Welcome to our monthly potluck/meeting on Monday, February 12. Happy Valentine’s Day! Program entertainment begins at 12:30pm. Guitarist, keyboardist and singer/songwriter Mark Gordon Gaskill is deeply rooted in Americana, with strands of rock, pop, country, folk and bluegrass woven through his music. His Valentine’s Day program is a repertoire of love songs from 1900 through “Your Hit Parade” to the present.

Our next potluck/meeting is Monday, March 12. We are going to ham it up at this potluck! Powell Senior Living and Powell Assisted Living and Memory Care are sponsoring the ham entrée. Program entertainment begins at 12:30pm in the Abbey Theater. The Dublin Senior Players theater troupe presents Senior Cruise by playwright Alan Woods, professor emeritus from Ohio State University. This 45 minute play takes a comic look at seniors on the high seas.

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. In the event of program cancellation, the Senior Adult Programming Office and Lounge are also closed.

The Senior Adult Programming Office and Senior Lounge are closed for holiday observance on Monday, February 19.

Please note there are no Line Dancing classes on Friday, March 2, nor Sunday, March 4.

It’s time to renew your DCSC membership for the 2018 calendar year! Membership requirement is age 55 years and older. The membership fee for Dublin residents is $15 and $20 for school district/non-residents. Senior adults, 90 years and older, have earned a free membership but must still fill out the required form.

AARP is no longer using the Dublin Recreation Center as an AARP Tax preparation site. A complete list of locations and hours can be found at www.ohiotaxaide.org
The closest Dublin location is Dublin Presbyterian Church, 5775 Dublinshire Dr, which is open from 9 a.m. to 1 p.m. Saturdays. For an appointment, call 614-793-8694.

HIGHLIGHTS

Friday, February 16 – Lunch Bunch at J. Liu
Celebrating Chinese New Year and the opportunity for a new start. Nested in the heart of Historic Dublin, J. Liu Restaurant offers modern, fusion style fine dining. A snazzy spot with an eclectic menu featuring Asian and Italian entrees along with seafood, soups, salads, sandwiches and steaks. Average cost is $10 - $12. Our Lunch Bunch meets at 11:30am at 50 W. Bridge Street (614-718-1818). Please sign up so that we may give the restaurant an accurate count. Maps are available in the Senior Adult Programming Office.
**Friday, March 23**

**The El Cajon Dam**

Time: 2pm  
Fee: No charge, pre-registration is required through the Senior Adult Programming Office.  
Location: DCRC, Talla 1

**Monday, February 26 – DCSC Advisory Board Meeting**

The Executive Committee and Board meet from 10:00 – 11:00 a.m.  
Location: Senior Lounge  
**Note:** 2018 Advisory Board photo at 9:45am

**Wednesday, March 7 – Spring Severe Weather Preparedness**

Because spring weather is so unpredictable, you may be unprepared when severe weather hits. And when severe weather hits unexpectedly, the risk of injury and death increases. So planning ahead makes sense.  
Ross covers preparing oneself for storms, tornadoes and floods.  
Time: 2pm  
Fee: No charge, pre-registration is required through the Senior Adult Programming Office.  
Location: Talla 3

**Thursday, March 15 – Dinner Bunch at Bonefish Grill**

Leave the grilling to them. Bonefish Grill offers a wide variety of fish selections from around the globe. From Ahi Tuna and Chilean Sea Bass to Rainbow Trout and Salmon, their market-fresh fish are cooked to perfection over a wood-burning grill that gives it that unique, Bonefish Grill flavor. From the Land options include steak, pork and chicken. Average cost is $20 - $25.  
Our Dinner Bunch meets at 4:30pm at 5712 Frantz Road, Dublin (614-789-3474). Please sign up so that we may give the restaurant an accurate count. Maps are available in the Senior Adult Programming Office.

**Friday, March 16 – 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  
Fees: $1, must be member of Dublin Community Senior Citizens organization, pre-registration required by March 9.  
Location: Senior Lounge

**Tuesday, March 20 – Tuesday Talks**

**Downsizing Can Be Uplifting!**

You’ve made the decision – it’s time to downsize. Whether you are moving or just wanting a major clean out, this is not a weekend project. Although your intentions...
are solid, a sense of panic can overwhelm your efforts. But knowing that there are people who can help ease the burden is so uplifting. Experts cover the downsizing process and offer solutions that can help you navigate this journey to make your life easier.

Lunch is sponsored by Everything But The House.

Please note: March’s Tuesday Talks program is a special Lunch & Learn with an earlier start time.

Time: Noon
Location: Talla 2 & 3
Fee: No charge, pre-registration required through the Senior Adult Programming Office.

Speakers: Dotsy Griffith, Senior Transitions Consultant, Downsize with a Heart, Heather Follmer, Sales Specialist, Everything But The House and Suzanne Beighley, Sales Specialist, Everything But The House

Wednesday, March 21 –
Wildlife Series
American Ninja Squirrels

Some love them, some do not, but no one can argue the athleticism, cleverness and entertainment value of these talented and adaptable wild neighbors! From the tiny flying squirrel to the largest family members – the woodchucks- we’ll look at their diverse and important roles in the ecosystem. Refreshments sponsored by Powell Senior Living and Powell Assisted Living and Memory Care.

Time: 2pm
Fee: No charge, pre-registration is required through the Senior Adult Programming Office.

Location: Talla 2
Speaker: Barbara Ray, Nature Education Coordinator

Thursday, March 22 –
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

Monday, March 26 –
DCSC Advisory Board Meeting

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

Tuesday, March 27 –
HealthWise Lecture
The Healing Benefits of Healthy Habits & Exercise

Fitness Coach Stauffer’s mission is to empower you to enjoy a healthy and active lifestyle filled with joy and hope. Lifestyle consists of daily activities and behavior including your work and leisure time, your socialization, your exercise and eating, your spirituality, and your thoughts. Fuel your mind and body with positive healthful habits to improve health, prevent disease and disability, and enhance quality of life.

Speaker: Jane Stauffer, Fitness Coach

ARTS – CREATIVE & PERFORMING

Valentine’s Day Shadow Box Art

Bring your creative side to this session as we connect with nature by making a 10” x 10” found object shadow box for Valentine’s Day. Think of it as 3D scrapbooking gone wild!

You must be a member of the Dublin Community Senior Citizens.

Ages: 55 & up

Class Date Day
152105.02 Feb 26 – Apr 2 M
252105.01 Apr 16 – May 21 M

Time: noon – 2pm
Fee: CR $89 SDR/NR $99

Location: Ceramics Studio

Instructor: Stacey Besst

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
152105.02 Feb 26 – Apr 2 M
252105.01 Apr 16 – May 21 M

Time: noon - 2pm
Fee: CR $89 SDR/NR $99

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
152111.02 Feb 28 – Apr 4 W
252111.01 Apr 18 – May 23 W

Time: Noon – 3pm
Fee: CR $50 SDR/NR $60; must be a member of the Dublin Community Senior Citizens Location: Ceramics Studio Moderator: Jerry Decker

**Beginning Drawing 1**

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 need a 6B drawing pencil, eraser, and a 9 X 12 or larger sketch book for the first class.

**Ages: 55 & up**

**Class**

252131.01  Apr 10 – May 15  Tu

**Time:** 11am – 12:30pm

**Fee:** CR $50 SDR/NR $60

**Location:** Arts & Crafts Room

**Instructor:** Donna Gleditsch

**Advanced Drawing**

As a continuation of the Intermediate Drawing course, students should have finished the Intermediate course or equivalent. We continue to explore different drawing mediums, including pen and ink, along with different shading techniques. We also explore techniques for rendering subject of the student’s choice, such as trees, rocks, water, sky, clouds, etc. If time, we will use various papers, such as colored paper and paper with texture.

Students should have graphite, charcoal and colored pencils, pastels, a sketch book (9 x 12 or larger), an eraser and a straight edge.

**Ages: 55 & up**

**Class**

252135.01  Apr 9 – May 14  M

**Time:** 12:30 – 2pm

**Fee:** CR $50 SDR/NR $60

**Location:** Senior Lounge

**Instructor:** Donna Gleditsch

**Beginning/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**

252130.01  Apr 10 – May 15  Tu

**Time:** 1 – 3pm

**Fee:** CR $50 SDR/NR $60

**Location:** Arts & Crafts Room

**Instructor:** Donna Gleditsch

**Intermediate Drawing**

Students should have completed Beginning Drawing 2 or an equivalent class. We continue to explore shading techniques and perspective using various media including graphite, charcoal and colored pencils, along with pastels. Students need a sketch book (9 x 12 or larger), graphite pencils, charcoal pencils, colored pencils, eraser and a straight edge.

**Ages: 55 & up**

**Class**

252132.01  Apr 12 – May 17  Th

**Time:** 12:30 – 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

**Time:** 1:30 – 3:30pm

**Fee:** No charge

**Location:** Arts & Crafts Room

**Moderator:** Susan King

**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 5**

**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

**Time:** 1 – 4pm

**Ages: 55 & up**

**Location:** Abbey Theater

**Senior Cruise**

*By Alan Woods*
Upcoming performances:
Sunday, March 11, at 3:00pm
Monday, March 12, at 12:30pm following the March DCSC meeting/potluck
Location: Abbey Theater
Fee: No charge

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

SPECIAL INTEREST

BIRTHING

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
154110.02 Mar 19 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

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 Fridays the tables are ready in the Senior Lounge for Euchre play from 1 – 4pm. Our Euchre moderator is Mary Beth Smith, 614-581-8000.

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!

MAHJONG

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.”
Next meeting….February 12, 22 and March 1, 12, 19, 22
Time: 10am - noon
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 Koscik, 614-876-188

IPAD 101

These lessons are designed for beginners and 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
155105.01 Feb 15– Mar 8 Th
Time: 1- 2pm
Fees: CR $10 SDR/NR $20
Location: Talia 1
Instructor: Chris Welen, Dublin Retirement Village
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.

March 26
Situational Awareness and Personal Security
Speaker: Rick Colliver, Ret. Marine Corps

Colliver has worked in the industry for several large corporations as their security chief and authored books on the subject.

Time: 1pm
Location: Talla 1

Note: Please join us in the Abbey Theater on Monday, February 26, at 1pm for a showing of the movie Dunkirk.

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.

February’s movie on Monday, February 26, is Dunkirk.

In May 1940, Germany advanced into France, trapping Allied troops on the beaches of Dunkirk. Under air and ground cover from British and French forces, troops were slowly and methodically evacuated from the beach using every serviceable naval and civilian vessel that could be found. At the end of this heroic mission, 330,000 French, British, Belgian and Dutch soldiers were safely evacuated.

This PG-13 rated film (for intense war experience and some language) stars Harry Styles, Tom Hardy and Kenneth Branagh.

Time: 1pm
Running time: 1 hour, 45 minutes
Location: Abbey Theater

March’s movie on Monday, March 19, is Victoria & Abdul.

The extraordinary true story of an unexpected friendship in the later years of Queen Victoria’s remarkable rule. When Abdul Karim, a young clerk, travels from India to participate in the Queen’s Golden Jubilee, he is surprised to find favor with the Queen herself. As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy. As the friendship deepens, the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity.

This PG-13 rated film (for some thematic elements and language) stars Judi Dench and Ali Fazal.

Time: 1pm
Running time: 1 hour, 51 minutes
Location: Abbey Theater

Note: Please join us in the Abbey Theater on Monday, February 26, at 1pm for a showing of the movie Dunkirk.

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.

February 14
Remarkable Creatures by Tracy Chevalier

March 14
Small Great Things by Jodi Picoult

April 11
Being Mortal by Atul Gawande

Location: Senior Lounge
Time: 10am

SPONSORS


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

DCSC Golf League

DCSC Golf Committee

Calling all golf enthusiasts. It’s time to hit the greens for nine holes of “tee-ric” play. The program is open to both men and women. League roster and information is sent to participants before the first week of play. The DCSC Golf League Recognition Luncheon is Wednesday, October 10, 2018. You must be a member of the Dublin Community Senior Citizens.

Ages: 55 & up

Fee: $20 registration fee, paid to City of Dublin, $22 weekly for nine-hole greens fee with cart rental, paid to Safari Golf Club. You must be a member of Dublin Community Senior Citizens.

Location: Safari Golf Club, 4853 Powell Road, Powell OH 43065, 614.645.3444
League kick-off meeting: Wednesday, April 25 at 10am in Talla 3

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.

**Burlesque**

Enjoy this unique fitness class with a burlesque twist. Take to the stage where you will bump and grind your way to a healthier body while having lots of fun. Burlesque can improve posture and flexibility, strengthen your core and calves. It can also boost hip and shoulder mobility as well as balance and coordination. Unleash the sexy, confident and beautiful woman inside of you. Wear comfortable clothing and sneakers. Props provided.

Ages: 55 & up  
Class Date Day  
256100.01 Apr 5 – 26 Th  
Time: 2 – 2:45pm  
Fee: CR $40 SDR/NR $50  
Location: Abbey Theater

**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  
156110.02 Feb 23 – Mar 30 F  
256110.01 Apr 13 – May 18 F  
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  
156105.02 Feb 23 – Mar 30 F  
256105.01 Apr 13 – May 18 F  
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  
175303.02 Feb 19 – Mar 19 M  
Time: 10:45 – 11:45am  
Fee: CR $40 SDR/NR $50  
Location: Fitness Studio 1  
Instructor: Sally Gill

Class Date Day  
175303.04 Feb 22 – Mar 22 Th  
Time: 10:45 – 11:45am  
Fee: CR $40 SDR/NR $50  
Location: Fitness Studio 1  
Instructor: Sally Gill

Class Date Day  
175303.06 Feb 21 – Mar 21 W  
(No class Mar 7)  
Time: 1:30 – 2:30pm  
Fee: CR $32 SDR/NR $42  
Location: NCR Avondale, West Wing, 5215 Avery Road  
Instructor: Sally Gill

Class Date Day  
175303.08 Feb 22 – Mar 22 Th  
Time: 1 – 2pm  
Fee: CR $40 SDR/NR $50  
Location: Fitness Studio 1  
Instructor: Sally Gill

**Senior Small Group**

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
**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.

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**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 Dates: Jan 6 – Mar 24
- Time: 9 – 11am
- Fee: No charge
- Location: Senior Lounge
- Instructor: Lucia Dunn

**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 Dates: Apr 23 – May 21
- Time: 1:30 – 2:15pm
- Fee: $50 SDR/NR $132
- Location: Classroom C
- Instructor: Pat Henderson, Registered Yoga Teacher

**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: Fridays (Beginner/Improver)
- Time: 1:05 – 3:05pm
- Instructor: Lynne Herman
- Fee: $3 per class
- Location: Fitness Studio 1

**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 Dates: Apr 3 – 24
- Time: 1:15 – 1:45pm
- Fee: $40 SDR/NR $50
- Location: Fitness Studio 1
- Instructor: Sally Gill

**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 Dates: Apr 23 – May 21
- Time: 2:30 – 3:30pm
- Fee: $50 SDR/NR $60
- 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

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<tr>
<th>Class</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Fee:</th>
<th>Location:</th>
<th>Instructor:</th>
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<tbody>
<tr>
<td>156410.02</td>
<td>Feb 27 – Mar 27</td>
<td>Tu</td>
<td>6:30 – 7:30pm</td>
<td>CR $50 SDR/NR $60</td>
<td>Senior Lounge</td>
<td>Pat Henderson, Registered Yoga Teacher</td>
</tr>
<tr>
<td>256410.01</td>
<td>Apr 24 – May 22</td>
<td>Tu</td>
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**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

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<tr>
<th>Class</th>
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<th>Instructor:</th>
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<tr>
<td>156400.02</td>
<td>Feb 28 – Mar 28</td>
<td>W</td>
<td>10:45 – 11:45am</td>
<td>CR $50 SDR/NR $60</td>
<td>Dressing Room 1</td>
<td>Pat Henderson, Registered Yoga Teacher</td>
</tr>
<tr>
<td>256400.01</td>
<td>Apr 25 – May 23</td>
<td>W</td>
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**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 5
  - 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, February 19 and March 19
  - 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

**Ohio Senior Health Insurance Information Program (OSHIIP)**

Fri. February 16 and March 16

**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. February 16 and March 23**

**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.
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 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.

2018 Potluck
Program
Pianist at 11:00am

February: Wilma Snyder
March: Vivian Wistner
April: Carol Kauffman

11:20 People with disabilities or needing assistance are called to go through the buffet lines.
11:30 President Carl Jaske 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 90th birthday. If you are age 90 or older, please notify the Senior Adult Programming Office. A DCSC membership form 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 on 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.

Margaret Christman’s mother passed away on Wednesday, January 3.

Joe Ryan, husband of Margaret and father of Laura, passed away on Friday, January 12.

Joanne Dafler, wife of Fred, died on Monday, January 15. “She is now in Heaven.”

DCSC Advisory Board Committee Chair Sara Spear passed away on Thursday, February 1.

If you know of an ill member or one who has passed away, please notify Barb Mirbach, Goodwill Committee Chairperson, at (614)457-7942. She will send a card to that member or member’s family on behalf of the Dublin Community Senior Citizens.

February 2
Ritchie Phillips

February 3
Chitra Goyal

February 4
Pat Hyle

February 5
Carol Killian

February 6
Joanne Deaplain

February 7
Carole Ott

February 8
Max Kochheiser

February 9
Carl Jaske

February 10
John Rigo

February 11
Arlene Snider

February 12
Rose Lentz

February 13
Keith Markey

February 14
Ann Grabowsky

February 15
Nancy Witchey

February 16
Gabe Laubacher

February 17
Ruth May

February 18
Carolyn Rose

February 19
Joseph Ross

February 20
James Gahman

February 21
Julie Sturtz

February 22
Mel Ehrlich

February 23
Robbie Biyani

February 24
Carolyn Clausen

February 25
Doreen Cole

February 26
Rita McGlone

February 27
Daleen Dotson

February 28
Barbara Hill

ST. PATRICK’S DAY PARADE
City of Dublin, Ohio USA
Saturday, March 10, 2018

Since the 1980’s, the City of Dublin’s St. Patrick’s Day Parade has become a tradition for thousands in central Ohio.

The City of Dublin will celebrate St. Patrick’s Day with the Greenest, Grandest parade on Saturday, March 10, 2018. Dublin’s Irish attitude is on display as more than 100 units travel from Metro Place through Historic Dublin starting at 11am. After the parade, enjoy Irish entertainment at Dublin’s restaurants and pubs.

For a full schedule and more information visit www.dublinohiousa.gov/events

“Love is life. All, everything that I understand, I understand only because I love. Everything is, everything
exists, only because I love.”

- Leo Tolstoy, War and Peace