



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



## SEPTEMBER/OCTOBER 2017

Welcome to our monthly potluck/meeting on Monday, September 11. And like magic, presto change-o fall is here. Program entertainment begins at 12:30 p.m. The Amazing Maxwell presents 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.

Our next potluck/meeting is Monday, October 9. Oom pah pah.....it’s Oktoberfest with Turbo Accordions Express and grilled brats. Bring a dish (to serve 8) to go with the bratwursts & buns being provided by The Convallarium of Dublin. Program entertainment begins at 12:30p.m.

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

### Special Notes from Wanda

#### Inclement Weather

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

The Senior Lounge and Office are closed on Thursday, October 19, for Spooktacular event operations.

On a personal note, I would like to wish my dear father-in-law Lawrence a very Happy 95<sup>th</sup> Birthday!

We are seeking nominations for our 2018 Senior Advisory Board. Please take time to consider running for an open position. Talk to current members to get a perspective on their roles. If you know people who you think might be perfect candidates, approach them with your idea and support. If you nominate them for a position, they must be a dues-paid member and must indicate their willingness to run for election and to serve if elected. Nomination forms

are available in the Senior Lounge. All nomination forms need to be sent back to Vice-President Carl Jaske, via the Senior Adult Programming Office by September 25. Remember...the Dublin Community Senior Citizens organization is only as good as what you are willing to put into it to make it stronger.

In October and November, we begin passing the donation envelope for our annual holiday family adoption. We are working with a family in need within the Dublin area. The money provides them with a holiday dinner and gifts for under their tree. Early donations allow the Charity Committee to purchase gifts and wrap packages in time for delivery. We will also be collecting monetary donations at the Holiday Party. Please be generous.

### HIGHLIGHTS

#### Thursday, September 14 – Q & A Rewards and Awards

Q & A is a forum to ask questions on a selected topic. Other participants share their perspectives and concerns helping to find the answers.

#### *Rewards and Awards*

We focus on the role of awards and rewards in motivation, goal-setting and planning for the future. Have you ever received an award? Was it meaningful to you at the time? How about now? What about rewards you received in the past, including during childhood and younger adulthood. Has your definition of rewarding changed? Awards, rewards and motivation are important to our identity, our understanding of the past and our ideas about the future. Join us for what will hopefully be a very *rewarding* gathering!  
Time: 2 – 3:30pm



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

Location: Talla 1

Moderator: Hollie Goldberg,  
Syntero/Dublin Counseling Center

### **Friday, September 15 - Progressive O.S.U. Buckeye Brunch**

It's time to kick off another Buckeye football season with a progressive tailgate brunch. Depart the DCSC to visit The Sanctuary at Tuttle Crossing, Emerald Crossings, The Convallarium of Dublin, Dublin Assisted Living & Memory Support and Dublin Retirement Village. Expect a lot of food surprises and giveaways. Go Bucks!

Limit: 25 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: Senior Lounge Departure

### **Tuesday, September 19 – Tuesday Talks**

#### **Famous Forgeries and Art Thefts: The Dark Side of Art**

Art forgery is the creating and selling of works of art which are falsely credited to other, usually more famous artists. Art theft is usually for the purpose of resale or for ransom (sometimes called artnapping).

Only a small percentage of stolen art is recovered – estimates range from 5 to 10%.

Sean discuss everything from the famous art forger Han Van Meegeren to the still unsolved art thefts from the Isabella Stewart Gardner Museum in Boston.

Refreshments sponsored by Dublin Retirement Village.

Time: 2 pm

Location: Talla 2

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

Speaker: Sean Crum, Professional Artist

### **Tuesday, September 19 – HealthWise Lecture Peace, Love & Freedom to Move!**

Open to Boomers and Active Seniors, this is an educational seminar on knee and hip treatment and replacement. Dr. Rahul K. Biyani is a board-eligible orthopedic surgeon with fellowship training in adult hip and knee joint reconstruction. He also has special interest in revision total hip and knee arthroplasty and lower extremity fracture care. Enjoy a delicious spaghetti dinner, provided by The Convallarium of Dublin, while Dr. Biyani speaks on how “patients can regain the mobility to return to the things they love the most.”

Time: 6pm Registration and Dinner

6:30 – 7:30pm Presentation

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

Location: Talla 2 and 3

Speaker: Dr. Rahul K. Biyani, Orthopedic One

### **Wednesday, September 20 - Medicare Check-Up Day**

Medicare open enrollment is right around the corner! Confused about changes in Medicare? Want to know how to compare Medicare coverage options for 2018?

Kendra Burford from the OSHIP program at the Ohio Department of Insurance covers any upcoming Medicare changes, as well as how to check up on your Medicare coverage to make sure it is the best for your situation.

Time: 2pm

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

Location: Talla 1

### **Thursday, September 21 – Lunch Bunch at 101 Beer Kitchen**

With a focus on fresh, quality ingredients, this “gastropub’s” bedrock is scratch-made food. Sandwiches include the 101 Burger, Beer Battered Lake Perch, and Tortilla Crusted Chicken. Entrees include Crispy Lemon Chicken and Hefeweizen PEI Mussels. Average cost is \$12 - \$15. Our

Lunch Bunch will meet at **11:00am** (the restaurant does not take reservations) at 7509 Sawmill Road (614-210-1010). Please sign up so that we may give the restaurant an accurate count. Maps are available in the Senior Adult Programming Office.

### **Friday, September 22 – Wildlife Series Coyote Coexistence**

Coyotes are a part of the North American landscape, and they are here to stay. We can live side by side peacefully when the humans behave! We'll look at the coyotes in Dublin and how we can keep them wild and wily so they don't become a nuisance in our community.

Time: 2pm

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

Location: Talla 1

Speaker: Barbara Ray, Nature Education Coordinator

### **Monday, September 25– DCSC Advisory Board Meeting**

This meeting is a potluck at the home of Clark and Pat Breeding. Directions to their home are available in the Senior Adult Programming Office. The meeting begins at 10:30am followed by lunch. Fried chicken sponsored by the City of Dublin.

### **Tuesday, September 26 – HealthWise Lecture Probiotics 101**

Probiotics are incredibly beneficial bacteria that live inside our digestive system and affect our health in countless ways. You will learn what probiotics are, how they affect your health and how to keep your digestive system healthy.

Time: 2pm

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

Location: Talla 2

Speaker: Katy Keogh, RD, LD, Retail Dietician Coordinator, The Little Clinic



**Wednesday,  
September 27 -  
55+ Healthy Living  
Health Fair**



Drop in to learn about local organizations and services dedicated to maintaining and improving health, wellness, fitness and lifestyles. See flyer for more details.

Ages: 55 & up  
Time: 1 – 3pm  
Fee: No charge  
Location: Community Hall

**Thursday, September 28 –  
Coffee Concerto**

Begin your day with coffee and confections while listening to pianist Jack Widner perform. At 10am DCSC members enjoy an hour of relaxation before starting their daily routine. Refreshments sponsored by The Convallarium of Dublin.

Fee: No charge, pre-registration required through Senior Adult Programming Office  
Location: Talla 3



**Monday, October 2 –  
Tailgate Party**

Give me an O, give me an H, give me an I, give me an O. What does it spell? Tailgate Party! Mill Run Gardens & Care Center and Whetstone Gardens & Care Center of The MacIntosh Company are getting you into that Buckeye spirit with a full spread of delicious food. Enjoy subs, chips, veggies and soda with a few surprises thrown in for fun. Buckeye Brass returns to perform another great show. Scarlet and gray attire is required!

Ages: 55 and up  
Limit: 200  
Time: 11:30am  
Fee: No charge, pre-registration is required through Senior Adult Programming Office  
Space is limited.  
Location: Community Hall

**Friday, October 6 –  
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 Muirfield, are served before play begins. Prizes are awarded at the end of the tournament.

Limit: 36      Ages: 55 & up  
Time: noon: refreshments  
1 – 4pm: play  
Fee: \$1, must be member of Dublin Community Senior Citizens organization, pre-registration required by September 29.  
Location: DCRC, Senior Lounge



**Wednesday, October 11 –  
DCSC Golf League  
Recognition Banquet**

It's time to recognize the close of another great season of golf with the DCSC Golf Scramble League. A special recognition banquet is held at Dublin Retirement Village, 6470 Post Road. The banquet begins at 11:30am with a delicious meal. A guest speaker presentation is followed by an awards ceremony. Informational letters are mailed to golf league participants. Pre-registration is required through the Senior Adult Programming Office. Please sign up by Wednesday, September 27 at 5pm. Cost is \$10, payable to "DCSC."

**Thursday, October 12 –  
Q & A Big Questions, Important  
Answers!**

Q & A is a forum to ask questions on a selected topic. Other participants share their perspectives and concerns helping to find the answers.

***Big Questions, Important Answers!***  
Today's Q & A is inspired by David Isay's *StoryCorps* features on National Public Radio. David Isay is best known for assisting people to have meaningful conversations about life's big issues. Through discussion, sharing and exercises, we will grapple with "the big life questions" and listen deeply for each other's answers. Please consider the

following questions before session: How do you want to be remembered? Who do you want to say "thank you" to? What are you a product of? What do you feel most grateful for? Can you remember a time when you've felt alone? Who is someone who has shown true kindness to you? What happened? At program end, we hope each participant feels more introspective, knows more about the other participants and perhaps, most importantly, will know themselves even better.

Time: 2 – 3:30pm  
Fee: No charge, pre-registration is required through the Senior Adult Programming Office  
Location: Talla 2  
Moderator: Hollie Goldberg,  
Syntero/Dublin Counseling Center

**Friday, October 13 –  
Lunch Bunch at Beef O' Brady's**

Find all of your favorite traditional American dishes in one place at Beef O' Brady's. From burgers and wings to pizza, flatbreads and wraps, there's something for everyone on their menu. Average cost is \$9 - \$12. We will meet at 11:30am at 6340 Scioto-Darby Creek, Hilliard (614-529-9464). Please sign up so that we may give the restaurant an accurate count. Maps are available in the Senior Adult Programming Office.

**Monday, October 16 –  
DCSC Advisory Board Meeting**

The Executive Committee and Board meet from 10:00 – 11:00 a.m.  
Location: Senior Lounge



**Tuesday, October 17 –  
Tuesday Talks  
Helping Our Children &  
Grandchildren Succeed for the  
Future**

How can we best prepare children for success in their lives and livelihoods? Hayward takes a look at the changes coming in the future requiring us to prepare children for a world of rapid change in technology and new forms of employment. She discusses exponential changes with The Fourth Industrial Revolution and technological changes with impact on industries, companies and careers. In preparing for a world of constant change, Hayward looks at planning considerations for education and careers and the attributes and skills desired.

Time: 2 pm

Location: Talla 2

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

Speaker: Victoria Hayward, Senior Vice President, Financial Advisor, Morgan Stanley Wealth Management

**Tuesday, October 24 –  
HealthWise Lecture  
Keep Your Pet Healthy and They  
Will Do the Same for You**

Dr. Gonzalez Monska discusses preventable care for your pet that will save you money and extend the life of your beloved companion. Then let's take a look at how your pet takes care of you.

Spending quality time with a dog, cat or other animal can have a positive impact on your mood and your health.

Time: 2pm

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

Location: Talla 2

Speaker: Dr. Michelle Gonzalez Monska, Rascal Animal Hospital

**Thursday, October 26–  
Coffee Concerto**

Begin your day with coffee and confections while listening to pianist Jack Widner perform. At 10am DCSC members enjoy an hour of relaxation before starting their daily routine. Refreshments sponsored by The Convalarium of Dublin.

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

Location: Talla 3

**Tuesday,  
October 31 –  
Wildlife Series  
Are Crows Smarter  
Than You?**



The American crow is one of the most clever and curious animals in our midst. They have an immense capacity to evaluate and solve puzzles as we will discover in this fun examination of their intelligence, Crows can use tools, use crosswalks and can even be helpful to humans.

Time: 2pm

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

Location: Talla 2

Speaker: Barbara Ray, Nature Education Coordinator

**ARTS – CREATIVE &  
PERFORMING**

**Beginner/Intermediate Pottery**

For both new and experienced ceramics students of all skill levels. New students begin with the basics of clay hand building techniques such as pinch pots, slab rolling and coils. Textures, color, shape and differing styles are introduced as well as glazing and finishing techniques. Time permitting we work on the basics of throwing on the potter's wheel.

Experienced students can continue to refine their skills and work on ceramic projects of their own choice. The studio is open for independent ceramic projects; instructional aid is available for individualized

assistance, project ideas and technical expertise. Students can practice wheel throwing, hand building and have access to high-fire and low-fire glaze applications. *All supplies are included in the fee, including firings done by the on-site instructor.*

Ages: 40 & up

Class	Date	Day
452105.01	Sep 11 – Oct 16	M
452105.02	Nov 6 – Dec 11	M

Time: noon-2pm

Fee: CR \$99 SDR/NR \$110

Location: Ceramics Studio

Instructor: Stacey Besst

**Hands in Clay - Open Studio**

During Open Studio, we welcome those with previous ceramic experience to share our space, equipment, and materials to create with clay. Open Studio is recommended for those who are familiar with the ceramic process, don't need hands-on instruction, and feel confident working independently. An Open Studio moderator and other artists are present to assist with orientation and to share ideas and techniques. *All supplies are included in the fee, including firings done by the on-site moderator.*

Ages: 55 & up

Class	Date	Day
452111.01	Sep 13 – Oct 18	W
452111.02	Nov 1 – Dec 13	W

(No studio November 22)

Time: Noon–3pm

Fee: CR \$45 SDR/NR \$55; must be a member of the Dublin Community Senior Citizens

Location: Ceramics Studio

Moderator: Jerry Decker

**Beginning Drawing**

Through various exercises and homework, you will learn how to change the way you look at things in order to draw what you are actually seeing. This course is based on the book "Drawing on the Right Side of the Brain" by Betty Edwards. You will need a number 6 drawing pencil, eraser, and a 9 X 12 or larger sketch book for the first class.

Ages: 55 & up





Class Date Day  
 452131.01 Oct 3 – Nov 7 Tu  
 Time: 2:30 - 4pm  
 Fee: CR \$50 SDR/NR \$60  
 Location: Arts & Crafts Room  
 Instructor: Donna Gleditsch

**Intermediate Drawing**



This is a continuation of the Beginning Drawing class. Students should have completed Beginning Drawing or an equivalent class. We explore shading techniques, perspective, and portrait drawing using various media such as graphite, charcoal and pastel. Students need a sketch book (at least 9 x 12), graphite pencils, charcoal pencils, an eraser and a straight edge.

Ages: 55 & up  
 Class Date Day  
 452132.01 Oct 5 – Nov 16 Th  
 (No class October 19)  
 Time: 12:30 – 2pm  
 Fee: CR \$50 SDR/NR \$60  
 Location: Arts & Crafts Room  
 Instructor: Donna Gleditsch

**Beginner/Intermediate Drawing**



The basics of drawing, observing and relationships are taught using Betty Edward's book, *Drawing on the Right Side of the Brain*. If you have completed the beginning course, the intermediate section will continue learning shading, perspective and investigating other drawing mediums.

Ages: 55 & up  
 Class Date Day  
 452133.01 Oct 5 – Nov 16 Th  
 (No class October 19)  
 Time: 2:30 - 4pm  
 Fee: CR \$50 SDR/NR \$60  
 Location: Avondale NCR, Art Room, 5215 Avery Road, Dublin 43016  
 Instructor: Donna Gleditsch

**Beginning Watercolor**

Students learn the basics of painting with watercolors. Experienced painters are also welcome. Some of the techniques investigated are wet on wet, wet on dry, dry brush and resist or masking. Learn about color and color theory while tackling both landscape and still life.

**Required supply list available at registration.**

Ages: 55 & up  
 Class Date Day  
 452130.01 Oct 3 – Nov 7 Tu  
 Time: Noon - 2pm  
 Fee: CR \$50 SDR/NR \$60  
 Location: Arts & Crafts Room  
 Instructor: Donna Gleditsch

**Open Art Studio**



Create your own art masterpiece in the style of other master artist collectives. Artists gather weekly to work on individual projects. This open studio allows for creative art exploration in multiple art media with artists creating together. Each artist is responsible for providing their own art supplies.  
 Day: Wednesdays; No Studio first Wednesday of each month.  
 Time: 1 – 3pm  
 Fee: No charge  
 Location: Avondale NCR, Art Room, 5215 Avery Road, Dublin 43016  
 Moderator: Susan King

**Knit 2gether**



Whether you are an experienced knitter or someone taking up knitting for the first time, our knitting group has something for you. Members meet to work on their own projects, to help each other with pattern difficulties, and to share knitting techniques and informational sources with newer knitters.  
 >Next meeting...Monday, October 2  
 Time: 10am  
 Location: Senior Lounge  
 Moderator: Diana Teliak

**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, October 2  
 Time: 10am  
 Location: Senior Lounge  
 Moderator: Ellen Ann Farrar, 614-684-8648

**Dublin Senior Players**

Theater troupe members learn skills leading up to Dublin Senior Players productions. Whether acting, writing or working behind the scenes, talents of all kinds are welcome. For more information, please contact Michael Schirtzinger at 614.410.4554.

Days: Wednesdays, starting September 20  
 Time: 1 – 3pm  
 Ages: 55 & up  
 Location: 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  
 Days: Mondays  
 Time: 1 - 3pm  
 Location: Aerobics/Dance Studio II  
 Moderator: Willie Ehrlich

**Dublin Senior Writers**

Need an audience? Friendly fellow writers will listen and offer feedback and suggestions. 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. Open to beginning and experienced writers. Program meets the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month.  
 >Next meeting....September 21 and October 5 & 19

Time: 10 – 11am  
 Fee: No charge  
 Location: Meeting Room 2



## SPECIAL INTEREST

### 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 Halloween!  
➤Next meeting... Tuesday, October 31  
Time: 1 – 2:15pm  
Fee: \$1 for two cards  
Location: Talla 3

### Birding

Bring binoculars and a hat as this group heads outdoors for birding in Dublin and surrounding parks (weather permitting). Contact Jim or Martha for each week's meet-up destination.  
Day: Fridays  
Time: 8:30am  
Fee: No charge  
Location: Various locations  
Moderators: Jim Estep, 614-315-7768 and Martha Morley, (cell) 614-633-6525

### 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  
Class Date Day  
454110.01 Oct 16 M  
454110.02 Nov 20 M  
Time: noon – 1pm  
Fee: CR \$5 SDR/NR \$10  
Must be a member of the Dublin Community Senior Citizens organization  
Location: Catering Kitchen  
Instructor: Chef Todd Cameron, Dublin Retirement Village

### 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. Windows 8, Mac, iPad or iPhone usage is included.

Bring your questions – the “group think” will have the answers.  
Date: Friday, October 13  
Time: 10 – 11:30am  
Fees: No charge; pre-registration is required through the Senior Adult Programming Office  
Location: Meeting Room 1  
Moderators: Fred Lancia and Hank Mesewicz

### iPad 101



These lessons are designed for beginners and will cover the very basics from what that round button at the bottom of the iPad does to how you can move or delete an app. Through a four week session, Chris will explain basic functions of your iPad, as well as more advanced apps and tools that come in handy during every day use. This class aims to make you more comfortable with the technology while optimizing your efficiency. Students must provide their own iPad. *You must be a member of the Dublin Community Senior Citizens.*

Class	Date	Day
455105.01	Sep 28 – Nov 9	Th

(No class October 19)

Time: 1pm  
Fees: CR \$10 SDR/NR \$20  
Location: Talla 3  
Instructor: Chris Welen, Dublin Retirement Village

### Game Play

#### Bridge

On Wednesdays, the tables are ready in the Senior Lounge for Bridge play from 12:30 – 4pm. Our Bridge moderators are Peter Somani, 614-760-5554 and Eleanor Smith, 614-848-8121.

#### 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.

#### Euchre

On Tuesdays and Fridays the tables are ready in the Senior Lounge for Euchre play from 1 – 4pm. Our Tuesday moderator is Jack Patton, 937-307-1890. Our Friday moderator is Mary Beth Smith, 614-761-7977.

#### Pinochle

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

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

#### Mexican Train Dominoes

The object of the game is for a player to play all the dominoes in their hand onto one or more chains, or “trains,” emanating from a central hub or “station.” Program meets the 2<sup>nd</sup> and 3<sup>rd</sup> Monday of the month.  
➤Next meeting.... September 11 & 18 and October 9 & 16

Time: 10am  
Fee: No charge  
Location: Senior Lounge  
Moderator: Marlaina Holman, 614-467-9060

#### Rummikub

If you like Rummy, then you'll love Rummikub, a competitive game played with tiles instead of cards. The tiles are



used to make runs of like colors and groups of like numbers. The ultimate goal is using all of your tiles before your opponents. This game can be played with 2, 3 or 4 players. We play a friendly game that is easy to learn. New players are welcome.  
 Day: Thursdays  
 Time: 1 – 3pm  
 Fee: No charge  
 Location: DCRC, Senior Lounge  
 Moderator: Janet Kosciak, 614-876-1881

**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. Do you know of any guest speakers who would be interested in speaking at one of our upcoming military programs? Please contact the Senior Adult Programming Office at 614.410.4550. Refreshments sponsored by Mayfair Village.  
 ➤Next meeting...

**September 25**  
**Searching for Augusta**  
 Commentator: Jim Edwards  
 DVD Movie Run time: 1 hour

**October 30**  
**Presentation of an Interview**  
 Speaker: Eric Rood  
 Docent for Library of Congress

Location: Talla 1  
 Time: 1pm  
 Moderator: Jeff Noble

**Movie Madness**

A first-run movie is shown each month.  
**Note: If you are susceptible to colder room temperatures, please bring a light sweater or jacket with you when attending events in the theater.**

September's movie on **Monday, September 25**, is *La La Land*.

Mia, an aspiring actress, serves lattes to movie stars in between auditions and Sebastian, a jazz musician, scrapes by playing cocktail party gigs in dingy bars, but as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart. Winner of 6 Academy Awards, *La La Land* is a cinematic treasure for the ages. This PG-13 rated film stars Best Actress Emma Stone and Ryan Gosling.  
 Time: 1pm  
 Running time: 2 hours, 8 minutes  
 Location: Abbey Theater

October's movie on **Monday, October 30**, is *Going in Style*. Lifelong buddies Willie, Joe and Al, decide to buck retirement and step off the straight and narrow for the first time in their lives when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three risk it all by embarking on a daring bid to knock off the very bank that absconded with their money. This PG-13 rated comedy stars Morgan Freeman, Michael Caine and Alan Arkin.  
 Time: 1pm  
 Running time: 1 hour, 36 minutes  
 Location: Abbey Theater

Fresh popcorn available for 50¢ a bag!



**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...

- September 13 *Dreamland*  
by Sam Quinones
- October 11 *The Mysterious Benedict Society*  
by Trent Lee Stewart
- November 8 *Hillbilly Elegy*  
by J.D. Vance

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

**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: \$7 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

**Pickleball Open Play**

Pickleball is a paddle sport played with a wiffle ball on a badminton-sized court and a tennis-style net. A non-volley zone (or kitchen) prevents volleys close to the net, and the serving team cannot volley the return of serve. It is a fun sport that combines many elements of tennis, badminton and ping-pong. Played indoors on a badminton-sized court with a slightly modified tennis net. We supply the nets, paddles, and balls. Just bring a friend and show up to play! We have 3-6 courts available for open play during the week. Look for pickleball on the weekly gym schedule. Players must be DCRC members or must purchase a daily pass from the front desk.

**FITNESS & WELLNESS**



**Senior Adult Fitness Orientation**

Regular exercise is important for the physical and mental health of everyone, including older adults. Exercising regularly can produce long-term health benefits, improve the health of older adults living with disease or disability, and help maintain independence. A Senior Adult Fitness Orientation provides individuals or small groups an introduction to the fitness



floor, an opportunity to learn specific recommendations and the benefits of exercise for older adults, and a chance to become familiar with various forms of exercise to improve cardiovascular fitness, strength, and flexibility. Senior Adult Fitness Orientations are dependent on staff availability and are free to DCRC pass holders. Appointments are made by scheduling with a fitness attendant at the DCRC or by calling 614-410-4550.

**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.

**Delay the Disease – Chair/Basic**

A fitness program designed to empower people with Parkinson’s disease (PD) and other degenerative diseases by optimizing their physical function and helping to delay the progression of symptoms. This is a chair/basic level group focusing on stretching, balance and seated exercises with mild heart rate elevation.

Ages: 18 & up

Class	Date	Day
456110.01	Sep 15 – Oct 20	F
456110.02	Nov 3 – Dec 15	F

(No class November 24)

Time: 9:45 – 10:45am  
 Fee: \$45  
 Location: Avondale NCR, West Wing, 5215 Avery Road  
 Instructor: Mary Curtis

**Delay the Disease – Mixed Level**

A fitness program designed to empower people with Parkinson’s disease (PD) and other degenerative diseases by optimizing

their physical function and helping to delay the progression of symptoms. This is a mixed level group focusing on balance, core strength, walking, voice and coordination exercises with moderate heart rate elevation.

Ages: 18 & up

Class	Date	Day
456105.01	Sep 15 – Oct 20	F
456105.02	Nov 3 – Dec 15	F

(No class November 24)

Time: 11 am-noon  
 Fee: \$45  
 Location: Avondale NCR, West Wing, 5215 Avery Road  
 Instructor: Mary Curtis

**Functional Fitness**

This low impact class combines some cardio training with weight bearing exercises designed to help you improve muscular strength and endurance, bone density, balance and flexibility. Finish the hour with core strengthening exercises and a great stretch for a complete and functional workout!

Ages: 50 & up

Class	Date	Day
475303.01	Sep 11 – Oct 16	M
475303.03	Oct 30 – Dec 11	M

(No class November 20)

Time: 10:45 – 11:45am  
 Fee: CR \$48 SDR/NR \$58  
 Location: Fitness Studio 1  
 Instructor: Sally Gill

Class	Date	Day
475303.02	Sep 14 – Oct 19	Th
475303.04	Nov 2 – Dec 14	Th

(No class November 23)

Time: 10:45 – 11:45am  
 Fee: CR \$48 SDR/NR \$58  
 Location: Fitness Studio 2  
 Instructor: Sally Gill

Class	Date	Day
475303.05	Sep 12 – Oct 17	Tu
475303.06	Sep 14 – Oct 19	Th
475303.07	Oct 31 – Dec 12	Tu

(No class November 21)

Class	Date	Day
475303.08	Nov 2 – Dec 14	Th

(No class November 23)

Time: 1 – 2pm  
 Fee: CR \$48 SDR/NR \$58  
 Location: Fitness Studio 1  
 Instructor: Sally Gill

Class	Date	Day
475303.09	Sep 13 – Oct 25	W

(No class October 4)

Class	Date	Day
475303.10	Nov 8 – Dec 13	W

(No class Nov 22 & Dec 6)

Time: 1:30 – 2:30pm  
 Fee: CR \$48 SDR/NR \$58  
 Location: Avondale NCR, West Wing, 5215 Avery Rd  
 Instructor: Sally Gill

**Senior Small Group Fitness**

Finally, a small group fitness class just for active older adults! You and a small group of others work with a group fitness instructor once a week on exercises designed especially for those 55 and older. Strength building, balance, and flexibility are emphasized. Work out with a group of your peers and see the results!

Ages: 55 & up

Class	Date	Day
476105.01	Sep 13 – Oct 18	W
476105.02	Nov 1 – Dec 13	W

(No class November 22)

Time: 10:45 – 11:45am  
 Fee: CR \$60 SDR/NR \$70  
 Location: Fitness Floor  
 Instructor: Sally Gill

**Strength & Stretch**



In this no-impact class you work to gain strength using hand weights in fun and creative ways. Core training, balance exercises and flexibility are also included in this well rounded program – designed with seniors in mind but great for anyone age 40 and up.

Class	Date	Day
475400.01	Sep 12 – Oct 17	Tu
475400.02	Oct 31 – Dec 12	Tu

(No class November 21)

Time: 10:45 – 11:45am  
 Fee: CR \$48 SDR/NR \$58  
 Location: Fitness Studio 2  
 Instructor: Sally Gill

**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 in Beginner and novice dances in Improver. Intermediate is for the more experienced dancer. 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 (Beginner/Improver) 1:05 – 3:05pm

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

Day Time  
 Sundays (Beginner/Improver) 11:45am – 1:45pm

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

Sundays (Intermediate) 2:00 – 3:30pm  
 Instructor: Lynne Herman  
 Fee: \$3 per class  
 Location: Fitness Studio 1

## Tuesday Night Line Dancing



Join us most Tuesday evenings for two hours of open social line dancing. Music includes some country, some pop, and even some music that defies description. No advance registration required. Your first time in, we'll add you to a communication list that will keep you informed of our schedule, and allow you to request specific dances/music for the weekly playlist. Dance skill levels vary from Beginner through Advanced. Need help on a particular dance? There will always be skilled dancers or instructors available.

Day:  
 Tuesday  
 (No meeting September 19 & November 7)  
 Time: 7 - 9pm  
 Program Coordinator: David Herman  
 Fee: \$3 per week  
 Location: Kaltenbach Park, 5985 Cara Road, Dublin 43016

## 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  
 Class Date Day  
 456190.01 Oct 7 – Dec 23 Sa

Time: 9 – 11am  
 Fee: No charge  
 Location: 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 13 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  
 Class Date Day  
 456210.01 Sep 13 – Dec 13 W  
 (No class November 22)

Time: 7 – 8:30pm  
 Fee: CR \$122 SDR/NR \$132  
 Location: Senior Lounge  
 Instructor: Midge Krause

## Gentle Yoga

Gentle yoga is a form of yoga that brings serenity and balance back into your life. Poses are deliberate and unhurried, and less strenuous than other forms of yoga. Yoga props are used to enable all participants to experience the profound effects of a yoga practice. Appropriate for all levels especially people with movement limitations, profound stiffness that can be from lack of activity, disabilities and chronic conditions such as arthritis, back pain, and other musculoskeletal issues. This particular yoga class is also

supportive of those recovering from surgery, illness or injury.

Ages: 40 & up  
 Class Date Day  
 456403.01 Sep 11 – Oct 16 M  
 456403.02 Oct 30 – Dec 11 M  
 (No class November 20)

Time: 1:30 – 2:15pm  
 Fee: CR \$57 SDR/NR \$67  
 Location: Classroom C  
 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  
 Class Date Day  
 456405.01 Sep 11 – Oct 16 M  
 456405.02 Oct 30 – Dec 11 M  
 (No class November 20)

Time: 2:30 – 3:30pm  
 Fee: CR \$57 SDR/NR \$67  
 Location: Fitness Studio 1  
 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  
 Class Date Day  
 456410.01 Sep 12 – Oct 17 Tu  
 456410.02 Oct 31 – Dec 12 Tu  
 (No class November 21)

Time: 6:30 – 7:30pm  
 Fee: CR \$57 SDR/NR \$67  
 Location: Senior Lounge  
 Instructor: Pat Henderson, Registered Yoga Teacher



## 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

Class	Date	Day
456400.01	Sep 13 – Oct 18	W
456400.02	Nov 1 – Dec 13	W

(No class November 22)

Time: 10:45 – 11:45am

Fee: CR \$57 SDR/NR \$67

Location: Fitness Studio 1

Instructor: Pat Henderson, Registered Yoga Teacher

## 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, September 11

Time: 7pm

Fee: No charge

Location: Senior Lounge

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

### Caregiver Support Group



This is the space to explore the stresses associated with being a caregiver.

Information is presented followed by a time to interact with others and discuss shared experiences and concerns.

➤ Next meeting...Monday, October 23

Time: 7pm

Fee: No charge

Location: Senior Lounge

Leader: Brad Jackson, VITAS Healthcare

### 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 Syntero/Dublin Counseling Center at 889-5722

Fee: Medicare and insurance will be billed.

Location: Senior Lounge

Facilitator: Dublin Counseling Center

### Audiology Clinic – Wednesday, September 20

Can you hear me now? Maybe it’s time to have your ears checked. A clinical audiologist offers a 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: Abbey Theater Dressing Room 2

Audiologist: Dana Bruggeman, Hearing Health Solutions from Ohio ENT

### Ohio Senior Health Insurance Information Program (OSHIP) Fri. September 15 & October 20 Appts. from 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.

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

### Podiatry Services – Fri. September 29 & October 27 Appts. from 8:45am – noon, 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: Dressing Room 1

Podiatrist: Dr. Craig Cohen, Capital Foot Care Inc.





**2017  
SENIOR ADVISORY BOARD**

**Executive Committee**

President – Bruce Book  
Vice-President – Carl Jaske  
Treasurer – Pat Breading  
Secretary – Myra Caplinger  
Past President – Frank Pharazyn

**Committee Chairs**

Charity – Linda Lanich  
Food Service –  
Larry & Leslie Herchline  
Ronda Pharazyn / Sara Spear  
Goodwill – Dolores Morris  
History – Jerry Boone  
Hospitality – Pat Pittro  
Membership – David Petersen

**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

Stacie Neilan  
Senior Adult Program Specialist

Mike Dixon  
Senior Adult Program Assistant

**Inclement Weather**

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

**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 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 – 4 pm 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 11:00am**



**September:** Wilma Snyder  
**October:** Vivian Wistner

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

**11:30** President Bruce Book 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, membership, etc. can be made in the Senior Adult Programming Office at this time or during regular business hours Monday through Friday, 9am – 4pm

**Special Potluck/Meeting Notes:**

When bringing pies or cakes to the monthly potluck, please pre-cut them at home. This makes it easier for the food committee workers to serve. When going through the

potluck line, be considerate of those going through at the end. Take only enough for one plate, including 1 main entrée item. No carry out please!

Not everyone likes to eat at a potluck. You can still attend the monthly potluck/meeting to socialize with friends and enjoy the program entertainment. Feel free to bring your own lunch or pick up something to eat at Subway.

**DCSC Center Library**

DCSC members may check out books for one month. Books are shelved alphabetically by the last name of the author. Returned books should be placed within the receiving box to be re-shelved by the librarian. The library accepts new or gently used current books.

**90 years or older**

DCSC memberships are awarded to senior adults when they attain their 90<sup>th</sup> 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 registration with payment. 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 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.

**Sign Up/Programs & Events**

Just a reminder that we need payment when you sign up for any activities that have a charge. Don't wait until the last minute to sign up! If a count is low when deadlines arrive, a program may be canceled. Sign up early to ensure your spot and 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 are then able to notify the seniors who have signed up for this program.

**Refunds/Programs & Events**

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**

During the holidays, the Dublin Community Senior Citizens members adopt a family and /or senior adult in need within the Dublin community. From October thru to the Holiday Party in December, monetary donations are collected for gifts, a holiday meal and special needs. Please make check payable to "Dublin Community Senior Citizens." You will be making a difference!

**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 are not able to stay with your name badge while it is stored on a name badge rack. Your lanyard needs to travel back and forth with you as you attend programming.



**In Sympathy**

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

**Mary "Kate" Benson, devoted companion of Joe Achtner, passed away on Sunday, August 27.**

If you know of an ill member or one who has passed away, please notify Dolores Morris, Goodwill Committee Chairperson, at (614)451-7123. She will send a card to that member or member's family on behalf of the Dublin Community Senior Citizens.

*Happy Birthday!*



- |               |  |               |   |
|---------------|--|---------------|---|
| <i>Sep 1</i>  | <i>Ruth Flinn<br/>Jim Gaunt<br/>Norma Kaiser<br/>Walt Minnich<br/>David Neel<br/>Mike Talbot</i> | <i>Sep 12</i> | <i>Ann Bateman<br/>Sharon Engel</i>   |
| <i>Sep 2</i>  | <i>Barbara Murray</i>  | <i>Sep 14</i> | <i>Bruce Book<br/>Cynthia Krause</i>  |
| <i>Sep 3</i>  | <i>Beverly Annibaldi<br/>Don Beatty<br/>Mare Hull</i>  | <i>Sep 15</i> | <i>Betty Beasecker</i>  |
| <i>Sep 4</i>  | <i>Rita Bowers<br/>Chuck Destefani</i>   | <i>Sep 16</i> | <i>Jeff Clausen<br/>Willie Ehrlich<br/>Janet Koscik<br/>Stacie Neilan<br/>Terry Stanford<br/>Melinda Wang</i> |
| <i>Sep 5</i>  | <i>Charles Stockman</i>  | <i>Sep 17</i> | <i>Margaret Ryan</i>  |
| <i>Sep 6</i>  | <i>Michael Murray<br/>Michael Stritenberger</i>  | <i>Sep 18</i> | <i>Elisabeth Amigo</i>  |
| <i>Sep 7</i>  | <i>Linda Gasparro</i>  | <i>Sep 19</i> | <i>Carol Davis<br/>Don Hild<br/>Janet Mathes<br/>Randall Wuske</i>  |
| <i>Sep 8</i>  | <i>Constance Hegstrom<br/>Paul Miesse<br/>Bobbie O'Neal<br/>Marge Thompson</i>                   | <i>Sep 20</i> | <i>Shelby Headlee</i>   |
| <i>Sep 9</i>  | <i>Jan Blum<br/>Manfred Knuppel<br/>Lynn Whitman</i>   | <i>Sep 21</i> | <i>Bruce McLeish<br/>Ralph West</i>   |
| <i>Sep 10</i> | <i>Pat Markos</i>  | <i>Sep 22</i> | <i>Tony Burchard<br/>Ed Keefer</i>  |
| <i>Sep 11</i> | <i>Connie Schmittauer</i>  | <i>Sep 23</i> | <i>Charlotte Cawley<br/>"95 Young" Lawrence Laubacher<br/>Susan Woerner</i>                                   |
|               |  | <i>Sep 24</i> | <i>Karen Strip<br/>Brenda Young</i>   |
|               |  | <i>Sep 25</i> | <i>Jerry Bell</i>   |
|               |  | <i>Sep 27</i> | <i>Carol Chorniak<br/>James Garber</i>  |
|               |  | <i>Sep 28</i> | <i>Mary Destefani</i>   |
|               |  | <i>Sep 29</i> | <i>Adena Ball<br/>Edward Seeberger</i>  |
|               |  | <i>Sep 30</i> | <i>Robert Feist<br/>Mary Modic<br/>JoAn Rich</i>  |





***September 11  
National Day of Service  
and Remembrance***

...”United by a common creed, a commitment to lifting up our neighbors, and a belief that we are stronger when we stand by one another, we must find the courage to carry forward the legacy of those who stepped up in our time of need. By devoting ourselves to each other and recognizing that we are a part of something bigger than ourselves just as heroic patriots did on September 11 we are paying tribute to their sacrifices. On this National Day of Service and Remembrance, we must ensure that darkness is no match for the light we shine by engaging in acts of service and charity. I invite all Americans to observe this day with compassionate and selfless deeds that embody the values that define our people...” “Today, we honor all who lost their lives in the heartbreaking attacks of September 11, and all who made the ultimate sacrifice for our country in the years that followed.”

Excerpts from Presidential Proclamation  
September 9, 2016  
President Barack Obama

**Honor Flight Columbus  
Application for 2017**

Honor Flight Columbus is seeking applications from World War II, Korean War and Vietnam veterans. This is a one day trip to Washington DC, at no cost to the veteran, to visit the memorials dedicated to their service and sacrifice. A veteran, who has not previously taken an Honor Flight trip, can obtain an application by calling 614-284-4987 or download forms from the website: [www.honorflightcolumbus.org](http://www.honorflightcolumbus.org). This is the eleventh year for the Columbus hub.

