Welcome to our monthly luncheon/meeting on Monday, March 11. Friends start gathering at 11am. The City of Dublin/Outreach and Engagement is sponsoring this month’s entrée of Corned Beef & Cabbage. Christine Nardecchia, Director of Outreach and Engagement, shares an update on the City’s Aging in Place projects and plans at 12:10pm. Program entertainment begins at 12:30 pm. March is Women’s History Month. Steve Ball, Civil War Musician and Historian, presents The Women of the Civil War. This presentation is completely built on songs that were written about, or by, women during this period of history. Several of these tunes would become songs that would leave a permanent mark on American music, and change history in the process. The stories and background of these songs illustrate the rise and power of female artists during this period of American history.

Our next monthly luncheon/meeting is Monday, April 8. Friends start gathering at 11am. Polaris Retirement Community is sponsoring this month’s entrée of Chicken Bake. A calzone-like white meat chicken breast, cheese, bacon, Caesar dressing, baked in a delicious crispy shell of wheat dough. Program entertainment begins at 12:30 pm. Columbus Zoo Wildlife Connection is an opportunity to learn about the animals that travel with Jack Hanna. The animals are presented one at a time while a handler speaks about the animal’s habitat, what they eat, its status in the wild, conservation issues, etc… A Cheetah Ambassador is the highlight of this presentation.

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

Special Notes

Please note... Starting in 2019, you must be a member of the DCSC organization to participate in most programming highlighted within this newsletter. Some classes, wellness clinics, support groups and sponsor driven events are exceptions to this policy.

Have you renewed your DCSC membership for the 2019 calendar year? Membership requirement is age 55 years and older. The membership fee for Dublin residents is $15 and $20 for school district/non-residents. 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.

During the winter months, DCSC programs are canceled on days when the Dublin City Schools are closed for inclement weather.
Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease. Laughter triggers the release of endorphins, the body’s natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain. Let’s explore all the benefits of laughter and how to foster other elements of happiness.

Time: 2-3:30 pm
Fee: No charge, pre-registration is required through the DCSC Programming Office
Location: Talla 2
Moderator: Victoria Larsen, Older Adult Program Coordinator, Syntero/Dublin Counseling Center

Friday, March 15 — DCSC Euchre Tournament

Euchre fans claim there is no other card game. This tournament tests skill and stamina. Entrants must know how to play. Refreshments, sponsored by Brookdale Muirfield, are served before play begins. Prizes are awarded at the end of the tournament.

Limit: 56 Ages: 55 & up
Time: noon: refreshments
1 – 4 pm: play
Fee: $1, must be member of DCSC organization, pre-registration required by March 8.
Location: DCSC Lounge

Laughter and Happiness

Thursday, March 14 – The Nature of Things

Fabulous Fungi

Imagine an organism that feeds you, heals you and reveals secrets of the universe that can keep our planet healthy! Imagine that it’s in the ground beneath your feet. Meet the fabulous fungi, one of nature’s most critical and astounding networks!

Refreshments sponsored by Brookdale Trillium Crossing.
Time: 2 pm
Fee: No charge, pre-registration required through DCSC Programming Office
Location: Talla 1
Speaker: Barbara Ray, Nature Education Coordinator

Thursday, March 14 — Q & A Laughter and Happiness

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

HIGHLIGHTS

Thursday, March 14 – The Nature of Things

Fabulous Fungi

Friday, March 15 — DCSC Euchre Tournament

Laughter and Happiness

Tuesday, March 19 – Tuesday Talks

Honoring Eleanor Roosevelt

Dublin Senior Players Theater

Is There a Doctor in the House?

Monday, March 25 — DCSC Advisory Board Meeting

Tuesday, March 26 – HealthWise Lecture

Ageless Grace®

We are no longer including dates when listing member birthdays in the back of each month’s newsletter. This is to protect against possible fraudulent schemes.

Front Desk Registration Information for Summer Classes:

Monday, March 18 starting at 6 am
Online only registration begins for Dublin Residents and Dublin City School District Residents

Tuesday, March 26 starting at 6 am
Online registration begins for Non-Residents
Walk-in, phone registration begins for Dublin and Dublin City School District Residents

Wednesday, March 27 starting at 10 am
Walk-in and phone registration for Non-Residents

Fee: No charge, pre-registration required through DCSC Programming Office
Speaker: Jeri Diehl-Cusack
Location: Talla 2

Dublin Senior Players Theater

Is There a Doctor in the House?

The Bowman sisters are suing Dr. Felix Freud for malpractice: two years ago he prescribed his special anti-aging pill for them and they haven’t lost a wrinkle! The case is being heard by Judge Ronald Rapp, who doesn’t suffer fools lightly. He forces Dr. Freud to reveal his secret anti-aging ingredient, and Freud asks his attorney to sue Judge Rapp for infringing trade secrets. This wacky comedy last 45 minutes, and you’ll love every second. An original play written by Michael Schirtzinger.

Friday, March 22 1:30 pm
Saturday, March 23 3 pm
Sunday, March 24 3 pm
Fee: No charge
Location: Abbey Theater

Monday, March 25 — DCSC Advisory Board Meeting

The Executive Committee and Board meet from 10:00 – 11:00 a.m.
Location: DCSC Lounge
Note: 2019 Advisory Board photo at 9:45 am

Tuesday, March 26 – HealthWise Lecture

Ageless Grace®

Ageless Grace® is a cutting-edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain - analytical, strategic, kinesthetic learning, memory/recall, creativity and imagination - and simultaneously addresses all 21 physical skills needed for lifelong optimal function. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind. Christman explains this brain fitness exercise series that begins on Friday, March 29.

Time: 2 pm
Fee: No charge, pre-registration required through DCSC Programming Office
Coffee Concerto

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

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

Lunch Bunch at Local Roots

Locally Grown…Locally Sourced…Local Roots’ goal is to serve their customers with an abundance of locally sourced goods. They are Ohio Proud, serving Ohio all-natural Amish chicken, Ohio pork, Ohio bison and Ohio all-natural hormone free beef. In order to utilize the freshest seasonal products, they change the menu often and offer seasonal specials through the week. Our Lunch Bunch meets 11:15am at 15 E. Olentangy St, Powell (614-602-8060). Please sign up so that we may give the restaurant an accurate count.

Celebrate National Volunteer Week!

Our programming wouldn’t be the same without the giving and generous spirit of our DCSC Advisory Board, our program volunteers and the many giving hearts who help one another in times of need. This National Volunteer Week, be proud of what you do to make the quality of life of our DCSC membership so wonderful. You’ll see some fun treats and signs paying tribute to our senior adult volunteer community all week long during National Volunteer Week, April 7 – 13, 2019. The entire city, recreation center and membership of the DCSC thank YOU!

The Nature of Things

Adena to Wyandot

Dublin has been a region rich in resources and attractive to humans for thousands of years. Travel with us through time to meet the Adena and Hopewell groups of people, who once lived in our area over 1500 years ago, to the Wyandot tribes who followed in more recent history.

Refreshments sponsored by Polaris Retirement Community.
Time: 2pm
Fee: No charge, pre-registration required through DCSC Programming Office
Location: Talla 2
Speaker: Sean Crum, Art Historian and Professional Artist

Armchair Travel

My Adventures in Morocco

A fiercely resistant Muslim culture with historical sites of Spanish and Roman influence, Morocco is becoming an increasingly popular tourist destination. Only eight miles from the Spanish coast, Morocco has steadfastly kept its own culture but welcomes visitors from all over the world. Its impressive architecture, stunning desert and exciting markets draw visitors. Learn about leather tanning, cork production, and the life of Nomads. Visit Fez, the Atlas Mountains, the Sahara Desert, Marrakesh and other locations. Enjoy Judy’s travel presentation while sipping on mint tea, the favored drink in Morocco.

Q & A Green Thumb Therapy

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

Green Thumb Therapy

Digging in soil and tending a garden can improve your mental and physical health, horticultural therapists say. Not only are digging and weeding great exercise, a good stint of gardening boosts mental health too. Explore all the benefits of gardening and tending to plants.

Treating the Entire You

Make your well-being a priority for yourself and for those who depend on you. Explore these topics that impact your physical and financial wellness:

- Creating healthy eating and lifestyle choices with a goal of reducing the risk and incidence of chronic diseases related to diet.
- Cultivating a healthy mental mindset through mindfulness, exercise, and other methods of stress mitigation.
- Preparing a healthy financial strategy addressing goals, needs, and challenges facing women in
our various roles and life transitions.

Speakers include:
Jessica Englehart, Mindfulness Clinician with OhioHealth, Licensed Clinical Counselor, Registered Art Therapist, and Registered Yoga Teacher

Victoria Hayward, CFP® CIMA® CDFA® CRPC® CRPS®, Senior Vice President, Financial Advisor with Morgan Stanley

Chef Laura Robertson-Boyd, Community Health Education Program Manager with Local Matters, and Teacher of Culinary Medicine classes in partnership with The Ohio State University College of Medicine and Wexner Medical Center, Nationwide Children’s Hospital, and Mount Carmel Health System

Sue Schnitz, CPA, Founder of Perfect Balance- Provider of accounting and bookkeeping support and services such as bill payment, daily banking services, and credit card reconciliations

Time: 6:30 - 8:30pm
Fee: No charge, pre-registration is required by calling 614.410.4579
Location: Abbey Theater
Moderator: Victoria Hayward

Thursday, April 18 – Lunch Bunch at Borgata Pizza Cafe

Borgata is dedicated to serving high quality New York Style Pizza and Homemade Italian Specialties made with only the freshest and finest ingredients. They also offer homemade desserts such as Cannoli and Lemon Ricotta Cake. Our Lunch Bunch meets 11:30am at 2285 W. Dublin-Granville Rd, Linworth (614-396-8758). Please sign up so that we may give the restaurant an accurate count.

Monday, April 22 – DCSC Advisory Board Meeting

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

Wednesday, April 24 – DCSC Golf League Kick-Off Meeting

Enjoy homemade doughnuts, coffee and juice while getting the scoop on this year’s DCSC Golf League. Doughnuts sponsored by The Sanctuary at Tuttle Crossing.
Time: 10am
Location: Talla 2 & 3

Thursday, April 25 – Coffee Concerto

Begin your day with coffee and confections while listening to pianist Jack Widner perform. At 10am DCSC members enjoy an hour of relaxation before starting their daily routine. Refreshments sponsored by The Convalarium of Dublin.
Fee: No charge, pre-registration required through DCSC Programming Office
Location: Talla 3

Tuesday, April 30 – HealthWise Lecture

The Heroes of a Healthy Diet

What is a superfood? Nutrient-rich and beneficial for health and well-being. Generally nutrient dense without being super calorically dense. Watch us prepare a superfood smoothie containing blueberries and spinach. Then enjoy sampling!
Speaker and refreshments sponsored by Interior HealthWise (No class May 27)
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 instructor.
Ages: 55 & up
Fee: CR $50 SDR/NR $60; must be a member of the DCSC organization.

ARTS – CREATIVE & PERFORMING

Beginner/Intermediate Pottery

For both new and experienced ceramics students of all skill levels. New students begin with the basics of clay hand building techniques such as pinch pots, slab rolling and coils. Textures, color, shape and differing styles are introduced as well as glazing and finishing techniques. Time permitting we work on the basics of throwing on the potter’s wheel.
Experienced students can continue to refine their skills and work on ceramic projects of their own choice. The studio is open for independent ceramic projects; instructional aid is available for individualized assistance, project ideas and technical expertise. Students can practice wheel throwing, hand building and have access to high-fire and low-fire glaze applications.
All supplies are included in the fee, including firings done by the on-site instructor.
Ages: 55 & up
Class 252105.03 Date May 6 – Jun 10 Day M
Fee: CR $50 SDR/NR $60; must be a member of the DCSC organization.
They need a sketch book (9 x 12 or larger), portraiture perspective and continue to study Drawing 1. Students learn shading, this class is a continuation of Beginning Drawing 2 or an equivalent class. We continue to explore shading techniques and perspective using various media including graphite, charcoal and colored pencils, along with pastels. Students need a sketch book (9 x 12 or larger), graphite pencils, charcoal pencils, colored pencils, eraser and a straight edge for the first class.

**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.

**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.

**Intermediate/Advanced Watercolor**

Intermediate level will investigate drawing with different mediums such as pencil, charcoal, colored pencils and pastel while honing their shading and sketching techniques. Advanced students will continue with independent study of their choice, including mediums and techniques. You must have completed Beginning Drawing 2 or equivalent.

**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.

**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.
Beginning Watercolor

Students learn the basics of painting with watercolors. Experienced painters are also welcome. Some of the techniques investigated are wet on wet, dry brush, resist techniques and ways to render textures. We will also do a quick study on color. Please have paints, brushes and at least a 9 x 12 size watercolor paper pad.

**Intermediate Watercolor**

A continuation of Beginning Watercolor. We continue to explore color and techniques such as staining, wash, resist, pen and ink, and experiment with other paint surfaces. Please have paper, no smaller than 9 x 12, watercolor and brushes for the first class.

**Sketching in the Park**

Channel your inner DaVinci while sketching outside in the beautiful Scioto Park. Participants should bring a sketchbook and their choice of medium. All levels are welcome. An instructor is available to give guidance and offer suggestions as needed.

**Beginning/Intermediate Watercolor**

This summer session offers a combined beginning and intermediate watercolor class. Students explore various techniques such as wet on wet, dry brush, resist techniques and ways to render textures. We will also do a quick study on color. Please have paints, brushes and at least a 9 x 12 size watercolor paper pad.

**Spring Stained Glass Project**

Make a spring ornament or sun catcher choosing from several easy patterns of hummingbird, flowers or ladybugs. Learn to cut glass, grind and solder the piece using the copper foil method. All supplies and tools are provided. A $10 material fee is due to the instructor at the beginning of class. You must be a member of the DCSC organization.

**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.

**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.

**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.

**Is There a Doctor in the House?**

An original play written by Michael Schirtzinger

Friday, March 22 1:30pm
Saturday, March 23 3pm
Sunday, March 24 3pm

Location: Abbey Theater

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SPECIAL INTEREST

Healthy Brain 2019

An active brain is a healthier brain. Here’s a fun hour of lessons and education 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
Time: 10:30 – 11:30am
Fee: No charge
Location: DCSC Lounge
Leader: Anne Farley, The Ganzhorn Suites
Specialized Memory Care

Next meeting...Thursday, April 4

Spring Fling Bingo

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

Next meeting...Thursday, April 4
Time: 1 – 2pm
Fee: $1 for two cards
Location: Talla 3

Birding

Bring binoculars and a hat as this group heads outdoors for birding in Dublin and surrounding parks (weather permitting). Contact Jim 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 (i.e. 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, 614-760-5554 and Eleanor Smith, 614-848-8121.

Duplicate Bridge

A little more competitive and serious than bridge, duplicate bridge is still a good time. Our duplicate 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...Mar 11, 18 & 28 and Apr 4, 8, 15, & 25
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 Koscik, 614-876-188

Beginner Harmonica

If you have always wanted to learn how to play the harmonica...this is your chance! To insure a great start on your musical journey, you will receive a high quality “10 hole” Easttop Key of C Harmonica. Instructor will collect $20 harmonica fee at the first class. Starting with the basics, you will progressively improve your skill and confidence through instruction, practice and coaching. By the end of the program, you will be entertaining yourself and others by “bending” notes, playing melodies, train sounds, and the c major scale. Enjoy listening to and learning about popular harmonica songs and musicians within every genre of music with emphasis on the “Blues.” Prepare to have fun and learn along the way.

Ages: 55 & up
iPad 101

These lessons are designed for beginners and will cover the very basics from what that round button at the bottom of the iPad does to how you can move or delete an app. Through a four week session, Chris explains 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.

Class Date Day
355105.01  May 30 – Jun 20 Th
Time: 1 - 2pm
Fees: CR $10  SDR/NR $20
Location: Meeting Room 2
Instructor: Chris Welen, Dublin Retirement Consultant

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.

March’s movie on Monday, March 18, is Greenbook.
Dr Don Shirley is a world-class African-American pianist, who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking bouncer from an Italian-American neighborhood in the Bronx. Despite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation. This PG-13 rated film (thematic content, language including racial epithets, smoking, some violence and suggestive material) stars Viggo Mortensen and Mahershala Ali.
Time: 1pm
Running time: 2 hours, 10 minutes
Location: Abbey Theater

April’s movie on Monday, April 22 is Stan & Ollie. Laurel and Hardy – the world’s greatest comedy team – face an uncertain future as their golden era of Hollywood films remain long behind them. Diminished by age, the duo set out to reconnect with their adoring fans by touring variety halls in Britain in 1953. The shows become an instant hit, but Stan and Ollie can’t quite shake the past as long-buried tension and Hardy’s failing health start to threaten their precious partnership. This PG rated drama/comedy stars Steve Coogan and John C. Reilly.
Time: 1pm
Running time: 1 hour, 38 minutes
Location: Abbey Theater

Fresh popcorn available for 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.

March 13  Ordinary Grace  by William Kent Krueger
April 10  Before We Were Yours  by Lisa Wingate
May 8  Where the Crawdads Sing  by Delia Owens

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 2, 2019. You must be a member of the Dublin Community Senior Citizens.
Ages: 55 & up
Class Date Day
257100.01  May 8 – Sep 11  W
Time: 8am – 1pm
You must renew your 2019 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**

**Ageless Grace®**

Ageless Grace® is a cutting-edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain - analytical, strategic, kinesthetic learning, memory/recall, creativity and imagination - and simultaneously addresses all 21 physical skills needed for lifelong optimal function. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind. The movements are designed to be performed seated in a chair. Comfortable attire is required. Exercises are performed in bare feet. You must be a member of the DCSC organization. Ages: 55 & up

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**Exercise Program (low intensity)**

This Arthritis Foundation Aquatic Exercise 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

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**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
256110.01 Apr 12 – May 17 F
Time: 9:45 – 10:45am
Fee: $45

Class Date Day
356110.01 May 31 – Jul 5 F
356110.02 Jul 19 – Aug 23 F
Time: Noon – 1pm
Fee: $45

[See Front Desk Registration Information on Page 2 for Summer classes.]

Location: Avondale NCR, West Wing, 5215 Avery Road
Instructor: Mary Curtis

**Fit for Golf**
The start of golf season is rapidly approaching and it’s time to begin tuning up your body. This 4 part series focuses on balance, body joint mobility, core strengthening and flexibility. Keep the most commonly tight muscle groups loose for the start of golf season. Preparing your body will positively affect your early scores and will decrease the chance of injury.
Class Date Day
256300.01 Apr 2 – 23 Tu
Time: 1:15 – 2pm
Fee: CR $40 SDR/NR $50
Location: Fitness Studio 1
Instructor: Sally Gill

**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 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

**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
256190.01 Mar 30 – Jun 15 Sa
256190.01 Jun 22 – Sep 28 Sa
(No class Aug 3, 24 & 31)

[See Front Desk Registration Information on Page 2 for Summer classes.]

Time: 9 – 11am
Fee: No charge
Location: DCSC 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
256200.01 May 1 – Jun 5 W
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 Apr 22 – May 20 M
Time: 1:30 – 2:15pm
Fee: CR $50 SDR/NR $60

356405.01 Jun 3 – Jul 22 M
(No class June 24 & July 1)
Time: 2:30 – 3:30pm
Fee: CR $60 SDR/NR $70

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
256405.01 Apr 22 – May 20 M
Time: 2:30 – 3:30pm
Fee: CR $50 SDR/NR $60

356405.02 Jul 29 – Aug 19 M
Time: 2:30 – 3:30pm
Fee: CR $40 SDR/NR $50

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
256410.01 Apr 23 – May 21 Tu
Time: 6:30 – 7:30pm
Fee: CR $50 SDR/NR $60

Yoga for Balance

The three essential elements of balance are alignment, strength, and attention. Loretta takes you through a lighthearted exploration of all three. Alignment of the body with gravity is crucial; it makes balance physically possible. Strength gives us the power to create, hold, and adjust alignment. And attention continually monitors alignment so we know how to correct it from one moment to the next. Yoga for Balance incorporates these three elements into poses that reinforce balance and strength. Please bring a bath towel or blanket, small pillow and a yoga sticky mat to each class.

Ages: 50 & up

Class Date Day
256400.01 Jun 24 – Jul 30 W
Time: 10:45 – 11:45am
Fee: CR $50 SDR/NR $60

256400.02 Jul 29 – Aug 19 M
Time: 10:45 – 11:45am
Fee: CR $50 SDR/NR $60
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.

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 DCSC Programming Office at 410-4550, or 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. March 15 and April 19
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. March 22 and April 19
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: Theater Dressing Room 1
Podiatrist: Dr. Craig Cohen, Capital Foot Care Inc.

2019 DCSC ADVISORY BOARD

Executive Committee
President – Bob Seredick
Vice-President – Bruce Book
Treasurer – Pat Breading
Secretary – Joan Margard
Past President – Carl Jaske

Committee Chairs
Charity – Dolores Morris
Food Service – Haeideh Afaghi
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
Mike Dixon
DCSC Program Assistant
Pianist Program
Luncheon 2019
serve 16.
Bring a main dish each month,
Community Hall on the second Monda
and old
11:00
DCSC members may take
DCSC
are open
weekdays, for adults 55
and older. The
designated parking spaces on the north
side of the DCRC allow for easier access . Parking is available from 9am –
5pm weekdays, for adults 55
or 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 / Lounge
are open 9am – 4 pm weekdays.

DCSC Library
DCSC members may take out books for
one month. Books are shelved
alphabetically by the last name of the
author. The library accepts new or gently
used current books.

DCSC Monthly Luncheon/Meeting
11:00 Dublin area residents meet 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.

2019
Luncheon/Meeting
Program
Pianist at 11:00am
March: Vivian Wistner
April: Wilma Snyder

11:20 People with disabilities or needing
assistance are called to go through the
buffet lines.
11:30 President Bob Seredick calls
individual tables. Please wait until your
number table 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

Special Luncheon/Meeting Notes:
If bringing pies or cakes to the monthly
luncheon, please pre-cut them at home.
This makes it easier for the food committee
workers to serve. When going through the
buffet line, be considerate of those going
to the end. Take only enough for
one plate, including 1 main entrée item.
No carry out please!
Not everyone likes to eat at a shared meal.
You can still attend the monthly
luncheon/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.

Free DCSC Membership
DCSC memberships are awarded to those
age 90 or older. 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
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.

Former DCSC member Art Hall passed
going on Sunday, February 17.
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.
Dublin Chamber of Commerce & Leadership Dublin Community Service Day Saturday, May 4 8:30 a.m. to Noon


WHAT IS COMMUNITY SERVICE DAY?
Community Service Day brings together volunteers of all ages to help area senior citizens, Dublin schools and local non-profit organizations with spring clean-up and outdoor projects, such as:

- Weeding
- Mulching
- Planting Flowers
- Yard Clean Up

Please note that if resources are needed to do the job (mulch, flowers, etc.), you must supply the materials.

HELP IDENTIFY THOSE IN OUR COMMUNITY IN NEED
If you know a senior citizen, non-profit organization or resident in need who could benefit from Community Service Day, call the Chamber at 614-889-2001.

VOLUNTEER AT THIS FUN COMMUNITY EVENT!
Volunteers of all ages are needed and welcome! So, volunteer individually, with your family – or coordinate a group from work or your neighborhood. Online volunteer registration is now open for both individuals and teams at www.DublinChamber.org/CSD.

Saturday, March 16, 2019 begins with the Lion’s Club Pancake Breakfast, gains momentum with the Inflation Celebration, and officially kicks off with the Greenest, Grandest Parade! In addition, restaurants and shops in historic Dublin will feature specials and live entertainment.

Approximately 110 units including marching bands, clowns, floats and giant balloons are featured in the parade before an estimated crowd of 20,000 guests.

Schedule
7 – 11 a.m. Pancake Breakfast
Presented by the Lion’s Club Sells Middle School, 150 W Bridge St
9:30 a.m. Inflation Celebration
Presented by the City of Dublin Graeter’s Ice Cream, 6255 Frantz Rd
11 a.m. Parade
Presented by the City of Dublin Metro Center through Historic Dublin

https://dublinohiousa.gov/events/parade-faqs/