

Dublin Community Senior Citizens

February/March 2013



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 Arlington 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 Convallarium 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 – 10pm
Fee: \$5 per person at the door
Location: Community Hall

Monday, March 4 – Meet the Author Series When Dublin Wasn’t Dublin’

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: 2pm
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: 1:30pm
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 ala 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 5pm 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

Are you of German descent or interested in finding out about German traditions? Andrea Niewiesk, from Würzburg, Germany shares how German people celebrate the Easter holiday. Learn what special dishes are eaten and how homes are decorated. Create your own special Easter egg and sample homemade traditional baked goods such as osterlamm, breads and bunnies.
Time: 11am
Fee: \$5; check payable to "DCSC"
Location: Talla 3

Monday, March 18 – American Red Cross Blood Drive

Give the gift of life. The American Red Cross needs 550 people to donate blood each day to meet the transfusion needs of central Ohio patients. Won't you take the time to save a life? The Dublin Community Senior Citizens are sponsoring this drive. To schedule an appointment call 614-251-1451.
Time: 1:30 – 7:30 p.m.
Location: Talla 3
Note: If you would like to volunteer to help with the Blood Drive, please call the Senior Adult Programming Office at 410-4550.

Friday, March 22 – DCSC Euchre Tournament

Euchre fans claim there is no other card game. This tournament tests skill and stamina. Entrants must know how to play. Refreshments, sponsored by Brookdale Senior Living, are served before play begins. Prizes are awarded at the end of the tournament.
Limit: 36 Ages: 55 & up
Time: noon: refreshments 1 – 4 p.m.: play
Fee: \$1, must be member of Dublin Community Senior Citizens organization, pre-registration required by March 15.
Location: Senior Lounge

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.

Thursday, March 28 – Coffee Concerto

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Thursday, 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

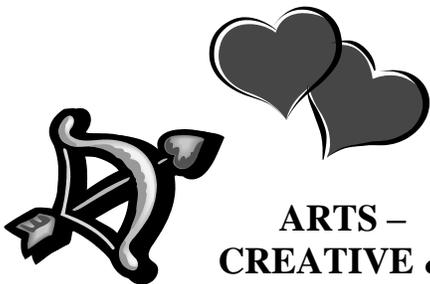
progressive dining experience. Cost is \$87 with check payable to "DCSC." For more information, call the Senior Adult Programming Office at 614.410.4550.

**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.



**ARTS –
CREATIVE &
PERFORMING**

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: Jerry Decker

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: Jila Davoodi

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...Monday, March 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
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: Time:

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

Dates: Fridays, Feb 8 – Apr 12

Time: 9am–noon

Fee: No charge

Location: DCRC, Teen Lounge

Tax Counselors: John Becker & Rick

Langner

Bingo

Blarney 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 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

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



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

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

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

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 . . . March 25

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 hurtled 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

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

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!

Date	Day	Time
Feb 13	W	1–3pm

Mar 6 & 13

Location: Talla 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?

Date	Day	Time
March 21	Th	3:30pm

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:

156100.02 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:

156310.02 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:

156190.01 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: 40 & up
Date: Wednesdays, Jan 9 – Apr 10
Class: Time:
156210.01 7 - 8:30pm
Fee: CR \$100 SDR/NR \$110
Location: Senior Lounge
Instructor: Carrie Bowman

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
Date: Wednesdays, Feb 20 – Mar 20
Class: Time:
156400.02 10:45 – 11:45am
Fee: CR \$50 SDR/NR \$60
Location: Fitness Studio 1
Instructor: Pat Henderson, Registered Yoga Teacher

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: Time:
156405.02 2:30 – 3:30pm
Fee: CR \$50 SDR/NR \$60
Location: Arts & Crafts Room
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
(no class Mar 12)

Class: Time:
156410.02 6:30 – 7:30pm
Fee: 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.

Date: Mondays, Feb 18 – Mar 18

Class: Time:
156500.03 10:45 – 11:40am
Date: Thursdays, Feb 21 – Mar 21

Class: Time:
156500.04 8:30 – 9:25am
Fee: CR \$40 SDR/NR \$50
Location: Fitness 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

**Foot Massage Therapy –
 Friday, February 15 and
 March 22**

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 27 years of massage therapy experience.
 Time: 10 – 11:40am; consecutive appointments starting at 10am, call 614-410-4550 for appointment; 15 minutes each
 Fee: \$15
 Location: Theater Dressing Room 2
 Massage Therapist: D'Arle Keith Rininger

**Full Body Massage Therapy –
 Friday, February 15 and
 March 22**



Rininger specializes in treating seniors with painless, gentle and effective techniques including Ortho-Bionomy®. Treatments improve circulation, relax muscle tension, and can increase postural alignment. All treatments are received fully clothed on a massage table. Therapist Rininger has 27 years of massage therapy experience.
 Time: 12:30–3:40pm, call 614.410.4550 for appointment; 1 hour each
 Fee: \$60
 Location: Theater Dressing Room 2
 Massage Therapist: D'Arle Keith Rininger

**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.



**2013
 SENIOR ADVISORY BOARD**

Executive Committee

President – Phyllis DeMuth
 Vice-President – Willie Ehrlich
 Treasurer – Pat Breading
 Secretary – Marian Dorsey
 Past President – Dennis Caplinger

Committee Chairs

Charity – Linda Meek
 Food Service –
 Larry & Leslie Herchline
 Sara Spear / Erika Strawn
 Goodwill – Marilyn Orlando
 History – Jerry Boone
 Hospitality – Barbara Mirbach
 Membership – Sue & Tom Sevitz
 Program – Chi Weber
 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 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



Happy Birthday!



- February 2 *Linda McAdams*
- February 3 *Chitra Goyal*
Joan Margard
Ronnie Scardon
- February 4 *Dennis Julian*
Marilyn Orlando
- February 5 *Barbara Ramm*
- February 6 *Joyce Tilton*
- February 8 *Jan Ray*
- February 10 *Marian Killian*
- February 11 *Carl Jaske*
- February 12 *Arlene Snider*
Marilyn Strasser
- February 13 *Jeanette Burton*
Fred Lancia
Bob Thompson
Robert Wistner
- February 14 *Jack McDowell*
- February 17 *Jack Price*
- February 18 *Mary Louise Allison*
- February 22 *Mel Ehrlich*
- February 23 *Nancy Gynn*
- February 25 *Vivian Wistner*
Pete Zawaly
- February 26 *Neera Gupta*
- February 27 *Claire Casale*
- February 28 *Wilma Snyder*