This Is How We Do It in CYS

The Children and Youth Services Division (CYS) operates nine afterschool locations for K-8th graders in the city. In the 2018-19 school year, with assistance from the Carl Vinson Institute of Government at UGA, CYS will revisit its mission statement and its program design and goals through a strategic planning process involving input and feedback from internal and external stakeholders. Through this process CYS hopes to develop a renewed, relevant vision in line with the needs and interests of the children and families we serve.

The City of Decatur has a rich history dating back to 1823. Part of that history includes the evolution of afterschool programming – a brand new field in the 1980s. The city has operated afterschool programs in Decatur since 1981. In 2007, Children and Youth Services developed a mission statement and designed a logic model with specific goals and outcomes identified. (You can find our logic model on the About page of our website at decaturga.com/cys).
Biking in Decatur

Third Friday Fun Bike Rides  September and October
Join Decatur Active Living for an all-levels bike ride on the third Friday of the month, weather permitting. Meet in front of the Decatur Recreation Center and be ready to ride at 6:30 p.m. We ride 5-6 miles at a social pace and then visit a local restaurant or pub for refreshments. This is a no-drop ride. Helmets and lights are required for city-led rides. For more information visit decaturga.com/biking or contact cheryl.burnette@decaturga.com. Free.

Family Fun Bike Ride  Sunday, Sept. 9 • 2 p.m.
Join us for a fun family bike ride. Meet at Harmony Park and be ready to put wheels down at 2 p.m. All ages are welcome. We will ride at a slow pace and no one will be left behind. Pick up some safety information and a special I Bike Decatur spoke card. Helmets are required for all participants. Decatur Police will register bikes 1-2 p.m. Adult volunteers are also needed to assist with the ride. Contact cheryl.burnette@decaturga.com for more information. Reserve your space on our Facebook event page. Free.

Bike Rodeo  Saturday, Oct. 6 • noon-2 p.m. Ebster Recreation Center
Ride on over to Ebster Recreation Center for a bike safety rodeo. Children will have fun while learning bike safety, signaling and other rules of the road. Participants should know how to ride their bike. Bring your bike and a helmet.

Silver Spokes  Thursdays in September and October • 10 a.m.
Learn to ride or get back on the saddle during these senior bicycling classes. The use of adult tricycles supports those with mobility challenges. Trike along with several drills that help maintain balance and support. Silver Spokes classes are held in September and October. Pre-registration is required, no later than one day before class. Our instructors will take you on a bike ride around Decatur during your last class.

Sam’s Freight Room Ride  Saturdays at 2 p.m.
Meet at 415 E. Howard Ave., across from the Old Depot. All levels are welcome for this no-drop ride, which winds through Avondale and Decatur for approximately 11 miles.
Safe Routes to School
International Walk & Roll to School Day • Oct. 10

As part of the Safe Routes to School program, Decatur schools participate in the annual International Walk & Roll to School Day. Parents, schools personnel and community members walk and bike with students to generate awareness of the fun of walking, biking and physical activity. SRTS goals are to have more students and adults walk or bike to help improve fitness levels, to reduce congestion around schools, and to improve air quality around schools. If you would like to volunteer to walk with a group, contact cheryl.burnette@decaturga.com or call 678-553-6541.

TAKE A WALK!

Halloween Walk
Oct. 25, 7:30 p.m.

Join members of the Pedestrian Committee for this annual walk. Enjoy seeing Halloween décor around the city. Wear costumes if you like. Walkers will receive lighted gear to wear to light up the night. Walk begins at the Decatur Recreation Center.

50+ Walks
Wednesdays • 9 a.m. May-September
10 a.m. October-April

Join us for this low-intensity walk that is suitable for most levels of fitness. Walks vary in length from two to three miles. Bring your water bottle and meet in front of the Decatur Recreation Center. You don’t have to be 50-plus to join us.

Walk Fit Decatur
Second Saturday of each month • 10 a.m.

Meet at the Decatur Recreation Center for this informative walk around the city. Each month there will be a special guest or professional who will speak on various topics and interact with the participants. Bring your water bottle. For more information about walking in Decatur visit decaturga.com/walking.
Youth Classes

BEGINNING SEWING
The one-hour classes are designed to spark creativity in junior designers as they learn about fashion. Every project teaches a new design technique while the junior designers express their points of view. All projects are age and skill appropriate, and materials are included. Just show up ready to sew.

NEW! CANDINEWS ACTING CLASS: ELF JR. THE MUSICAL, A CHRISTMAS PLAY
This class experience will awaken the creative spirit and imagination through acting, music, and movement in a safe, non-competitive environment. We’ll work on all aspects of theater, acting, dancing, and music. Classes start in September and performances will be in December. Register monthly.

DECATURE FENCING
Fencing is a European-originated Olympic sport based on the art of swordplay. For new students, classes provide an enjoyable epee/foil fencing experience, improving physical fitness, and creating the foundation needed to understand and appreciate the sport. More advanced students can continue studying epee/foil at a high level. All participants should dress in loose athletic clothing. Protective equipment will be provided.

EBSTER GARDEN CLUB
This youth garden club offers a hands-on environment where students take part in every aspect of gardening. They start seedlings, dig and loosen soil, plant the seedlings in the ground and water them. They harvest the fruits and vegetables and learn how to turn them into delicious meals. Every few weeks at a garden club party kids can eat what they have grown.

UKS KARATE
A holistic approach to learning the art of karate. This class will teach children the discipline of karate, fostering concentration, self-respect, and respect for others. Preview class is required before registering. Contact Adesi Brown at adesi2274@comcast.net.

VOLLEYBALL CLINIC FOR GIRLS
Learn the fundamentals of the game from Kele Eveland.

YOUTH PLATFORM
A middle school program offering students the opportunity to speak on issues and concerns they face every day. Students learn their inner talents and the importance of living a positive lifestyle. Each week participants will have a group session with topics including self-esteem, planning for the future, family, peer pressure, and current events. There will also be physical activity after each session, encouraging participants to be active and live a healthy lifestyle.

Fun for Toddlers

MAGICAL MORNINGS 2-5 YRS
School groups, don’t miss out on this fun entertainment for your young people. Storytelling, music, and movement are included. Groups of 10 or more must make reservations and pre-pay. Call 404-377-0494.
## Children/Youth Classes (newborn-5 yrs) at a Glance

<table>
<thead>
<tr>
<th>Class/Activity</th>
<th>Location</th>
<th>Age</th>
<th>Time</th>
<th>Day</th>
<th>Session</th>
<th>Fee: Resident/Nonresident</th>
<th>Reg. Deadline</th>
<th>Instructor</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Magical Mornings</td>
<td>DRC</td>
<td>2-5</td>
<td>11-11:45 am</td>
<td>Wednesday</td>
<td>Sept. 12 – Bruce Bernstein, Music is Magic Oct. 17 – Ken Scott, Magician Nov. 7 – Julie Austin, Sing-a-Long</td>
<td>$2-Res $4-Nonres</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Li’l Kickers – Soccer</td>
<td>Adair Park</td>
<td>3-5</td>
<td>5:30-6:30 pm</td>
<td>M/W or T/TH</td>
<td>9/10-10/3 9/11-10/4</td>
<td>$65-Res $80-Nonres</td>
<td>8/1-9/8</td>
<td>Derante Stephen</td>
<td></td>
</tr>
<tr>
<td>Li’l Dribblers – Basketball</td>
<td>DRC</td>
<td>3-5</td>
<td>5:30-6:30 pm</td>
<td>M/W or T/TH</td>
<td>10/15-11/7 10/16-11/8</td>
<td>$65-Res $80-Nonres</td>
<td>9/1-10/13</td>
<td>Derante Stephen</td>
<td></td>
</tr>
<tr>
<td>Li’l Lax – Lacrosse</td>
<td>Adair Park</td>
<td>4-6</td>
<td>5:30-6:30 pm</td>
<td>M/W</td>
<td>10/1-10/24</td>
<td>$65-Res $80-Nonres</td>
<td>9/1-9/30</td>
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## Youth Classes (5-17 yrs) and Activities at a Glance

<table>
<thead>
<tr>
<th>Class/Activity</th>
<th>Location</th>
<th>Age</th>
<th>Time</th>
<th>Day</th>
<th>Session</th>
<th>Fee: Resident/Nonresident</th>
<th>Reg. Deadline</th>
<th>Instructor</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decatur Fencing</td>
<td>DRC</td>
<td>8-17</td>
<td>6:30-7:30 pm</td>
<td>Tuesdays</td>
<td>9/4-9/25 10/2-10/23 11/6-11/27 No class week of Thanksgiving</td>
<td>$80-Resident $95-Nonres</td>
<td>Ongoing</td>
<td>William Chase</td>
<td></td>
</tr>
<tr>
<td>UKS Karate</td>
<td>DRC</td>
<td>8-12</td>
<td>6:30-8 pm</td>
<td>10-11 am</td>
<td>9/6-9/29 10/1-10/27 11/3-11/17</td>
<td>$40-Resident $55-Nonres</td>
<td>8/1-8/29</td>
<td>Adesi Brown</td>
<td></td>
</tr>
<tr>
<td>CandiNews Acting Class</td>
<td>DRC</td>
<td>5-12</td>
<td>9:30-10:45 am</td>
<td>Saturday</td>
<td>9/8-9/29 10/6-10/27 11/3-11/17 No class week of Thanksgiving</td>
<td>$100-Resident $120-Nonres</td>
<td>Ongoing</td>
<td>Candice Newsum</td>
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<tr>
<td>Halloween Dance</td>
<td>DRC Gym</td>
<td>8-10</td>
<td>6:30-8 pm</td>
<td>Friday</td>
<td>Oct. 26</td>
<td>$5</td>
<td>RSVP by Oct. 24</td>
<td>Staff</td>
<td>see page 16</td>
</tr>
<tr>
<td>Halloween Haunted House</td>
<td>Decatur Studio</td>
<td>6+</td>
<td>8-10 pm</td>
<td>Friday</td>
<td>Oct. 26</td>
<td>$2</td>
<td>Drop In</td>
<td>Staff</td>
<td>see page 16</td>
</tr>
<tr>
<td>Volleyball Clinic for Girls</td>
<td>ERC</td>
<td>8-15</td>
<td>9 am-noon</td>
<td>Saturday</td>
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<td>$25-Resident $35-Nonres</td>
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<td>Kele Eveland</td>
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## Ebster Subsidized Programs at a Glance

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<thead>
<tr>
<th>Class/Activity</th>
<th>Location</th>
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<th>Time</th>
<th>Day</th>
<th>Session</th>
<th>Fee: Resident/Nonresident</th>
<th>Reg. Deadline</th>
<th>Instructor</th>
<th>Notes</th>
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<tr>
<td>Ebster Garden Club</td>
<td>ERC</td>
<td>5-15</td>
<td>noon-2 pm</td>
<td>Saturday</td>
<td>Ongoing</td>
<td>FREE</td>
<td>Ongoing</td>
<td>Yvonne Hill</td>
<td>Limit: 8 kids</td>
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<tr>
<td>Youth Platform</td>
<td>ERC</td>
<td>13-17</td>
<td>6:45-8 pm</td>
<td>Wednesday</td>
<td>Ongoing</td>
<td>FREE</td>
<td>Ongoing</td>
<td>Valencia Breedlove</td>
<td>Limit: 12 kids</td>
</tr>
<tr>
<td>Beginners Sewing</td>
<td>ERC</td>
<td>8-13</td>
<td>6:15-7:15 pm</td>
<td>Tuesdays-bi-weekly</td>
<td>Ongoing</td>
<td>FREE</td>
<td>Ongoing</td>
<td>Ms. Cynthia</td>
<td>Limit: 10 kids</td>
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<tr>
<td>Science 4 Fun</td>
<td>ERC</td>
<td>8-12</td>
<td>6:30-7:30 pm</td>
<td>Wednesday</td>
<td>Ongoing</td>
<td>FREE</td>
<td>Ongoing</td>
<td>Yalonda Crawford</td>
<td>Limit: 10 kids</td>
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</table>
Kick, Pass, Cheer, Dribble, Run: We Do It All in Youth Sports

Li’l Ones
Decatur Active Living offers Li’l Kickers, Li’l Dribblers, Mini Soccer and Mini Basketball, which are introductory instructional programs for girls and boys ages 3-6.

Li’l Kickers and Li’l Dribblers • 3-5 YRS
These four-week courses are designed to develop basic soccer and basketball skills.

Li’l Lax • 4-6 YRS
This four-week introductory course develops basic lacrosse skills. Players learn to scoop, cradle, and pass while also gaining knowledge of how to play the game. No equipment is required. Players receive a lacrosse stick and ball, which they can keep upon conclusion of the clinic.

Mini Basketball • 5-6 YRS (Boys and Girls)
The focus is on fun and basic skills like passing and dribbling, while introducing beginners to the game. Each team has one 30-minute game following a 30-minute practice. Mini Basketball consists of six players. All games and practices are held on Saturdays. Mini Basketball coaches are always needed – please consider volunteering.

League Soccer • 6-11 YRS
Coed teams are divided by age groups, 6-7, 8-9, and 10-11 leagues. All levels and skill ranges are welcome. Participants have a one-hour practice during the week, beginning the week of Sept. 10. Games will be played on Saturdays starting Sept. 29.

Youth Basketball • 7-14 YRS
Hoops are offered for the following age divisions: 7-8, 9-10 and 11-12. All-girl teams are offered in the 9-10 and 11-12 divisions. All skill levels are welcome. A skills assessment and draft will be held for the coed teams for the 7-8, 9-10, 11-12, and 13-14 divisions. Each team will have one practice and one game per week at local gyms. Look for Third Grade League information in the January 2019 Playbook.

Competitive Play • 11-14 YRS
An alternative to school teams. Players must try out for this team, which is more competitive than the Active Living league. These teams will participate in a middle school league.

Junior and Senior Boys Basketball • 13-17 YRS
An alternative to school teams, this league is more competitive and offers an excellent opportunity to improve basketball skills. Teams will schedule games with Decatur DeKalb YMCA and DeKalb County Parks and Recreation.

New! Teen Girls Three-On-Three Basketball • 13-14 YRS
Designed for girls ages 13-14 who still just want to play basketball for fun. Teams will have five players and games will be played on a shorter court.

Cheerleading • 6-12 YRS
The cheerleading season includes an eight-game regular season and tournament games. Squads have one practice and cheer one game per week. A cheerleading clinic will be held at noon on Saturday, Nov. 3, at Ebster Recreation Center. A parents meeting will immediately follow.
## Athletics at a Glance

<table>
<thead>
<tr>
<th>Sport</th>
<th>Age/Grade</th>
<th>Fee</th>
<th>Nonresident Fee</th>
<th>Registration</th>
<th>Parent Mtg</th>
<th>Practice begins</th>
<th>Game Schedule</th>
<th>Game Site</th>
<th>Web Trac No.</th>
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<tr>
<td>Li’l Lax</td>
<td>4-6</td>
<td>$65</td>
<td>$80</td>
<td>9/1-9/30</td>
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<td>M/W 5:30-6:30 pm</td>
<td>10/1-10/24</td>
<td>Adair Park</td>
<td>232070-03</td>
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<tr>
<td>Li’l Kickers</td>
<td>3-5</td>
<td>$65</td>
<td>$80</td>
<td>8/1-9/8</td>
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<td>M/W 5:30-6:30 pm</td>
<td>9/10-10/3</td>
<td>Adair Park</td>
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<td>Li’l Dribblers</td>
<td>3-5</td>
<td>$65</td>
<td>$80</td>
<td>9/1-10/13</td>
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<td>10/15-11/7</td>
<td>DRC</td>
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<td></td>
<td></td>
<td>5:30-6:30 pm</td>
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<tr>
<td>Mini Basketball</td>
<td>5-6</td>
<td>$65</td>
<td>$80</td>
<td>9/22-10/20</td>
<td>11/10</td>
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<td>12/1-11/19</td>
<td>DRC</td>
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<td>$165</td>
<td>9/22-10/20</td>
<td>11/10</td>
<td>11/12</td>
<td>12/1-2/9</td>
<td>DRC/RMS/CH ERC</td>
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<tr>
<td></td>
<td>7-8 girls</td>
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<td>232029-01</td>
<td>232022-01</td>
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<tr>
<td></td>
<td>9-10 coed</td>
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<td>232025-01</td>
<td>232023-01</td>
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<tr>
<td></td>
<td>9-10 girls</td>
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<td>232027-01</td>
<td>232024-03</td>
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<td>11-12 coed</td>
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<td>11-12 girls</td>
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<tr>
<td></td>
<td>13-14 girls</td>
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<td></td>
<td></td>
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<tr>
<td>Middle/Sr. League</td>
<td>13-14</td>
<td>$130</td>
<td>$165</td>
<td>9/22-10/20</td>
<td>11/13</td>
<td>12/1-2/23</td>
<td>DRC/YMCA/DeKalb</td>
<td></td>
<td>232024-01</td>
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<td></td>
<td>15-17</td>
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<td>232026-01</td>
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<tr>
<td>Cheerleading</td>
<td>6-8</td>
<td>$165</td>
<td>$180</td>
<td>9/22-10/20</td>
<td>11/3</td>
<td>12/2-2/9</td>
<td>DRC</td>
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<td>9-10</td>
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</table>

DRC-Decatur Recreation Center, CH-Children’s Home, RMS-Renfroe Middle School, ERC-Ebster Recreation Center

### Keep Your Game Up with DAL Adult Men’s Basketball League

Come shoot hoops in our newly renovated gym. The Decatur Active Living Adult Men’s Basketball League is a great way to stay in shape. DAL offers winter basketball leagues for adult men and women. Registration is $485 for each team, and is accepted on a first-come basis beginning Oct. 6 and concluding Nov. 3. The schedule consists of 10 games and an end-of-the season tournament. League winners will advance to GRPA district competition.
Get Skilled: Improve your game with basic instruction or by playing with a team

Looking for some basic instruction, practice drills or a team? Glenlake Tennis Center offers these tennis services: ALTA and USTA leagues for juniors and adults, private, semi-private, group lessons, and team coaching. Call the tennis center: 404-377-7231.

Decatur has nine courts dedicated to tennis action. Courts are available 9 a.m.-10 p.m. Monday-Thursday, 9 a.m.-8 p.m. Friday, and 9 a.m.-6 p.m. Saturday.

Glenlake Tennis Courts
1121 Church St. • Five Courts

Scott Park Courts
231 Sycamore St. • Two Courts

Oakhurst Park Courts
307 Feld Ave. • Two Courts

Oakhurst Courts have received capital funding for renovations. Plans include new courts, lights and fencing.

Court Reservations: Patrons can reserve the courts at Glenlake, Scott, and Oakhurst for tennis play. Resident court fees are $2/hour per person day rate and $2.50/hour per person under the lights. Nonresident court fees are $3/hour per person day rate and $3.50/hour per person under lights. All courts are lighted.

Free Court Time: Courts at all City of Decatur facilities are free to residents before 6 p.m. on weekdays and all day on weekends. You must present proof of residency to Glenlake Tennis Center staff in person to take advantage of free court time.

Adult Tennis

ADULT BEGINNER TENNIS CLINIC
Whether you have never picked up a racket before, or you are a seasoned veteran looking to make your stroke better, this six-week course is the best value in metro Atlanta. It covers forehands, backhands, proper tennis movement, serves, overhead, and the basics of singles and doubles play.

ADULT DRILLS
The drills are designed so that players of all skill levels are sure to hit lots of balls, have lots of fun, and get a wonderful workout.

Each drill session ends with a game of the “Wave” that will surely have you coming back for more. Participants can drop in at any time.

TEAM TENNIS
Glenlake Tennis Center is home to a large number of ALTA and USTA teams. If you are looking to join a tennis team, you can call the tennis center with your name, phone number and current skill level. If teams are looking for players we will gladly pass on your contact information. The best way to find a team could be a visit to Friday night drills. Drills are frequented by some of the team captains.

Junior Tennis

BEGINNING TENNIS • 7-15 YRS
The focus of each hour is proper stroke development and movement. Each session is usually concluded with a game that is sure to have your kids coming back for more.

Youth Tennis

MUNCHKIN TENNIS • 4-6 YRS
Munchkin tennis is offered year round. The instructors use backdoor learning techniques and games to teach the children proper stroke form and footwork while keeping the major focus of the class on fun.

TENNIS ACADEMY • 7-18 YRS
The tennis academy is for juniors who would like to take their game to the next level. Advanced Tennis is for juniors looking to play serious competitive tennis and during each session the focus will be advanced stroke training, movement, physical fitness, and match strategy. Each session will include 30 minutes of stroke instruction, 30 minutes of drills, and 30 minutes of supervised play. Contact Jabari Cole at Glenlake Tennis Center to reserve your spot.

Tennis at a Glance

<table>
<thead>
<tr>
<th>Skill Level</th>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Fee/ nonresident Fee</th>
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</thead>
<tbody>
<tr>
<td>Adult Beginner</td>
<td>adult</td>
<td>M</td>
<td>6 pm</td>
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<tr>
<td>Adult Drills</td>
<td>adult</td>
<td>F</td>
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<td>$15/$20</td>
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<tr>
<td>Adult Drills</td>
<td>adult</td>
<td>Su</td>
<td>9:30-11 am</td>
<td>$15/$20</td>
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<tr>
<td>Tennis Academy</td>
<td>7-18 yrs</td>
<td>Tu/Th</td>
<td>4:30-6 pm</td>
<td>$15/$20</td>
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<tr>
<td>Beginning Tennis</td>
<td>7-15 yrs</td>
<td>F</td>
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<td>Munchkins</td>
<td>4-6 yrs</td>
<td>Tu</td>
<td>4-5 pm</td>
<td>$10/$12</td>
</tr>
</tbody>
</table>

Note: All tennis programs are conducted at Glenlake Tennis Center.
Great Classes for Active Adults

50+ WALKS
Walking is a low-intensive activity that almost everyone can do. Walking is fun and it provides opportunities for social interaction. It helps us relax or energize. It’s an easy way to stay healthy in mind and body. Meet us on Wednesdays at 9 a.m. (May-September) or 10 a.m. (October-April) at Decatur Recreation Center.

ADULT SIGN LANGUAGE
Students learn vocabulary and basic conversational skills. Deaf culture is part of the class program as well. Students can meet deaf speakers and use their sign language during deaf community activities held in Decatur and surrounding areas. Opportunities for keeping the language alive are discussed during the class.

AEROBIC DANCE EXERCISE
Shape up with LZ aerobics classes, including dance exercise and senior aerobics. For more information visit lzaerobics.com or call 678-380-3861.

AFRIDANCERCISE (EBSTER)
This unique body workout combines deep breathing techniques, stretching, and low to medium aerobics mixed with traditional West African dance steps. As choreography develops, interested participants may perform at other venues to music provided by professional drummers.

ARTZ FOR THE HARP
Have you ever wanted to learn to play the harp? If so, join Artz for the Harp therapy Tuesdays and learn to play some of your favorite songs, from classical to jazz, with our colorful Harpsical Harps. Harps and all instructional materials are provided. artz-fortheharp.org

BADMINTON (EBSTER)
Open play badminton for all skills levels. Come join the fun and meet new friends at Ebster Gym.

BODY CONDITIONING
This cardio/core and muscle-toning class builds muscle and boosts metabolism, using dumbbells, resistance bands, stability balls, jump ropes, weights and weighted balls.

BRIDGE CLUB
Get your trump ready, grab your tallies and make your bids. Bridge Club has a table waiting for you. Coffee and snacks provided. Call Nancy Reid, 404-284-1549, to reserve your spot.

FLAMENCO DANCE
Study the technique that’s used for basic marking steps, footwork, llamadas, and then use it in combinations and improvisation. No experience necessary.
FUNCTIONAL EXERCISES FOR SENIORS
A seated senior aerobics class for those with mobility or balance challenges. Includes music and a workout using elastic straps, small weights and Swiss balls.

FUTSAL (INDOOR SOCCER)
Drop in and play on Sundays at Decatur Recreation Center.

LET’S DRUM
Enjoy the benefits of communal drumming within a drum circle for seniors. This class is open to anyone who loves rhythm, dance, and music. No experience needed.

LUNCH AND LEARN
Stick around after senior aerobics class or pop in to join us as we host speakers who are health and wellness professionals. Bring a brown bag lunch, put it in the fridge, attend your senior aerobics class then head into our Lunch and Learn topic that follows.

It’s free and there is no need to register. Select dates apply.

PICKLEBALL (EBSTER)
Pickleball is a fun racquet sport that combines elements of badminton, tennis and table tennis. Two or four players use a solid paddle to hit a plastic ball, similar to a wiffle ball, over a net on a badminton-size court. Grab a pair of tennis shoes and start playing the fastest growing sport in America.

SCOTT PARK COMMUNITY GARDEN
Join our gardeners for social, educational, and friendly gardening year round. The club is led by several master gardeners and hosts a social gathering during the year as well as garden workdays.

SENIOR GAMES
Join us every Monday at Decatur Recreation Center to play games and make new friends. We have all the games you can imagine and if we don’t we’ll get them for you. Games begin at 1:30 p.m.

SILVER SPOKES
This senior bicycling workshop uses adult tricycles to support those with mobility challenges and to help maintain good balance. Learn to ride or get back on the saddle. Trike along with several drills that help maintain balance and support. Sign up for this workshop if you want to learn the basics of biking. Silver Spokes meets on Thursdays in September and October at 10 a.m.

TABLE TENNIS
Participate in a sport you can play for a lifetime. All skill levels are welcome.

TAI CHI 4 LIFE
This class is for beginners. Emphasis is on the health benefits of an ongoing Qigong/Tai Chi practice. Goals are to improve balance, reduce blood pressure, improve self-esteem, increase energy and improve breathing. The class meets twice a week – attend one or both.

TAI CHI FLOW
This class is for intermediate students of Tai Chi-Qigong. Instructor permission is needed to register. Emphasis is on deepening the learning of the Yang-Style 24 forms practice.

VOLLEYBALL
Drop in and play in our recreational league, started by three ringleaders who know the net and are ready to teach and play. We have two nets set up on Sundays and staff on site to manage the flow and help you get volleyball game on.

WALK FIT DECATURE!
Meet at Decatur Recreation Center and walk about three miles. We’ll have a guest and/or theme each month.

YOGA: CHAIR/MAT
Learn efficient breathing techniques while learning more about yourself from the inside out. Class is suitable for persons with mobility issues and can be practiced on the mat and/or chair. Please bring your own mat.

ZUMBA
Zumba is a cardio dance class to Latin and hip hop popular music that builds muscle and boosts metabolism.
Special Events and Workshops for Seniors

At Decatur Recreation Center

UNDERSTANDING AND MAXIMIZING YOUR SOCIAL SECURITY BENEFITS
Thursday, Sept. 13 • 6:30 p.m.
A great resource for anyone who plans to retire in the next 15 years and wants to learn when it’s best to start your benefits. Presented by Robert Cox, RICP, CFEi, a professional retirement planner.

COLLEGE PLANNING WITH CAPSTONE FINANCIAL
Tuesday, Sept. 18 • 6:30 p.m.
In this class we talk about understanding college costs, ways to fund college, financial aid, and options for decreasing costs. This is a free educational class.

IT’S NEVER TOO LATE TO BEGIN AGAIN: DISCOVERING CREATIVITY AND MEANING OF MIDLIFE AND BEYOND
Wednesday, Sept. 19-Dec. 12 • 2 p.m.
This interactive class for retirees (and other creative souls) is based on the book by the same title written by Julia Cameron, who is the bestselling author of The Artist’s Way. The course is aimed at defining – and creating – the life you want to have as you redefine and recreate yourself. We’ll use simple tools that will guide and inspire you to make the most of this time of your life. One of the activities will be simplified memoir writing, which offers an opportunity to reflect on and honor past experiences.

MEDICARE BASICS – UNDERSTANDING THE MAZE
Tuesday, Oct. 9 • 6:30 p.m.
Did you know that Medicare A & B pays only about 48 percent of your Medical Expenses in retirement? Learn how the other Medicare plans can help eliminate more expenses in this education-only class. Build an understanding of Medicare Part A & B, Part C (Medicare Advantage) and Part D (Prescription Drug Plan). Learn when and how to apply, deductibles, and what factors to include in choosing the right plan or combination of plans. A brief overview of the Medigap (supplement) plan is also provided.

TERRI’S TRAINING FOR DOGS AND PEOPLE: BASIC DOG OBEDIENCE TRAINING
Saturdays, Oct. 13-Nov. 17 • 10 a.m.
Decatur Recreation Center
Outdoor Classroom
This six-week class helps owners work with their dogs to become confident and happy companions. The focus is on learning and practicing basic dog obedience manners as well as solving problem behaviors such as jumping, pulling, and barking. The course is good preparation for pet therapy certification as well as learning ways to stimulate your dog’s brain. Dogs need to be at least five months old and have all required vaccination certifications. To register contact Sara Holmes, sara.holmes@decaturga.com.

For questions, contact Terri Kruzan, tkruzan@bellsout.net.

DECATUR HAIKU
Monday, Oct. 15 • 2 p.m.
In this class, we will talk about Haiku Mind, how these poems cultivate awareness of the details of the everyday, share some tra-
ditional ones and some of our own, and even compose some on the spot. Marti Keller is a published poet whose latest book is *Thinking in Haiku*. She has a daily Haiku reading and writing practice, and shares these widely on Facebook and her personal website. She is the project director for Decatur Haiku.

**FINANCIAL GOAL SETTING**
Tuesday, Oct. 16 • 6:30 p.m.
We'll talk about income, savings, retirement, and debt payment goals in this free educational class.

**COMMON MONEY MISTAKES**
Tuesday, Nov. 13 • 6:30 p.m.
We'll discuss managing finances, mitigating financial setbacks, staying on track, and making financial decisions in this free educational class.

**RETIREMENT PLANNING FOR WOMEN**
Tuesday, Nov. 27 • 6:30 p.m.
Women have more challenges in retirement planning than men. More than 85 percent of Americans over the age of 85 are women. This workshop covers the areas of 1) providing funding for their longer life expectancy, 2) identifying the higher Long Term Care and medical costs, 3) assembling a general plan for all those areas. We also discuss tough issues: do I retire early to care for a parent; dignity and independence; and more. Additional financial and social issues are covered so that the attendee can begin formulating a unique plan.

**PERSONAL RISK**
Tuesday, Dec. 11 • 6:30 p.m.
In this lesson, we’ll talk about personal risk profiles, questions to ask yourself, how to align risk with asset allocation, and other things personal risk may impact. This is a free education class.

**ART CLASSES WITH MS. GUSsy**
Register with Sara Holmes, sara.holmes@decaturga.com or 678-553-8680. All classes are at Decatur Recreation Center and registration is required.

**Drawing and Painting** • Tuesday, Sept. 11 and 25 • 10 a.m.
This two-day workshop will focus on process, not product, and welcomes beginners. We’ll begin with watercolors and progress into acrylics.

**Leather Masks** • Thursday, Oct. 11 and 25 • 10 a.m.
In this two-day workshop we’ll create the masks in leather one day and paint them with gorgeous metallic paint the following week. Just in time for Halloween!

**Thanksgiving Centerpiece** • Tuesday, Nov. 13 • 10 a.m.
Join us for this fun Thanksgiving craft. We’ll provide the pineapples and you’ll make the classic Turkey heads from felt.

**Wire Weaving** • Tuesday, Dec. 4 • 10 a.m.
Let’s start with a bracelet that will truly impress your friends. Learn how to wire weave a bracelet then move on to glass or stone.

**Printmaking** • Tuesday, Dec. 11 • 10 a.m.
Cards, books and wrapping paper. Make your own stamps!

**TRIPS FOR SENIORS**
Limited seats are available. You must call the day before each trip to register. It’s first come, first served and spaces fill up quickly.

**Yellow Daisy Festival** • Friday, Sept. 7 • 10 a.m.
**Apple Festival** • Saturday, Oct. 13 • 9 a.m.
**Agnes Scott Observatory** • November (date to be announced)
**Atlanta Botanical Garden Lights** • December (date to be announced)

**HOLIDAY PARTY**
Wednesday, Dec. 12 • 11 a.m.
Decatur Recreation Center
Celebrate the holiday season with Decatur Active Living’s Annual Holiday Party. We will provide the meat and desserts; everyone is encouraged to bring a side dish. We will have music, food, activities and lots of fun! Contact Sara Holmes, sara.holmes@decaturga.com or 678-553-6559, for more information.
## Active Adults At-a-Glance

<table>
<thead>
<tr>
<th>Class title</th>
<th>Registration details</th>
<th>Time</th>
<th>Day</th>
<th>Monthly Fee</th>
<th>Res/NonRes</th>
<th>Instructor(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>50+ Walks</td>
<td>Drop In</td>
<td>9 am in September</td>
<td>W</td>
<td>FREE</td>
<td></td>
<td>Sara Holmes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10 am Oct-April</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult Sign Language 1</td>
<td><a href="mailto:adesi2274@comcast.net">adesi2274@comcast.net</a></td>
<td>6:30 pm</td>
<td>TU</td>
<td>$275 + $25 (15 sessions)</td>
<td></td>
<td>Adesi Brown</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(9/4-12/11)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aerobic Dance</td>
<td>LZaerobics.com</td>
<td>9 am</td>
<td>M/W/F</td>
<td>$80/$85 (10-week session)</td>
<td></td>
<td>Bobbie Elzey</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5:30 pm</td>
<td>M/W</td>
<td>$70/$75 seniors</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Afridancercise (Ebster)</td>
<td>244020-01</td>
<td>noon</td>
<td>M/W</td>
<td>$15/$30</td>
<td></td>
<td>Najyyah + Kody</td>
</tr>
<tr>
<td>Artz for the Harp</td>
<td>244020-09</td>
<td>10 am</td>
<td>TU</td>
<td>$40/$50</td>
<td></td>
<td>Lyrika Holmes</td>
</tr>
<tr>
<td>Badminton</td>
<td>Drop In</td>
<td>6:30 pm</td>
<td>TH</td>
<td>FREE/$5</td>
<td></td>
<td>Sue Welloch</td>
</tr>
<tr>
<td>Body Conditioning</td>
<td>770-424-2802</td>
<td>5:30 pm</td>
<td>TU</td>
<td>$35/$40</td>
<td></td>
<td>Brenda Roberts</td>
</tr>
<tr>
<td>Bridge Club</td>
<td>404-284-1549</td>
<td>10 am</td>
<td>2nd, 4th TH</td>
<td>FREE/$2</td>
<td></td>
<td>Nancy Reed</td>
</tr>
<tr>
<td>Flamenco Dance</td>
<td>244020-42</td>
<td>7:15 pm</td>
<td>TU</td>
<td>$50/$560</td>
<td></td>
<td>Julie Baggenstoss</td>
</tr>
<tr>
<td>Functional Exercises for Seniors</td>
<td>LZaerobics.com</td>
<td>10:15 am</td>
<td>M/W/F</td>
<td>$2/$4 per class</td>
<td></td>
<td>Bobbie Elzey</td>
</tr>
<tr>
<td>Futsal – indoor soccer</td>
<td>Drop in</td>
<td>2:30 pm</td>
<td>SU</td>
<td>FREE/$2</td>
<td></td>
<td>Aaron Marks</td>
</tr>
<tr>
<td>Let’s Drum</td>
<td>244020-5</td>
<td>6 pm</td>
<td>TH</td>
<td>$50/$12.50 per class</td>
<td></td>
<td>Kenya Engram</td>
</tr>
<tr>
<td>Lunch &amp; Learn</td>
<td>Drop in</td>
<td>11:30 am</td>
<td>9/28, 11/16</td>
<td>FREE</td>
<td></td>
<td>Sara Holmes</td>
</tr>
<tr>
<td>Pickleball (Ebster)</td>
<td>Drop in</td>
<td>11:15 am</td>
<td>TU</td>
<td>FREE/$3</td>
<td></td>
<td>Portia Langley</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2:30 pm</td>
<td>W</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>QuickBooks Online</td>
<td><a href="mailto:kristin@systemhappy.com">kristin@systemhappy.com</a></td>
<td>9 am – 1 pm</td>
<td>10/18, 12/20</td>
<td>$147</td>
<td></td>
<td>Kristin Diver</td>
</tr>
<tr>
<td>QuickBooks Desktop</td>
<td><a href="mailto:kristin@systemhappy.com">kristin@systemhappy.com</a></td>
<td>9 am – 1 pm</td>
<td>9/27, 11/15</td>
<td>$147</td>
<td></td>
<td>Kristin Diver</td>
</tr>
<tr>
<td>Scott Park Community Garden</td>
<td>544010-10</td>
<td>10 am</td>
<td>3rd SA</td>
<td>$25 per year</td>
<td></td>
<td>Sara Holmes</td>
</tr>
<tr>
<td>Silver Spokes (Ebster)</td>
<td>244020-3</td>
<td>10 am</td>
<td>TH in Sept. &amp; Oct.</td>
<td>$20</td>
<td></td>
<td>DAL Staff</td>
</tr>
<tr>
<td>Senior Game</td>
<td><a href="mailto:sara.holmes@decaturga.com">sara.holmes@decaturga.com</a></td>
<td>1:30 pm</td>
<td>MO</td>
<td>Free</td>
<td></td>
<td>Sara Holmes</td>
</tr>
<tr>
<td>Tai Chi 4 LIFE</td>
<td><a href="mailto:sdorage@mindspring.com">sdorage@mindspring.com</a></td>
<td>6:30 pm</td>
<td>MO</td>
<td>$60/$75</td>
<td></td>
<td>Steve Dorage + Drew Bracewell</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9 am</td>
<td>SA</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tai Chi Flow</td>
<td><a href="mailto:sdorage@mindspring.com">sdorage@mindspring.com</a></td>
<td>11 am</td>
<td>SA</td>
<td>$60/$75</td>
<td></td>
<td>Steve Dorage</td>
</tr>
<tr>
<td>Dog Obedience Training</td>
<td><a href="mailto:tkruzan@bellsouth.net">tkruzan@bellsouth.net</a></td>
<td>10 am</td>
<td>SA</td>
<td>$160</td>
<td></td>
<td>Terri Kruzan</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(10/13-11/17)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Volleyball</td>
<td>Drop in</td>
<td>6:30 pm</td>
<td>SU</td>
<td>FREE/$2</td>
<td></td>
<td>Bethany + Steve</td>
</tr>
<tr>
<td>Yoga: Chair/Mat</td>
<td>244020-38</td>
<td>10:30 am</td>
<td>TU</td>
<td>$40/$50</td>
<td></td>
<td>Vinaya Ananda</td>
</tr>
<tr>
<td>Zumba</td>
<td>770-424-2802</td>
<td>5:30 pm</td>
<td>TH</td>
<td>$35/$40</td>
<td></td>
<td>Ina Claggette</td>
</tr>
</tbody>
</table>
Summer Camp 2019 and Afterschool 2019-2020 Dates to Remember

- **Dec. 11** Online release of Camp 2019 Playbook
- **Dec. 20** Print version of Camp 2019 Playbook available at Recreation Centers
- **Jan. 5** Summer Camp 2019 Registration Opens online at 9:00 am
- **Feb. 5** 2019-20 Afterschool Lottery information available on city website
- **Feb. 19** 2019-20 Afterschool Lottery registration opens at 10 am
- **April 19** 2019-20 Lottery registration closes at 6 pm
- **April 26** 2019-20 Lottery spin
- **May 1** Afterschool 2019-20 registration resumes at 10 am following the lottery

Decatur’s Afterschool Programs At-a-Glance

<table>
<thead>
<tr>
<th>Afterschool Program</th>
<th>Registration Fee</th>
<th>Monthly Session Fee/Nonresident Fee</th>
<th>Part-time Session Fee/Nonresident Fee</th>
<th>Location(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Animal Crackers, Grades K-3</td>
<td>$35</td>
<td>$340/$365 (M-F)</td>
<td>$80/$90 one day/week, $160/$180 two days/week, $240/$270 three days/week, $320/$360 four days/week</td>
<td>Clairemont, Glennwood, Oakhurst, Westchester Winnona Park, Decatur Recreation Center</td>
</tr>
<tr>
<td>Whiz Kids, Grades 4-5</td>
<td>$35</td>
<td>$340/$365 (M-F)</td>
<td>$80/$90 one day/week, $160/$180 two days/week, $240/$270 three days/week, $320/$360 four days/week</td>
<td>4/5 Academy at 5th Avenue, Ebster Recreation Center</td>
</tr>
<tr>
<td>Project REAL, Grades 6-8</td>
<td>$35</td>
<td>$250/$275 (M-F)</td>
<td>$60/$70 one day/week, $120/$140 two days/week, $180/$210 three days/week, $210/$240 four days/week</td>
<td>Renfroe Middle School</td>
</tr>
</tbody>
</table>
Give to the Mary Miller Decatur Youth Fund

If equity for all of Decatur’s children and youth is important to you, consider a contribution to the Mary Miller Decatur Youth Fund. The fund makes it possible for children in the city whose families cannot afford to pay for athletics, swim team, after school, and camp programs to participate in these enriching opportunities. The Decatur Education Foundation manages this fund, which allows Decatur children in need to participate in Active Living and Children and Youth Services activities throughout the year.

To make a contribution, mail a check made out to the Decatur Education Foundation (please write “Decatur Youth Fund” in notes) to Decatur Education Foundation, 500 S. Columbia Dr, Decatur, GA 30030. Contributions are tax deductible. For more information, contact Claire Miller, 404-378-1082 or claire.miller@decaturga.com.
**Open Gym**

**EBSTER RECREATION CENTER**
105 Electric Ave. • portia.langley@decaturga.com

**BADMINTON**
September-November
Thursday • 6:30-9 p.m.
Residents free
nonresidents $5

**FAMILY PLAY OPEN GYM**
September-November
Saturday • noon-4 p.m.

**PICKLEBALL**
September-November
Tuesday • 11:15 a.m.-2 p.m.
Wednesday • 2:30-6 p.m.
December-February
Wednesday • 2:30-5 p.m.
Residents free/nonresidents $3

**TEEN BASKETBALL**
September-November
Wednesday • 7:30-8:45 p.m.

**DECATUR RECREATION CENTER**
231 Sycamore St. • lee.williams@decaturga.com
678-553-6742 • Residents free/nonresidents $2

**ADULT INDOOR SOCCER**
November-March
Sunday • 2:30-5:30 p.m.

**ADULT OPEN GYM BASKETBALL**
September-October 31
Mon.-Fri. • noon-2:30 p.m.
Tuesday • 7-9 p.m.

**FAMILY OPEN GYM**
September-December
Saturday • 2-4 p.m.

**BADMINTON**
September-November
Thursday • 6:30-9 p.m.
Residents free
nonresidents $5

**FAMILY PLAY OPEN GYM**
September-November
Saturday • noon-4 p.m.

**PICKLEBALL**
September-November
Tuesday • 11:15 a.m.-2 p.m.
Wednesday • 2:30-6 p.m.
December-February
Wednesday • 2:30-5 p.m.
Residents free/nonresidents $3

**TEEN BASKETBALL**
September-November
Wednesday • 7:30-8:45 p.m.

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**Dates to Remember**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 3</td>
<td>City of Decatur offices closed for Labor Day</td>
</tr>
<tr>
<td></td>
<td>Ebster/Glenlake/Mckoy pools open</td>
</tr>
<tr>
<td>Sept. 8</td>
<td>Soccer Parents meeting</td>
</tr>
<tr>
<td>Sept. 8-9</td>
<td>Glenlake Pool open</td>
</tr>
<tr>
<td>Sept. 17-21</td>
<td>City Schools of Decatur Fall Break</td>
</tr>
<tr>
<td>Sept. 22</td>
<td>Youth Soccer begins</td>
</tr>
<tr>
<td>Oct. 10</td>
<td>International Walk to School Day</td>
</tr>
<tr>
<td>Oct. 26</td>
<td>House of Horrors/Halloween Dance</td>
</tr>
<tr>
<td>Nov. 5-8</td>
<td>Georgia Recreation and Park Association Conference: Columbus</td>
</tr>
<tr>
<td>Nov. 10</td>
<td>Youth Basketball Parent meeting</td>
</tr>
<tr>
<td>Nov. 22-23</td>
<td>City of Decatur offices closed for Thanksgiving</td>
</tr>
<tr>
<td>Dec. 1</td>
<td>Youth Basketball begins</td>
</tr>
<tr>
<td>Dec. 24-25</td>
<td>Christmas: City of Decatur offices closed</td>
</tr>
<tr>
<td>Dec. 26-Jan. 1</td>
<td>Decatur Recreation Center closed for floor refinishing</td>
</tr>
<tr>
<td>Dec. 26-Jan. 1</td>
<td>Ebster Gym closed for floor refinishing</td>
</tr>
</tbody>
</table>

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Friday, Oct. 26 • 6:30-8 p.m.
Decatur Recreation Center • Cost: $5/chaperones free
Decatur Active Living invites community 4th and 5th graders to our Halloween Dance. Come dressed in your Halloween costume and join us for an evening of fun, food and music. All participants will receive a free 4x6 photo and an invitation to attend Decatur’s House of Horror. Participants attending the dance are not required to go through the Decatur House of Horror and can remain at the dance. RSVP by Oct. 24 at 404-377-0494. For more information contact Portia Langley, 678-553-6563, or portia.langley@decaturga.com.

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**Halloween Dance**

Friday, Oct. 26 • 6:30-8 p.m.
Decatur Recreation Center • Cost: $5/chaperones free
Decatur Active Living invites community 4th and 5th graders to our Halloween Dance. Come dressed in your Halloween costume and join us for an evening of fun, food and music. All participants will receive a free 4x6 photo and an invitation to attend Decatur’s House of Horror. Participants attending the dance are not required to go through the Decatur House of Horror and can remain at the dance. RSVP by Oct. 24 at 404-377-0494. For more information contact Portia Langley, 678-553-6563, or portia.langley@decaturga.com.

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**Decatur House of Horror**

RSVP by Oct. 24 at 404-377-0494. For more information contact Portia Langley, 678-553-6563, or portia.langley@decaturga.com.

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**Dates to Remember**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Sept. 3</td>
<td>City of Decatur offices closed for Labor Day</td>
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<tr>
<td></td>
<td>Ebster/Glenlake/Mckoy pools open</td>
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<tr>
<td>Sept. 8</td>
<td>Soccer Parents meeting</td>
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<tr>
<td>Sept. 8-9</td>
<td>Glenlake Pool open</td>
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<tr>
<td>Sept. 17-21</td>
<td>City Schools of Decatur Fall Break</td>
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<tr>
<td>Sept. 22</td>
<td>Youth Soccer begins</td>
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<tr>
<td>Oct. 10</td>
<td>International Walk to School Day</td>
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<tr>
<td>Oct. 26</td>
<td>House of Horrors/Halloween Dance</td>
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<tr>
<td>Nov. 5-8</td>
<td>Georgia Recreation and Park Association Conference: Columbus</td>
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<tr>
<td>Nov. 10</td>
<td>Youth Basketball Parent meeting</td>
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<tr>
<td>Nov. 22-23</td>
<td>City of Decatur offices closed for Thanksgiving</td>
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<tr>
<td>Dec. 1</td>
<td>Youth Basketball begins</td>
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<tr>
<td>Dec. 24-25</td>
<td>Christmas: City of Decatur offices closed</td>
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<tr>
<td>Dec. 26-Jan. 1</td>
<td>Decatur Recreation Center closed for floor refinishing</td>
</tr>
<tr>
<td>Dec. 26-Jan. 1</td>
<td>Ebster Gym closed for floor refinishing</td>
</tr>
</tbody>
</table>

There’s always more information on our blog at beactivedecatur.com and facebook.com/decaturactiveliving