



# DCSC ***JANUARY / FEBRUARY 2020***

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

Welcome to our monthly luncheon/meeting on Monday, January 13. Friends start gathering at 11am. Have a bit of Cabin Fever? This luncheon is the perfect antidote. Brookdale Trillium warms us up with a yummy chili entrée. They are providing a red and a white chili (both non-spicy) with various toppings. Program entertainment begins at 12:30 pm. Singer and acoustic guitarist John LaFollette performs the songs of Elvis, Orbison, Cash and more while we sing around the campfire.

Our next monthly luncheon/meeting is Monday, February 10. Friends start gathering at 11am. *Love is in the Air* as we celebrate Valentine's Day. Mayfair Village provides a delicious entrée of heart shaped Stuffed Shells (cheese) with red sauce and garlic knots. Program entertainment begins at 12:30 pm. Brian Michael Smith and his Trio perform everyone's favorite love songs. Columbus native Brian Michael Smith is well known as the area's premier performer of the great American Standard. He has earned his incomparable reputation both here and on the New York scene where he performed for thirteen years in Off-Broadway productions, Manhattan nightclubs and most notably, at the world famous Rainbow Room at Rockefeller Center. This is a one hour performance.

 Look under "General Information" on Page 9 for more information on the monthly luncheon/meeting, including an event time schedule.

## Special Notes

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

The DCSC Programming Office and Lounge are closed for holiday observance on Monday, January 20 and Monday, February 17.

**Please note...** You must be a member of the DCSC organization to participate in most programming listed within this newsletter. Some classes, wellness clinics, support groups and sponsor driven events are exceptions to this policy.

The DCSC Programming Office and Lounge are open M-F from 9am to 4pm for scheduled meetings, games, programs, and classes. We encourage DCSC members to participate in the many scheduled programs we provide in the Lounge as this space is unavailable for drop-in activities.

Membership requirement is age 55 years and older. The membership fee for Dublin residents is \$15 and \$20 for school district/non-residents. Anyone 90 years and older has earned a free membership but must still fill out the required form.

**DCSC membership fees and all class payments (programs with an assigned class number), are now being made at the Front Desk.**

## HIGHLIGHTS

### **Thursday, January 16 - Lunch Bunch at Katzinger's Delicatessen**

Katzinger's has a lengthy history as a beloved fixture in German Village. It recently grew a new branch in Dublin. Now it's time for our Lunch Bunch to check out this new site that offers the same great deli



selections with table service. We recommend heading to [www.katzingers.com](http://www.katzingers.com) to preview their lunch menu and pricing. Our Lunch Bunch meets 11:15am at 7160 Muirfield Drive, Dublin. Please sign up so that we may give the restaurant an accurate count. **Deadline for registration is Monday, January 13.**

**Tuesday, January 21 –**  
**Tuesday Talks**  
**The History of the Circus**

Uncover the history of the circus from 1793 to the present, including a discussion of the Sells Brothers Circus based out of Columbus – an area known as Sellsville. The speaker's father worked in a circus in 1941 and 1942, starting his own circus which closed months after opening. With an up-close and personal knowledge of the circus, Pfening combines that experience with research. Refreshments sponsored by Dublin Retirement Village.

Time: 2pm  
Fee: No charge, pre-registration required through DCSC Programming Office  
Location: Talla 2  
Speaker: Fred Pfening III

**Thursday, January 23 –**  
**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 DCSC Programming Office  
Location: Talla 3

**Monday, January 27 –**  
**DCSC Advisory Board Meeting**

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

**Tuesday, February 4 –**

**Holiday Super Bingo**

B-12...O-70...BINGO. It's time to play Holiday Bingo and win some great prizes. The Sanctuary at Tuttle Crossing is donating the prizes for this big event.

Happy Valentine's Day!

Time: 1 - 2pm  
Fee: \$1 for two cards  
Location: Talla 3

**Thursday, February 6 –**  
**Family History**

Writing down one's life story can be very powerful. There is no better way to preserve the stories of a life well lived for the family, the grandchildren, the next generations than the autobiographical account of the details that mattered to the one who lived it. Documentation of your and your family's medical history is an important step in the process. Family History also looks at how to create a family tree writing down all the pertinent names, locations and dates. JP shares significant websites for genealogical information collection. Final consideration is given to safely storing your family history. If able, please bring your personal laptop or iPad with you to use.

Time: 10 – 11am  
Fee: No charge, pre-registration is required through the DCSC Programming Office.

**Location: Computer Lab**  
Leader: JP Valiulis, Owner/Operator  
Right at Home In Home Care & Assistance

**Thursday, February 13 –**  
**Reminiscence Poetry**

**Reminiscence**

\Rem`i\*nis"cence\ (r`m`?-n?s"sens),  
n. [F. r [e]miniscence, L. reminiscencia.]

1. The act or power of recalling past experience; the state of being reminiscent; remembrance; memory. The other part of memory, called reminiscence, which is the retrieving of a thing at present forgot, or but confusedly remembered.

Facilitator Charity Eilerman leads us through a reminiscence poem exercise. Come and unleash your inner poet.

Time: 2-3:30pm

Fee: No charge, pre-registration is required through the DCSC Programming Office  
Location: Talla 2  
Presenter: Charity Eilerman, Outreach Case Manager at Syntero Older Adult Program

**Tuesday, February 18 –**  
**Tuesday Talks**  
**Monticello and Mt. Vernon**

A pictorial presentation on the homes of both American Presidents Jefferson and Washington. Images of the grounds and rooms inside these great structures will be shown along with the background and facts surrounding their building and designs. A short biography of each president will also be covered. Refreshments sponsored by Dublin Retirement Village.

Time: 2pm  
Fee: No charge, pre-registration required through DCSC Programming Office  
Location: Talla 2  
Speaker: Van Young, Historian

**Friday, February 21 –**  
**Lunch Bunch at Windchimes**  
**Chinese Restaurant**

The 2020 Year of the Rat began on January 25 and lasted for 15 days, ending on February 8. In celebration of Chinese New Year, the most important holiday in the Chinese calendar, our Lunch Bunch meets at Windchimes Chinese restaurant.

We recommend heading to [www.windchimeschinese.com](http://www.windchimeschinese.com) to preview their lunch menu and pricing. Our Lunch Bunch meets 11:30am at 5742 Frantz Road, Dublin. Please sign up so that we may give the restaurant an accurate count. **Deadline for registration is Tuesday, February 18.**

**February 27 –**  
**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 DCSC Programming Office



Location: Talla 3

**Monday, February 24 – DCSC Advisory Board Meeting**

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

**ARTS – CREATIVE & PERFORMING**

**Beginner/Intermediate Pottery**

For both new and experienced ceramics students of all skill levels. New students begin with the basics of clay hand building techniques such as pinch pots, slab rolling and coils. Textures, color, shape and differing styles are introduced as well as glazing and finishing techniques. Time permitting we work on the basics of throwing on the potter's wheel. Experienced students can continue to refine their skills and work on ceramic projects of their own choice. *All supplies are included in the fee, including firings done by the on-site instructor.*

Ages: 55 & up  
Class                      Date                      Day  
152105.01                  Feb 24 – Apr 6                  M  
(No class March 23)  
Time: 10am – noon  
Fee: CR \$89                  SDR/NR \$99

252105.02                  Apr 20 – May 18                  M  
Time: 10am – noon  
Fee: CR \$75                  SDR/NR \$85

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 26 – Apr 1                  W  
252111.01                  Apr 15 – May 20                  W  
Time: Noon – 3pm  
Fee: CR \$55 SDR/NR \$65; must be a member of the DCSC organization.  
Location: Ceramics Studio  
Moderator: Jerry Decker

**Beginning Acrylic**

Explore painting on canvas with acrylic paint. Students experiment with color and learn basic techniques, such as dry brush and splattering. Subject matter could include rocks, water, clouds, trees, etc. Please have a canvas, canvas board or paper, no smaller than 9 x 12, paint and a few brushes for the first class.

Ages: 55 & up  
Class                      Date                      Day  
152120.01                  Jan 16 – Mar 19                  Th  
(No class February 6 & 13)  
Time: 2:30 – 4:30pm  
Fee: CR \$80 SDR/NR \$90

252120.01                  Apr 16 – May 28                  Th  
Time: 2:30 – 4:30pm  
Fee: CR \$70 SDR/NR \$80

Location: Arts & Crafts Room  
Instructor: Donna Gleditsch

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

Ages: 55 & up  
Class                      Date                      Day  
152130.01                  Jan 14 – Mar 17                  Tu  
(No class February 4 & 11)  
Time: 11am – 12:30pm  
Fee: CR \$78 SDR/NR \$88

252130.01                  Apr 14 – May 26                  Tu  
Time: 11am – 12:30pm  
Fee: CR \$68 SDR/NR \$78

Location: Arts & Crafts Room  
Instructor: Donna Gleditsch

**Beginning Drawing 2**



This class is a continuation of Beginning Drawing 1. Students learn shading, perspective and continue to study portraiture using graphite and charcoal. They need a sketch book (9 x 12 or larger), graphite and charcoal pencils, eraser and a straight edge for the first class.

Ages: 55 & up  
Class                      Date                      Day  
152131.01                  Jan 14 – Mar 17                  Tu  
(No class February 4 & 11)  
Time: 3 - 4:30pm  
Fee: CR \$78 SDR/NR \$88

252131.01                  Apr 14 – May 26                  Tu  
Time: 3 - 4:30pm  
Fee: CR \$68 SDR/NR \$78

Location: Arts & Crafts Room  
Instructor: Donna Gleditsch

**Intermediate Drawing**

Students 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. Students should have completed Beginning Drawing 2 or an equivalent class.

Ages: 55 & up  
Class                      Date                      Day  
152132.01                  Jan 13 – Mar 16                  M  
(No class February 3 & 10)  
Time: 2 - 3:30pm  
Fee: CR \$78 SDR/NR \$88

252132.01                  Apr 13 – Jun 1                  M  
(No class May 25)  
Time: 2 - 3:30pm  
Fee: CR \$68 SDR/NR \$78

Location: DCSC Lounge  
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. With time, we 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 Date Day  
 152133.01 Jan 13 – Mar 16 M  
 (No class February 3 & 10)  
 Time: 12:30 – 2pm  
 Fee: CR \$78 SDR/NR \$88

252133.01 Apr 13 – Jun 1 M  
 (No class May 25)  
 Time: 12:30 – 2pm  
 Fee: CR \$68 SDR/NR \$78

Location: DCSC Lounge  
 Instructor: Donna Gleditsch

**Beginning Watercolor**

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

***Required supply list available at registration.***

Ages: 55 & up  
 Class Date Day  
 152140.01 Jan 16 – Mar 19 Th  
 (No class February 6 & 13)  
 Time: 12:30 – 2:30pm  
 Fee: CR \$80 SDR/NR \$90

252140.01 Apr 16 – May 28 Th  
 Time: 12:30 – 2:30pm  
 Fee: CR \$70 SDR/NR \$80

Location: Arts & Crafts Room  
 Instructor: Donna Gleditsch

**Intermediate Watercolor**



A continuation of Beginning Watercolor. We continue to explore color and

techniques such as staining, wash, resist, pen and ink. Additionally experimenting with other paint surfaces. Please have paper, no smaller than 9 x 12, watercolor and brushes for the first class.

Ages: 55 & up  
 Class Date Day  
 152141.01 Jan 14 – Mar 17 Tu  
 (No class February 4 & 11)  
 Time: 1 - 3pm  
 Fee: CR \$80 SDR/NR \$90

252141.01 Apr 14 – May 26 Tu  
 Time: 1 - 3pm  
 Fee: CR \$70 SDR/NR \$80

Location: Arts & Crafts Room  
 Instructor: Donna Gleditsch

**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, February 3  
 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 Joe Bishara at 614.410.4554.

Days: Wednesdays  
 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: Mondays  
 Time: 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 for each week's meet-up destination.

Day: Fridays  
 Time: 8:30am  
 Fee: No charge  
 Location: Various locations  
 Moderator: Jim Estep, 614-315-7768

**Card & Game Programs**

**General Policy:**

- Players must be current DCSC members.
- Players need to wear their DCSC name badges while participating in game play inside the Lounge area. This helps in getting to know others that are participating in the program and in membership verification.
- If you want to bring in a bite to share, please bring in items that do not crumble nor are sticky to the touch (ie. frosting /sprinkles). This type of snack falls to the floor and grinds into the carpet. Also, frosted items leave the cards and game pieces sticky for play.
- Food items may not be left behind for storage in cabinets. This attracts unwanted pests.

We want DCSC members to enjoy their time together while participating in all card and game programs.

**Bridge**

On Wednesdays, the tables are ready in the DCSC Lounge for Bridge play from 12:30 – 4pm. Our Bridge moderators are Peter Somani, 614-382-8088 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 DCSC Lounge. Our Duplicate Bridge director is Don Schostek.

## Euchre

On Fridays the tables are ready in the DCSC 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 DCSC 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: DCSC 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... January 13, 23 & 30  
February 6, 10, 20 & 27

Time: 10am - noon

Fee: No charge

Location: DCSC Lounge

Moderator: Marlaina Holman, 614-467-9888

## 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: DCSC Lounge  
Moderator: Janet Kosciak, 614-876-1881

## Military Round Table

We're looking for veterans of the WWII, Korea, Vietnam, Desert Storm, Iraq and Afghanistan conflicts to share their war experiences. Future generations should know and appreciate what America's men and women in the military service endured to protect their country. Maybe you have a story or two to share. Speakers and video documentaries are periodically used to stimulate discussion. Do you know of any guest speakers who would be interested in speaking at one of our upcoming military programs? Please contact the Senior Adult Programming Office at 614.410.4550. Refreshments sponsored by Mayfair Village.

Moderator: Jeff Noble

➤Next meeting... March 30

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.**

January's movie on **Monday, January 27**, is *The Goldfinch*.

The Goldfinch is the film adaptation of Donna Tartt's globally acclaimed bestseller of the same name, which won the 2014 Pulitzer Prize for Fiction and spent more than 30 weeks on The New York Times Best Sellers list. Theodore “Theo” Decker was 13 years old when his mother was killed in a bombing at the Metropolitan

Museum of Art. The tragedy changes the course of his life, sending him on a stirring odyssey of grief and guilt, reinvention and redemption, and even love. Through it all, he holds on to one tangible piece of hope from that terrible day... a painting of a tiny bird chained to its perch, The Goldfinch. This R rated drama (for drug use and language) stars Ansel Elgort, Nicole Kidman and Oakes Fegley.  
Time: 1pm  
Running time: 2 hours, 29 minutes  
Location: Abbey Theater

February's movie on **Monday, February 24**, is *Judy*.

In 1968, Judy Garland took on a five-week run of performances at London's Talk of the Town cabaret club. This run of shows would turn out to be among the renowned performer's last; she died of an accidental overdose the following year, at 47. *Judy* focuses on this period in Garland's life. Her career, by this point, had already spanned more than four decades, including her breakthrough role as Dorothy in 1939's *The Wizard of Oz*. This PG-13 (for substance abuse, thematic content, some strong language) rated film stars Renée Zellweger and Rufus Sewell.

Time: 1pm

Running time: 1 hour 58 minutes

Location: Abbey Theater

Fresh popcorn available at 50¢ a bag!



## The Reader's Group

Calling all bookworms! The DCSC 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...

February 12 *The Kelloggs*  
by Howard Markel

March 11 *Inheritance*  
by Dani Shapiro

Time: 10am

Location: DCSC Lounge

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: \$8 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 7, 2020.

Ages: 55 & up

Class	Date	Day
257100.01	May 13 – Sep 16	W

Time: 8am – 1pm

Fee: \$20 registration fee, paid to City of Dublin, \$23 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 22 at 10am in Talla 2 & 3

➤ **You must renew your 2020 DCSC membership when you register for the league at the front desk.**

### 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 – 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 21 – Mar 27	F
256105.01	Apr 10 – May 15	F

Time: 11 am-noon

Fee: \$45

Location: Avondale NCR, West Wing,  
5215 Avery Road

Instructor: Mary Curtis

### 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 21 – Mar 27	F
256110.01	Apr 10 – May 15	F

Time: Noon – 1pm

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

For a complete list of current class days, times, fees and locations, see the fitness class schedule at the Front Desk.

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: 50 & up

For a complete list of current class days, times, fees and locations, see the fitness class schedule at the Front Desk.

Instructor: Sally Gill

## Strength, Stretch & Balance

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.

Ages: 40 & up

For a complete list of current class days, times, fees and locations, see the fitness class schedule at the Front Desk.

Instructor: Sally Gill

## Line Dancing

Line dancing works the three M's...music, movement and memory. Enjoy partnerless dancing to a wide variety of music while learning new dance movements and enhancing your memory. Build coordination, balance and endurance while having fun and meeting new friends. Dance shoes or smooth-soled shoes are needed, or shoe covers may be available from the instructor. Buy a receipt at the front desk and turn it in to the instructor. Classes available at all skill levels.

Ages: 40 & up

### **Beginner/Improver Level**

The first hour of this class (the Fun Hour) is for dancers with little or no dance experience, or those who wish simple, fun dances without a lot of difficult turns. Class includes Absolute Beginner through High Beginner dances, and provides a variety of entry-level dance experiences, movements and speeds. The second hour (the Growth Hour) is for more experienced dancers. It

contains dances from Easy Improver through High Improver. This means faster music, more complex step combinations, and enough turns to be a challenge for nearly any dancer.

Day	Time
Fridays	1:05 – 3:05pm
Instructors: Lynne & David Herman	
Fee: \$3 per class	
Location: Fitness Studio 1	

Day	Time
Sundays	11:45am – 1:45pm
Instructor: David Herman	
Fee: \$3 per class	
Location: Fitness Studio 1	

### **Intermediate/Advanced A**

Also known as the Challenge Hour, this is 90 minutes of workout fun for skilled line dancers. Long, complex dance step sequences, rapid turning movements, and quick tempos make this a serious workout.

Day	Time
Sundays	2:00 – 3:30pm
Instructors: Lynne & David Herman	
Fee: \$3 per class	
Location: Fitness Studio 1	

### **Intermediate/Advanced B Class**

This group introduces new dances and reviews older classics that are being performed at US and International Line Dance Conferences. Solid intermediate line dance experience is necessary to keep up with the quick teaching pace and minimal reviews. Very little Country dance. The vast majority of selections will be international modern and progressive line dances. Skilled participants will take turns presenting, teaching and reviewing dances.

Ages:	40 & up	
Class	Date	Day
156305.02	Feb 23 – Mar 22	Su
Time: 3:45 – 5pm		
Fee: CR \$15 SDR/NR \$25		
Location: Fitness Studio 2		

## 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
156190.01	Jan 4 – Mar 21	Sa

Time: 9 – 11am

Fee: No charge

Location: DCSC Lounge

Instructor: Lucia Dunn

## Beginning Tai Chi

The beginners Taoist Tai Chi class includes instruction in the 108 movements of the Taoist Tai Chi set. Each class builds on the one before with review and time for questions. The class progresses at a moderate pace in order to finish learning the sequence of movements in 13 weeks. It is not expected that participants have memorized all the movements prior to the end of class. The objective is to allow the students to follow the instructor through the entire sequence getting the benefits of the movements.

Ages: 40 & up

Class	Date	Day
156210.01	Jan 8 – Apr 1	W

Time: 7 – 8:30pm

Fee: CR \$122 SDR/NR \$132

Location: DCSC Lounge

Instructor: Midge Krause

## Classical Yoga



Raja Yoga is often referred to as “classical yoga” for attaining the union of mind, body and soul. Class begins with a short meditation in reverence to the Universe for Peace. This is followed by loosening exercises for lubrication to the joints, muscles, etc. in order to warm up the body. Then individual poses (asanas) are connected by flowing movements. Their purpose is to increase strength and flexibility of the body. Various breathing methods (pranayama) are incorporated throughout. The class ends with relaxation of the body. Meditation and Sun Salutation would be incorporated from time to time. Bring a bath towel or blanket, small pillow, a yoga “sticky” mat and water.

Ages: 40 & up

Class	Date	Day
156410.02	Feb 25 – Mar 31	Tu
256410.01	Apr 14 – May 19	Tu



Time: 6:30 – 7:30pm  
 Fee: CR \$60 SDR/NR \$70  
 Location: DCSC Lounge  
 Instructor: Kanchan Ambwani, Masters in  
 Yogashastra, Certified Level 2 Yoga  
 Instructor – Quality Council of India, UGC  
 Net Certified for Associate Professor

**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
156403.02	Feb 24 – Mar 23	M
Time: 1:30 – 2:15pm		
Fee: CR \$50 SDR/NR \$60		

256403.01	Apr 13 – May 18	M
Time: 1:30 – 2:15pm		
Fee: CR \$60 SDR/NR \$70		
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
156405.02	Feb 24 – Mar 23	M
Time: 2:30 – 3:30pm		
Fee: CR \$50 SDR/NR \$60		

256405.01	Apr 13 – May 18	M
Time: 2:30 – 3:30pm		
Fee: CR \$60 SDR/NR \$70		

Location: Fitness Studio 1  
 Instructor: Pat Henderson, Registered Yoga Teacher

**Senior Yoga**

No one is ever too old to start yoga. The practice of yoga improves posture, helps maintain joint mobility and calms the mind. Participants are introduced to modified Hatha Yoga postures, breathing and relaxation techniques. Discover the benefits of incorporating yoga into your life. If you are not comfortable lying on the floor, many of the techniques can be practiced while sitting on a chair. 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
156400.02	Feb 26 – Mar 25	W
Time: 10:45 – 11:45am		
Fee: CR \$50 SDR/NR \$60		

Location: Fitness Studio 1  
 Instructor: Pat Henderson, Registered Yoga Teacher

**Yoga Basics**



Yoga works a special magic on our over 40 year old bodies. A unique mix of thoughtful stretching, joint strengthening and muscle toning. Your physical yoga practice improves your spinal health, physical flexibility, balance and day-to-day mobility. Yoga goes beyond your body, working from within to sharpen your mind, direct your focus, and reduce your stress and anxiety. In this class, expect to practice meditation, breath enhancement, and intentional movements. All levels welcome. Please bring a towel, yoga sticky mat and water to each practice.

Ages: 40 & up  

Class	Date	Day
156412.02	Mar 12 – Apr 16	Th
256412.01	Apr 23 – May 28	Th
Fee: CR \$60 SDR/NR \$70		
Time: 7 - 8pm		
Location: DCSC Lounge		
Instructor: Claudia Hamman		

**Zumba Gold®**



Zumba Gold® provides you a safe and effective total body workout, while maintaining an atmosphere that is fun and energetic. Easy-to-follow moves set to a variety of upbeat music. A “feel good” workout that is also great for the mind. Wear comfortable clothing, bring a towel and water bottle along with a “ready to move” attitude.

Ages: 55 & up  

Class	Date	Day
156500.02	Feb 25 – Apr 7	Tu
256500.01	Apr 14 – May 19	Tu
Time: 3 – 3:45pm		
Fee: CR \$60 SDR/NR \$70		
Location: Classroom C		
Instructor: Pamela Snyder		

**CARE, SUPPORT & HEALTH SERVICES**

**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, February 3  
 Time: 7pm  
 Fee: No charge  
 Location: DCSC 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, January 20 and February 17  
 Time: 7pm  
 Fee: No charge  
 Location: DCSC 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 Syntero/Dublin Counseling Center at 889-5722.

Fee: Medicare and insurance will be billed. Facilitator: Syntero/Dublin Counseling Center

## Ohio Senior Health Insurance Information Program (OSHIIP) Fri. January 17 and February 21 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: DCSC Lounge  
Counselor: Marcia Strall

## Podiatry Services – Fri. February 14 Appts. from 8:45am – noon, every 15 minutes

Services provided include trimming corns, calluses, nails and routine foot care.

Fee: Medicare may cover the cost and will be billed for fee coverage after consent sheet is signed; people with HMOs need to make a \$40 payment on day of service  
Location: Theater Dressing Room 2  
Podiatrist: Dr. Craig Cohen, Capital Foot Care Inc.

**There is no Podiatry Services in January.**

## 2020 DCSC ADVISORY BOARD

### Executive Committee

President – Bruce Book  
Vice-President – Tony Burchard  
Treasurer – Pat Breeding  
Secretary – Joan Margard  
Past President – Bob Seredick

### 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 DCSC Programming Office.

Wanda Kamler  
DCSC Program Supervisor

Stacie Neilan  
DCSC Program Specialist

### Parking

Designated parking spaces on the north side of the DCRC allow for easier access. Parking is available from 9am – 5pm weekdays, for adults 55 and older. The northwest entrance leads directly to the DCSC Programming Office / Lounge and the atrium hallway into the main area of the Recreation Center.

### DCSC Programming Office and Lounge

The DCSC Programming Office and Lounge are open M–F from 9am to 4pm for scheduled meetings, games, programs, and classes. We encourage DCSC members to participate in the many scheduled

programs we provide in the Lounge as this space is unavailable for drop-in activities.

## DCSC Monthly Luncheon/Meeting

**11:00** Dublin area residents gather with new and old friends for a shared luncheon 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 8. If you are attending as a couple, your dish needs to serve 16.

## 2020 Luncheon/Meeting Program Pianist at 11:00am



**January:** Wilma Snyder  
**February:** Vivian Wistner

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

**11:30** President Bruce Book calls individual tables. Please wait until your table number is called.

**12:20** Announcements

**12:30** Entertainment (45 min)

**Following Program** – Program registration may be made in the DCSC Programming Office at this time or during regular business hours Monday through Friday, 9am – 4pm

### 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 Welcome Desk of the DCRC at least seven days prior to the first day of class for a refund of fees paid, less a \$15 administrative fee. No refunds are processed 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 DCSC 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 those who have registered.

### Refunds/Programs & Events

Program refunds are possible if the DCSC 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 DCSC Programming Office.



### In Sympathy

DCSC members extend their deepest sympathy to members and their families who have lost loved ones.

**Norm Monska passed away on Thursday, December 12. Norm was a dear friend of Janet Klier.**

**Betty Geise passed away on Thursday, December 26.**

**Ann Bateman passed away on Saturday, December 28.**

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 DCSC organization.



*Shirley Block  
Joyce Bollinger  
Jerry Boone  
Ann Borden  
Vicki Bradham  
Jill Butler  
Susan Bynner  
Cal Calvert  
Lloyd Casey  
Dennis Clum  
John Coffey  
Richard Cragg  
Suzanne Crepeau  
Vivian Di Lillo  
Diane Dierckman  
Roger Dierckman  
Michael Disko  
Mark Duda  
Russell Fenner  
Dave Francis  
Lois Gantner  
Karen Gibbs  
Linda Gillman  
Satya Goyal  
Kathy Greco  
Jane Hendrickson  
Tom Henkel  
Steve Hoyt  
Sandra Kelso  
Barbara Kiefer  
Don Kiefer  
Kenneth King  
Nancy Kuhl  
Thomas Lang  
Bill Lee  
Penny Lemerise  
Ruth Matthews  
Mary Matuska  
Lynn McCurdy*

*Barbara Miller  
Betty Miller  
Peggy Miller  
Peter Miller  
Ronald Minekime  
Robert Monks  
Marino Moraitis  
Martha Morley  
Barbara Murray  
Christine Nowacki  
Nomer Obnamia  
Judy Onesto  
Betty Patch  
James Poe  
Karen Rafferty  
Nancy Robison  
Rick Rosemeier  
Syed Saiduddin  
Ezzat Sedaghati  
Bob Seredick  
Gary Sheriff  
Nancy Shuman  
Phyllis Sindoni  
Eleanor Smith  
Mary Beth Smith  
Kamlesh Somani  
Kathleen Spencer  
Nick Stropoli  
Marian Thomas  
Sandy Turner  
John Winkler  
Prudie Wray  
Donald Yingst*



**My New Year's Resolution is simply to remember to write 2020 instead of 2019.**



**May all your troubles last as long  
as your New Year's Resolutions!**

