



DCSC JUNE/JULY 2019

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



Welcome to our Outside In Picnic on Monday, June 10. Outside In because the picnic is indoors, inside the Community Hall. Friends start gathering at 11am. The Convallarium of Dublin is sponsoring this month's entrée of Fried Chicken. Please bring a dish to complement.

Program entertainment begins at 12:30 pm.

Guitarist, keyboardist and singer/songwriter Mark Gordon Gaskill is deeply rooted in Americana, with strands of rock, pop, country, folk and bluegrass woven through his music. His *Country Blue Grass* program is a repertoire of songs from 1900 through "Your Hit Parade" to the present.

Door prizes finish off the fun!



The next luncheon/meeting is Monday, July 8. Friends start gathering at 11am. Friendship Village of Dublin is sponsoring this month's entrée of ham. Please bring a dish to complement.

Program entertainment begins at 12:30 pm.

Retired Secret Service agent Paul Landis presents, *The Forgotten Witness*, the same title as his book in process. Paul was one of the two Secret Service agents assigned to First Lady Jacqueline Kennedy. He was in Dallas, Texas when President Kennedy was assassinated.



Look under "General Information" 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.

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.

The DCSC Programming Office and Lounge are closed on Thursday, July 4, in observance of the Independence Day holiday. The Dublin Community Recreation Center is open 8 a.m. – noon.



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

We wish you a Happy Independence Day!

The DCSC Programming Office

HIGHLIGHTS

Thursday, June 13 & July 11 – 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 will share significant websites for genealogical information collection. Final consideration is given to safely storing your family history.

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, June 13 – 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, June 18 – Tuesday Talks Wildlife of Sri Lanka

Located off the southeast coast of India, Sri Lanka is an island measuring just 25,332 square miles. With over 120 species of mammals, 171 species of reptiles, 106 species of amphibians, 227 species of birds, and one of the world's largest populations of blue whales and sperm whales, Sri Lanka is truly an animal-lover's dream come true.

Anna Wittmer talks about her travels to Sri Lanka and shares photos of reptiles, birds and mammals from her adventures. Anna is an avid birder and works at Wild Birds Unlimited on Sawmill Road.

Refreshments sponsored by Dublin Retirement Village.

Time: 2pm

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

Location: Talla 2

Speaker: Anna Wittmer

Thursday, June 20 – Lunch Bunch at Legacy Smokehouse

Nothing says "welcome to summer" like eating some great barbecue. Experience the tradition of Central Texas Barbecue at Legacy Smokehouse. They bring a little taste of Central Texas to Central Ohio. Choose from a variety of sandwiches or head straight for their Baby Back or Spare Ribs. Average cost is \$8 - \$12.

Our Lunch Bunch meets 11:30am at 3987 Main Street, Hilliard. Please sign up so that we may give the restaurant an accurate count. **Street parking out front. Limited parking out back and a public lot one block down the street on Madison Street.**

Monday, June 24 – DCSC Advisory Board Meeting

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

Location: DCSC Lounge

Thursday, June 27 – Coffee Concerto

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

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

Location: Talla 3

Thursday, July 11 – Q & A Getting to Know You

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

Getting to Know You

So how do you feel about meeting people? With every interaction we have, we can learn something new. But sometimes it is hard to get to know others. By starting a conversation, you open yourself up to new opportunities. Victoria opens the group up by having participants reminisce and share past careers, travels, and their plans for the future.

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

Tuesday, July 16 – Tuesday Talks The Columbus Blue Jackets

The Columbus Blue Jackets were founded as an expansion team in 2000. In their initial years, the Blue Jackets struggled, failing to win 30 games in a season until the 2005–06 season. The team qualified for the Stanley Cup playoffs for the first time in 2009, but were swept. Columbus ultimately notched their first playoff game victory in the 2014 playoffs and five years later won their first playoff series in the 2019 playoffs against the Tampa Bay Lightning, becoming the first team in NHL

history to sweep a Presidents' Trophy winner in the first round.

Refreshments sponsored by Dublin Retirement Village.

Time: 2pm

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

Location: Talla 2

Speaker: Karen Davis, Director of Communications, Columbus Blue Jackets

Friday, July 19 –
A Magical Afternoon with
The Sanctuary at Tuttle Crossing

Say abracadabra and enter an enchanting world of magic and intrigue. Magic Nate opens the afternoon with a mixture of classic and modern magic, adding in his stage and street experience with sleight-of-hand. The Franklin Xpress band then casts their spell by playing hit songs from the 60s and 70s. Tantalizing hors d'oeuvre, dessert and "potion" stations are in the four corners of the great hall. Hocus pocus you are there, if you reserve your spot for this magical event sponsored by The Sanctuary at Tuttle Crossing.

Time: 1- 3pm

Fee: No charge; Pre-registration is required through the DCSC Programming Office.

Location: Community Hall

Monday, July 22–
DCSC Advisory Board Meeting

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

Location: DCSC Lounge

Thursday, July 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

Friday, July 26 –
Lunch Bunch at Golden Corral
Buffet

Golden Corral's legendary endless buffet features an abundant variety of delicious all-time favorites and new menu offerings for lunch. Guests can choose from over 150 items including USDA, grilled to order sirloin steaks, pork, seafood, and shrimp alongside traditional favorites like pot roast, fried chicken, meatloaf, mashed potatoes, mac and cheese, Bourbon Street Chicken, fresh salads, our famous yeast rolls, the all new Smokehouse and more. The price for Golden Corral lunch buffet is \$9.95 per adult. Guests 60 and up can enjoy the buffet between 11 a.m. and 4 p.m., Monday to Saturday, for only \$7.59 — drinks included.

Our Lunch Bunch meets 11:30am at 3710 West Dublin Granville in the Sun Center. Please sign up so that we may give the restaurant an accurate count.

ARTS – CREATIVE & PERFORMING



Spectacular Sunflower Project
Open Workshop

A creative group project for anyone who wants to awaken their inner artist. Inspired by Van Gogh's still life series of Sunflowers, each participant creates his or her individual sunflower(s) to be attached to the canvas. The finished masterpiece will be displayed at various DCSC programs and in the Lounge. All supplies are provided. No experience necessary.

Limit: 15

Class	Date	Day
352143.01	June 28	F

Time: 1 – 2:30pm

Fee: No charge, pre-registration required
Location: Meeting Room 2

Instructor: Marion Durham, Director of Sales and Marketing, Polaris Retirement Community

Hands in Clay - Open Studio

During Open Studio, we welcome those with previous ceramic experience to share our space, equipment, and materials to create with clay. Open Studio is recommended for those who are familiar with the ceramic process, don't need hands-on instruction, and feel confident working independently. An Open Studio moderator and other artists are present to assist with orientation and to share ideas and techniques. *All supplies are included in the fee, including firings done by the on-site moderator.*

Ages: 55 & up

Class	Date	Day
352111.01	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

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

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

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

Quilter's Corner

Bring your latest project and enjoy the company of fellow quilters. Members meet each month to work on individual quilting projects. Future group projects are considered.

➤Next meeting... Monday, July 1
Time: 10am
Location: Senior Lounge
Moderator: Ellen Ann Farrar, 614-684-8648

Dublin Harmonicans Jam Session



Students from the Beginner Harmonica class are gathering twice a month for a jam session. All harmonica players are welcome to join in the fun.
Days: First & Third Monday of Month
Time: 4:30 – 5:30pm
Ages: 55 & up
Location: DCSC Lounge
➤Next meeting... June 17 and July 1 & 15

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: 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, July 3

Holiday Super Bingo

B-12...O-70...BINGO. It's time to play Holiday Super Bingo and win some great

prizes. The Sanctuary at Tuttle Crossing is donating the prizes for this big event.

Happy Independence Day!
➤Next meeting... Tuesday, July 2
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: June 10, 17 & 27 and July 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

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, June 24

Speaker: Brett Carlson, Retired US Marine Corps

Monday, July 29

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.

June's movie on **Monday, June 17** is

A Star is Born. Seasoned musician Jackson Maine discovers -- and falls in love with -- struggling artist Ally. She has just about given up on her dream to make it big as a singer until Jackson coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jackson fights an ongoing battle with his own internal demons.

This R rated drama/romance (language throughout, some sexuality/nudity and substance abuse) stars Bradley Cooper, Lady Gaga, and Sam Elliott.

Time: 1pm

Running time: 2 hours, 15 minutes

Location: Abbey Theater

July's movie on **Monday, July 22**, is ***On the Basis of Sex***. Inspired by the powerful true story of a young Ruth Bader Ginsburg, *On the Basis of Sex* depicts a then-struggling attorney and new mother facing adversity in her fight for equal rights. When Ruth takes on a groundbreaking case, she knows the outcome could alter the courts' view of gender discrimination. Stronger together, Ruth teams up with her husband, Martin Ginsburg, to fight the case that catapults her into one of the most important public figures of our time.

This PG-13 rated film (some language and suggestive content) stars Felicity Jones, Armie Hammer.

Time: 1pm

Running time: 2 hours

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...

June 12 ***Meet Me at the Museum***
by Anne Youngson

July 10 ***To Kill a Mockingbird***
by Harper Lee

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

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
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257100.01	May 8 – Sep 11	W
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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
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356180.02	Jul 12 – Aug 9	F
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(No class August 2)

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

Senior Adult Fitness Orientation

Regular exercise is important for the physical and mental health of everyone,

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

Arthritis Foundation Aquatic Exercise Program (low intensity)

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

Delay the Disease – Mixed Level

A fitness program designed to empower people with Parkinson's disease (PD) and other degenerative diseases by optimizing their physical function and helping to delay the progression of symptoms. This is a mixed level group focusing on balance, core strength, walking, voice and coordination exercises with moderate heart rate elevation.

Ages: 18 & up

Class	Date	Day
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356105.02	Jul 19 – Aug 23	F
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Time: 11 am-noon

Fee: \$45

Location: Avondale NCR, West Wing,
5215 Avery Road

Instructor: Mary Curtis

Delay the Disease – Chair/Basic

A fitness program designed to empower people with Parkinson's disease (PD) and other degenerative diseases by optimizing their physical function and helping to delay the progression of symptoms. This is a chair/basic level group focusing on stretching, balance and seated exercises with mild heart rate elevation.

Ages: 18 & up

Class	Date	Day
356110.02	Jul 19 – Aug 23	F

Time: Noon – 1pm

Fee: \$45

Location: Avondale NCR, West Wing, 5215 Avery Road

Instructor: Mary Curtis

Functional Fitness

This low impact class combines some cardio training with weight bearing exercises designed to help you improve muscular strength and endurance, bone density, balance and flexibility. Finish the hour with core strengthening exercises and a great stretch for a complete and functional workout!

Ages: 50 & up

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

Instructor: Sally Gill

Senior Small Group

Finally, a small group fitness class just for active older adults! You and a small group of others work with a group fitness instructor once a week on exercises designed especially for those 55 and older. Strength building, balance and flexibility are emphasized. Work out with a group of your peers and see the results!

Ages: 50 & up

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

Instructor: Sally Gill

Strength, Stretch & Balance

In this no-impact class you work to gain strength using hand weights in fun and creative ways. Core training, balance

exercises and flexibility are also included in this well rounded program – designed with seniors in mind but great for anyone. Ages: 40 & up

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

Instructor: Sally Gill

Line Dancing

Line dancing works 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
356190.01	Jun 22 – Sep 28	Sa

(No class Aug 3, 24 & 31)

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
356200.01	Jun 12 – Jul 24	W

(No class July 3)

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
356403.02	Jul 29 – Aug 19	M

Time: 1:30 – 2:15pm

Fee: CR \$40 SDR/NR \$50

Location: Classroom C

Instructor: Pat Henderson, Registered Yoga Teacher

Yoga for Agility



Explore basic yoga movement to help you stay mobile and pain free as you age. Practicing specific movements using props helps alleviate physical pain and stress, improve agility and stability. Learn to move better in your body while in class and throughout the day. Please bring a bath towel or blanket, small pillow and a yoga sticky mat to each class.

Ages: 40 & up

Class	Date	Day
356412.02	Jul 25 – Aug 22	Th

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

Time: 7 - 8pm

Location: DCSC Lounge

Instructor: Claudia Hamman

Yoga in the Afternoon

Take a break in your day to rejuvenate and re-energize. Yoga improves strength, flexibility, coordination and balance. Breathing techniques help relieve stress and tension. Your instructor leads you through a gentle series of poses that can be practiced anytime. Leave each class with a feeling of peace, relaxation and optimism.

Ages: 40 & up

Class	Date	Day
356405.02	Jul 29 – Aug 19	M

Time: 2:30 – 3:30pm

Fee: CR \$40 SDR/NR \$50

Location: Fitness Studio 1

Instructor: Pat Henderson, Registered Yoga Teacher

Yoga for Every Body



Whatever your body type or fitness level, you can enjoy the benefits of yoga. Yoga increases flexibility and strength while reducing stress and tension. No need to be intimidated by those hard-bodied pretzel poses, this class introduces a gentle sequence of poses that can be done anytime. Please bring a bath towel or blanket, small pillow and a yoga “sticky” mat to each class.

Ages: 40 & up

Class	Date	Day
356410.02	Jul 16 – Aug 20	Tu

Time: 6:30 – 7:30pm

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

Location: DCSC Lounge

Instructor: Stephanie Carter Kelly

Senior Yoga

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

Ages: 50 & up

Class	Date	Day
356400.02	Jul 31 – Aug 21	W

Time: 10:45 – 11:45am

Fee: CR \$40 SDR/NR \$50

Location: Fitness Studio 1

Instructor: Pat Henderson, Registered Yoga Teacher

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, July 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, June 17 and July 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 (OSHIP)

Fri. June 21 and July 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. June 21 and July 26
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:

June 21 – Meeting Room 2

July 26 – Meeting Room 2

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 –
 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. The Lounge is scheduled throughout the week with various meetings, games, programs and classes. Due to scheduled programming, this space is not available 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

June: Vivian Wistner
July: 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. 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 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.

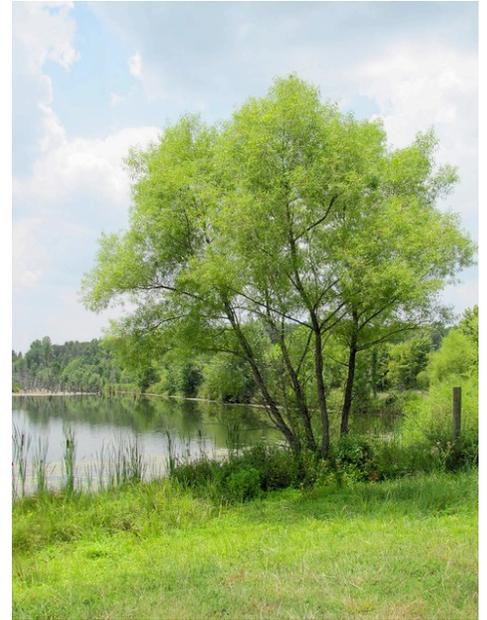
Refunds/Programs & Events

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.



Debra Tarrier
Regina Vanik
Carol Wissinger
Linda Worth

- Richard Annibaldi
- Mary Armstrong
- Beth Ballard
- Terry Barnett
- Mary Lyn Borsellino
- Barbara Burchard
- Myra Caplinger
- Dorothy Cooper
- Greg Daugherty
- Dale Dougal
- Barbara Edwards
- Jeanne Falter
- Phillis Gerchmez
- Roberta Gordon
- Chuck Hatfield
- Mary Henderlong
- Brenda Hill
- Charles Huff
- Peter Insabella
- Mary Ellen Lancia
- Dennis Lewis
- Peggy Meadows
- Joyce Meiklejohn
- Roseann Mercer
- Dolores Morris
- Linda Myers
- Trudy Neel
- Theresa Petty
- Kathleen Quinn
- Robert Richards
- Rita Ridgard
- Fred Roehrig
- Diane Setty
- Dan Shankar
- Nan Still
- Michael Summers



**Summer Begins on
June 21...**

"To lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time."

✍ John Lubbock



In Sympathy

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

If you know of an ill member or one who has passed away, please notify Barb Mirbach, Goodwill Committee Chairperson, at (614)457-7942. She will send a card to that member or member's family on behalf of the DCSC organization.

Father's Day Wisdom

My son wants 50% of my Father's Day gifts. He says if it weren't for him, I wouldn't even be a father.

While having their evening dinner together, a little girl looked up at her father and asked, "Daddy, you're the boss in our family, right?" The father was very pleased to hear it and confidently replied, "Yes, my little princess." The girl then continued, "That's because mommy put you in charge, right?"

