>JD Hall</i>
<b>Intermediate Water Fitness</b> <b>ID A716</b> Pool 10:00 am - 10:45 am <i>E'Licia</i>	<b>Pilates</b> <b>ID F833</b> Room F106 10:00 am - 10:50 am <i>Karen Drake</i>	<b>Intermediate Water Fitness</b> <b>ID A716</b> Pool 10:00 am - 10:45 am <i>E'Licia</i>	<b>Dynamic Abs</b> <b>ID F851</b> Room F106 2:00 pm - 2:50 pm <i>Karen Drake</i>	<b>(R) Dressmaking by Pattern</b> <b>ID L544</b> Room A125 10:00 am - 12:50 pm <i>Gloria Williamson</i> * <b>\$20 Machine Fee</b>
<b>Zumba Monday</b> <b>ID F821</b> Victory Room 10:00 am - 10:50 am <i>Zsa Zsa Robinson</i>	<b>(R) African Americans in the Arts</b> <b>ID L567</b> Room 117 10:00 am - 11:50 am <i>Samuel Williams</i>	<b>(R) Piano Basics 2</b> <b>ID L522</b> Room A124 10:00 am - 10:50 am <i>Corey Taylor</i> * <b>\$15 Supply Fee</b>	<b>(R) Smart Phones</b> <b>ID T608</b> Room A109 10:00 am - 10:50 am <i>Tracie Hawkins</i>	<b>(R) Golf 101</b> <b>ID F864</b> Room A117 10:00 am - 11:30 am <i>Bill Kimber</i> ** <b>NEW</b> **
<b>(R) Bridge Basics</b> <b>ID L502</b> Room F109 10:00 am - 11:50 am <i>James Brown</i> * <b>\$25 Supply Fee</b>	<b>Advanced Water Aerobics</b> <b>ID A722</b> Pool 10:00 am - 10:45 am <i>Nicole Allen</i>	<b>Self Defense</b> <b>ID F822</b> Room F106 10:00 am - 10:50 am <i>Tyrone Bailey</i>	<b>Advanced Water Aerobics</b> <b>ID A722</b> Pool 10:00 am - 10:45 am <i>Nicole Allen</i>	<b>(R) Jewelry Making Advanced</b> <b>ID L586</b> <b>Room A123</b> 10:00am - 12:50pm Valerie Keith * <b>Supply Fee (see instructor for details)</b> ** <b>NEW</b> **
	<b>(R) Golf 101</b> <b>ID F864</b> Room A117 10:00 am - 11:30 am <i>Bill Kimber</i> ** <b>NEW</b> **			

2018 WINTER SCHEDULE (January 16 - March 23)

1/2/18

(R) = Registered Class

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>(R) Hat Making</b> ID L523 Room A125 10:00 am - 12:50 pm Ora Dabney/Beverly Wadley * \$25 Supply Fee; Bring Machine	<b>(R) Semi Pro Greeting Cards</b> ID L534 Room A106 10:00 am - 11:50 am Mattie Driver * \$40 Supply Fee	<b>(R) Beg. Copperplate Calligraphy</b> ID L576 Room A106 10:00 am - 11:50 am Marcia Watt for Carol Gray * \$20 Supply Fee
		<b>Romance From 50 to Forever</b> ID L554 Room A117 10:00 am - 11:50 am Rochelle Evans <b>(R) Self Defense ID F822</b> Room F106 10:00 am - 10:50 am Tyrone Bailey		<b>(R) Ole School Etiquette</b> ID L580 Room A123 1:00 pm - 2:50 pm Samuel Williams **NEW**
11:00 A.M.				
<b>(R) Advanced Modeling Icon</b> ID L566 Room F106 11:00 am - 11:50 am Jan Reynolds	<b>(R) Utilizing the Cloud</b> ID T626 Room A109 11:00 am - 11:50 am Tracie Hawkins **NEW**	<b>(R) Piano Basics 3</b> ID L524 Room A124 11:00 am - 11:50 am Corey Taylor * \$15 Supply Fee	<b>(R) Windows 10 &amp; Using Your Laptop</b> ID T613 Room A109 11:00 am - 11:50 am Tracie Hawkins * Bring your laptop	<b>Open Water Exercise</b> ID A714 Pool 11:00 am - 12:00 pm Nicole Allen
<b>(R) Beginning Swim Lessons</b> ID A701 Pool 11:00 am - 11:45 am Frances	<b>(R) Beginning Swim Lessons</b> ID A704 Pool 11:00 am - 11:45 am Nicole Allen	<b>(R) Beginning Swim Lessons</b> ID A701 Pool 11:00 am - 11:45 am Frances	<b>(R) Beginning Swim Lessons</b> ID A704 Pool 11:00 am - 11:45 am Nicole Allen	
<b>Sewing Machine 101</b> ID T583 Room A125 11:00 am - 11:50 am Tracie Hawkins **NEW** * \$20 Machine Fee	<b>Chair Aerobics</b> ID F881 Room F106 11:00 am - 11:50 am Joy Fields	<b>Chair Aerobics</b> ID F838 Room F106 11:00 am - 11:50 am Zsa Zsa Robinson	<b>Chair Aerobics</b> ID F882 Room F106 11:00 am - 11:50 am Joy Fields	<b>(R) Your Camera &amp; You - OJT</b> ID T617 Room A109 11:00 am - 12:50 pm Barry Roosevelt
	<b>Limited Mobility Chair Aerobics</b> ID F832 Victory Room 11:00 am - 11:50 am Tyrone Bailey	<b>Abs and More</b> ID F824 Room F106 11:00 am - 11:50 am Joy Fields **NEW**	<b>Limited Mobility Chair Aerobics</b> ID F835 Victory Room 11:00 am - 11:50 am Tyrone Bailey	<b>Abs and More</b> ID F824 Room F106 11:00 am - 11:50 am Joy Fields **NEW**
	<b>Pro Pool 101</b> ID L586 Room A108 11:00 am - 11:50 am Bob Ayers **NEW**		<b>Lead Singers/Musicians Class</b> ID L582 Room A123 11:00 am - 1:00 pm Gwen Thomas	
	<b>(R) Event Planning</b> ID L516 Room A114 11:00 am - 12:50 pm Janet Prioleau * \$10 - \$20 Supply Fee		<b>(R) Beginning Line Dancing</b> ID F886 Room A101 11:00 am - 11:50 am Ruth Mayo * \$20 Fee	
			<b>(R) Crochet by Numbers</b> ID L512 Room A124 11:00 am - 12:50 pm Cola Turner	



2018 WINTER SCHEDULE (January 16 - March 23)

1/2/18

(R) = Registered Class

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Walking for Weight Loss</b> <b>ID F831</b> Outside Room F106 11:00 am - 11:50 am <i>Karen Drake</i>		<b>Walking for Weight Loss</b> <b>ID F831</b> Outside Room F106 11:00 am - 11:50 am <i>Karen Drake</i>	
12:00 P.M.				
<b>Aquatics Orientation</b> <b>ID A560</b> Table Outside Pool Area 12:00 pm - 12:45 pm <i>E'Licia</i>	<b>Aquatics Orientation</b> <b>ID A560</b> Table Outside Pool Area 12:00 pm - 12:45 pm <i>Nicole Allen</i>	<b>Aquatics Orientation</b> <b>ID A560</b> Table Outside Pool Area 12:00 pm - 12:45 pm <i>E'Licia</i>	<b>Aquatics Orientation</b> <b>ID A560</b> Table Outside Pool Area 12:00 pm - 12:45 pm <i>E'Licia</i>	<b>Chair Aerobics</b> <b>ID F856</b> Room F106 12:00 am - 12:50 pm <i>Zsa Zsa Robinson</i>
<b>Performing Arts Group</b> <b>ID L551</b> Room A123 12:00 pm - 4:45 pm <i>Gwen Thomas</i>	<b>Arthritis Foundation</b> <b>Water Aerobics</b> <b>ID A724</b> Pool 12:00 -12:45 <i>Nicole Allen</i>	<b>(R) Piano Basics 4</b> <b>ID L525</b> Room A124 12:00 pm - 12:50 pm <i>Corey Taylor</i> * \$15 Supply Fee	<b>Arthritis Foundation</b> <b>Water Aerobics</b> <b>ID A724</b> Pool 12:00 pm - 12:45 pm <i>Nicole Allen</i>	
<b>(R) Modeling Icon for</b> <b>Beginners</b> <b>ID L503</b> Room F106 12:00 pm - 12:50 pm <i>Jan Reynolds</i>			<b>Nutrition Kale Yeah</b> <b>ID L559</b> Room A106 12:15 pm - 1:05 pm <i>Kay Zoober</i>	
<b>(R) Bridge Practical</b> <b>Application</b> <b>ID L504</b> Room F109 12:00 pm - 1:50 pm <i>James Brown</i> * \$10 Supply Fee				
1:00 P.M.				
<b>(R) Beginning Pottery</b> <b>Making</b> <b>ID L506</b> Room A101 1:30 pm - 4:30 pm <i>John Shultz</i> * \$30 Supply Fee	<b>(R) Quilting, Beginning</b> <b>ID L513</b> Room A125 1:00 pm - 2:50 pm <i>Karen Furnish</i> * \$20 Machine Fee	<b>(R) Advanced Pottery</b> <b>ID L528</b> Room A101 1:00 pm - 3:50 pm <i>John Shultz</i> * \$30 Supply Fee	<b>(R) Ole School Etiquette</b> <b>ID L580</b> Room A123 1:00 pm - 2:50 pm <i>Samuel Williams</i>	<b>(R) Ceramics</b> <b>ID L545</b> Room A101 1:00 pm - 3:50 pm <i>John Shultz</i> * \$30 Supply Fee
<b>(R) Intermediate Swim</b> <b>Lessons</b> <b>ID A702</b> Pool 1:00 pm - 1:45 pm <i>Warren St. James/E'Licia</i>	<b>(R) Theatre Arts</b> <b>ID L514</b> Room A123 1:00 pm - 2:50 pm <i>Samuel Williams</i>	<b>(R) Intermediate Swim</b> <b>Lessons</b> <b>ID A702</b> Pool 1:00 pm - 1:45 pm <i>Warren St. James /E'Licia</i>	<b>(R) Sudoku For Beginners</b> <b>ID L537</b> Room A125 1:00 pm - 2:00 pm <i>Imogene Archer</i>	<b>(R) Oil Painting</b> <b>ID L546</b> Room A106 1:00 pm - 3:50 pm <i>Bill White, Assistant</i> * \$10 Supply Fee
<b>Arthritis Foundation</b> <b>Exercise</b> <b>ID F825</b> Room F106 1:00 pm - 1:50 pm <i>Zsa Zsa Robinson</i>	<b>Beginning Yoga</b> <b>ID F829</b> Room F106 1:00 pm - 1:50 pm <i>Karen Drake</i>	<b>Cardio Circuit Aerobics</b> <b>ID F840</b> Room F106 1:00 pm - 1:50 pm <i>Danielle Cunningham</i>	<b>Beginning Yoga</b> <b>ID F829</b> Room F106 1:00 pm - 1:50 pm <i>Karen Drake</i>	<b>(R) Art of Meditation</b> <b>ID F817</b> Room A117 1:00 pm - 2:50 pm <i>Larry Davis</i>

2018 WINTER SCHEDULE (January 16 - March 23)

1/2/18

(R) = Registered Class

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>(R) <b>Advanced Writing</b>  <b>ID L515</b> Room A101                      1:00 pm - 2:50 pm  <i>Anita Clay</i>                      * <b>Must have completed</b>  <b>Beginning Writers (ID L527)</b></p>	<p>(R) <b>Beginning Writers</b>  <b>ID L527</b> Room A124                      1:00 pm - 2:50 pm  <i>Anita Clay</i></p>	<p>(R) <b>Adv DSLR Camera Hardware Technique</b>  <b>ID T614</b> Room A124                      1:00 pm - 2:50 pm  <i>Bob GlickSmith</i>                      * <b>Must have completed Basic, Intermediate or Bootcamp</b></p>	<p>(R) <b>Advanced DSLR Camera Techniques Workshop</b>  <b>ID T618</b> Room A124                      1:00 pm - 2:50 pm  <i>Bob GlickSmith</i>                      *<b>For students in Adv DSLR Camera Hardware (ID T614) &amp; Adv DSLR Camera Software (ID T616)</b></p>
	<p>(R) <b>Beginner Volleyball</b>  <b>ID A707</b> Pool                      1:00 pm - 2:00 pm  <i>Frances</i></p>	<p><b>African American History</b>  <b>ID L558</b> Room A117                      1:30 pm - 3:30 pm  <i>Frances King</i></p>	<p>(R) <b>Beginner Volleyball</b>  <b>ID A707</b> Pool                      1:00 pm - 2:00 pm  <i>Frances</i></p>	<p>(R) <b>Drapery Making</b>  <b>ID L547</b> Room A125                      1:00 pm - 3:50 pm  <i>Gloria Williamson</i>                      * <b>\$20 Machine Fee</b></p>
	<p>(R) <b>Beginning Line Dancing</b>  <b>ID F885</b> Room A106                      1:00 pm - 1:50 pm  <i>Ruth Mayo</i>                      * <b>\$20 Fee</b></p>	<p>(R) <b>Organizing Computer Files/Folders</b>  <b>ID T622</b> Room A109                      1:00 pm - 2:50 pm  <i>Barry Roosevelt</i>                      * <b>Must have basic computer skills</b></p>		
		<p>(R) <b>Quilting, Beginning from Scratch</b>  <b>ID L526</b> Room A125                      1:00 pm - 3:50 pm  <i>Marilyn Franklin</i></p>		
<b>2:00 P.M.</b>				
<p>(R) <b>Advanced Swim Lessons</b>  <b>ID A703</b> Pool                      2:00 pm - 2:45 pm  <i>Warren St. James</i></p>	<p>(R) <b>Pinochle</b>  <b>ID L562</b> Room A106                      2:00 pm - 3:30 pm  <i>Booker Donnell</i></p>	<p>(R) <b>Advanced Swim Lessons</b>  <b>ID A703</b> Pool                      2:00 pm - 2:45 pm  <i>Warren St. James</i></p>	<p>(R) <b>Pinochle</b>  <b>ID L562</b> Room A106                      2:00 pm - 3:30 pm  <i>Booker Donnell</i></p>	
<p>(R) <b>Ballroom Dancing</b>  <b>ID F803</b> Victory Room                      2:00 pm - 3:30 pm  <i>Lillie Watts</i></p>	<p>(R) <b>Beg. Guitar 1 Lessons</b>  <b>ID L517</b> Room A124                      2:00 pm - 2:50 pm  <i>Bob Ayers</i>                      * <b>\$25 Fee</b></p>	<p><b>Tai Chi Arthritis Foundation</b>  <b>ID F842</b> Room F106                      2:00 pm - 2:50 pm  <i>Hertencer Sheppard</i></p>	<p><b>Strength Training</b>  <b>ID F852</b> Room F106                      2:00 pm - 2:50 pm  <i>Karen Drake</i></p>	<p><b>Tai Chi Arthritis Foundation</b>  <b>ID F842</b> Room F106                      2:00 pm - 2:50 pm  <i>Hertencer Sheppard</i></p>
	<p><b>Orientation to Fitness Center</b>  <b>ID F872</b> Room F108                      2:00 pm - 2:50 pm  <i>Karen Drake</i></p>	<p><b>Brains, Flexibility, Balance</b>  <b>ID F841</b> Room F109                      2:00 pm - 2:50 pm  <i>Lorna Lindsay/Zsa Zsa Robinson</i></p>		
		<p>(R) <b>Hip Hop Line Dance</b>  <b>ID F818</b> Room A106                      2:00 pm - 3:50 pm  <i>Senella Watson</i></p>		
<b>3:00 P.M.</b>				

## 2018 WINTER SCHEDULE (January 16 - March 23)

1/2/18

**(R) = Registered Class**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Multi Level Water Fitness</b> <b>ID A718</b> Pool 3:00 pm - 3:45 pm <i>E'Licia</i>	<b>(R) Int. Guitar 2 Lessons</b> <b>ID L518</b> Room A124 3:00 pm - 3:50 pm <i>Bob Ayers</i> * \$25 Fee	<b>Multi Level Water Fitness</b> <b>ID A718</b> Pool 3:00 pm - 3:45 pm <i>E'Licia</i>	<b>(R) Ballroom Dancing</b> <b>ID F814</b> Room F109 3:30 pm - 4:30 pm <i>Lillie Watts</i>	
			<b>Fan Tai Chi for Arthritis</b> <b>ID F129</b> Room F106 3:00 pm - 3:50 pm <i>Hortencer Sheppard</i>	
<b>Silver Sneakers Classic</b> <b>ID F826</b> Room F106 3:00 pm - 3:50 pm <i>Ellen Mintzmyer</i>	<b>(R) Quilting, Beginning</b> <b>ID L569</b> Room A125 3:00 pm - 4:50 pm <i>Karen Furnish</i> * \$20 Machine Fee	<b>Silver Sneakers Classic</b> <b>ID F826</b> Room F106 3:00 pm - 3:50 pm <i>Ellen Mintzmyer</i>		<b>Silver Sneakers Classic</b> <b>ID F826</b> Room F106 3:00 pm - 3:50 pm <i>Ellen Mintzmyer</i>
<b>4:00 P.M.</b>				
			<b>(R) Quilting, Beginning from Scratch</b> <b>ID L568</b> Room A125 4:30 pm - 7:30 pm <i>Marilyn Franklin</i>	
<b>Open Exercise</b> <b>ID A719</b> Pool 4:00 pm - 4:45 pm <i>E'Licia</i>	<b>Open Exercise</b> <b>ID A719</b> Pool 4:00 pm - 4:45 pm <i>E'Licia</i>	<b>Open Exercise</b> <b>ID A719</b> Pool 4:00 pm - 4:45 pm <i>E'Licia</i>	<b>Open Exercise</b> <b>ID A719</b> Pool 4:00 pm - 4:45 pm <i>E'Licia</i>	
<b>5:00 P.M.</b>				
	<b>Beginning Swim Lessons</b> <b>ID A727</b> Pool 5:00 pm - 5:45 pm <i>Nicole Allen/E'Licia</i>	<b>Zumba @ Five</b> <b>ID F821</b> Room F106 5:30 pm - 6:15 pm <i>Zsa Zsa Robinson</i>	<b>Beginning Swim Lessons</b> <b>ID A727</b> Pool 5:00 pm - 5:45 pm <i>Nicole Allen/E'Licia</i>	
<b>6:00 P.M.</b>				
	<b>Beginning Swim Lessons</b> <b>ID A723</b> Pool 6:00 pm - 6:45 pm <i>Nicole Allen/E'Licia</i>		<b>Beginning Swim Lessons</b> <b>ID A723</b> Pool 6:00 pm - 6:45 pm <i>Nicole Allen/E'Licia</i>	



# Clubs

Lou Walker Senior Center  
2538 Panola Road, Lithonia GA 30058  
770.322.2900  
[louwalkercenter.com](http://louwalkercenter.com)

# Dance

CLUB   ROOM   CONTACT	MEETING DAY/TIME
<b>Ballroom Dancing   Vic Room</b> Johnny Kimbrough	Monday 3:00 - 4:30 pm
<b>Highlighters   Room F109</b> Johnnye Ashley	Tuesday 12:00 pm - 12:50 pm Thursday 1:00 pm - 1:50 pm
<b>Hip Hop Nanas   Room F106</b> Senella Watson	Thursday 2:00 - 2:45 pm
<b>Joyful Highlighters   Room F106</b> Ruth Mayo	Monday & Tuesday 12:00 - 12:50 pm
<b>LWSC Dance Troupe   Room F106</b> JD Hall	Thursday 12:00 - 12:50 pm Friday 1:00 - 1:50 pm
<b>LWSC Dancing Men   Room F106</b> Taliah Hasan	Monday & Wednesday 3:30 - 4:30 pm
<b>Praise Dance   Room A125</b> Sharon Patterson	Monday 10:00 - 11:00 am
<b>Smooth Sophisticated Gents   Vic Room</b>	Wednesday 3:30 pm - 5:00 pm

# Social

CLUB   ROOM   CONTACT	MEETING DAY/TIME	
<b>Bid Whist Birthday Club   Room A123</b> David Jones	First Tuesday 3:00 - 4:30 pm	
<b>MABA (Metro Atlanta Brotherhood Association)   Room A114</b>	Wednesday 1:00 - 5:00 pm	
<b>Red Hatters (Jazzy Touch of Class)   Gerald Coachman</b>		The Red Hat Society is a group of women who greet middle age with humor, amusement, and energy.
<b>Travel Club (Seniors in Action)   Vic Room</b> Walter Glass	2nd Tuesday 3:00 pm	Make your travel dreams come true with vacation getaways and trips.

# Games & Crafts

CLUB   ROOM   CONTACT	MEETING DAY/TIME	
<b>Bid Whist   Vic Room</b> David Jones	Daily Victory Room	A game with limited actions and special methods by passing diamonds.
<b>Billiards   Room A108</b> Quincy Woods	Daily	Enjoy a friendly game of pool.
<b>Bridge Lovers   A114</b> Doris Hall	Monday 10:00 am - Noon Tuesday 2:45 pm	
<b>Bridge Lovers Beginners   Room A123</b> James Brown	Monday 10:00 am - Noon Thursday 1:00 - 4:00 pm	
<b>Chess   Room A124</b> Leon Griffin	Monday 11:00 am - 12:50 pm	Calling beginners to grand masters to join this club, offering lessons, competition and a slew of fun.
<b>Dominoes   Vic Room</b> Aaron Hailes	Wednesday 1:00 - 3:50 pm	
<b>Pinochle   A117</b> Booker Donnell	Last Friday 2:00 - 3:00 pm	Play in a purely social setting or against each other.
<b>Scrabble   Vic Room</b> Glenda Erskine	Tuesday & Thursday 9:00 am - Noon	
<b>Sudoku Advanced   Room A114</b> Dorothy Callaway	Thursday 1:00 - 2:30 pm	
<b>Crochet   Room A123</b> Cola Turner	Tuesday & Thursday 10:00 am - 12:50 pm	

# Community Service

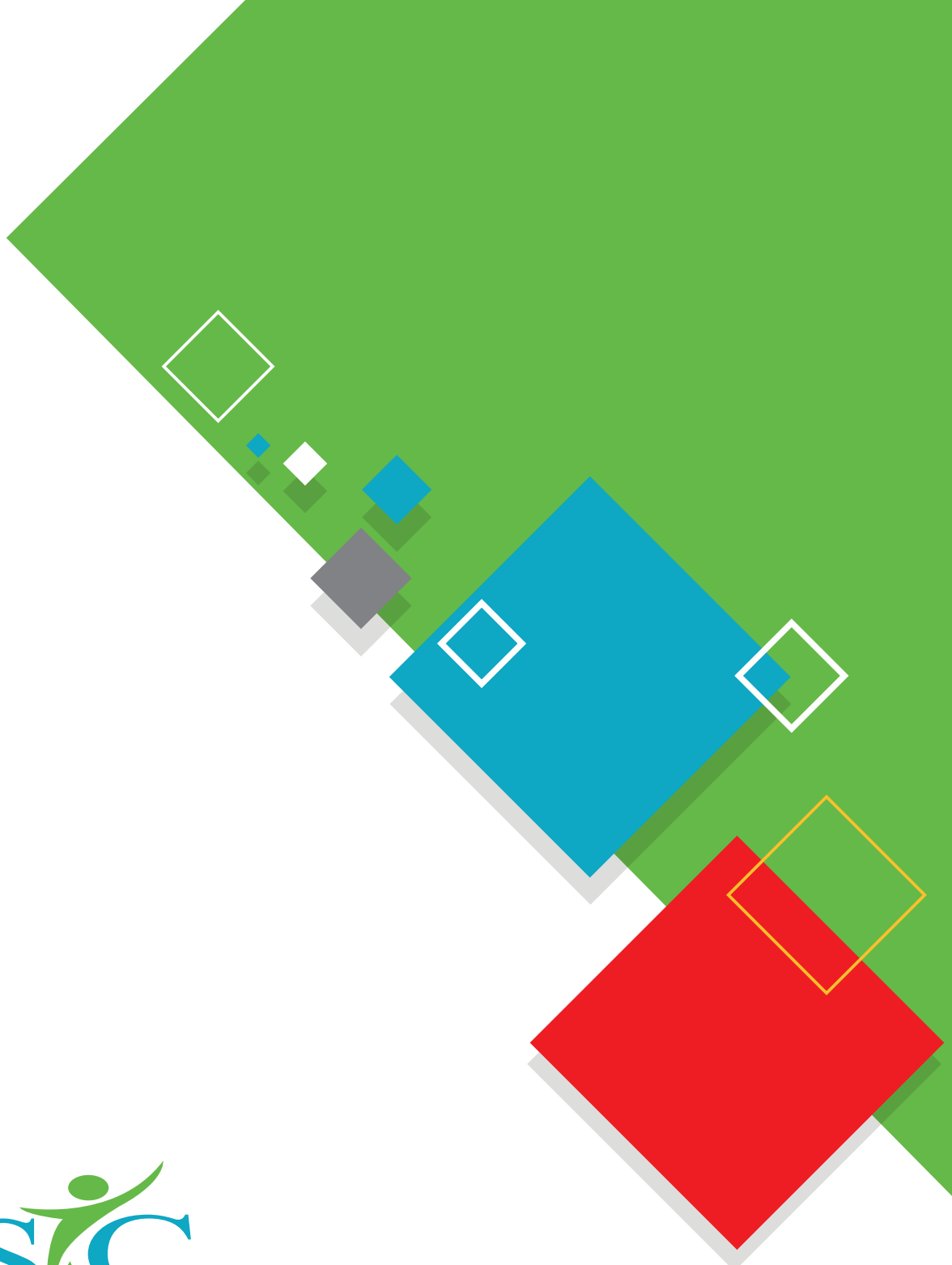
CLUB   ROOM   CONTACT	MEETING DAY/TIME	
<b>Caregivers Group   Room A123</b>	First Wednesday, 4:00 - 6:00 pm	
<b>Caregivers Support   Room A124</b>	First Wednesday, 4:00 - 6:00 pm	
<b>Disabled American Veterans (DAV)   Victory Room</b>	Third Wednesday 6:00 pm	
<b>DeKalb For Seniors, Inc. (DFSI)   Via Phone</b>	Second Thursday 5:30 pm	

# The Arts

CLUB   ROOM   CONTACT	MEETING DAY/TIME	
<b>Choir Band   Room F109</b> Lloyd Alaman	Wednesday 1:00 pm	
<b>Comedy Club  </b> Senella Watson		
<b>Drama Club   Room A125</b> Charleen Knox	Monday 1:30 pm - 4:30 pm	Skilled and talented members that share an interest in acting and the process of putting on a production.
<b>LWSC Choir   Vic Room</b> Lloyd Alaman	Thursday 2:30 pm - 4:00 pm	

# Enrichment

CLUB   ROOM   CONTACT	MEETING DAY/TIME	
<b>Bicycle Club   Meet at Stonecrest</b> Senella Watson	Monday 10:00 am - 11:00 am	
<b>Book Club   Room A117</b> Sandra Waller	4th Thursday 1:00 pm - 2:30 pm	A great opportunity to fellowship, learn and discuss your thoughts about a particular book.
<b>Garden Club   Room A123</b> Mae Redden	3rd Wednesday 8:30 am - 10:30 am	Gain hints and tips on growing a variety of plants, fruits and vegetables.
<b>Photographers   Room</b> Bob GlickSmith	3rd Friday 1:00 pm - 2:00 pm	
<b>Toastmasters   Room A117</b> Larry Davis	Wednesday 12:00 pm - 1:15 pm	Learn public speaking and leadership skills.
<b>Advanced Volleyball Team   Pool</b>	Tuesday & Thursday 2:00 pm - 3:45 pm	



Lou Walker Senior Center  
2538 Panola Road  
Lithonia, GA 30058  
[louwalkercenter.com](http://louwalkercenter.com)  
[dekalbcountyga.gov](http://dekalbcountyga.gov)  
770.322.2900



# 2018 Winter Session Updates

---

Please use this document as an addendum to the schedule in the printed catalog. Any changes or omissions are listed below.

## Monday classes

- **ID L577 Int. Wire Wrap Jewelry** has been cancelled
- **ID L550 Drama Club** takes place on Mondays in room A125, 1:30 – 4:30 pm
- **ID L505 Jewelry Group Advanced** takes place on Mondays in room A124, 1:00 – 3:50 pm

## Tuesday classes

- **ID F864 Golf 101** new time is 1:00 – 1:50 pm
- **ID L586 Pro Pool 1** new time is 1:00 – 1:50 pm
- **ID F867 Get Fit Cardio** takes place on Tuesdays, 5:30 – 6:15 pm. \$25 fee
- **ID L580 Ole School Etiquette** has been moved to Thursday, 1:00 – 2:50 pm

## Wednesday classes

- **ID F842 Tai Chi Arthritis Fund** has been moved to Thursday, 3:00 – 3:50 pm
- **ID F824 Abs and More** is in room F109

## Thursday classes

- **ID L531 Learn to Shoot Pool 2** will now end at 11:50 am
- **ID F851 Dynamic Abs** is 10:00 – 10:50 am
- **ID T611 Photography for Beginners** is in room F109
- **ID L512 Crochet by Numbers** begins at 10:00 am
- **ID F129 Fan Tai Chi** has been moved to Wednesday, 2:00 – 2:50 pm

## Friday classes

- **ID F842 Tai Chi Arthritis Foundation** is cancelled