



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



JUNE/JULY 2018

See you at our **Outside In Picnic on Monday, June 11**. **Outside In** because the picnic is indoors, inside the Community Hall. Fried chicken is provided by The Convallarium of Dublin. Please bring dishes and desserts to go with this main entrée. Lemonade and coffee are offered. Program entertainment begins at 12:30 p.m. Audience favorites Gary and Linda Sclafani are back to serenade summertime with hits from the Beach Boys, the Drifters, Jimmy Buffet and others. This veteran Pop Music Duo perform classic covers as well as their own original music. Polished harmonies accompanied by acoustic guitar, ukulele and hand percussion make their sound appealing to all ages. You'll find yourself tapping your feet or clapping your hands as you sing along with them the melodies that are familiar to all. Gary & Linda's light-hearted personality shines through as they share their lives and music with everyone.

The next potluck/meeting is on Monday, July 9. Program entertainment begins at 12:30 p.m. 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.

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

Special Notes from Wanda

The Senior Lounge and Senior Adult Programming Office are closed on Wednesday, July 4, in observance of the Independence Day holiday. The Dublin Community Recreation Center is open 8 am – noon.

The DCSC Golf League does not play on Wednesday, July 4.

Congratulations to Barbara Altenburg and Ruth Monks for winning door prize gift baskets on Tuesday, May 15 for Dublin Celebrates ...Senior Citizens Day!

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.

Haven't been receiving your newsletter? Maybe you forgot to renew! 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.

HIGHLIGHTS

Thursday, June 14 – Lunch Bunch at Jason's Deli

The first Jason's Deli restaurant opened in 1976 with 12 sandwiches and 60 seats in the Gateway Shopping City of Beaumont, Texas. It soon filled with good people devoted to the deli and good vibes that now reach coast to coast. This deli chain features piled-high sandwiches, a salad bar and health conscious fare. Average cost is \$7 - \$9. Our Lunch Bunch meets at 11:30am at 225 West Bridge Street, Dublin (614-336-3853). Please sign up so that we may give the restaurant an accurate count. Maps are available in the Senior Adult Programming Office.



**Thursday, June 14 –
Q & A Preferences, Priorities and
the Paths We Take**

Today's meeting focuses on what matters to you. Planned exercises help us define what our priorities are and whether our day to day lives are aligned. We consider the role of our strengths and physical, social and emotional needs. Key concepts for this gathering: caring for yourself, identifying what matters to you, deciding when to put someone else first, and finding a sense of well-being from accomplishing what is important to you.

Time: 2 – 3:30pm

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

Moderator: Hollie Goldberg,
Syntero/Dublin Counseling Center
Location: Talla 2

**Tuesday, June 19 –
Tuesday Talks**

**Climate Change: The Evidence,
People and Our Options**

Lonnie G. Thompson is a Distinguished University Professor in the School of Earth Sciences and a Senior Research Scientist in the Byrd Polar Research Center at The Ohio State University. His research has propelled the field of ice core paleoclimatology out of the Polar Regions to the highest tropical and subtropical ice fields. He and the OSU team have developed light-weight solar-powered drilling equipment for acquisition of histories from ice fields in the tropical South American Andes, the Himalayas, and on Kilimanjaro. These paleoclimate histories have advanced our understanding of the coupled nature of Earth's climate system. His observations of glacier retreat over the last three decades confirm that glaciers around the world are melting and provide clear evidence that the warming of the last 50 years is now outside the range of climate variability for several millennia, if not longer.

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, June 21 –
The Future of Aging in Dublin**

Please join us for lunch!

The City of Dublin, in partnership with Ohio University College of Health Sciences and Professions, is hosting a series of Community Conversations with Dublin residents about "Aging in Place," or, the ability for individuals to remain in their homes or neighborhoods, safely, independently and comfortably for as long as possible, regardless of age or ability. Since every older adult in our community has a different set of needs that allow him or her to live a full life, we want to hear from you. Join us for this interactive luncheon conversation and visioning session that will help shape the future of ensuring that Dublin, Ohio is THE premier community to live, no matter your age.

Time: 11:30am – 1:30pm

Location: Community Hall

Fee: No charge, pre-registration is required through the Senior Adult Programming Office by calling 614.410.4579

Limit: 100

**Monday, June 25 –
DCSC Advisory Board Meeting**

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

Location: Senior Lounge

**Thursday, June 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.

**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.

ARTS – CREATIVE & PERFORMING

Urban Sketchers



Urban Sketchers is a global community of artists that practice drawing on location in cities they live in or travel to. This workshop aims to teach skills useful to the practice of urban sketching. We draw on location, indoors or out, capturing what we see from direct observation. Instructional topics include perspective, panoramas and people and take place in and around the recreation center. All levels welcome. Please bring sketch pad and your choice of medium.
 Ages: 55 & up

Class	Date	Day
352136.01	Jun 7 - 28	Th

 Time: 1:30 – 5:30pm
 Fee: CR \$40 SDR/NR \$50
 Location: Senior Lounge
 Instructor: Donna Gleditsch

The Magic of Hummingbirds Art



Explore the magical world of hummingbirds. Barbara shares the amazing adaptations of these tiny birds and the basics of attracting and feeding them in our summer gardens. Create and decorate a 3D hummer mobile and then cook up some hummer food to carry home. *You must be a member of the Dublin Community Senior Citizens.*
 Ages: 55 & up

Class	Date	Day
352142.01	Jun 13	W

 Time: 2 - 3pm
 Fee: CR \$5 SDR/NR \$5
 Location: Talla 2
 Instructor: Barbara Ray, Nature Education Coordinator

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
352111.01	May 30 – Jul 11	W

 (No class Jul 4)
 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, July 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 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

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
-------	------	-----

354110.01	Jun 18	M
-----------	--------	---

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

(No class July 4)

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 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.

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: June 11, 18, 28 and

July 5, 9, 16, 26

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

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
-------	------	-----

355105.01	May 31 – Jun 21	Th
-----------	-----------------	----

Time: 1- 2pm

Fees: CR \$10 SDR/NR \$20

Location: Meeting Room 2

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. Refreshments sponsored by Mayfair Village.

Moderator: Jeff Noble

➤Next meeting...

June 25

From High School Enlistment to the 84th Basic Training Battalion

Speaker: Lori Lyne

July 30

The A-1 Skyraider and U-2

Speaker: Jim Wilson, USAF Major

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.

June's movie on **Monday, June 18**, is *The Post*. Katharine Graham is the first female publisher of a major American newspaper -- The Washington Post. With help from editor Ben Bradlee, Graham races to catch up with The New York Times to expose a massive cover-up of government secrets that spans three decades and four U.S. presidents. Together, they must overcome their differences as they risk their careers -- and very freedom - - to help bring long-buried truths to light. This PG-13 rated film stars Meryl Streep and Tom Hanks.

Time: 1pm

Running time: 1 hour, 57 minutes

Location: Talla 2

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

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...

June 13 *Killers of the Flower Moon*
by David Grann

July 11 *Before the Fall*
by Noah Hawley

August 8 *Word by Word*
by Kory Stamper

Sept 12 *Never Let Me Go*
by Kazuo Ishiguro

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 **No Play on July 4**

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

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
356110.01	June 1 – July 6	F

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
356110.01	June 1 – July 6	F

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.

Ages: 40 & up
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.

Ages: 40 & up
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.

Ages: 40 & up
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

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, June 18

and July 16

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. June 22 and July 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. June 22 and July 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: 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.

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.

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

June: Wilma Snyder
July: Vivian Wistner

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)

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.

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

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



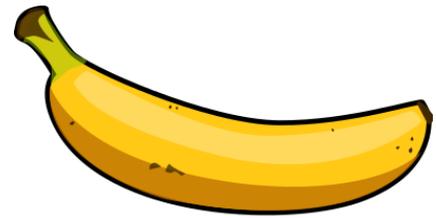
collected for gifts, a holiday meal and special needs. Please make check payable to "Dublin Community Senior Citizens." You will be making a difference!

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.

- June 21 Linda Worth
- June 22 Bob Richards
Penny Rogers
- June 23 Barbara Edwards
Chi Weber
- June 24 Wanda Kamler
- June 25 Mary Lyn Borsellino
Greg Daugherty
Fred Roehrig
- June 26 Ken Tumlison
- June 28 Walt Buss
- June 30 Beth Collis
Dennis Lewis



banana

Bananas pack a triple hit of health helpers. Have a banana with breakfast or as a snack.

Heart Health

The plant-based antioxidants in bananas help protect cells from damage. Plus, potassium has been linked to better blood pressure regulation.

Gut Health

This fruit has prebiotic compounds that fuel the "friendly" bacteria in your intestine. Having lots of these "good" bugs helps shield your immune system from the "bad" ones that make you sick.

Brain Health

With a quarter of your daily B6 fix, bananas may help keep you thinking straight. Diets high in the vitamin are linked to lower risk of cognitive decline and may help protect neurological function.

☞ Good Housekeeping June 2017



- June 1 Dale Dougal
- June 3 Myra Caplinger
Chuck Huff
- June 4 Richard Annibaldi
Dan Shankar
- June 5 Terry Barnett
- June 6 Carol Lindsay
Dolores Morris
Nan Still
- June 9 Barbara Burchard
- June 11 Fran Frantz
Catherine Loveland
- June 13 Dorothy Cooper
Nancy Pfefferle
- June 14 Sue Baumann
- June 16 Terri Petty
- June 17 Mitchell Dunn
Jeanne Falter
Brenda Hill
- June 19 Becky Ciminillo-Keys



"I had that familiar conviction that life was beginning over again with the summer."

~ F. Scott Fitzgerald,
The Great Gatsby



With a true national spirit of courage, sacrifice, liberty and independence,

We wish you a Happy Independence Day.

The Senior Adult Programming Office



From the Senior Adult Programming Office

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

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.

