



DCSC **AUGUST/SEPTEMBER 2019**

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

Welcome to our luncheon/meeting on Monday, August 12. Friends start gathering at 11am. The City of Dublin is sponsoring this month's entrée of pulled pork sandwiches (with optional BBQ sauce).

Please bring a dish to complement.

Program entertainment begins at 12:30 pm.

Let's celebrate the lazy days of summer with the musical duo of Gary and Linda Sclafani. The Sclafanis perform songs of summer including hits like "Under the Boardwalk" and "Summertime".

The next luncheon/meeting is Monday, September 9. Friends start gathering at 11am. Sunrise of Dublin is sponsoring this month's entrée of Chicken Marsala.

Please bring a dish to complement.

Program entertainment begins at 12:30 pm.

Counterpoint is an acoustic duo performing songs primarily from the 60's and 70's with a strong emphasis on vocal harmony. Counterpoint's unique sound and tight harmonies always seem to have a crowd smiling and singing along.



Look under "General Information" on Page 12 for more information on the monthly luncheon/meeting, including an event time schedule.

Special Notes

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

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

Membership requirement is age 55 years and older. The membership fee for Dublin

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

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

The Dublin Community Recreation Center is closed Saturday, August 24 through Monday, September 2 (Labor Day) for annual cleaning and maintenance. The Rec Center reopens on Tuesday, September 3 at 5:30am. The DCSC Programming Office and Lounge reopen at 9am on that day. Front Desk is staffed for phone calls that Monday – Friday, 8am – 5pm.

Front Desk

Registration Information for Fall Classes:

Monday, Aug. 26 starting at 6am
Online only registration for Dublin residents and City School District residents.

Tuesday, Sept. 3 starting at 6am
Online registration for nonresidents.
Walk-in registration for Dublin and City School District residents starting at 10am.
Phone registration for Dublin and City School District residents.

Wednesday, Sept. 4
Open registration for all



HIGHLIGHTS

Thursday, August 15 – How the Brain Works

Your brain contains billions of nerve cells arranged in patterns that coordinate thought, emotion, behavior, movement and sensation. ... While all the parts of your brain work together, each part is responsible for a specific function — controlling everything from your heart rate to your mood.

Dr. Douglas Scharre is the Director of the Division of Cognitive Neurology and Medical Director, Neurobehavior and Memory Disorders Clinics at The Ohio State Wexner Medical Center.

Dinner sponsored by Ganzhorn Suites Specialized Memory Care. Pre-registration deadline is August 12.

Time:

6-6:30pm Check-in and
 Dinner

6:30-7:30pm Presentation

Fee: No charge, Pre-registration is required by calling Anne Farley, The Ganzhorn Suites, 614.398.9333 or via email

CRD.Powell@ganzhorn.com

Locations:

Dinner - Talla 1

Presentation - Abbey Theater

Friday, August 16 – Lunch Bunch at La Herradura

Bienvenidos! At La Herradura they focus on giving their clients the best service and the best quality of food keeping the taste and ingredients to make you feel like you are visiting Mexico for lunch. Average lunch menu cost is \$8 - \$9. We recommend heading to www.HerraduraRestaurant.com to preview their lunch menu.

Our Lunch Bunch meets 11:30am at 5855 Frantz Road, Dublin. Please sign up so that we may give the restaurant an accurate count.

Monday, August 19 – DCSC Advisory Board Meeting

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

Location: Meeting Room 2

Tuesday, August 20 – Tuesday Talks Axis Sally: Ohio Wesleyan's Most Notorious and Least Understood Alum

During World War II, an American woman broadcast Nazi propaganda from a Berlin studio to Allied troops, who dubbed her "Axis Sally," but her real name was Mildred Gillars. Two decades earlier she had attended Ohio Wesleyan. Three decades later, she was living and teaching in a convent in Columbus when she returned to Delaware to receive her degree. Learn of her tragic but true saga from Professor Michael Flamm, Professor of History and author of *In the Heat of the Summer: The New York Riots of 1964 and the War on Crime*.

Refreshments sponsored by Dublin Retirement Village.

Time: 2pm

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

Location: Talla 2

Speaker: Professor Michael Flamm, Modern U.S. History, Ohio Wesleyan University

Thursday, August 22 – 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

Thursday, September 5– Family History

Writing down one's life story can be very powerful. There is no better way to preserve the stories of a life well lived for the family, the grandchildren, the next generations than the autobiographical account of the details that mattered to the one who lived it. Documentation of your and your family's medical history is an important step in the process. Family

History also looks at how to create a family tree writing down all the pertinent names, locations and dates. JP shares significant websites for genealogical information collection. Final consideration is given to safely storing your family history. If able, please bring your personal laptop or iPad with you to use.

Time: 10 – 11am

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

Location: Meeting Room 1

Leader: JP Valiulis, Owner/Operator

Right at Home In Home Care & Assistance

Thursday, September 12 – Seasons of Grief

"Shall I wither and fall like an autumn leaf, From this deep sorrow - from this painful grief?

How can I go on or find a way to be strong?

Will I ever again enjoy life's sweet song?"...

How does grief affect our bodies and what can we do to overcome its physical health-damaging symptoms? Journeying through the loss of loved ones (spouses, family, friends and pets).

Time: 2-3:30pm

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

Location: Talla 2

Presenter: Victoria Larsen, Older Adult Program Coordinator, Syntero/Dublin Counseling Center

Poet: Belinda Stotler

Friday, September 13 – Progressive O.S.U. Buckeye Brunch

It's time to kick off another Buckeye football season with a progressive tailgate brunch. Depart the DCRC to visit The Sanctuary at Tuttle Crossing, Brookdale Muirfield, The Convalarium of Dublin, Dublin Assisted Living & Memory Support and Dublin Retirement Village. Expect a lot of food, surprises and giveaways. Go Bucks!

Limit: 30

Time: 9am – 12:15pm



Fee: No charge, pre-registration is required through the DCSC Programming Office. You must be a member of the DCSC organization.

Meeting Location: Senior Lounge

Tuesday, September 17 –

Tuesday Talks

Flight 93 – Real American Heroes

Listen to the story, hour by hour, of one of the four planes hijacked by terrorists and used to attack America on September 11, 2001. It is the only one of the four planes that did not accomplish its mission. Learn about how the brave passengers of Flight 93 sacrificed their lives so that other Americans could live. A chilling reminder of 9/11 and how shocking that day was for all of us. It's Americans at their finest.

Refreshments sponsored by Dublin Retirement Village.

Time: 2pm

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

Location: Talla 2

Speaker: Van Young

Wednesday, September 18 –

Medicare Check-up Day

Medicare open enrollment is right around the corner! Confused about changes in Medicare? Want to know how to compare Medicare coverage options for 2020?

Kendra Burford from the OSHIIP program at the Ohio Department of Insurance covers any upcoming Medicare changes, as well as how to check up on your Medicare coverage to make sure it is the best for your situation.

Time: 2pm

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

Location: Talla 3

Friday, September 20 -

Lunch Bunch at

Firebirds Wood Fired Grille

Firebirds Wood Fired Grill is an American Restaurant and Steakhouse serving authentic wood-fired steaks and seafood. Their menu includes gluten free and vegetarian friendly options.

Average per person including entrée, drink, tax and tip is \$15 - \$18.

We recommend heading to

<https://columbus.firebirdsrestaurants.com/>

to preview their lunch menu.

Our Lunch Bunch meets 11:30am at 8760 Sancus Blvd. Across the street of Polaris Fashion Place on the corner of Sancus Blvd and Polaris Parkway right in front of Kroger. Please sign up so that we may give the restaurant an accurate count.

Monday, September 23–

DCSC Advisory Board Meeting

This meeting is a potluck at the home of Pat Breeding. Directions to her home are available in the DCSC Programming Office. The meeting begins at 10:30am followed by lunch. Fried chicken entrée is sponsored by the City of Dublin.

Tuesday, September 24 –

HealthWise Lecture

Mindfulness

Mindfulness means paying attention, on purpose, without judgement, and with kindness and compassion. It means noticing what's happening inside your mind, body, environment and relationships. Jessica explains mindfulness and then leads you through experiential practice to integrate the learning. Learn about how mindfulness practice can support your well-being.

Time: 2pm

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

Location: Talla 1

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

Wednesday, September 25 -

The Quality of Life Series –

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:

- **Feed Your Head – Nutrition for Your Brain** as food can promote a positive mood and prevent cognitive decline as we age.
- **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 us in our various roles and life transitions.

Moderator Victoria Hayward

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

Lori Chong, MBA, Certified Diabetes Educator, Registered Dietitian Nutritionist, Licensed Dietitian, Integrative and Functional Nutrition Certified Practitioner with OSU Family Medicine & Integrative Medicine

Time:

6pm Refreshments sponsored by Dublin Retirement Village

6:30-8:30pm Presentations

Fees: No charge, pre-registration required by calling 614.410.4579

Location: Abbey Theater & Atrium

Thursday, September 26 –

Coffee Concerto

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



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



Friday, September 27 – Senior Prom – A Golden Life

When is the last time you got dressed up? Come out for an evening you won't forget as we celebrate *A Golden Life*. Enjoy lite appetizers, dessert, and wine. Dance to the greatest hits performed by the Russell Blue Band. An amazing experience while also contributing to the Alzheimer's Association. Of course, no prom would be complete without a King and Queen.
 Ages: 55 & up
 Time: 6-9pm
 Fee: \$25 (per person) **RSVP at dublinseniorprom.eventbrite.com**
 Location: Community Hall
 Sponsors: Assisted Living Locators West Columbus, TrulyLivin, and The City of Dublin

ARTS – CREATIVE & PERFORMING

Fall Leaves Workshop



Gold, Reds, Browns, Yellows ---beautiful fall colors to catch the eye and warm the heart! Create beautiful table top additions to adorn your home. No experience necessary. All materials provided.
 Class Date Day
 452143.01 Sep 20 F
 Time: 1 – 2:30pm

Fee: \$5
 Location: Meeting Room 2
 Instructor: Marion Durham, Director of Sales and Marketing, Polaris Retirement Community

Beginner/Intermediate Pottery

For both new and experienced ceramics students of all skill levels. New students begin with the basics of clay hand building techniques such as pinch pots, slab rolling and coils. Textures, color, shape and differing styles are introduced as well as glazing and finishing techniques. Time permitting we work on the basics of throwing on the potter's wheel.

Experienced students can continue to refine their skills and work on ceramic projects of their own choice. *All supplies are included in the fee, including firings done by the on-site instructor.*

Ages: 55 & up
 Class Date Day
 452105.01 Sep 9 – Oct 14 M

Class Date Day
 452105.02 Nov 4 – Dec 9 M

Time: 10am – noon
 Fee: CR \$89 SDR/NR \$99

Location: Ceramics Studio
 Instructor: Stacey Besst
 >See Front Desk Registration Information on Page 1 for Fall programs.

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
 452111.01 Sep 11 – Oct 16 W
 452111.02 Oct 30 – Dec 11 W
 (No class Nov 27)

Time: Noon – 3pm
 Fee: CR \$50 SDR/NR \$60; must be a member of the DCSC organization.
 Location: Ceramics Studio
 Moderator: Jerry Decker
 >See Front Desk Registration Information on Page 1 for Fall programs.

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
 452120.01 Oct 10 – Dec 5 Th
 (No class Nov 28)

Time: 2:30 – 4:30pm
 Fee: CR \$80 SDR/NR \$90
 Location: Arts & Crafts Room
 Instructor: Donna Gleditsch
 >See Front Desk Registration Information on Page 1 for Fall programs.

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
 452130.01 Oct 8 – Dec 3 Tu
 (No class Nov 26)

Time: 11am – 12:30pm
 Fee: CR \$80 SDR/NR \$90
 Location: Arts & Crafts Room
 Instructor: Donna Gleditsch
 >See Front Desk Registration Information on Page 1 for Fall programs.



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
452131.01	Oct 8 – Dec 3	Tu
(No class Nov 26)		

Time: 3 - 4:30pm

Fee: CR \$80 SDR/NR \$90

Location: Arts & Crafts Room

Instructor: Donna Gleditsch

➤See Front Desk Registration Information on Page 1 for Fall programs.

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
452132.01	Oct 7 – Dec 2	M
(No class Nov 25)		

Time: 2 - 3:30pm

Fee: CR \$80 SDR/NR \$90

Location: DCSC Lounge

Instructor: Donna Gleditsch

➤See Front Desk Registration Information on Page 1 for Fall programs.

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
452133.01	Oct 7 – Dec 2	M
(No class Nov 25)		

Time: 12:30 – 2pm

Fee: CR \$80 SDR/NR \$90

Location: DCSC Lounge

Instructor: Donna Gleditsch

➤See Front Desk Registration Information on Page 1 for Fall programs.

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
452140.01	Oct 10 – Dec 5	Th
(No class Nov 28)		

Time: 12:30 – 2:30pm

Fee: CR \$80 SDR/NR \$90

Location: Arts & Crafts Room

Instructor: Donna Gleditsch

➤See Front Desk Registration Information on Page 1 for Fall programs.

Intermediate Watercolor



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

Ages: 55 & up

Class	Date	Day
452141.01	Oct 8 – Dec 3	Tu
(No class Nov 26)		

Time: 1 - 3pm

Fee: CR \$80 SDR/NR \$90

Location: Arts & Crafts Room

Instructor: Donna Gleditsch

➤See Front Desk Registration Information on Page 1 for Fall programs.

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 receive a high quality "10 hole" Easttop Key of C Harmonica. Instructor collects the \$20 harmonica fee at the first class. Starting with the basics, you progressively improve your skill and confidence through instruction, practice and coaching. By the end of the program, you are entertaining yourself and others by playing a song of personal choice, along with a popular Irish tune, and an all-time favorite, "Happy Birthday." Learn to play special effects like vibratos, warbles, trills, "wa wa's" train whistles, chugs, and "bending" notes. 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
454200.01	Oct 30 – Dec 4	W
(No class Nov 27)		

Time: 1 - 2pm

Fee: CR \$50 SDR/NR \$60

Location: Meeting Room 1

Instructor: Jim Snider, Harmonica

Enthusiast

➤See Front Desk Registration Information on Page 1 for Fall programs.

Beginner Harmonica 2



Open to those who attended Beginner Harmonica or with basic skills of play. We build speed, confidence, and musicality playing team songs, the mid octave C scale, and special effects (vibrato, bending, etc.) New team songs are selected to practice and master. Learn "riffs" that can accompany the 12-bar blues rhythm. Learn to play the 3rd octave of the C scale in 1st position and the pentatonic blues scale in the 2nd position. Review tongue blocking and learn to play "octaves". Please bring your harmonica in the key of "C". A



harmonica in the key of “A” is recommended but not required. Prepare to have fun listening and learning about popular harmonica songs and musicians while increasing your harp skills.

Ages: 55 & up

Class	Date	Day
454201.01	Oct 28 – Dec 2	M
(No class Nov 25)		

Time: 1 - 2pm

Fee: CR \$50 SDR/NR \$60

Location: Meeting Room 1

Instructor: Jim Snider, Harmonica Enthusiast

➤See Front Desk Registration Information on Page 1 for Fall programs.

Dublin Harmonicans Jam Session



Students from the Beginner Harmonica class are gathering for a jam session. All harmonica players are welcome to join in the fun.

Time: 4:30 – 5:30pm

Ages: 55 & up

Location: DCSC Lounge

➤Next meeting... Monday, August 19 and September 16

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... Tuesday, September 3

Time: 10am

Location: Senior Lounge

Moderator: Ellen Ann Farrar, 614-684-8648

Dublin Senior Players

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

Days: Wednesdays

Time: 1 – 4pm

Ages: 55 & up

Location: Abbey Theater

Dublin Shamrockettes

This line dancing troupe performs at various senior adult centers, communities and events throughout Columbus.

Choreography is developed and practiced during the weekly meeting time.

Participants must be current members of the Dublin Community Senior Citizens organization. For more information, contact the Senior Adult Programming Office at 614-410-4550.

Ages: 55 & up

Days: Time:

Mondays 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, September 4

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: Aug 12, 19 & 22 and September 5, 9, 16 & 26

Time: 10am - noon

Fee: No charge

Location: DCSC Lounge

Moderator: Marlaina Holman, 614-467-9888

Rummikub

If you like Rummy, then you'll love Rummikub, a competitive game played with tiles instead of cards. The tiles are used to make runs of like colors and groups of like numbers. The ultimate goal is using all of your tiles before your opponents.

This game can be played with 2, 3 or 4 players. We play a friendly game that is easy to learn. New players are welcome.

Day: Thursdays Time: 1 – 3pm

Fee: No charge

Location: DCSC Lounge

Moderator: Janet Kosciak, 614-876-1881

Military Round Table

We're looking for veterans of the WWII, Korea, Vietnam, Desert Storm, Iraq and Afghanistan conflicts to share their war experiences. Future generations should know and appreciate what America's men and women in the military service endured

to protect their country. Maybe you have a story or two to share. Speakers and video documentaries are periodically used to stimulate discussion. Do you know of any guest speakers who would be interested in speaking at one of our upcoming military programs? Please contact the Senior Adult Programming Office at 614.410.4550.

Refreshments sponsored by Mayfair Village.

Moderator: Jeff Noble

➤Next meeting...

Monday, August 19

Young Marines

Speaker: Susan Daood, Retired USMC, (MSG)

Monday, September 30

TBA

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.

By popular request, August's movie on

Monday, August 19 is

Bohemian Rhapsody. *Bohemian Rhapsody* is a foot-stomping celebration of Queen, their music and their extraordinary lead singer Freddie Mercury. Freddie defied stereotypes and shattered convention to become one of the most beloved entertainers on the planet. The film traces the meteoric rise of the band through their iconic songs and revolutionary sound. They reach unparalleled success, but in an unexpected turn Freddie, surrounded by darker influences, shuns Queen in pursuit of his solo career. Having suffered greatly without the collaboration of Queen, Freddie manages to reunite with his bandmates just in time for Live Aid. While bravely facing a recent AIDS diagnosis, Freddie leads the band in one of the greatest performances in the history of rock music. Queen cements a legacy that continues to inspire outsiders, dreamers and music lovers to this day.

This PG-13 rated drama (thematic elements, suggestive material, drug content and language) stars Oscar-winner Rami Malek, Lucy Boynton and Gwilym Lee.

Time: 1pm

Running time: 2 hours, 13 minutes

Location: Abbey Theater

September's movie on **Monday, September 23**, is ***POMS***.

POMS is an uplifting comedy about Martha, a woman who moves into a retirement community and starts a cheerleading squad with her fellow residents, Sheryl, Olive and Alice, proving that it's never too late to follow your dreams. This PG-13 rated comedy (for some language/sexual references) stars Diane Keaton, Jacki Weaver, Pam Grier and Rhea Perlman.

Time: 1pm

Running time: 1 hour, 32 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...

August 14 ***Anne of Green Gables***
by L. M. Montgomery

September 11 ***The Last Castle***
by Denise Kiernan

October 9 ***Where the Crawdads Sing***
by Delia Owens

Time: 10am

Location: DCSC Lounge

Moderators: Sharon Faulkner, 614-790-0481 and Sally Hosken, 614-504-5371.



SPORTS

Bowling

Meet for a morning of exercise and social fun as we try this favorite American pastime. There are four people to a team. No partner needed.

Ages: 55 & up

Day: Mondays

Time: 9am

Fee: \$8 for 3 games; shoe rental available for \$4 + tax; shoe purchase recommended

Location: AMF Sawmill Lanes,
4825 Sawmill Road

Moderator: Bob Karrer, 614-889-8478

DCSC Golf League

Calling all golf enthusiasts. It's time to hit the greens for nine holes of "tee-rific" play. The program is open to both men and women. League roster and information is sent to participants before the first week of play. *You must be a member of the Dublin Community Senior Citizens. The DCSC Golf League Recognition Luncheon is Wednesday, October 2, 2019.*

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

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
456180.01	Sep 13 – Oct 4	F

Class	Date	Day
456180.02	Oct 18 – Nov 8	F

Time: 10 – 10:45am

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

Location: DCSC Lounge

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

➤See Front Desk Registration Information on Page 1 for Fall programs.

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 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 confident and beautiful woman inside of you. Wear comfortable clothing and sneakers.

Ages: 55 & up

Class	Date	Day
456100.01	Sep 19 – Oct 31	Th

(No class Oct 24)

Time: 2 – 2:45pm

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

Location: Abbey Theater

Instructor: Sara Cannon

➤See Front Desk Registration Information on Page 1 for Fall programs.

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
456105.01	Sep 13 – Oct 18	F

Class	Date	Day
456105.02	Nov 1 – Dec 13	F
	(No class Nov 29)	

Time: 11 am-noon
Fee: \$45
Location: Avondale NCR, West Wing, 5215 Avery Road
Instructor: Mary Curtis
➤See Front Desk Registration Information on Page 1 for Fall programs.

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
456110.01	Sep 13 – Oct 18	F

Class	Date	Day
456110.02	Nov 1 – Dec 13	F
	(No class Nov 29)	

Time: Noon – 1pm
Fee: \$45
Location: Avondale NCR, West Wing, 5215 Avery Road
Instructor: Mary Curtis
➤See Front Desk Registration Information on Page 1 for Fall programs.

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
Fridays (Beginner/Improver) Time
1:05 – 3:05pm

Instructor: Lynne Herman
Fee: \$3 per class
Location: Fitness Studio 1
Day
Sundays (Beginner/Improver) Time
11:45am – 1:45pm

Instructor: David Herman
Fee: \$3 per class
Location: Fitness Studio 1

Sundays (Advanced) 2:00 – 3:30pm
Instructor: Lynne Herman
Fee: \$3 per class
Location: Fitness Studio 1

Falun Dafa

Falun Dafa (or Falun Gong) is an ancient meditation practice consisting of five sets of easy-to-learn gentle movements and meditation. While the exercises have deep inner meanings, they also help to reduce stress and can bring great improvements in health and fitness.

Ages: 18 & up
Limit: 20
Class Date Day
456190.01 Oct 5 – Dec 21 Sa
Time: 9 – 11am
Fee: No charge
Location: DCSC Lounge
Instructor: Lucia Dunn

Beginning Tai Chi

The beginners Taoist Tai Chi class includes instruction in the 108 movements of the Taoist Tai Chi set. Each class builds on the one before with review and time for questions. The class progresses at a moderate pace in order to finish learning the sequence of movements in 13 weeks. It is not expected that participants have memorized all the movements prior to the end of class. The objective is to allow the students to follow the instructor through the entire sequence getting the benefits of the movements.
Ages: 40 & up



Class Date Day
456210.01 Sep 11 – Dec 11 W
(No class Nov 27)

Time: 7 – 8:30pm
Fee: CR \$122 SDR/NR \$132
Location: DCSC Lounge
Instructor: Scott Sonnenberg

➤See Front Desk Registration Information on Page 1 for Fall programs.

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
456403.01 Sep 9 – Oct 14 M

Class Date Day
456403.02 Oct 28 – Dec 9 M
(No class Nov 25)

Time: 1:30 – 2:15pm
Fee: CR \$60 SDR/NR \$70
Location: Classroom C
Instructor: Pat Henderson, Registered Yoga Teacher

➤See Front Desk Registration Information on Page 1 for Fall programs.

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
456405.01 Sep 9 – Oct 14 M

Class Date Day
456405.02 Oct 28 – Dec 9 M
(No class Nov 25)

Time: 2:30 – 3:30pm
Fee: CR \$60 SDR/NR \$70
Location: Fitness Studio 1
Instructor: Pat Henderson, Registered Yoga Teacher

➤See Front Desk Registration Information on Page 1 for Fall programs.

Senior Yoga

No one is ever too old to start yoga. The practice of yoga improves posture, helps maintain joint mobility and calms the mind. Participants are introduced to modified Hatha Yoga postures, breathing and relaxation techniques. Discover the benefits of incorporating yoga into your life. If you are not comfortable lying on the floor, many of the techniques can be practiced while sitting on a chair. Bring a bath towel or blanket, small pillow and a yoga “sticky” mat if you have one, which are required for floor and chair participation.
Ages: 50 & up

Class Date Day
456400.01 Sep 11 – Oct 16 W

Class Date Day
456400.02 Oct 30 – Dec 11 W
(No class Nov 27)

Time: 10:45 – 11:45am
Fee: CR \$60 SDR/NR \$70
Location: Fitness Studio 1
Instructor: Pat Henderson, Registered Yoga Teacher

➤See Front Desk Registration Information on Page 1 for Fall programs.

Yoga Basics

Yoga works a special magic on our over 40 year old bodies. A unique mix of thoughtful stretching, joint strengthening and muscle toning. Your physical yoga practice improves your spinal health,

physical flexibility, balance and day-to-day mobility. Yoga goes beyond your body, working from within to sharpen your mind, direct your focus, and reduce your stress and anxiety. In this class, expect to practice meditation, breath enhancement, and intentional movements. All levels welcome. Please bring a towel, yoga sticky mat and water to each practice.
Ages: 40 & up

Class Date Day
456412.01 Sep 12 – Oct 17 Th

Class Date Day
456412.02 Oct 31 – Dec 12 Th
(No class Nov 28)

Fee: CR \$60 SDR/NR \$70
Time: 7 - 8pm
Location: DCSC Lounge
Instructor: Claudia Hamman
➤See Front Desk Registration Information on Page 1 for Fall programs.

Zumba Gold



Zumba Gold provides you a safe and effective total body workout, while maintaining an atmosphere that is fun and energetic. Easy-to-follow moves set to a variety of upbeat music. A “feel good” workout that is also great for the mind. Wear comfortable clothing, bring a towel and water bottle along with a “ready to move” attitude.
Ages: 55 & up

Class Date Day
456500.01 Sep 17 – Oct 22 Tu

Class Date Day
456500.02 Nov 5 – Dec 17 Tu
(No class Nov 27)

Time: 3 – 3:30pm
Fee: CR \$60 SDR/NR \$70
Location: DCSC Lounge
Instructor: Pamela Snyder
➤See Front Desk Registration Information on Page 1 for Fall programs.



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, September 9
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, August 19 and September 16
Time: 7pm
Fee: No charge
Location: DCSC Lounge
Leader: Brad Jackson, VITAS Healthcare

Caring for the Individual

When the challenges of growing older become overwhelming or bothersome, it is helpful to talk privately with an impartial listener. Schedule individual time with an older adult specialist to help sort out what is going on in your life.

Day and Time: Arrange an appointment by calling Syntero/Dublin Counseling Center at 889-5722.

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

Ohio Senior Health Insurance Information Program (OSHIIP) **Fri. August 16 and September 20** **Appts. from 8 – 10am**

A counselor helps explain and sort out problems with Medicare, Medicaid, Medicare Supplemental insurance policies, long-term care insurance, retirement health plans and other health insurance. The program is provided by the Ohio Department of Insurance.

A counselor helps explain and sort out problems with Medicare, Medicaid, Medicare Supplemental insurance policies, long-term care insurance, retirement health plans and other health insurance. The program is provided by the Ohio Department of Insurance.

Fee: No charge, appointment necessary by calling 410-4550
Location: DCSC Lounge
Counselor: Marcia Strall

Podiatry Services – **Fri. August 23 and September 27** **Appts. from 8:45am – noon,** **every 15 minutes**

A podiatrist is available by appointment each month. Services provided include trimming corns, calluses, nails and routine foot care.

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

2019 DCSC ADVISORY BOARD

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

Committee Chairs
Charity – Dolores Morris

Food Service –
Larry & Leslie Herchline
Ronda Pharazyn

Goodwill – Barbara Mirbach

History – Jerry Boone

Hospitality – Donna Book

Membership – David Petersen

GENERAL INFORMATION

For assistance or information, please call the Dublin Community Recreation Center front desk at (614)410-4550 and ask for the DCSC Programming Office.

Wanda Kamler
DCSC Program Supervisor

Stacie Neilan
DCSC Program Specialist

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

**DCSC
Monthly Luncheon/Meeting**

11:00 Dublin area residents gather with new and old friends for a shared luncheon meeting and special program in the DCRC Community Hall on the second Monday of each month, except May and December. Bring a main dish to serve 8. If you are attending as a couple, your dish needs to serve 16.

**2019
Luncheon/Meeting
Program
Pianist at 11:00am**



August: Wilma Snyder
September: Vivian Wistner

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. 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.

Sign Up/Recreation Classes
Numbered classes require registration with payment. Nothing kills a good class/program more quickly than waiting until the last minute to register. Seven working days prior to the start of a class, we must decide whether to cancel due to lack of enrollment. Registering at the last minute may mean that the class/program you want has been canceled. Please register early.

Refunds/Recreation Classes
A cancellation request form must be submitted to the Welcome Desk of the DCRC at least seven days prior to the first day of class for a refund of fees paid, less a \$15 administrative fee. No refunds are processed after this time.

Sign Up/Programs & Events
Don't wait until the last minute to sign up! If a count is low when deadlines arrive, a program may be canceled. Sign up early to ensure your spot and commitment. We ask that individuals sign up for all DCSC programs which offer an outside speaker. If no one signs up for a scheduled program, we will cancel the speaker seven working days prior to the event. If a speaker is unable to attend for reasons such as illness or family emergency, we are then able to notify those who have registered.

Refunds/Programs & Events
Program refunds are possible if the DCSC Programming Office is able to fill your spot before commitment deadlines arrive. Please notify the office as soon as you know that you are not able to participate. We will try to find a replacement, however there are no guarantees of refund once a commitment deadline has been reached. Members may not transfer their spot to another person without first notifying the DCSC Programming Office.



In Sympathy

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

Margaret Ryan passed away on Monday, July 1.

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.



"Love is a fruit in season at all times, and within reach of every hand."

~ Mother Teresa



Ophelia Anderson
Donna Barnett
Marci Boatwright
Marlene Boezi
Joann Bogart
Joy Brassell
Pat Breading
Christine Brooks
Peg Burgess
Phillip Callihan
Mark Chumley
Katherine Cragg
Jim Deeter
Rob Finney
Bob Friend
Rose Garner
Ron Geese
Betty Geise
Donna Goff
Robi Gunn
Marjorie Harkins
Margie Headlee
Larry Herchline
Leslie Herchline
David Hull
Melvin Hurd
Donna Jaske
J.V. Juvarkar
David Kampfe
William Killian
Muerl Liddell
David Lince
Anne Loochtan
Sophie Luca
Michael Majewski
Beth Ann Manderfeld
Richard Martin

Gary McGlaughlin
Chris McLeish
Joseph Melley
William Miller
Jan Mulhern
Bernard Nowacki
John Petty
Tom Prendergast
Joel Rabb
Jo Rausch
Wayne Rausch
Karla Roehrig
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Cheryl Schwieterman
Prabir Sen
Susan Sevitz
Prema Shankar
Rajalakshmi Shankar
Jay Shapiro
Tim Solack
Steve Southard
Ray Strasser
Nancy Tinker
Jan Ulrey
Philip Vanik
Stephen Wang
Jim White
Molly White
Shirl White
Mary Woke
Jayne Wolfe
Nancy Wolfe

August 31st is National Trail Mix Day!

Trail mix is a combination of dried fruit, grains, nuts, and sometimes chocolate, developed as a snack food to be taken along on outdoor hikes.

Trail mix is considered an ideal snack food for hikes, because it is tasty, lightweight, easy to store, and nutritious, providing a quick boost from the carbohydrates in the dried fruit and/or granola, and sustained energy from the mono- and polyunsaturated fats in nuts.

Many claim that trail mix was first invented in 1968 by two California surfers who blended peanuts and raisins together for an energy snack.

However, trail mix is also mentioned in Jack Kerouac's 1958 novel *The Dharma Bums* as the two main characters describe their planned meals in their preparation for a hiking trip.

The recipe for trail mix is most likely European in origin, where it has been known as a snack under various names in various countries since the 17th century.



