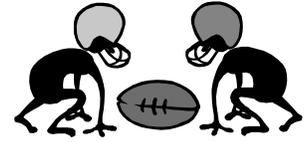


DUBLIN COMMUNITY SENIOR CITIZENS

(614) 410-4550
5600 Post Road
Dublin, Ohio 43017-1212



AUGUST/SEPTEMBER 2012



Welcome to our monthly meeting/potluck on Monday, August 13. At 12:10pm there is a brief overview of the new Bike Path Exploration program by Dublin Bike Ambassadors. Program entertainment begins at 12:30 p.m. Born in Verona, Italy, Paola Semprini grew up in the shadow of the famous opera house Arena di Verona. From Broadway to Opera, Paola is a song stylist with a beautifully rich sound.

Our next meeting/potluck is on Monday, September 10. Program entertainment begins at 12:30pm. The Amazing Maxwell will be presenting his high energy program entitled *You are the Magic!* Be prepared to enter a unique world of comedy magic and experience “reality” from a different point of view. His magic and humor are truly amazing.

☞ Look under “General Information” for more information on the monthly potluck meeting, including an event time schedule.

HIGHLIGHTS & TRIPS

Special Notes from Wanda

Fall class registration begins on Monday, August 20!

The Dublin Community Recreation Center will close at 9:30pm Friday, August 24 through Monday, September 3 (Labor Day) for annual cleaning and maintenance. We will reopen on Tuesday, September 4 at 5:30am. The Senior Adult Programming Office and Senior Lounge will reopen at 9am on that day.

Haven't been receiving your newsletter? Maybe you forgot to renew! Membership requirement is age 55 years and older. The membership fee for Dublin residents is \$12 and \$20 for school district and non-residents. Senior adults 90 years and older have earned a free membership, but must still fill out the required forms.



Edith. Hear President and Mrs. Roosevelt talk about their lives from TR's sickly childhood, through his early political career, life in the White House, his explorations of Africa & South America, as well as stories of the Roosevelt children. There will be a display of items related to the family. Refreshments sponsored by Sunrise of Worthington.
Time: 2 - 3pm

Thursday, August 16 –

An Afternoon with the Roosevelt's

Spend an hour with President Theodore Roosevelt & his second wife,

Fee: No charge. Pre-registration is required through the Senior Adult Programming Office.

Location: Talla 2 & 3

Friday, August 17 – Lunch Bunch at J. Alexander's

J. Alexander's is a contemporary American restaurant, known for its wood-fired cuisine. The menu features a wide selection of American classics including prime rib of beef, steaks, fresh seafood, sandwiches and entrée salads. Average cost is \$12 - \$14. Our Lunch Bunch will meet at 11:30am at 7550 Vantage Drive, at Crosswoods (614-847-1166). Please sign up so that we may give the restaurant an accurate count. Maps are available in the Senior Adult Programming Office.

**Monday, August 20 –
DCSC Advisory Board Meeting**

The Executive Committee and Board meet from 10:00 – 11:00am on the fourth Monday of the month. **Note: The August meeting is on the third Monday of the month.**

Tuesday Talks

**Warrior for Honor
Tuesday, August 21**

A little more than 150 years ago, Col. Thomas Worthington fought in the Battle of Shiloh during the Civil War. He didn't then realize that this battle would never end for him, not until the grave claimed victory over friends and foes alike. Former teacher and librarian for the state of Ohio, historian and author John Haueisen will talk about the Colonel's life before and after the battlefield. Haueisen will share insight into the intriguing, embittered man who once fought valiantly in the Civil War.

Time: 2:30pm

Location: Talla 2

Attendees must pre-register through the Senior Adult Programming Office at 410-4550.

**Human Trafficking
Tuesday, September 18**

It's something that happens in other countries, we think, but not here, not to our young people. We're wrong. Every day in Central Ohio a teenager is coerced into acts stemming from sexual slavery. Beth Starkey-Hill and Sereana Dresbach from the American Association of University Women, Circleville Branch, will present a program on the problem that is unfortunately growing, perhaps related to the weakening of family supports. Beth and Sereana have initiated a public awareness campaign after their research revealed the extent of the problem.

Time: 2:30pm

Location: Talla 2

Attendees must pre-register through the Senior Adult Programming Office at 410-4550.

Do you know of any guest speakers who would be interested in speaking at one of our upcoming Tuesday Talks? Maybe you have something to share. Please call

the Senior Adult Programming Office at 410-4550.

**Montana, Glacier National Park
& The Canadian Rockies by
Train – August 21 – 29, 2012**

All aboard Amtrak's famous *Empire Builder* Train bound for Montana and Glacier National Park. Sit back and relax as you ride the rails and overnight onboard as the train heads West through Wisconsin, Minnesota, North Dakota and Montana. Cost for this Premier World Discovery tour is \$2,599 pp double, \$3,399 pp single and \$2,569 pp triple. Please make check payable to "Premier World Discovery." For a complete list of all inclusions and a registration form please pick up a flier in the Senior Lounge. For more information please call the Senior Adult Programming Office at (614)410-4550.

**Thursday, August 23 –
Coffee Concerto**

Begin your day with coffee and confections while listening to pianist Jack Widner perform. At 10am in Talla 3, we will host a Coffee Concerto, where DCSC members enjoy an hour of relaxation before starting their daily routine. Refreshments are sponsored by the Columbus Alzheimer Care Center and The Convalarium of Dublin. Pre-registration is required through the Senior Adult Programming Office.

**Friday, September 7 –
Big Band Dance Party**

Dance to the big band sounds of Glenn Miller, Woody Herman, Count Basie and Duke Ellington, all performed by the 17-piece band "The Swing Machine." Light snacks. The evening is open to all ages.

Time: 7:30 – 10pm

Fee: \$5 per person at the door

Location: Community Hall

**Friday, September 14 -
Progressive O.S.U. Buckeye
Brunch**

It's time to kick off another Buckeye football season with a progressive tailgate brunch. Depart the Recreation Center to visit The Sanctuary at Tuttle Crossing, Emerald Crossings, The Convalarium of Dublin and Dublin Retirement Village. Expect a lot of food, surprises and giveaways. Go Bucks!
Limit: 20 Ages: 55 & up
Time: 9am – 12:15pm
Fee: No charge, pre-registration is required through the Senior Adult Programming Office. You must be a member of the Dublin Community Senior Citizens
Location: DCRC, Senior Lounge

**Mum's the Word in Grand
Rapids, Michigan –
September 17–19, 2012**

Fall is one of the most beautiful times of the year...and our trip to Grand Rapids will be exceptionally beautiful. Included in this trip is a tram tour of the exquisite Frederik Meijer Gardens and Sculpture Park with their special *Chrysanthemums and More!* exhibit, wine tasting at Robinette's Apple Haus and Gift Barn, the Gerald Ford Presidential Museum/Library, a dune buggy ride and a dinner cruise. Cost for this two-day motor coach trip is \$383 pp double, \$348 pp triple and \$486 pp single. For a complete list of all inclusions and a registration form pick up a flier in the Senior Lounge. For more information please call the Senior Adult Programming Office at 614-410-4550. Payment balance due September 6.

**Thursday, September 20 –
Lunch Bunch at IHOP**

By member demand, we are heading to the new IHOP restaurant north of 270 on Sawmill Road. IHOP restaurants are best known for their signature pancakes, waffles, omelettes and other breakfast specialties. Not in the mood for breakfast? Try one of their delicious sandwiches or entrées. Our Lunch Bunch will meet at

11:30am at 7130 Sawmill Road (614-766-7990). Please sign up so that we may give the restaurant an accurate count. Maps are available in the Senior Adult Programming Office.

Monday, September 24 – DCSC Advisory Board Meeting

The Executive Committee and Board meet from 10:00 – 11:00am on the fourth Monday of the month.

Tuesday, September 25 – HealthWise Lecture *Experiencing Knee Pain? Explore Your Options!*

Dr. Mark Gittins of OrthoNeuro, voted the Best Orthopedic Practice in Central Ohio by *Columbus CEO Magazine*, discusses common diagnoses for knee pain focusing on treatment options available. Topics of discussion include preventative care, conservative treatment, and total knee replacement. Dr. Gittins is available to answer your questions following his presentation.

Time: 3–4pm

Fee: No charge, pre-registration is required through the Senior Adult Programming Office

Location: Talla 2

Thursday, September 27 – Coffee Concerto

Begin your day with coffee and confections while listening to pianist Jack Widner perform. At 10am in Talla 3, we will host a Coffee Concerto, where DCSC members enjoy an hour of relaxation before starting their daily routine. Refreshments are sponsored by the Columbus Alzheimer Care Center and The Convallarium of Dublin. Pre-registration is required through the Senior Adult Programming Office.

Thursday, September 27 – Travel Preview *Southern Charm*

Marge Hellinger with Tours ‘n Tours will be in Talla 2 at 11:15am to preview this exciting June 2013 trip. Come for donuts and details of this fabulous Southern coastal excursion. Fliers are available with

all of the highlights and inclusions offered on this trip. Pre-registration is required through the Senior Adult Programming Office.

Monday, October 15 – Ashtabula Covered Bridge Tour

Spend a fall day exploring covered bridges in Ashtabula county. Visit three of the 17 covered bridges including the brand new Smolen-Gulf (the longest covered bridge in the United States) and the famous Bascule Lift bridge. Enjoy a fabulous lunch, wine tasting and tour at Grand River Cellars. Shop at Basic Ingredients, a unique bulk food store, and visit Robinson Apple Barn for fresh fruit and vegetables. We will depart the Rec Center at 6:30am with an estimated return time of 9pm. Cost for this day tour is \$89 with check payable to “DCSC.” Deadline for signup is October 1 at 5 pm; based on availability.

Celebrity Cruise Line to Hawaii – October 22–November 2, 2012

Fly to Ensenada, Mexico where you board the *Millennium* and cruise to the Hawaiian islands in style. Stops include Hilo (Hawaii), Kailua-Kona (Hawaii), Lahaina (Maui) and Honolulu (Oahu). Category 9 cabins are priced as Inside \$2,466 pp dbl, Ocean View \$2,766 pp dbl, and Veranda \$2,884 pp dbl. **A \$300 deposit is due on May 25.** Final payment is due August 8.

For a complete list of all inclusions and a registration form pick up a flier in the Senior Lounge. For more information please call the Senior Adult Programming Office at 614.410.4550.

Wednesday, November 21 – Broadway Columbus *Irving Berlin’s White Christmas*

The classic holiday movie *White Christmas* comes to the stage at last! This brand new musical shines with classic Berlin hits like “Blue Skies,” “How

Deep is the Ocean?” and, of course, the unforgettable title song. *Irving Berlin’s White Christmas* tells the story of two buddies putting on a show in a magical Vermont inn and finding their perfect mates in the process. Full of dancing, laughter and some of the greatest songs ever written, *White Christmas* promises a merry and bright theatrical experience for the whole family! We will leave the Rec Center at 6:45pm for **main floor seating** in the Ohio Theater. Cost is \$63 with check payable to “DCSC.” Deadline for signup is October 12 at 5pm; based on availability.

ARTS – CREATIVE & PERFORMING

Cards, Scrapbooking & More!

Want to preserve your photos and memories, but not sure how to get started? Scrapbooking is a great way to create a lasting legacy for your family. Member Linda Lanich helps participants get started or continue “cropping” by giving tips and suggestions to make unique and special pages. Bring albums or individual pages to work on. Some supplies to incorporate into your creation are provided, but participants should bring adhesive and scissors. Beginner, intermediate and skilled scrappers are welcome. Linda is also skilled in card making and able to help participants create a greeting card or two. A limited supply of card making materials are available.

➤Next meeting...Thursday, Sep 6

Time: 1 – 3pm

Fee: No charge, pre-registration is required through Senior Adult Programming Office

Location: Arts & Crafts Room

Moderator: Linda Lanich

Hands in Clay

Build your own clay masterpiece. Not sure what to create? The instructor has some simple suggestions; your creativity is limited only by your imagination.

Instructional classes are held on Monday, Wednesday is open studio time. Ceramic art and photographs are displayed on the second floor mezzanine year round.

Ages: 55 & up

Dates: Mondays, Sep 10 – Oct 22



Class: Time:
452110.01 noon – 3pm
Dates: Wednesdays, Sep 12 – Oct 24
Class: Time:
452110.02 noon – 3pm
Fee: CR \$50 SDR/NR \$60; must be a member of the Dublin Community Senior Citizens

Dates: Mondays, Nov 5 – Dec 17
(No class Nov 19)

Class: Time:
452110.03 noon – 3pm

Dates: Wednesdays, Nov 7 – Dec 19
(No class Nov 21)

Class: Time:
452110.04 noon – 3pm

Fee: CR \$43 SDR/NR \$53; must be a member of the Dublin Community Senior Citizens

Location: Ceramics Studio

Instructor: Jerry Decker

Fall registration begins on Monday, August 20.

Let's Paint Together



Watercolor is a vehicle for the most beautiful artistic expression. Intermediate level painters work in a small group in this watercolor open studio setting. Hands-on instruction is provided by artist Davoodi. Paintings come from photographs, still life, and nature (weather permitting).

Ages: 40 & up

Dates: Thursdays, Sep 13 – Oct 18

Class: Time:
452135.01 1:30 – 3pm

Dates: Thursdays, Oct 25 – Dec 6
(No class Nov 22)

Class: Time:
452135.02 1:30 – 3pm

Fees: CR \$26 SDR/NR \$36

Location: Arts & Crafts Room

Instructor: Jila Davoodi

Fall registration begins on Monday, August 20.

Quilter's Corner

Bring your latest project and enjoy the company of fellow quilters. Members meet each month to work on individual quilting projects. Future group projects are considered.

➤Next meeting...Tuesday, September 4

Time: 10am

Location: Senior Lounge

Moderator: Jean Cole, 614-889-1035

Wood Carving

Wood carving or whittling is an art enjoyed by many that requires only a few tools: a carving knife and a sawed-out outline. For many, woodcarving soothes the nerves and offers a satisfying way to whittle away time. Beginners are welcome as we review the basics of tools, tool handling, carving hints and project selection.

Limit: 10 Ages: 55 and up

Dates: Mondays, Sep 10 – Dec 3

Class: Time:
452150.01 9 – 11am

Fee: CR \$22 SDR/NR \$32

Location: Ceramics Studio

Instructor: Don Neff

Fall registration begins on Monday, August 20.

Dublin Senior Writers

Whether you enjoy writing prose or poetry, fiction or non-fiction, you are invited to join this group. The only tools necessary are a pencil, notebook and interest. Fellow writers offer feedback and suggestions. Program is open to beginning and experienced writers. Program meets the 1st and 3rd Thursdays of the month.

➤Next meeting... August 16 and Sep 6 & 20

Time: 10 – 11am

Fee: No charge

Location: Meeting Room 2

Moderator: Norm Smith, 614-848-8121

Dublin Senior Players

Theater troupe members learn skills leading up to Dublin Senior Players productions. Shows are produced in the Abbey Theater for events such as "Dublin Celebrates...Senior Citizens Day." Whether acting, writing or working behind the scenes, talents of all kinds are welcome.

For more information, please contact the Senior Adult Programming Office.

Ages: 55 & up

Class: 453100.01

Fee: \$10 per calendar year; must be a member of the Dublin Community Senior Citizens organization

Location: Abbey Theater

Director: Betty Trott, 614-581-1739



Wednesday, August 15
Auditions for

Over the River and Through the Woods
1 – 4pm Abbey Theater

Dublin Shamrockettes

This line dancing troupe performs at various senior adult centers, communities and events throughout Columbus. Choreography is developed and practiced during the weekly meeting time. Participants must be current members of the Dublin Community Senior Citizens organization. For more information, contact the Senior Adult Programming Office at 614-410-4550.

Ages: 55 & up

Date: Time:
Mondays 1 - 3pm

Location: Aerobics/Dance Studio II

Moderator: Willie Ehrlich

SPECIAL INTEREST

Bingo

Blarney Bingo

Blarney Bingo players never know what fun item they might win as a prize. Various items are donated by Emerald Crossings.

➤Next meeting...Tuesday, August 21 & September 18

Time: 1 – 2:30pm

Fee: \$1 for two cards

Location: Talla 3

Card Play

DCSC name badge required for participation in all Card Play programs.

Bridge

On Wednesdays, the tables are ready in the Senior Lounge for Bridge play from 1 – 4pm. Our Bridge moderator is Mickey Hanf, 614-889-1719. Interim moderator is Gay Eadline, 614-777-9554.

Duplicate Bridge

A little more competitive and serious than bridge, duplicate bridge is still a good time. Our volunteer director helps you get started by covering the play of hands and scoring. Play is progressive; however, you keep the same partner. Bring a partner with you if you can. Please note this is not American Contract Bridge League (ACBL) sanctioned. Tuesdays, 9:30am – noon in the Senior Lounge. Our Duplicate Bridge director is Clayton Rose, 614-889-8724.

Hand & Foot Canasta

On Tuesdays from 1 – 4pm in the Senior Lounge, join us to play the new variation of Hand & Foot...triple play.

Euchre

On Fridays, the tables are ready in the Senior Lounge for Euchre play from 1 – 4pm. Our Euchre moderators are Henry Minette and Marilyn Bruning, 614-889-2369.

Pinochle

On Thursdays, the tables are ready in the Senior Lounge for Pinochle play from 1 – 3pm. Our Pinochle moderator is Anita Orebaugh, 614-889-8745. Beginners or those who haven't played in a while are welcome!

Chef's Best

Meet one of the senior community's finest chefs and learn his secrets to preparing favorite specialties. Watch as Chef Todd teaches you to become a gourmet cook in your own kitchen to amaze your family and friends. Sampling follows each demonstration.

Limit: 12

Date: Monday, Aug 20 **FULL**

Class: Time:
354110.02 noon – 1pm
Fees: CR \$5 SDR/NR \$10

Date: Monday, Oct 22

Class: Time:
454110.01 noon – 1pm

Date: Monday, Nov 26

Class: Time:
454110.02 noon – 1pm
Fees: CR \$5 SDR/NR \$10

Must be a member of the Dublin Community Senior Citizens organization
Location: Kitchen
Instructor: Chef Todd Cameron, Dublin Retirement Village
Fall registration begins on Monday, August 20.

Computer Instruction Basics

Discover the basics of using a Windows computer. No previous experience is required or assumed. Learn to use the Internet for viewing news and weather, shopping, e-mailing text and pictures, searching for information, and finding maps and travel routes. Find airline, car, and hotel reservations and reserve library books and films. Launch text writing, graphics drawing and photo applications in Windows, learning to edit, file and recall work created on the computer or loaded in from a digital camera or external memory. Each student acquires an e-mail address and mail box. You must be a member of the Dublin Community Senior Citizens. Limit: 8

Dates: Thursdays, Oct 4 – Nov 8

Class: Time:
455100.01 9am – noon
Fees: CR \$10 SDR/NR \$20

Location: Computer Lab
Instructor: Roger Holmes

Fall registration begins on Monday, August 20.

DCSC Computer Club



Meetings allow for discussion of computer problems, new applications and hardware, the internet, e-mail, photos and any subject relative to using a computer. Esther and Joseph have twenty plus years experience in using PCs, teaching Seniors at Senior Learning Centers, and serving on the Boards of several computer clubs and user groups. Bring your questions - get the answers.

➤Next meeting...Friday, August 24 and September 14 & 28

Time: 10 – 11:30am

Fee: No charge

Location: Meeting Room 2

Moderators: Esther Schare and Joseph Kluepfel

Ladies of the DCSC

Previously known as the Dublin Red Hatters, this special group of ladies has renamed, revised and recommitted themselves to providing opportunities for women to socially connect and have fun. If you are interested in joining, please stop by or call the Senior Adult Programming Office. *Ladies of the DCSC* must be current members of the Dublin Community Senior Citizens organization. No hats required!
Co-hosts: Mary Collins and Beth Evans

Line Dancing

Line dancing works with the three M's...music, movement and memory. Enjoy a variety of music while learning new movements and enhancing your memory. Build coordination, balance and endurance while having fun and meeting new friends. Class begins with a warm-up that prepares the body for dance and teaches step terminology. Students learn basic dances the first hour and novice dances the second. Class ends with a review and cool-down routine. Smooth-soled shoes are needed. Buy a receipt at the front desk and turn it in to the instructor. Ages: 40 & up

Day	Time
Fridays	1:05 – 3:05pm
Sundays (Intermediate)	12:30 – 2pm

Fee: \$3 per class

Location: Friday – Fitness Studio 1
Sunday – Fitness Studio 1 (Summer)
Fitness Studio 2 (Fall)

Instructor: Lynne Herman

Mahjongg

Mahjongg can be translated as “clattering sparrow” or “flax sparrow,” because the shuffled tiles make a melodious noise reminiscent of birds pecking for food. This game began in China hundreds of years ago. Today it is one of the most popular, most played, and most sophisticated games in the world. We teach and play the National Mah Jongg League official standard hands and rules. No previous experience is necessary.

Days: Mondays, 1st, 2nd, and 3rd of month
Time: 12:30 – 3:30pm

Days: Thursdays

Time: 9:30am – noon
Fee: No charge
Location: Senior Lounge



Instructional Mahjongg Day Thursday, September 6

Current players invite you to a special instructional day of Mahjongg. Discover why this game of tiles is both fun and challenging. (If you know how to play gin rummy, you're 95% there.)

Time: 9:30am – noon
Location: Senior Lounge

Military Round Table

We're looking for veterans of the WWII, Korea, Vietnam, Desert Storm, Iraq and Afghanistan conflicts to share their war experiences. Future generations should know and appreciate what America's men and women in the military service endured to protect their country. Maybe you have a story or two to share. Speakers and video documentaries are periodically used to stimulate discussion. Refreshments sponsored by Mayfair Village.

➤Next meeting...

August 20

Tuskegee Airmen

Speaker: Ed Morast
Location: Talla 1

September 24

Voices from the Front (10 minutes)

Speaker: Kyle Miller
and

Military Police

Speaker: Kirk Smith
Location: Talla 2

Time: 1pm

Moderator: Norm Smith, 614-848-8121

Movie Madness

A first-run movie is shown each month. Our Movie Madness will begin at 1:00pm in the Abbey Theater. **Note: If you are susceptible to colder room temperatures, please bring a light sweater or jacket with you when attending events in the theater.**

August's movie on **Monday, August 20**, will be ***The Vow***. Inspired by a true-story, *The Vow* is a tale of a love that refuses to be forgotten. Leo is devastated when a car accident plunges his wife Paige into a deep coma. She miraculously recovers but the last five years of her memories have vanished. Suddenly, Leo finds himself married to a stranger who can't remember anything about him. Naively, Paige falls back under the influence of her controlling parents and reconnects with her ex-fiance. Desperately, Leo tries to recreate the moments that shaped their romance. Can he rekindle the passion before he loses Paige forever? This PG-13 rated film stars Channing Tatum and Rachel McAdams.
Running time: 1 hour, 44 minutes
Location: Talla 2

September's movie on **Monday, September 24**, will be ***The Best Exotic Marigold Hotel***.

This drama, comedy follows a group of British retirees who decide to "outsource" their retirement to less expensive and seemingly exotic India. Enticed by advertisements for the newly restored Marigold Hotel and bolstered with visions of a life of leisure, they arrive to find the palace a shell of its former self. Though the new environment is less luxurious than imagined, they are forever transformed by their shared experiences discovering that life and love can begin again when you let go of the past. This PG-13 rated film stars Tom Wilkinson, Maggie Smith and Judi Dench.
Running time: 2 hours, 3 minutes
Location: Theater

Fresh popcorn available for 50¢ a bag!



Notary Service

Free Notary Service is available to DCSC members by calling 614-410-4552 to make an appointment.

The Reader's Group

Calling all bookworms! The Dublin Community Senior Citizens is hosting a book club for all adults. This is not a lecture series, but a group discussion

encouraging individuals to share their views. Join us as we broaden our literary horizons.
➤Next meeting...

Sept 12 ***The Frozen Rabbi*** by Steve Stern

Time: 10am
Location: Senior Lounge
Moderators: Sharon Faulkner, 614-790-0481 and Sally Hosken, 614-504-5371.

Scrabble®

Here's your opportunity to challenge other members in the classic crossword game played by millions around the world.
Day: Thursdays
Time: 1 – 3pm
Fee: No charge
Location: Senior Lounge

SPORTS

Bocce Ball

Easy to learn, yet challenging, bocce is the Italian version of lawn bowling. You're only eight heavies and one small "pallino" away from discovering a game you're going to love.
Ages: 55 & up
Day: Thursdays
Time: 9:30–11am (weather permitting)
Fee: \$1 per week
Location: Bocce Ball Courts
Coach: Tom Sevitz

Bowling

Meet for a morning of exercise and social fun as we try this favorite American pastime. There are four people to a team. No partner needed.
Ages: 55 & up
Day: Mondays
Time: 9am
Fee: \$5 for 3 games; shoe rental available for \$4 + tax; shoe purchase recommended
Location: AMF Sawmill Lanes, 4825 Sawmill Road
Moderator: Nancy Estabrook, 614-659-0039



DCSC Golf Scramble League

Calling all golf enthusiasts. It's time to hit the greens for nine holes of "tee-rific" play. The program is open to both men and women. League roster and information is sent to participants before the first week of play. \$18 weekly for nine-hole greens fee with cart rental, paid to Riviera Country Club. You must be a member of the Dublin Community Senior Citizens. Ages: 55 & up
 Dates: Wednesdays, May 9 – Sep 19
 Class: Time:
 257100.01 8am
 Fee: \$15 registration fee, paid to City of Dublin, \$18 weekly for nine-hole greens fee with cart rental, paid to Riviera Country Club. You must be a member of Dublin Community Senior Citizens.
 Location: Riviera Country Club, 8205 Avery Rd., Dublin Oh 614.889.2551

FITNESS & WELLNESS

Arthritis Foundation Aquatic Exercise Program (low intensity)

This Arthritis Foundation program is designed to safely keep your joints moving and improve your sense of well-being, without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from a trained instructor, help you gain strength and flexibility. All instructors are certified through the Arthritis Foundation. You must purchase a Fitness Pass to participate. For Fitness Pass information and cost, see the current Recreation Services Brochure. For current class times, see the water fitness class schedule at the Front Desk.

Functional Fitness

This class focuses on free-weight exercises for all major muscle groups, with an emphasis on multi-joint. Strength training may help overcome the negative effects associated with natural aging. It can improve muscular strength and endurance, vitality, bone density, balance and flexibility, and reduce joint pain and the

risk of falls. Some aerobic exercise is included.
 Ages: 50 & up
 Dates: Tuesdays, Sep 11 – Oct 16

Class: Time:
 456100.01 10:45 – 11:45am
 Fee: CR \$58 SDR/NR \$68
 Dates: Tuesdays, Oct 23 – Dec 11
 (No class Nov 20)

Class: Time:
 456100.02 10:45 – 11:45am
 Fee: CR \$67 SDR/NR \$77
 Location: Fitness Studio 2
 Instructor: Sally Gill
Fall registration begins on Monday, August 20.

Yes, I Can! II – Intermediate

This class is for the experienced Pilates student. This total body workout continues to focus on building core strength, increasing flexibility and building endurance levels. Students utilize the Pilates equipment, including the towers. You must have mastered the Pilates reformer and be at a high intermediate or advanced level.

Limit: 6 Ages: 55 & up
 Dates: Thursdays, Sep 13 – Oct 18
 Class: Time:
 456310.01 10:45 – 11:45am
 Fee: CR \$57 SDR/NR \$67
 Dates: Thursdays, Oct 25 – Dec 13
 (No class Nov 22)

Class: Time:
 456310.02 10:45 – 11:45am
 Fee: CR \$63 SDR/NR \$73
 Location: Fitness Studio 2
 Instructor: Carol Laymon, Certified Pilates Instructor
Fall registration begins on Monday, August 20.

Falun Dafa

Falun Dafa (or Falun Gong) is an ancient meditation practice consisting of five sets of easy-to-learn gentle movements and meditation. While the exercises have deep inner meanings, they also help to reduce stress and can bring great improvements in health and fitness.

Ages: 18 & up
 Limit: 20
 Dates: Saturdays, Jun 30 – Oct 6

Class: Time:
 356190.01 10 – 11am
 Dates: Saturdays, Oct 13 – Dec 29
 Class: Time:
 456190.01 10 – 11am

Fee: No charge
 Location: DCRC, Senior Lounge
 Instructor: Lucia Dunn
Fall registration begins on Monday, August 20.

Beginning Tai Chi

The beginners Taoist Tai Chi class includes instruction in the 108 movements of the Taoist Tai Chi set. Each class builds on the one before with review and time for questions. The class progresses at a moderate pace in order to finish learning the sequence of movements in 14 weeks. It is not expected that participants have memorized all the movements prior to the end of class. The objective is to allow the students to follow the instructor through the entire sequence getting the benefits of the movements.

Ages: 40 & up
 Dates: Wednesdays, Sep 12 – Dec 19
 (No class Nov 21)

Class: Time:
 456210.01 7 - 8:30pm
 Fee: CR \$100 SDR/NR \$110
 Location: Senior Lounge
 Instructor: Carrie Bowman
Fall registration begins on Monday, August 20.

Senior Yoga

No one is ever too old to start yoga. The practice of yoga improves posture, helps maintain joint mobility and calms the mind. Participants are introduced to modified Hatha Yoga postures, breathing and relaxation techniques. Discover the benefits of incorporating yoga into your life. If you are not comfortable lying on the floor, many of the techniques can be practiced while sitting on a chair. Please bring a bath towel or blanket, small pillow and a yoga "sticky" mat if you have one, which are required for floor and chair participation.

Ages: 50 & up
 Dates: Wednesdays, Sep 12 – Oct 24
 (No class Oct 3)

Class: Time:
456400.01 10:45 – 11:45am
Fee: CR \$57 SDR/NR \$67
Dates: Wednesdays, Oct 31 – Dec 12
(No class Nov 21)

Class: Time:
456400.02 10:45 – 11:45am
Fee: CR \$57 SDR/NR \$67
Location: Fitness Studio 1
Instructor: Pat Henderson, Registered Yoga Teacher
Fall registration begins on Monday, August 20.

Yoga in the Afternoon

Take a break in your day to rejuvenate and re-energize. Yoga improves strength, flexibility, coordination and balance. Breathing techniques help relieve stress and tension. Your instructor leads you through a gentle series of poses that can be practiced anytime. Leave each class with a feeling of peace, relaxation and optimism.

Ages: 40 & up
Dates: Mondays, Sep 10 – Oct 22
(No class Oct 1)

Class: Time:
456405.01 2:30 – 3:30pm
Fee: CR \$57 SDR/NR \$67
Dates: Mondays, Oct 29 – Dec 10
(No class Nov 19)

Class: Time:
456405.02 2:30 – 3:30pm
Fee: CR \$57 SDR/NR \$67
Location: Arts & Crafts Room
Instructor: Pat Henderson, Registered Yoga Teacher
Fall registration begins on Monday, August 20.

Yoga for Every Body

Whatever your body type or fitness level, you can enjoy the benefits of yoga. Yoga increases flexibility and strength while reducing stress and tension. No need to be intimidated by those hard-bodied pretzel poses, this class introduces a gentle sequence of poses that can be done anytime. Please bring a bath towel or blanket, small pillow and a yoga “sticky” mat to each class.

Ages: 40 & up

Dates: Tuesdays, Sep 11 – Oct 23
(No class Oct 2)

Class: Time:
456410.01 6:30 – 7:30pm
Fee: CR \$57 SDR/NR \$67
Dates: Tuesdays, Oct 30 – Dec 11
(No class Nov 20)

Class: Time:
456410.02 6:30 – 7:30pm
Fee: CR \$57 SDR/NR \$67
Location: Senior Lounge
Instructor: Pat Henderson, Registered Yoga Teacher
Fall registration begins on Monday, August 20.

Zumba Gold



A revolutionary new aerobic dance routine for anyone at any level of fitness ability. This program provides a safe and effective total body workout, while maintaining an atmosphere that is fun and energetic. Dance moves and rhythms are from salsa, merengue, tango, rumba and cha-cha presented in an easy-to-follow, yet very effective format. Wear comfortable clothing, bring a towel and water bottle along with a “ready to dance” attitude.

Dates: Mondays, Sep 10 – Oct 15
Class: Time:
456500.01 10:45 – 11:40am
Dates: Thursdays, Sep 13 – Oct 18
Class: Time:
456500.02 8:30 – 9:25am
Fee: CR \$46 SDR/NR \$56

Dates: Mondays, Oct 22 – Dec 10
(No class Nov 19)

Class: Time:
456500.03 10:45 – 11:40am
Dates: Thursdays, Oct 25 – Dec 13
(No class Nov 22)

Class: Time:
456500.04 8:30 – 9:25am
Fee: CR \$52 SDR/NR \$62

Location: Fitness Studio 1
Instructor: Vicki Federico
Fall registration begins on Monday, August 20.

Shallow Water Fitness (medium intensity)

Designed for people who need to improve their range of motion, muscular strength and cardiovascular endurance, this 50 minute class begins with a warm-up, followed by a short aerobic segment, then a stretch-and-toning segment and, finally, a cool-down. There is limited bouncing and the class takes place in the leisure pool, where the temperature is slightly warmer. You must buy a Fitness Pass to participate. For current class times, see the water fitness class schedule at the front desk.

CARE & SUPPORT

Dublin Alzheimer Caregiver Support Group

The Alzheimer’s Association of Central Ohio sponsors monthly support group meetings. Caregivers, family members and friends of people with Alzheimer’s disease or related disorders are welcome to attend. These groups, facilitated by a professional with emphasis on peer support, are a unique opportunity for learning and sharing.

➤ Next meeting...Monday, Oct 1
Time: 7 p.m.

Fee: No charge

Location: Senior Lounge

Leader: Heather Mudgett, Alzheimer’s Association of Central Ohio

Caring for the Individual

When the challenges of growing older become overwhelming or bothersome, it is helpful to talk privately with an impartial listener. Schedule individual time with an older adult specialist to help sort out what is going on in your life.

Day and Time: Arrange an appointment by calling the Senior Adult Programming Office at 410-4550, or the Dublin Counseling Center at 889-5722

Fee: Medicare and insurance will be billed.

Location: Senior Lounge

Facilitator: Dublin Counseling Center

Ohio Senior Health Insurance Information Program (OSHIIP)
Friday, August 24 & September 21, 8 – 10 a.m.

A counselor helps explain and sort out problems with Medicare, Medicaid, Medicare Supplemental insurance policies, long-term care insurance, retirement health plans and other health insurance. The program is provided by the Ohio Department of Insurance.

Fee: No charge, appointment necessary by calling 410-4550

Location: Senior Lounge
 Counselor: Marcia Strall

Audiology Clinic – Wednesday, August 15 & September 19

Can you hear me now? Maybe it's time to have your ears checked. A clinical audiologist offers a monthly clinic for screenings and hearing aid cleanings. Evaluations include auditory testing and an otoscope ear inspection. If needed, hearing aid consultation and demonstration of the newest digital technology are provided. Hearing aid cleanings include all makes and models.

Time: consecutive appointments **starting at 9 a.m.**, call 614-410-4550 for appointment; 30 minutes each

Fee: No charge

Location: August 15 – Meeting Room 2

Location: September 19 – Theater Dressing Room 1

Audiologist: Dana Bruggeman, Hearing Health Solutions from Ohio ENT

Flu Immunizations

Franklin County Public Health is offering flu immunizations to seniors this autumn. No appointment is necessary. If you will be submitting a payment charge to Medicare or Medicaid, you must bring your card with you to fill out the necessary paperwork.

Date Day Time
 Sep 26 W 1–3pm

Fee: **High Dose Flu Immunization**

\$45(Unless you have Medicare, Medicaid, Medigold or Anthem Senior Advantage.

No one is turned away if uninsured or

underinsured.) Available to anyone 65 years and over.

Seasonal Flu Immunization

\$20 (Unless you have Medicare, Medicaid, Medigold or Anthem Senior Advantage. No one is turned away if uninsured or underinsured.)

Location: DCRC, Talla 1 & 2

Foot Massage Therapy – Friday, August 24 & September 28

A foot massage can really increase vigor and energy to the entire body. To gain the overall benefits of relaxation, comfort and well-being, treat your feet to a little pampering. Therapist Rininger has 25 years of massage therapy experience.

Time: 10 – 11:40 a.m.; consecutive appointments starting at 10 a.m., call 614-410-4550 for appointment; 15 minutes each

Fee: \$5

Location: Theater Dressing Room 2
 Massage Therapist: D'Arle Keith Rininger

Podiatry Services – Friday, August 17 & September 21; 8:45 a.m. – noon, appointments every 15 minutes

A podiatrist is available by appointment each month. Services provided include trimming corns, calluses, nails and routine foot care.

Fee: Medicare may cover the cost and will be billed for fee coverage after consent sheet is signed; people with HMOs need to make a \$40 payment on day of service

Location: Theater Dressing Room 1
 Podiatrist: Dr. Craig Cohen, Capital Foot Care Inc.



2012 SENIOR ADVISORY BOARD

Executive Committee

President – Dennis Caplinger
 Vice-President – Phyllis DeMuth
 Treasurer – Pat Breading
 Secretary – Marian Dorsey
 Past President – Jerry Boone

Committee Chairs

Charity – Linda Meek
 Food Service – Ann Gray / Opal Mintun
 Sara Spear / Erika Strawn
 Goodwill – Marilyn Orlando
 History – Clark Breading
 Hospitality – Donna Lee
 Membership – Sue & Tom Sevitz
 Program – Willie Ehrlich
 Volunteer – Joann De Santis

GENERAL INFORMATION

For assistance or information, please call the Dublin Community Recreation Center front desk at (614)410-4550 and ask for the Senior Adult Programming Office.

Wanda Kamler
 Senior Adult Program Supervisor

Mike Dixon
 Senior Adult Program Assistant

Patty Rinella
 Adult Program Supervisor/Senior Services

Senior Adult Parking

There are designated senior adult parking spaces located on the north side of the DCRC building. To allow for easier accessibility, senior parking is available from 9 a.m. – 5 p.m., Monday – Friday, for all individuals age 55 years and older. The northwest entrance leads directly to the

Senior Lounge and the atrium hallway into the main area of the Recreation Center.

Senior Lounge

The Senior Lounge is open to seniors from 9 a.m. – 5 p.m. Monday through Friday. Please come in to enjoy this wonderful room during these hours. If you are susceptible to colder room temperatures, please bring a light sweater or jacket with you when attending programs and events.

Monthly Potluck/Meeting

11:00 Dublin area senior adults meet with new and old friends for a potluck meeting and special program in the DCRC Community Hall on the second Monday of each month, except May and December. Bring a main dish to serve 10.

Pre-Program

Pianist at 11:00

August: Wilma Snyder

September: Vivian Wistner



11:20 People with disabilities or needing assistance are called to go through the buffet lines.

11:30 President Dennis Caplinger calls individual tables. Please wait until your table number is called.

12:10 Announcements and overview of monthly newsletter.

12:30 Entertainment (45 min. – 1 hour)

After Entertainment – Sign-ups or payments for classes, trips, or membership, etc. can be made in the Senior Adult Programming Office at this time or during regular business hours Monday through Friday, 9 a.m. – 5 p.m.

Special Notes:

When bringing pies or cakes to the monthly potluck, please pre-cut them at home. This will make it easier for the food committee workers to serve. When going through the potluck line, please be considerate of those going through at the end. Take only enough for one plate, including 1 main entrée item. **NO CARRY-OUTS PLEASE!**

Inclement Weather

During the winter months, our senior adult programs will be canceled on days when

inclement weather closes Dublin City Schools.

Senior Lounge Library

Books are shelved alphabetically by the last name of the author. Returning books should be placed within the receiving box to be re-shelved by the librarian. Donations should also be placed within this same box for processing. Our librarian is Mary Miller.

90 years or older

DCSC memberships are awarded to senior adults when they attain their 90th birthday. If you are age 90 or older, please notify the Senior Adult Programming Office. DCSC membership forms must still be completed.

Sign Up/Recreation Classes

Numbered classes require a registration form be completed. You will find these forms at the Senior Adult Programming Office and the front desk of the DCRC. Nothing kills a good class/program more quickly than waiting until the last minute to register. Seven working days prior to the start of a class, we must decide whether to cancel due to lack of enrollment.

Registering at the last minute may mean that the class/program you want has already been canceled. Please register early.

Refunds/Recreation Classes

A cancellation request form must be submitted to the front desk of the DCRC at least seven days prior to the first day of class for a refund of fees paid, less a \$10 administrative fee. Refunds are not made after this time.

Trip/Program Sign Up

Just a reminder that we need payment when you sign up for any trips or activities that have a charge. Don't wait until the last minute to sign up for trips! If a count is low when travel deadlines arrive, a trip may be canceled. Sign up early to ensure your spot and trip commitment.

We ask that individuals sign up for all senior adult programs which offer an outside speaker. If no one signs up for a scheduled program, we will cancel the speaker seven working days prior to the event. If a speaker is unable to attend for

reasons such as illness or family emergency, we would then be able to notify the seniors who have signed up for this program.

Refunds/Trips

Trip and program refunds are possible if the Senior Adult Programming Office is able to fill your spot before commitment deadlines arrive. Please notify the office as soon as you know that you are not able to participate. We will try to find a replacement, however there are no guarantees of refund once a commitment deadline has been reached. Members may not transfer their spot to another person without first notifying the Senior Adult Programming Office.

DCSC Lanyards

Tired of trying to find a piece of clothing to clip on that name badge? We now have DCSC lanyards for sale at \$1 each through the Senior Adult Programming Office. Please note that the lanyards will not be able to stay with your name badge while it is stored on a name badge rack. Your lanyard will need to travel back and forth with you as you attend programming.

Seniors Giving All Through the Year

All through the year, the Dublin Community Senior Citizens make donations to those less fortunate. Donated items are given to the Dublin Community Church Food Pantry, and during the holidays we adopt a family in need within the Dublin community. Please bring the selected items to the monthly potluck meetings noted below. Monetary donations may be made in lieu of requested products. Please make check payable to "Dublin Community Senior Citizens." You will be making a difference!

May – June...Canned goods and pantry items.

Dublin Food Pantry

October – December...Adopt-a-Family and Senior Adult-In-Need for the holidays with monetary donations for gifts and a holiday dinner. Dublin Community



In Sympathy

The Dublin Community Senior Citizens would like to extend their deepest sympathy to the members and their families who have lost loved ones.

Harold Gause, son of member Irmgard Gause, passed away on Wednesday, July 11.

Past DCSC Advisory Board member Hal Bischoff, husband of Connie, passed away on Saturday, July 21. Hal was a 16 year member of the DCSC organization.

If you know of an ill member or one who has passed away, please notify Marilyn Orlando, Goodwill Committee Chairperson, at (614)457-8944. She will send a card to that member or member's family on behalf of the Dublin Community Senior Citizens.



- Aug 1 Shirley Schirtzinger
Bill Miller
Sue Sevitz
Linda Sommer
- Aug 2 Nancy Wolfe
Sherry Lowe
Rebecca Moeller
- Aug 3 Bob Reiner
Blanche Cossin
Ruth Girlando
- Aug 4 Jim Deeter
Peggy Hartman
Marilyn Schofield
Donald Young
- Aug 5 Mary Ann Reiner
Pam Chestnut-Kobyra
- Aug 6 Alice Ford
Loretta Malenky
- Aug 8 Leslie Herchline
- Aug 9 Bob Friend
Joann Bogart
Cindy Colbert
Lois Winnick-Chapman

- Aug 10 Carolyn Davidson
Fern Kamler "90"
Lois Reese
- Aug 11 Fred Deleon
Donna Fulks
- Aug 13 Richard Martin
Stuart Wright
- Aug 16 Nancy Ervin
Larry Herchline
Edward Kaplan
- Aug 17 Marjorie Taylor
Ken DeShetler
- Aug 18 Karla Roehrig
Dorothy Abdul-Haqq
John Petty
- Aug 19 Christine Brooks
- Aug 20 Betty Geise
Margaret Burgess
- Aug 21 Joe Melley
Bill Weidinger
Kermit Croston
Art Hall
Vera Sigg
- Aug 22 Joe Donnell
Raji Shankar
Prema Shankar
Sally Donnell
- Aug 24 Jo Rausch
D'Arle Rininger
Sam Pallotta
Sally Buckley
John Lowe
- Aug 25 Mary Woke
Lily Weasner
- Aug 27 Patricia Breeding
Clayton Rose
- Aug 28 Wayne Rausch
Carol Grucelska
Tom Penty
- Aug 29 Jon Pancost
- Aug 30 Jack Paese
Anton Chin
Eileen Farrell
Kate Benson
Norm Smith
Jayne Wolfe
Larry Gerber
- Aug 31 Roger Holmes
Rosemary Hill

Enjoy the Fall Harvest at the Dublin Farmer's Market



Embracing Dublin's historic roots as a farming community, the market features a number of the area's highest quality producers, with wares ranging from fruits and vegetables to baked goods and dairy products.

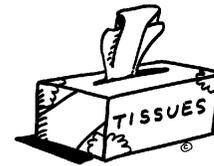
The Dublin Farmers' Market is located at Oakland Nursery, 4261 West Dublin Granville Road, and open from 3:30 – 6:30pm each Wednesday until September 26. Visit www.dublinfarmersmarket.com for more information.



I believe in the dignity of

labor, whether with head or hand; that the world owes no man a living but that it owes every man an opportunity to make a living.

~ John D. Rockefeller



Fight the Flu

It's time to get your flu vaccination before the sniffle season is in full swing. According to the U.S. Centers for Disease Control, adults 65 or older are at a higher risk for contracting the flu. It takes almost two weeks for flu-fighting antibodies to kick in after you've had your shot, so it's important to get it early.

Franklin County Public Health is offering flu immunizations to seniors on September 26 at the Recreation Center. See page 9 for more information.

