



# DCSC

## MARCH/APRIL 2019

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

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.



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 6am  
Online only registration begins for Dublin Residents and Dublin City School District Residents

Tuesday, March 26 starting at 6am  
Online registration begins for Non-Residents

starting at 10am  
Walk-in, phone registration begins for Dublin and Dublin City School District Residents

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

## **HIGHLIGHTS**

### **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: 2pm

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.

### **Laughter and Happiness**

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: 2-3:30pm

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 – 4pm: play

Fee: \$1, must be member of DCSC organization, pre-registration required by March 8.

Location: DCSC Lounge

### **Tuesday, March 19 – Tuesday Talks**

#### **Honoring Eleanor Roosevelt**

Anna Eleanor Roosevelt was born into New York City society in 1884, yet her childhood and even her marriage had more than their share of tragedy and disappointment. Her inspiring story shows how Eleanor Roosevelt overcame obstacles to become a remarkable First Lady, an internationally-respected diplomat and stateswoman, as well as the most consequential American woman of the 20<sup>th</sup> century. A 15 minute film titled *Close to Home* is included in this presentation.

Refreshments sponsored by Dublin Retirement Village.

Time: 2pm

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 1:30pm

Saturday, March 23 3pm

Sunday, March 24 3pm

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 9:45am**

### **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: 2pm

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



Location: Talla 2

Speaker: Marianne Christman, Owner  
FirstLight Home Care, LPN, CDP, PACIT,  
Ageless Grace Certified Trainer

### **Thursday, March 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.

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

### **Friday, March 29 – 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.

### **Tuesday, April 2 – 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.

Time: 2- 3pm

Fee: No charge, pre-registration is required through the DCSC Programming Office  
Location: Talla 2  
Speaker: Judy Hirschfeld

### **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!

### **Thursday, April 11 – 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 1  
Speaker: Barbara Ray, Nature Education Coordinator

### **Thursday, April 11 – 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.

Time: 2-3:30pm

Fee: No charge, pre-registration is required through the DCSC Programming Office  
Location: Talla 2

Moderator: Stephanie Jursek, Older Adult Program Coordinator, Syntero/Dublin Counseling Center

### **Tuesday, April 16 – Art History Impressionism: From Manet to Monet**

The Impressionists forged a new way of painting and looking at the natural world. They challenged historical conventions that stood for centuries and created a new vision based on direct observation, bold brush strokes, high keyed color, and a keen awareness of the science of perception. The art of Manet, Monet, Degas, and Renoir are featured.

Refreshments sponsored by Treplus Communities.

Time: 2pm

Fee: No charge, pre-registration is required through the DCSC Programming Office  
Location: Talla 2

Speaker: Sean Crum, Art Historian and Professional Artist

### **Wednesday, April 17 – The Holistic Woman- 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® CDFIA® 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 Convallarium 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 The Forum at Knightsbridge.

Time: 2pm

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

Location: Talla 2

Speaker: Kimberly Pierpont, RD

## **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	Date	Day
252105.03	May 6 – Jun 10	M
(No class May 27)		

Time: 10am – noon

Class	Date	Day
252105.04	May 6 – Jun 10	M
(No class May 27)		

Time: noon – 2pm

Fee: CR \$75 SDR/NR \$85

Location: Ceramics Studio

Instructor: Stacey Bestt

### **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
252111.01	Apr 17 – May 22	W

Time: Noon – 3pm

Fee: CR \$50 SDR/NR \$60; must be a member of the DCSC organization.

Class	Date	Day
352111.01	Jun 5 – Jul 10	W

Time: Noon – 3pm

Fee: CR \$50 SDR/NR \$60; must be a member of the DCSC organization.



Class Date Day  
 352111.02 Jul 24 – Aug 14 W  
 Time: Noon – 3pm  
 Fee: CR \$35 SDR/NR \$45; must be a member of the DCSC organization.

Location: Ceramics Studio  
 Moderator: Jerry Decker  
 ➤See Front Desk Registration Information on Page 2 for Summer classes.

### 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  
 252120.01 Apr 11 – May 23 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  
 252130.01 Apr 9 – May 21 Tu  
 Time: 11am – 12:30pm  
 Fee: CR \$65 SDR/NR \$75  
 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  
 252131.01 Apr 9 – May 21 Tu  
 Time: 3 - 4:30pm  
 Fee: CR \$65 SDR/NR \$75  
 Location: Arts & Crafts Room  
 Instructor: Donna Gleditsch

### Intermediate Drawing



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

Ages: 55 & up  
 Class Date Day  
 252132.01 Apr 8 – May 20 M  
 Time: 2 - 3:30pm  
 Fee: CR \$65 SDR/NR \$75  
 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  
 252133.01 Apr 8 – May 20 M  
 Time: 12:30 – 2pm  
 Fee: CR \$65 SDR/NR \$75  
 Location: DCSC Lounge  
 Instructor: Donna Gleditsch

### 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.

Ages: 55 & up  
 Class Date Day  
 352134.01 Jun 3 – Jul 15 M  
 Time: 12:30 – 2pm  
 Fee: CR \$70 SDR/NR \$80  
 Location: DCSC Lounge  
 Instructor: Donna Gleditsch

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

### 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 May 3 - 24 F  
 Time: 10:30am – 12:30pm  
 Fee: CR \$40 SDR/NR \$50  
 Location: DCSC Lounge  
 Instructor: Donna Gleditsch

### Investigating Color

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



Ages: 55 & up  
 Class Date Day  
 352137.01 Jun 3 – Jul 15 M

Time: 2:30 – 4pm  
 Fee: CR \$70 SDR/NR \$80  
 Location: DCSC Lounge  
 Instructor: Donna Gleditsch

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

### 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.

Ages: 18 & up  
 Class Date Day  
 352138.01 Jul 17 W

Time: 1 – 3pm  
 Fee: CR \$24 SDR/NR \$34  
 Location: Scioto Park, Central Shelter  
 Instructor: Donna Gleditsch

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

### 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  
 252140.01 Apr 11 – May 23 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, and experiment 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  
 252141.01 Apr 9 – May 21 Tu

Time: 1 - 3pm  
 Fee: CR \$70 SDR/NR \$80  
 Location: Arts & Crafts Room  
 Instructor: Donna Gleditsch

### 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.

Ages: 55 & up  
 Class Date Day  
 352142.01 Jun 4 – Jul 16 Tu

Time: 1 – 3pm  
 Fee: CR \$70 SDR/NR \$80  
 Location: DCSC Lounge  
 Instructor: Donna Gleditsch

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

### 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.

Ages: 55 & up  
 Class Date Day  
 252152.01 Apr 12 F

Time: 1 – 6pm  
 Fee: CR \$40 SDR/NR \$50  
 Location: DCRC, Classrooms A & B  
 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, April 1  
 Time: 10am  
 Location: Senior Lounge  
 Moderator: Ellen Ann Farrar, 614-684-8648

### Dublin Senior Players

Theater troupe members learn skills leading up to Dublin Senior Players productions. Whether acting, writing or working behind the scenes, talents of all kinds are welcome. For more information, please contact Michael Schirtzinger at 614.410.4554.

Days: Wednesdays  
 Time: 1 – 4pm  
 Ages: 55 & up  
 Location: Abbey Theater



### *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

### 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

### 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, pre-registration is required through the DCSC Programming Office.

Location: DCSC Lounge

Leader: Anne Farley, The Ganzhorn Suites Specialized Memory Care

➤Next meeting...Wednesday, April 3

### 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 (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, 614-760-5554 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 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 Kosciak, 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



Class Date Day  
 154200.01 Mar 13 – Apr 17 W  
 Time: 1 - 2pm  
 Fee: CR \$40 SDR/NR \$50  
 Location: Meeting Room 1  
 Instructor: Jim Snider, Harmonica  
 Enthusiast

### 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 Village  
 ➤See Front Desk Registration Information on Page 2 for Summer classes.

### 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...

**Monday, March 25**  
***Don't Screw Around with the Nukes!***  
 Speaker: Bob Lewis

**Monday, April 29**  
***Service and Young Marines***  
 Speaker: Julie Yesnick

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.**

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.  
 ➤Next meeting...

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

Location: DCSC 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: \$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





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

Location: Safari Golf Club, 4853 Powell Road, Powell OH 43065, 614.645.3444  
**League kick-off meeting: Wednesday, April 24 at 10am in Talla 2 & 3**

► **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

Class	Date	Day
256180.01	Mar 29 – Apr 19	F
256180.02	May 3 – 24	F

Class	Date	Day
356180.01	Jun 7 - 28	F
356180.02	Jul 12 – Aug 9	F

(No class August 2)

► **See Front Desk Registration Information on Page 2 for Summer classes.**

Time: 10 – 10:45am  
 Fee: CR \$10 SDR/NR \$20  
 Location: Senior Lounge  
 Instructor: Marianne Christman, Owner, FirstLight Home Care, LPN, CDP, PACIT, Ageless Grace Certified Trainer

**Senior Adult Fitness Orientation**

Regular exercise is important for the physical and mental health of everyone, including older adults. Exercising regularly can produce long-term health benefits, improve the health of older adults living with disease or disability, and help maintain independence. A Senior Adult Fitness Orientation provides individuals or small groups an introduction to the fitness floor, an opportunity to learn specific recommendations and the benefits of exercise for older adults, and a chance to become familiar with various forms of exercise to improve cardiovascular fitness, strength, and flexibility. Senior Adult Fitness Orientations are dependent on staff availability and are free to DCRC pass holders. Appointments are made by scheduling with a fitness attendant at the DCRC or by calling 614-410-4550.

**Arthritis Foundation Aquatic Exercise Program (low intensity)**

This Arthritis Foundation program is designed to safely keep your joints moving and improve your sense of well-being, without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from a trained instructor, help you gain strength and flexibility. All instructors are certified through the Arthritis Foundation. You must purchase a Fitness Pass to participate. For Fitness Pass information and cost, see the current Recreation Services Brochure. For current class times, see the water fitness class schedule at the Front Desk.

**Burlesque**



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

Ages: 55 & up

Class	Date	Day
256100.01	Apr 4 - 25	Th

Time: 2 – 2:45pm  
 Fee: CR \$40 SDR/NR \$50  
 Location: DCRC, Abbey Theater  
 Instructor: Sara

**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
256105.01	Apr 12 – May 17	F

Time: 11 am-noon  
 Fee: \$45

Class	Date	Day
356105.01	May 31 – Jul 5	F
356105.02	Jul 19 – Aug 23	F

Time: 11 am-noon  
 Fee: \$45

► **See Front Desk Registration Information on Page 2 for Summer classes.**

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
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

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
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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

Class	Date	Day
356190.01	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



Class	Date	Day
356200.01	Jun 12 – Jul 24	W

(No class July 3)

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

Time: 7 – 8:30pm  
 Fee: CR \$56 SDR/NR \$66  
 Location: DCSC Lounge  
 Instructor: Scott Sonnenberg

### 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
256403.01	Apr 22 – May 20	M

 Time: 1:30 – 2:15pm  
 Fee: CR \$50 SDR/NR \$60

Class	Date	Day
356403.01	Jun 3 – Jul 22	M

(No class June 24 & July 1)

Time: 1:30 – 2:15pm  
 Fee: CR \$60 SDR/NR \$70  
 ➤See Front Desk Registration Information on Page 2 for Summer classes.

Class	Date	Day
356403.02	Jul 29 – Aug 19	M

Time: 1:30 – 2:15pm  
 Fee: CR \$40 SDR/NR \$50  
 ➤See Front Desk Registration Information on Page 2 for Summer classes.

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
256405.01	Apr 22 – May 20	M

 Time: 2:30 – 3:30pm  
 Fee: CR \$50 SDR/NR \$60

Class	Date	Day
356405.01	Jun 3 – Jul 22	M

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

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

Class	Date	Day
356405.02	Jul 29 – Aug 19	M

Time: 2:30 – 3:30pm  
 Fee: CR \$40 SDR/NR \$50

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

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

### 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: 40 & up  

Class	Date	Day
256412.01	Apr 25 – May 23	Th

Fee: CR \$50 SDR/NR \$60  
 Time: 7 - 8pm  
 Location: DCSC Lounge  
 Instructor: Loretta Zedella

### 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  
 Location: DCSC 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
256400.01	Apr 24 – May 22	W

 Time: 10:45 – 11:45am  
 Fee: CR \$50 SDR/NR \$60

Class	Date	Day
356400.01	Jun 5 – Jul 24	W

(No class June 26 and July 3)  
 Time: 10:45 – 11:45am  
 Fee: CR \$60 SDR/NR \$70  
 ➤See Front Desk Registration Information on Page 2 for Summer classes.



Class Date Day  
 356400.02 Jul 31 – Aug 21 W  
 Time: 10:45 – 11:45am  
 Fee: CR \$40 SDR/NR \$50  
 ➤ See Front Desk Registration  
**Information on Page 2 for Summer classes.**

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 & 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, April 1  
 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, March 18 and April 15

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 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 Breeding  
 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

### 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 / 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 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

### 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 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 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 away 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.





*Sara Baran  
Ann Barnhart  
Linda Bonini  
Mary Cantu  
Dennis Caplinger  
Noula Contakis  
Jerry Decker  
Mildred Disko  
Brian Dundon  
Patricia Durjawa  
John Fawcett  
Carol Fratianne  
Jean Gaunt  
Marilyn Grossi  
Larry Hanchin  
Robert Hartman  
Thomas Ketzer  
Elaine Koelbel  
Richard Koelbel  
Diane Langner  
Jay Matthews  
Barbara Mirbach  
Dal Nett  
Teresa O'Brien  
Patrick Pesta  
Jeanne Phelps  
Mary Lou Schostek  
Maureen Severns  
Helene Simon  
Mary Ann Smiley  
Dale Smith  
Albert Still  
Naomi Tokar  
Clyde Welch  
Ed Whiteman*



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://dublinhiousa.gov/events/parade-faqs/>

## Dublin Chamber of Commerce & Leadership Dublin Community Service Day Saturday, May 4 8:30 a.m. to Noon

Are you a senior citizen who needs help with outdoor spring clean-up projects?

Let volunteers help you for FREE on Community Service Day – May 4, 2019! To register your home as a job site, call the Dublin Chamber of Commerce at 614-889-2001.

### 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](http://www.DublinChamber.org/CSD).**



