



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



JULY/AUGUST 2018

Welcome to our monthly potluck/meeting on Monday, July 9. Program entertainment begins at 12:30 pm. Nothing salutes Americana like the music of Razzamatazz & Jazz. Their energetic performance, brisk rhythms and musical impersonations will put a smile on your face and a song in your heart.

The next potluck/meeting is on Monday, August 13. Friends start gathering at 11am. Program entertainment begins at 12:30 pm. Steve Ball has spent the past several years researching the life of American composer Stephen Collins Foster. Today's program *The Music and Story of Stephen Foster* is a musical presentation of Foster's life and career as America's premier songwriter. Enjoy a dozen of Foster's popular and not so popular tunes, and the stories behind them, as well as the myths generated over the past 160 years.

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

Special Notes from Wanda

We thank everyone for giving their input with last month's potluck/meeting survey. Changes are being discussed and will start rolling out at July's potluck/meeting.

Join us for the best of Irish dance, music, art and culture at the largest three-day Irish Festival on the planet. This year's Dublin Irish Festival is being held on August 3, 4 & 5. For more information or to purchase tickets online go to DublinIrishFestival.org

The Senior Lounge and Senior Adult Programming Office are closed on Friday, August 3, for Dublin Irish Festival operations. The Recreation Center is open that day from 5:30am - 4pm

The Dublin Community Recreation Center is closed Saturday, August 25 through Monday, September 3 (Labor Day) for annual cleaning and maintenance. The

Recreation Center reopens on Tuesday, September 4 at 5:30am. The Senior Adult Programming Office and Senior Lounge reopen at 9am on that day. The Front Desk is staffed for phone calls Monday – Friday, 8am – 5pm during Shutdown Week.

Please note...

All class payments (programs with an assigned class number) are now being made at the Front Desk. This includes membership fees for the DCSC organization. The Front Desk has the required DCSC membership form to be completed.

HIGHLIGHTS

Monday, July 16 – Take a Hike!

M.L. Red Trabue Nature Reserve offers an array of natural and manmade bodies of water, trees, plants and animals. Barbara Ray leads hikers on a 45-minute "scavenger hunt" exploration of the diversity of trees in Ohio and some of the animals who depend on them. Brunch follows at Dublin Retirement Village; adjacent to the reserve parking lot. Dress accordingly. Rain date is Tuesday, July 31.

Limit: 25

Time: 9:30am

Location: Meet-up at M.L. Red Trabue Nature Reserve, 6500 Post Road

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





**Friday, July 20 –
From Italy with Amore**

Few parts of the world can claim so rich a store of art, architecture, music, and food—or so intense a range of natural beauty, from craggy mountains to verdant hills to coasts of shattering beauty. The beauty and warmth of Italy are captured in the theme of this year’s July event. *Just Jazz Live* enamors us with favorite tunes such as *Volare*, *O Sole Mio* and *That’s Amore*. Chef Beynah lays a delicious buffet of Italian delicacies and dishes before you. Mangia! This signature event is sponsored by The Sanctuary at Tuttle Crossing.
Time: 1pm
Fee: No charge; Pre-registration is required through the Senior Adult Programming Office.
Location: Community Hall

**Monday, July 23 –
DCSC Advisory Board Meeting**

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

**Tuesday, July 24 –
Tuesday Talks
The History of the Franklin Park
Conservatory and Botanical
Gardens**

In 1852, the Franklin County Agriculture Society purchased 88 acres located two miles east of downtown Columbus as a site for the first Franklin County Fair. Outreach Education Manager Dr. Mark Miller begins the story there with a history that spans over 150 years. While they have grown and evolved, their commitment to horticultural excellence has remained steadfast. 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.

**Thursday, July 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 Convallarium of Dublin.
Fee: No charge, pre-registration required through Senior Adult Programming Office
Location: Talla 3

**Friday, July 27 –
Lunch Bunch at The Rail**

“From the butcher's rail to our grill to your plate, The Rail's burgers are as honest and local as the cows you pass grazing Ohio's farm country... just a little less active.” This new Dublin restaurant features a variety of burgers, sandwiches and steaks. Average cost is \$10 - \$12. Our Lunch Bunch meets at **11:00 am** at 5839 Frantz Road, Dublin (614-725-3200). Please sign up so that we may give the restaurant an accurate count. Maps are available in the Senior Adult Programming Office.
Please note the earlier meeting time since the restaurant does not take reservations.

**Thursday, August 16 –
Lunch Bunch at
The Whitney House**

The Whitney House pays homage to the homes and kitchens in our past that welcomed all, treated everyone like family and offered food and drinks made with love. Located in downtown Worthington, The Whitney House serves made-from-scratch, rustic-yet-refined, American comfort food. They use fresh and local ingredients. Average cost is \$12 - \$15. Our Lunch Bunch meets at 11:30am at 666 High Street, Worthington (614-396-7846). Please sign up so that we may give the restaurant an accurate count. Maps are available in the Senior Adult Programming Office. **Parking options:** Guests may park

in their private lot behind the restaurant (access off New England Avenue East) or on High Street.

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

The Executive Committee and Board meet from 10:00 – 11:00 a.m.
Location: Talla 1

**Tuesday, August 21 –
Tuesday Talks
The History of Barns**

Explore the role the family barn played in the development of our country, the ways the barns reflect the culture of our ancestors; how the settlement of our country impacted barn construction over the last three centuries and into the future. Learn about the change from scribe rule to square rule construction, and how a ride through the countryside draws attention to the biggest structures on the landscape that appears repeatedly. Then note how many have disappeared in a neighborhood or in your lifetime. Copies of Pamela’s books will be available for sale. 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: Pamela Whitney Gray, President of Friends of Ohio Barns

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Coffee Concerto**

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ARTS – CREATIVE & PERFORMING

Investigating Color



An in depth study of color and color theory. Students discuss and practice the various ways to use color in an artwork, including color schemes, mixing colors and the use of complimentary colors. Please bring paper (not smaller than 9 x 12) and your choice of medium.

Ages: 55 & up

Class	Date	Day
352137.01	Aug 9-23	Th

Time: 1 – 3pm

Fees: CR \$30 SDR/NR \$40

Location: Aug 9 - Meeting Room 2

Location: Aug 16, 23 - Arts & Crafts Room

Instructor: Donna Gleditsch

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
352111.02	July 18 – Aug 22	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

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 1

Time: 10am

Location: Senior Lounge

Moderator: Ellen Ann Farrar, 614-684-8648

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
354110.02	Aug 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



Exercise Your Brain

An active brain is a healthier brain. Here's a fun hour of games, lessons and skills to improve your memory. Every class is different and engaging. Bring a friend and get ready to activate your brain!

Day

First Wednesday of each month;

Next meeting: August 1

Time: 10 - 11am

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

Location: Senior Lounge

Leader: Natalie Moscato, First Light Homecare, Director of Marketing and Community Relations

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

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 in September

Time: 1 – 4pm

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: Time:

Mondays 1 - 3pm

Location: Aerobics/Dance Studio II

Moderator: Willie Ehrlich

SPECIAL INTEREST

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



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. 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.
Day: 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: July 9, 16, 26 and Aug 2, 13, 20, 23
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 Kosciak, 614-876-188

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.
Moderator: Jeff Noble
➤Next meeting...

July 30

AI-E Pilot in Vietnam
Speaker: Jim Wilson, USAF Major

August 20

U-2 Spy Plane Pilot in the Cold War
Speaker: Jim Wilson, USAF Major

September 24

Training and Service in the Counter Intelligence Corps in Washington, DC
Speaker: Fred Dafler, S Army,
June 22, 1951 – June 20, 1953

Time: 1pm
Location: Talla 1

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.

July's movie on **Monday, July 23**, is *Just Getting Started*. Duke Diver is

living the high life as the freewheeling manager of a luxurious resort in Palm Springs, Calif. He soon faces competition from Leo, a former military man who likes the same woman that Duke is interested in. When Diver's past suddenly catches up with him, he must put aside his differences and reluctantly team up with Leo to stop whoever is trying to kill him. This PG-13 rated comedy (for language, suggestive material and brief violence) stars Morgan Freeman, Tommy Lee Jones and Rene Russo.
Time: 1pm
Running time: 1 hour, 31 minutes
Location: Talla 2

August's movie on **Monday, August 20**, is *Murder on the Orient Express*. An all-star cast in this stylish, suspenseful and thrilling mystery based on the best-selling novel by Agatha Christie. Everyone's a suspect when a murder is committed on a lavish train ride, and a brilliant detective must race against time to solve the puzzle before the killer strikes again. This PG-13 rated film (violence and thematic elements) stars Kenneth Branagh, Penelope Cruz, Willem Dafoe and Judi Dench.
Time: 1pm
Running time: 1 hour, 54 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...

July 11 *Before the Fall*
by Noah Hawley

August 8 *Word by Word*
by Kory Stamper

Sept 12 *The Cold Sassy Tree*
by Olive Ann Burns



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

DCSC Golf League

Calling all golf enthusiasts. It's time to hit the greens for nine holes of "tee-rific" play. The program is open to both men and women. League roster and information is sent to participants before the first week of play. 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

Class	Date	Day
257100.01	May 9 – Sep 12	W

Time: 8am – 1pm

Fee: \$20 registration fee, paid to City of Dublin, \$22 weekly for nine-hole greens fee with cart rental, paid to Safari Golf Club.

Location: Safari Golf Club, 4853 Powell Road, Powell OH 43065, 614.645.3444

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
356110.02	July 20 – Aug 24	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
356110.02	July 20 – Aug 24	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
375303.03	Jul 9 – Jul 23	M

Time: 10:45 – 11:45am

Fee: CR \$24 SDR/NR \$34

Location: Fitness Studio 1



Instructor: Sally Gill

Class	Date	Day
375303.04	Jul 12 – Jul 26	Th
Time: 10:45 – 11:45am		
Fee: CR \$24 SDR/NR \$34		
Location: Fitness Studio 1		
Instructor: Sally Gill		

Class	Date	Day
375303.08	Jul 11 – Jul 25	W
Time: 1:30 – 2:30pm		
Fee: CR \$24 SDR/NR \$34		
Location: Fitness Studio 1		
Instructor: Sally Gill		

Class	Date	Day
375303.10	Jul 12 – Jul 26	Th
Time: 1 – 2pm		
Fee: CR \$24 SDR/NR \$34		
Location: Fitness Studio 1		
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
375400.02	Jul 10 - 24	Tu
Fee: CR \$24 SDR/NR \$34		

375400.03	Jul 31 – Aug 21	Tu
Fee: CR \$32 SDR/NR \$42		

Time: 10:45 – 11:45am
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 (Advanced)	2:00 – 3:30pm
Instructor: Lynne Herman	
Fee: \$3 per class	
Location: Fitness Studio 1	

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
356190.01	Jun 23 – Sep 29	Sa
Time: 9 – 11am		

Fee: No charge
Location: Senior Lounge
Instructor: Lucia Dunn

Intro to Tai Chi

Tai chi is a Chinese exercise for health. Originating at least nine centuries ago, the exercise consists of graceful and slow movements that relax and strengthen both body and mind. The unique combination of postures can have beneficial effects on the cardiovascular, skeletal, muscular and nervous systems. This introductory class presents the first 17 moves of the Taoist tai chi set. The course is suitable for first-time participants interested in experiencing tai

chi and determining whether they want to further pursue the art.

Class	Date	Day
356200.01	Jun 13 – Jul 25	W
(No class Jul 4)		

Time: 7 – 8:30pm
Fee: CR \$56 SDR/NR \$66
Location: Senior Lounge
Instructor: Cathy Crow

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.

Class	Date	Day
356403.01	Jun 4 – Jul 16	M
(No class Jul 2)		
Fee: CR \$60 SDR/NR \$70		

Class	Date	Day
356403.02	Jul 30 – Aug 20	M
Fee: CR \$40 SDR/NR \$50		

Time: 1:30 – 2:15pm
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.

Class	Date	Day
356405.01	Jun 4 – Jul 16	M
(No class Jul 2)		



Fee: CR \$60 SDR/NR \$70

Class Date Day
356405.02 Jul 30 – Aug 20 M
Fee: CR \$40 SDR/NR \$50

Time: 2:30 – 3:30pm
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
356410.01 Jun 5 – Jul 17 Tu
(No class Jul 3)

Fee: CR \$60 SDR/NR \$70

Class Date Day
356410.02 Jul 31 – Aug 21 Tu
Fee: CR \$40 SDR/NR \$50

Time: 6:30 – 7:30pm
Location: Senior Lounge
Instructor: Loretta Zedella

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
356400.01 Jun 6 – Jul 18 W
(No class Jul 4)

Fee: CR \$60 SDR/NR \$70

Class Date Day
356400.02 Aug 1 - 22 W
Fee: CR \$40 SDR/NR \$50

Time: 10:45 – 11:45am
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, July 9 & Aug 6
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, July 16 and August 20

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

Ohio Senior Health Insurance Information Program (OSHIIP) Fri. July 20 and August 17 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. July 27 and August 24
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: Meeting Room 2

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



In Sympathy

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

Charles Murray, husband of Barbara, passed away on Wednesday, June 6.

Loretta “Lynn” Banker passed away on Sunday, June 10.

Joyce Richards, sister of Jim Richards, passed away on Wednesday, June 27.

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.



**2018
SENIOR ADVISORY BOARD**

Executive Committee

President – Carl Jaske
 Vice-President – Bob Seredick
 Treasurer – Pat Breeding
 Secretary – Myra Caplinger
 Past President – Bruce Book

Committee Chairs

Charity – Dolores Morris
 Food Service –
 Larry & Leslie Herchline
 Ronda Pharazyn
 Goodwill – Barbara Mirbach
 History – Jerry Boone
 Hospitality – Donna Book
 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. In the event of program cancellation, the Senior Adult Programming Office and Lounge are also closed.

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.

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 basket to be re-shelved. The library accepts new or gently used current books.

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.

**2018
Potluck/Meeting
Program
Pianist at 11:00am**



July: Vivian Wistner
August: Carol Kauffman
September: Wilma Snyder

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.

12:20 Announcements

12:30 Entertainment (45 min)





Following Program – Program registration 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.

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

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 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.

- July 1 *Eleanore Dougal*
- July 2 *Donna Book*
- July 3 *Barbara Jackson*
- July 4 *Robert Buchholtz*
Margaret Christman
Sheila Giano
- July 5 *Sharon Deeter*
Tim Reik
- July 6 *William Hopkins*
- July 7 *Dorle Ehmann*
Larry O'Neal
- July 8 *Edgar Elfrink*
Cindy Henkel
Roger Stull
- July 9 *Bob Armstrong*
Joanne Fogelsong
- July 10 *In Sooh Kaplan*
- July 11 *Aghdas Rafat*
Gary Rizor
- July 12 *George Clark*
Holly Craig
Ronda Pharazyn
- July 15 *Ming-Shaw Ho*
Paddie Rarick
Tom Sevitz
- July 16 *Richard Cybulski*
Lynn Rose
- July 17 *Rebecca Kintz*
Dianne Moran
- July 18 *Linda Bernhard*
Rammahanrao Debbadi
Jack Lloyd
Bonnie Rosemeier
Bill Severns
- July 19 *Jack Patton*
Marion Whiteman
- July 20 *Tom Buchan*
Surekha Nadkarni
- July 21 *Clara Miller*
- July 23 *Ann Baxter*
- July 24 *John Germaine*



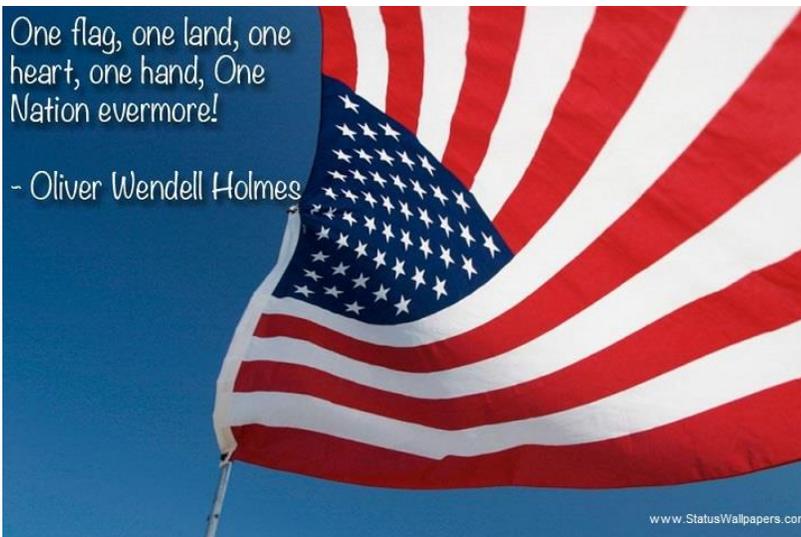
- July 25 *Lilei Chen*
Wayne Headlee
Jean Henson
Carl Koch
Greg Sturtz
- July 26 *Judy Godsey*
Mike Krieger
Hank Mesewicz
John Redmond
- July 28 *Bill Adams*
Bob Buckley
Peggy Close
Bill Nightingale
- July 29 *Lorraine Adcock*
Sharon Faulkner
Loretta Shaffer
- July 30 *Judith Eggers*
Martha Theobald



Friday, Aug. 3 4 p.m. – Midnight
 Saturday, Aug. 4 11 a.m. – Midnight
 Sunday, Aug. 5 11 a.m. – 9 p.m.

For more information go to www.dublinirishfestival.org

Free admission Sunday before 11 a.m. with donation of a non-perishable food item benefiting the Dublin Food Pantry.



American Trivia

1. What state capital is closest to the equator?
2. The nation's tallest sand dunes are in what western state?
3. The ten highest mountains in the U.S. are in what western state?
4. What New England state has the lowest population east of the Mississippi?
5. What state is home of the country's largest ranch?
6. What famous North American landmark is constantly moving backward?

ANSWERS:

1. Honolulu, Hawaii
2. Colorado; found in the Great Sand Dunes National Monument; some are seven hundred feet high
3. Alaska
4. Vermont
5. Texas, where else? It's the famous King ranch, near Kingsville
6. Niagara Falls; the rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute



10 things to know about your new Medicare card

Your new card will automatically come to you. You don't need to do anything as long as your address is up to date. If you need to update your address, [visit your mySocial Security account](#).

1. Your new card will have a new Medicare Number that's unique to you, instead of your Social Security Number. This will help to protect your identity.
2. Your Medicare coverage and benefits will stay the same.
3. Mailing takes time. Your card may arrive at a different time than your friend's or neighbor's.
4. Your new card is paper, which is easier for many providers to use and copy.
5. Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
6. If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare—you should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.
7. Doctors, other health care providers and facilities know it's coming and will ask for your new Medicare card when you need care, so carry it with you.
8. Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
9. If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare Number online.

New Medicare cards are coming...
Medicare is mailing new Medicare cards to all people with Medicare starting in April 2018.

Watch out for scams

Medicare will never call you uninvited and ask you to give us personal or private information to get your new Medicare Number and card. Scam artists may try to get personal information (like your current Medicare Number) by contacting you about your new card. If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call us at 1-800-MEDICARE (1-800-633-4227).

Medicare.gov

