Welcome to our monthly meeting/potluck on February 11. Program entertainment begins at 12:30pm. Lecturer Ceci Wiselogel presents Remembering Rockwell. An affectionate retrospective of America’s greatest illustrator – Norman Rockwell. His light-hearted wit, passion for detail and nostalgic portrayals of everyday life are captured in this delightful program featuring Rockwell’s works of art, including the famous Saturday Evening Post covers which he began in 1916.

Our next meeting/potluck will be held on Monday, March 11. Program entertainment begins at 12:30pm. The Dublin Senior Players will present Leading Ladies by Ken Ludwig in the Abbey Theater. Set in York, Pennsylvania in 1958, this farce centers on two down-on-their-luck Shakespearean actors, Leo Clark and Jack Gable. The pair discover through a newspaper that Florence, an older ailing woman, has been unable to find Max and Steve, her sister’s children who moved away to England as children in order to include them in her multi-million dollar inheritance. They decide to pose as Max and Steve to claim portions of it. When they discover that “Max” and “Steve” are actually “Maxine” and “Stephanie,” they continue on, undaunted, in drag.

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

Special Notes from Wanda

The Senior Adult Programming Office and Senior Lounge will be closed for holiday observance on Monday, February 18.

During the winter months, our senior adult programs will be canceled on days when the Dublin City Schools are closed for inclement weather.

Leadership Dublin is sponsoring a 14th annual “Community Day” on Saturday, May 4. They are looking for any seniors who are in need of assistance to clean up/spruce up the outside of their homes FOR FREE. A supervised “Clean Up” crew per home will be willing to clean gutters, windows (outside only), trim trees and hedgerows, mulch, plant flowers, etc… Or you can name the task and they will make every attempt to help out. (Note: no electrical or second-story work can be done.) If resources are needed to do the job, i.e. mulch, then you must supply the materials. Work time will be scheduled between 9 a.m. and noon. If interested, please contact Christine Nardecchia at 614-410-4406 or cnardecchia@dublin.oh.us.

We need a volunteer to regularly water the plants in the Senior Lounge. If you would be interested in this service, please contact the Senior Adult Programming Office.

It’s time to renew your DCSC membership for the 2013 calendar year! Membership requirement is age 55 years and older. The membership fee for Dublin residents is $15 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.

HIGHLIGHTS & TRIPS

Tuesday Talks

Watching an Art Birth
Tuesday, February 19
A blessed event takes place in the Dublin Community Recreation Center this winter as Michael Tizzano, a Westerville artist and educator, develops a life-size model of Dublin’s next public art project. The piece will recreate the water pump that stood in the center of downtown in the 19th century, with two children sitting on edge of the well. Visitors to the Rec Center will be able to watch the clay sculpture grow before it is sent to a foundry to be copied in bronze. Michael will explain his technique with
examples and share the downtown history that led to his idea for the sculpture.
Time: 2:30 pm
Location: Talla 2
Attendees must pre-register through the Senior Adult Programming Office at 410-4550.

Healthy Aging for the New Year!
Tuesday, March 19
Did you know that volunteerism is a strong factor in healthy aging? Come hear all the opportunities the City of Dublin has for seniors to participate and have fun.
Christine Nardecchia, Volunteer Administrator, will share the benefits of volunteerism and the 2013 schedule of City events.
Time: 2:30 pm
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.

Friday, February 22 – Lunch Bunch at P.F. Chang’s
2013 is the Year of the Snake according to the Chinese new year calendar! P.F. Chang’s believes that variety is the keystone of a great meal. Their menu offers culinary creations from the major regions throughout China and includes some unique specialties. Chang’s chefs use mandarin-style wok cooking searing in the clarity and distinct flavors of their fresh ingredients. A variety of lunch bowls average $8 - $10. Main entrees average $12 - $15. Don’t forget to order the traditional favorite spring roll. We will meet at 11:30 a.m. at 6135 Parkcenter Circle (614-726-0070). Pre-registration is required through the Senior Adult Programming Office. Maps are available in the Senior Adult Programming Office.

Monday, February 25 – DCSC Advisory Board Meeting
The Executive Committee and Board meet from 10:00 – 11:00 a.m. on the fourth Monday of the month.

Tuesday, February 26 - HealthWise Lecture Series
Put Your Best Foot Forward
Dr. Kory Brownlee, of Podiatry House Calls specializes in the care, treatment, and prevention of foot disease. Common foot problems are bunions, corns or calluses, or fasciitis. Dr. Brownlee discusses how to put your best foot forward with a Q & A session following his presentation.
Refreshments and speaker sponsored by Arlingworth Home Care.
Time: 1 – 2 pm
Fee: No charge, pre-registration is required through the Senior Adult Programming Office
Location: Talla 1
Speaker: Dr. Kory Brownlee

Thursday, February 28 – Coffee Concerto
Begin your day with coffee and confections while listening to pianist Jack Widner perform. At 10 a.m. 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, March 1 – 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 – 10 pm
Fee: $5 per person at the door
Location: Community Hall

Monday, March 4 – Meet the Author Series
When Dublin Wasn’t Doublin’
Local author Tim Sells’ book tells the story of Dublin before Dublin’s rapid growth began. Founders of Dublin, Ohio, and the Sells Brothers Circus, the Sells family has a long, rich (and funny) history centered in this mid-Ohio region. Copies are available at this event.
Time: 2 pm
Fee: No charge, pre-registration is required through the Senior Adult Programming Office
Location: Talla 2

Thursday, March 7 – Electric Deregulation
A representative from the Public Utilities Commission of Ohio (PUCO) will help explain your rights in choosing an electric supplier. With electric choice in Ohio, you may now have the ability to choose the electric supplier that provides the generation of your electricity. This enables consumers to have greater control over their electricity options in order to save money.
Time: 1:30 pm
Fee: No charge, pre-registration is required through the Senior Adult Programming Office
Location: Talla 3

Thursday, March 14 – Dinner Bunch to Hyde Park Prime Steakhouse
Hyde Park Prime Steakhouse maintains a solid tradition of the “Best Prime Steak” in the city and the highest level of service available anywhere. Fine dining fare includes steaks, chops, seafood, and shellfish. An a la carte menu that averages $20 - $30. The Early Nights special ($19.90) features choice of soup or half Hyde Park Wedge, choice from Local Favorites listing and choice of any side dish. We will meet at 5 pm at 6360 Frantz Road (614-717-2828). Pre-registration is required through the Senior Adult Programming Office. Maps are available in the Senior Adult Programming Office.

Friday, March 15 – Easter Traditions in Germany
Monday, March 25 – DCSC Advisory Board Meeting

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

Tuesday, March 26 – HealthWise Lecture Series
Laughter is Good Medicine

Laughter can provide many health benefits including reducing stress, boosting the immune system, controlling blood pressure and much more. Program will include stretching, laughter exercises and relaxation techniques. No experience is required and techniques can be done sitting in a chair.

Time: 12:30–1:30pm
Fee: No charge, pre-registration is required through the Senior Adult Programming Office.
Location: Talla 2
Gail Spirit Sky, Certified Laughter Yoga Leader

Wednesday, March 27 – Travel Preview Pacific Coast
Adventure

Bob Levy with Premier Travel will be in Talla 2 at 1:30 pm to preview this exciting September 2013 trip to Seattle, Portland & San Francisco. Fliers will be available with all of the highlights and inclusions offered on this trip. Pre-registration is required through the Senior Adult Programming Office.

Wednesday, April 11 – LaComedia Dinner Theatre
9 to 5 the Musical

Your LaComedia experience begins with a delicious buffet meal of chef-carved meats, their famous Norwegian cod, a variety of pastas and vegetables, and some dishes to represent the “flavor” of the current production. Then sit back and enjoy the show. Based on the hit movie about three ladies who are “just a step on the boss man’s ladder.” When their plan to get even with their egotistical, lying, bigot of a boss spins wildly out of control, the situation becomes hilarious and the laughter is non-stop. Depart the Recreation Center at 9am with an estimated return time of 5pm. Cost for this wonderful day is $58, based on a 40 count. Make check payable to “DCSC.” Includes deluxe motor coach transportation, buffet, excellent show seating, all taxes and bus driver gratuity. Deadline for signup is March 5 at 5pm, based on availability.

Wednesday, April 24 – Senior Idol Live

HomeWell Senior Care and Brookdale Senior Living present…Senior Idol Live. Seniors from Central Ohio will be sharing their vocal talents while competing in a light-hearted, entertaining environment. Enjoy the evening with refreshments and raffle prizes. Space is limited, so get your ticket early.

Time: 6 – 8pm
Fee: $5 donation to National Parkinson Foundation Central and Southeast Ohio. Tickets available through the Senior Adult Programming Office and at the door.
Location: DCRC, Abbey Theater
Auditions: Wednesday, April 3 from 6 – 8pm in the Abbey Theater. For additional information call or email Emily Jones at 614.506.1417 or ejones@homewellseniorcare.com

Wednesday, May 1 – Whatcha Got Cookin?

How’s about cooking something up in Dover, Ohio? This version of the progressive dining tour offers cooking demos, tasting, testing, recipes and more!
To name just a few stops… Mrs. Yoder’s Kitchen, Chalet in the Valley, and Hershberger Farm Market & Bakery. Let’s “kick it up a notch” on this fun and unique trip!
progressive dining experience. Cost is $87 with check payable to “DCSC.” For more information, call the Senior Adult Programming Office at 614.410.4550.

**Southern Charm featuring Charleston, Savannah & Jekyll Island**
**June 9 – 15, 2013**

Experience true Southern hospitality and charm in Georgia and South Carolina. Highlights include historic Charleston, Savannah’s Candy Kitchen tour, St. Simon’s Island, and an Amelia River cruise. Cost for this Tours ‘n Tours/Collette tour is $2,199 pp double, $2,749 pp single and $2,169 pp triple. Please make check payable to “Tours ‘n Tours Travel.” For a complete list of all inclusions and a registration form, pick up a flier in the Senior Lounge. For more information, call the Senior Adult Programming Office at 614.410.4550.

**Pacific Coast Adventure featuring Seattle, Portland & San Francisco**
**September 23–October 1, 2013**

This exciting Pacific Coast Adventure takes you from the Pacific Northwest along great parts of the Oregon & California Coasts to the city of San Francisco. Tour highlights include a Boeing factory tour, Mt. St. Helens, the Redwood National Park, and the Golden Gate Bridge. Cost for this Premier World Discovery tour is $2,399 pp double, $3,199 pp single and $2,349 pp triple. Please make checks payable to “Premier World Discovery.” For a complete list of all inclusions and a registration form, pick up a flier in the Senior Lounge. For more information, call the Senior Adult Programming Office at 614.410.4550.

**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

**Date:** Mondays, Feb 25 – Apr 1

**Class:** Time: 152110.03 noon – 3pm

**Date:** Wednesdays, Feb 27 – Apr 3

**Class:** Time: 152110.04 noon – 3pm

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

**Location:** Ceramics Studio

**Instructor:** Jila Davoodi

**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

**Date:** Thursdays, Feb 14 – Mar 21

**Class:** Time: 152135.01 1 – 3pm

**Date:** Thursdays, Apr 4 – May 9

**Class:** Time: 152135.02 1 – 3pm

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

**Location:** Arts & Crafts Room

**Instructor:** Jerry Decker

**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

**Date:** Mondays, Jan 7 – Mar 18

**Class:** Time: 152150.01 9 – 11am

**Fee:** CR $32 SDR/NR $42; must be a member of the Dublin Community Senior Citizens

**Location:** Ceramics Studio

**Instructor:** Don Neff

**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…** February 21 and March 7 & 21

**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:** 153100.01

**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

**Location:** Abbey Theater

**Fee:** No charge
Next production….  

**Leading Ladies**

Saturday, March 9  1:30 pm  
Sunday, March 10  7:00pm  
Monday, March 11  12:30 pm

**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: Mondays  1 - 3pm  
Location: Aerobics/Dance Studio II  
Moderator: Willie Ehrlich

**SPECIAL INTEREST**

**AARP Tax Preparation**

An AARP volunteer is available for free tax preparation assistance. Bring last year’s return, an IRS packet and all pertinent tax information, including your social security information. This service is open to all senior adults. Register for an appointment by calling the Senior Adult Programming Office at 614.410.4550.

Ages: 55 & up  
Date: Fridays, Feb 8 – Apr 12  
Time: 9am–noon  
Fee: No charge  
Location: DCRC, Teen Lounge  
Tax Counselors: John Becker & Rick Langner

**Bingo**

Blarney Bingo players never know what fun item they might win as a prize. Various items are donated by Trillium Place.  
➢ Next meeting…Tuesday, February 19 and March 19  
Time: 1 – 2:30pm  
Fee: $1 for two cards  
Location: Talla 3

**Holiday Bingo**

B-12…O-70…BINGO. It’s time to play Holiday Bingo and win some great prizes. The Sanctuary at Tuttle Crossing is donating the prizes for this big event. Happy Valentine’s Day!  
➢ Next meeting…Tuesday, February 12  
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. Our Canasta moderator is Jack Patton, 937-307-1890.  
Note: On the third Tuesday of odd numbered month, the group meets earlier at 12:30pm for a potluck. Please call Claudette Jones, 614-761-1849, to let her know what you will be bringing.

**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, Mar 25  
Class: Time:  
154110.02  9am – 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

**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  
Date: Thursdays, Mar 14 – Apr 18  
Class: Time:  
155100.02  9am – noon  
Fees: CR $10  
SDR/NR $20  
Location: Computer Lab  
Instructor: Roger Holmes

**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 PC computer. Bring your questions – the “group think” will have the answers.

Date: Fridays, Feb 22 and March 8 & 22
Time: 10 – 11:30am
Fees: No charge
Location: Meeting Room 2; pre-registration is required through the Senior Adult Programming Office
Moderators: Fred Lancia & Hank Mesewicz

**NEW!**

**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) 2:00 – 3:30pm

Fee: $3 per class
Location: Fitness Studio 1
Instructor: Lynne Herman

**What's All the Fuss About eBay?**

Do you have things you would like to sell but don’t have time for a garage sale? eBay is an online auction site where you can purchase or sell goods – anything from antiques to OSU football tickets. In this introductory course we will discuss:

- What items can be purchased
- How safe is it to make transactions
- What is involved with selling

Date  Day  Time
Mar 6  W  10am
Fee: $5; pre-registration is required through the Senior Adult Programming Office
Location: Meeting Room 2
Instructor: Melissa Gayhart, PowerU

**Facebook 101 Workshop**

Facebook is the world’s leading social network. Bring your laptop to this hands-on workshop as the instructor walks you through the basics of this popular website. Begin with its features and applications and learn to create a Facebook account. By the end you will be able to use Facebook like a pro, upload photos, videos and interact with your friends.

Date  Day  Time
Mar 21  Th  2pm
Fee: No charge, pre-registration is required through the Senior Adult Programming Office
Location: Talla 2
Instructors: Kari Palmer & Jessica Swayze, Oxiem Interactive

**Battle of the Bulge**

Speaker: Bill Ruth
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.

February’s movie on **Monday, February 25, is Hope Springs.** Kay and Arnold are a devoted couple, but decades of marriage have left Kay wanting to spice things up and reconnect with her husband. When she hears of a renowned couple’s specialist in the small town of Great Hope Springs, she attempts to persuade her skeptical husband, a steadfast man of routine, to get on a plane for a week of marriage therapy. Just convincing the stubborn Arnold to go on the retreat is hard enough – the real challenge for both of them comes as they shed their bedroom hang-ups and try to re-ignite the spark that caused them to fall for each other in the first place. This PG-13 rated film stars Meryl Streep, Tommy Lee and Steve Carell. Running time: 1 hour, 40 minutes
Location: Theater

March’s movie on **Monday, March 25, is Life of Pi.** Director Ang Lee creates a film about a young man on a fateful voyage who, after a spectacular disaster in the middle of the ocean, is hurled into an epic journey of adventure and discovery. He becomes marooned on a lifeboat he must share with the ship’s only other survivor, a fearsome Bengal tiger with whom he makes an amazing and unexpected connection. This PG-rated film stars Suraj Sharma. Running time: 2 hours, 7 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…

**Feb 13**  
A Great Improvisation: Franklin, France and the Birth of America  
by Stacy Schiff

**Mar 13**  
...And Ladies of the Club  
by Helen Hooven Santmyer

**Apr 10**  
The Water is Wide  
by Pat Conroy

Time: 10am  
Location: Senior Lounge  

**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**

**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: $6.50 for 3 games; shoe rental available for $4 + tax; shoe purchase recommended  
Location: AMF Sawmill Lanes, 4825 Sawmill Road  
Moderator: Bob Karrer, 614-889-8478

**Wii Bowling**

Wii bowling is the latest craze. It’s like bowling without the alley or the ball, but still having the same fun!

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Location: Tall 3  
Fee: No charge  
Coach: Lee Fraas

**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.

**Q & A**

Creating New Friendships

Friendships are an important part of life. When moving to a new neighborhood, state or country, forging new friendships becomes even more important. In this workshop we discuss practical suggestions that may help expand your social circle or reinforce relationships. How will you overcome these issues? What is holding you back?

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Fee: No charge; pre-registration is required through the Senior Adult Programming Office  
Location: Senior Lounge

**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  
Date: Tuesdays, Feb 19 – Mar 19  
Class: Time:  
Mar 19 10:45 – 11:45am  
Fee: CR $52 SDR/NR $62  
Location: Fitness Studio 2  
Instructor: Sally Gill

**Yes, I Can! – 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: 50 & up  
Date: Thursdays, Feb 21 – Mar 21  
Class: Time:  
Mar 21 10:45 – 11:45am  
Fee: CR $50 SDR/NR $60  
Location: Fitness Studio 2  
Instructor: Carol Laymon, Certified Pilates Instructor

**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  
Date: Saturdays, Jan 5 – Mar 23  
Class: Time:  
Mar 23 10 – 11am  
Fee: No charge  
Location: DCRC, Senior Lounge  
Instructor: Lucia Dunn

**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: 50 & up
Date: Tuesdays, Jan 9 – Mar 26 (no class Mar 12)
Class: 7:30 – 8:30pm
Time: CR $50 SDR/NR $60
Location: Senior Lounge
Instructor: Pat Henderson, Registered Yoga Teacher

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
Date: Tuesdays, Feb 19 – Mar 26
Class: 6:30 – 7:30pm
Time: CR $50 SDR/NR $60
Location: Senior Lounge
Instructor: Pat Henderson, Registered Yoga Teacher

Zumba for Any Body

A revolutionary new aerobic dance routine for anyone at any level of fitness ability, this program provides you 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.

Ages: 40 & up
Date: Mondays, Feb 18 – Mar 18
Class: 10:45 – 11:45am
Time: 156400.02
Location: Fitness Studio 1
Instructor: Carrie Bowman

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
Date: Mondays, Feb 18 – Mar 18
Class: 10:45 – 11:40am
Time: 156500.03
Location: Studio 1
Instructor: Vicki Federico

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, March 4
Time: 7pm
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, February 15 and March 15, 8 – 10am
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, February 20 and March 20

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 9am, call 614-410-4550 for appointment; 30 minutes each
Fee: No charge
Location: Theater Dressing Room 2
Audiologist: Dana Bruggeman, Hearing Health Solutions from Ohio ENT

Podiatry Services –
Friday, February 15 and March 15; 8:45am – 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.

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.

Member Jeanne Winnick passed away on Saturday, January 5.

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.

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 9am – 5pm, 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 9am – 5pm 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
February: Joanne Dafler
March: Wilma Snyder

11:20 People with disabilities or needing assistance are called to go through the buffet lines.
11:30 President Phyllis DeMuth 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, 9am – 5pm

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.

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.

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