

DUBLIN COMMUNITY SENIOR CITIZENS

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



AUGUST/SEPTEMBER 2010



Welcome to our monthly meeting/potluck on Monday, August 9. Program entertainment will begin at 12:30 p.m. Spend an afternoon with Frank & Friends as vocalist Gary Ginther performs his show "Come Fly With Me."

Our next meeting/potluck will be on Monday, September 13. Program entertainment will begin at 12:30 p.m. It's dancing! A bit of singing! And pure entertainment! The Dublin Shamrockettes will present its premier show based on line dancing spiced with vaudeville. Dances will be to songs ranging from *Boogie Woogie Bugle Boy* to *Be Bop Grandma*, from *By the Light of the Silvery Moon* to Irish favorites. The ending will be candy sweet – green too.

☞ Look under "General Information" for more information on the monthly potluck meeting, including an event time schedule.

Special Notes from Wanda

The Dublin Community Recreation Center will close at 9:30 p.m. Friday, August 27 through Monday, September 6 (Labor Day) for annual cleaning and maintenance. We will reopen on Tuesday, September 7 at 5:30 a.m. The Senior Adult Programming Office and Senior Lounge will reopen at 9 a.m. on that day.

We are in need of 8 or more volunteers to help with the Aetna® Northwest E-Bowling Tournament on Friday, September 17 (see page 4). Volunteers will be working at the registration table checking teams in and answering questions. If you are interested in helping out please call or stop by the Senior Adult Programming Office.

Have you been to the City of Dublin website? Type in www.dublin.oh.us For senior information just click on Recreation, Recreation Center and then the Seniors icon. The current newsletter will be posted at the bottom of the page.

HIGHLIGHTS

Friday, August 13 – Big Band Dance Party

Dance to the big band sounds of Glenn Miller, Woody Herman, Count Basie and Duke Ellington, all performed by the 17-piece band "The Swing Machine." Light snacks. The evening is open to all ages.
Time: 7:30 – 10 p.m.
Fee: \$5 per person at the door
Location: Community Hall

Tuesday Talks

Law and Order

Tuesday, August 17

Thieves slip into an open garage door, or smash a car window, or kick in a home's door. How do the police catch these miscreants? Then how are those criminals kept off the streets so they don't relentlessly repeat their crimes? Sergeant Rob Barnes of the Dublin Police Department and Steven Smith from the Dublin Prosecutor's Office will walk us through how these departments work alone and in tandem to keep us feeling safer in

our homes and communities. Refreshments sponsored by Arbors at Delaware.

Time: 2:30 p.m.

Location: Talla 2

Attendees must pre-register through the Senior Adult Programming Office at 410-4550.

Straight from the Pen of...

Tuesday, September 21

Some might say that Roy Doty is retired; he might say that he can't be retired since he has never worked a day in his life. Regarding his career as more play than work, doesn't detract from Roy's impressive achievements in illustration and cartooning. His awards include the National Cartoonist Society's Illustrator of the Year and numerous awards in advertising, illustration and the greeting card industry. Roy will share his outlook on life that has tickled the funny bone of millions.

Time: 2:30 p.m.

Location: Talla 2

Attendees must pre-register through the Senior Adult Programming Office at 410-4550.

Do you know of any guest speakers who would be interested in speaking at one of

our upcoming Tuesday Talks? Maybe you have something to share. Please call the Senior Adult Programming Office at 410-4550.



Thursday, August 19
Caring from the Heart
Caregiver Expo

This expo will be bringing seniors and caregivers vital information to enhance older adult health and independence. Scheduled speakers will include experts from the Alzheimer's Association, the Arthritis Foundation and an Elder Law Attorney. Health screenings, pampering services and refreshments will be available. Watch for flyers highlighting the activities included in this event.
Time: 9 a.m. - noon
Fee: No charge, pre-registration is required through Senior Adult Programming Office for admission badge
Location: Talla 1 & 2

Friday, August 20 – Lunch Bunch at Tucci's Wood-Fired Bistro

Diner's Choice Winner 2010, Tucci's specializes in pizzas, gourmet pastas, steak, seafood, salads, homemade desserts and more. It's not your traditional Italian restaurant! Our Lunch Bunch will meet at 11:30 a.m. at 35 North High St. in Historic Dublin, (614-792-3466.) Please sign up so that we may give the restaurant an accurate count. Maps are available in the Senior Adult Programming Office.

Monday, August 23 – DCSC Advisory Board Meeting

The Executive Committee and Board meet from 10:00 – 11:00 a.m. on the fourth Monday of the month.

Thursday, August 26 – Coffee Concerto

Begin your day with coffee and confections while listening to pianist Jack Widner perform. At 10 a.m. in Talla 3, we will host a Coffee Concerto, where DCSC members enjoy an hour of relaxation before starting

their daily routine. Refreshments are sponsored by the Columbus Alzheimer Care Center. Pre-registration is required through the Senior Adult Programming Office.

Thursday, August 26 – Cardinal Health Jazz Group

The exciting 12-piece Cardinal Health Jazz Group performs a special summer concert.
Time: 1 p.m.
Fee: No charge, pre-registration is required through the Senior Adult Programming Office
Location: Abbey Theater

Indiana Amish Quilt Garden Tour – September 8 – 9, 2010

Supersized quilt-patterned gardens are paired with hand painted outdoor murals to create a colorful patchwork throughout Amish Country. The Quilt Garden tour is just one highlight of this Amish experience. During your visit to Northern Indiana Amish Country, you will stay at the Inn at Amish Acres, eat lunch in an Amish home, enjoy the Shipshewana Flea Market & Auction, see a performance of *Annie Get Your Gun*, and shop, shop, shop. The cost for this great trip is \$288 pp double, \$276 pp triple and \$349 single. Reserve your spot with a \$50 deposit by July 20. Final payment is due August 15. Make check payable to "Tours 'n Tours." For a complete list of all inclusions and a registration form please pick up a flier in the Senior Lounge. For more information please call the Senior Adult Programming Office at (614)410-4550.

Friday, September 10 – Big Band Dance Party

Dance to the big band sounds of Glenn Miller, Woody Herman, Count Basie and Duke Ellington, all performed by the 17-piece band "The Swing Machine." Light snacks. The evening is open to all ages.
Time: 7:30 – 10 p.m.
Fee: \$5 per person at the door
Location: Community Hall

Thursday, September 16 – Greater Columbus Travel Preview

Marge Hellinger, from Tours 'n Tours, will be here at 1:30 p.m. in Talla 3 to highlight upcoming trips with her travel group. She will showcase trips being offered the remainder of this year and those planned for the beginning of 2011.

Friday, September 17 - Progressive O.S.U. Buckeye Brunch

It's time to kick off another Buckeye football season with a progressive tailgate brunch. Depart the Recreation Center to visit The Sanctuary at Tuttle Crossing, Emerald Crossings, The Convallarium at Indian Run and Dublin Retirement Village. Expect a lot of food, surprises and giveaways. Go Bucks!
Limit: 25 Ages: 55 & up
Time: 9 a.m. – 12:15 p.m.
Fee: No charge, pre-registration is required through the Senior Adult Programming Office. You must be a member of the Dublin Community Senior Citizens
Location: DCRC, Senior Lounge

Historically Speaking

History & Interesting Postcards
Richard Barrett became interested in Columbus history in 1972 when he began finding old postcards at flea markets. In the past 38 years, he has amassed quite a collection of cards and historical information attached to this collectible. Did you know that postcards were not allowed to compete with the Post Office's postal cards? Barrett will share some rare and unusual postcards of Columbus and the central Ohio area. Refreshments sponsored by Mayfair Village.

Date	Day	Time
Sep 20	M	2 – 3 p.m.

Fee: No charge, pre-registration is required through the Senior Adult Programming Office
Location: Talla 2
Speaker: Richard Barrett

California Rail Discovery – September 22 – 28, 2010

Board your flight for the Bay Area to begin your exciting California Rail Discovery. Begin with a three night stay in one of the world's most beautiful cities, San Francisco. Then travel to Napa Valley where you board the Napa Valley Wine Train for a delicious wine tasting and lunch. Afterwards it's on to Sacramento to wander the commercial hub of the Gold Rush era. Board an Amtrak Train for a Sierra Nevada rail journey through the beautiful snowcapped Sierra Nevada mountains to the Reno/Lake Tahoe area. Your last day includes traveling through historic Carson City to Virginia City. Later enjoy a Lake Tahoe Paddlewheeler Cruise for spectacular views of Emerald Bay and the surrounding Sierra Nevada Mountains. Cost for this Premier World Discovery tour is \$2,099 pp double, \$2,699 pp single and \$2,069 pp triple. Please make check payable to "Premier World Discovery." For a complete list of all inclusions and a registration form please pick up a brochure in the Senior Lounge. For more information please call the Senior Adult Programming Office at (614)410-4550. **Note: The pre-departure meeting is Friday, September 10, at 10:30 a.m. in the Senior Lounge.**

Thursday, September 23 – Coffee Concerto

Begin your day with coffee and confections while listening to pianist Jack Widner perform. At 10 a.m. in Talla 3, we will host a Coffee Concerto, where DCSC members enjoy an hour of relaxation before starting their daily routine. Refreshments are sponsored by the Columbus Alzheimer Care Center. Pre-registration is required through the Senior Adult Programming Office.

Monday, September 27 – DCSC Advisory Board Meeting

This meeting will be a potluck at the home of Clark and Pat Breeding. Directions to their home are available in the Senior Adult Programming Office. The meeting will

begin at 10:30 a.m. followed by lunch. Fried chicken will be sponsored by the City of Dublin.

Thursday, September 30 – Lunch Bunch to House of Japan

House of Japan (Dublin) is a Japanese Hibachi Steakhouse & Seafood restaurant where they cook and entertain you right in front of the grill. Everyone gets a front row seat! Their Imperial Feast special is a favorite amongst diners which includes a drink, salad, bean sprouts, rice, shrimp appetizer, New York steak, chicken and orange sherbet for \$10.75 (\$20.50 for two). Or you may order from the menu. Average cost is \$8 - \$9. Our Lunch Bunch will meet at 11:30 a.m. at 6153 Parkcenter Circle, across from Tuttle Crossing Mall (614-792-2445.) Please sign up so that we may give the restaurant an accurate count. Maps are available in the Senior Adult Programming Office.

The Homestead Resort Five Star Christmas – December 12 - 14

We will check into the famous Homestead five star luxury resort in Hot Springs, VA. This historic landmark is now an elegant resort that attracts presidents & princes. Included in this package will be a candlelight tour and private dinner at Monticello. Cost for this Tours 'n Tours trip is \$730 pp double, \$922 pp single and \$599 pp triple. Please make check payable to "Tours 'n Tours." For a complete list of all inclusions and a registration form please pick up a flier in the Senior Lounge. For more information please call the Senior Adult Programming Office at (614)410-4550.

Fine Art Work

Hands in Clay

Build your own clay masterpiece. Not sure what to create? The instructors have some simple suggestions; your creativity is limited only by your imagination. Instructional classes are held on Monday, Wednesday is open studio time. Students receive one box of clay with registration.

Ages: 55 & up
Dates: Mondays, Sep 13 – Oct 18
Class: Time:
#452110.01 noon – 3 p.m.
Dates: Wednesdays, Sep 15 – Oct 20
Class: Time:
#452110.02 noon – 3 p.m.
Fee: CR \$43 SDR/NR \$53; must be a member of the Dublin Community Senior Citizens
Location: Ceramics Studio
Instructors: Marion Simon & Jerry Decker
Fall registration begins September 7.

Digital Photography for Fun



Memories are fleeting unless the images surrounding special events and moments are captured and preserved. Begin by getting to know your own digital camera; its features and accessories. Then learn how to produce the best pictures possible of your grandchildren, pets, garden and travel. Bring your digital camera and owner's manual. You must be a member of the Dublin Community Senior Citizens. Ages: 55 & up
Dates: Wednesdays, Sep 15 – Oct 6
Class: Time:
#452140.01 10 – 11 a.m.
Fee: \$10
Dates: Wednesdays, Oct 20 – Nov 10
Class: Time:
#452140.02 10 – 11 a.m.
Fee: \$10
Location: Senior Lounge
Instructor: San Ching
Fall registration begins September 7.

Quilter's Corner

Bring your latest project and enjoy the company of fellow quilters. Each month members meet to work on individual quilting projects. Future group projects are considered.
>Next meeting...Tuesday, September 7
Time: 10 a.m.
Moderator: Jean Cole, 614-889-1035

Scrapbooking and More!

Want to preserve your photos and memories, but not sure how to get started? Scrapbooking is a great way to create a lasting legacy for your family. Professional

scrapbooker Liz Miller helps participants get started or continue “cropping” by giving tips and suggestions to make unique and special pages. Bring albums or individual pages to work on. Some supplies to incorporate into your creation are provided, but participants should bring adhesive and scissors. Each session includes a free “make and take.” Beginner, intermediate and skilled scrappers are welcome.

➤Next meeting...Thursday, September 9
Time: 1 – 3 p.m.
Fee: No charge, pre-registration is required through Senior Adult Programming Office
Location: Arts & Crafts Room
Moderator: Liz Miller, ComForcare Senior Services

Wood Carving

Wood carving or whittling is an art enjoyed by many that requires only a few tools: a carving knife and a sawed-out outline. For many, woodcarving soothes the nerves and offers a satisfying way to whittle away time. Beginners are welcome as we review the basics of tools, tool handling, carving hints and project selection.

Limit: 10 Ages: 55 and up
Dates: Mondays, Sep 13 – Dec 6
(no class Nov 22)

Class: Time:
#452150.01 9 – 11 a.m.
Fee: CR \$22 SDR/NR \$32
Location: Ceramics Studio
Instructor: Don Neff

Fall registration begins September 7.

Dublin Senior Players

Theater troupe members learn skills leading up to Dublin Senior Players productions. Shows are produced in the Abbey Theater for events such as “Dublin Celebrates...Senior Citizens Day.” Whether acting, writing or working behind the scenes, talents of all kinds are welcome. For more information, please contact the Senior Adult Programming Office.

Ages: 55 and up
Class: #453100.01
Fee: \$10 per calendar year; must be a member of the Dublin Community Senior Citizens organization

Location: Abbey Theater
Director: Betty Trott, 614-581-1739



Wednesday, August 18
Time: 1 – 4 p.m.

Auditions for November Show
Verdict by Agatha Christie

Thursday, August 19
Time: 3 – 9 p.m.

Potluck Dinner and Party
Hoover Sailing Club, 4250 Smothers Rd
Make early reservations with Betty

Special Interest

Bingo

Blarney Bingo

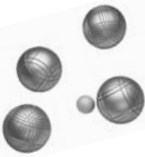
Blarney Bingo players never know what fun item they might win as a prize. Various items are donated by Brookdale Senior Living.

➤Next meeting...Tuesday, August 17 and September 21
Time: 1 – 2:30 p.m.
Fee: \$1 for two cards
Location: Talla 3

Bocce Ball

Easy to learn, yet challenging, bocce is the Italian version of lawn bowling. You’re only eight heavies and one small “pallino” away from discovering a game you’re going to love.

Ages: 55 & up
Day: Thursdays, until October 21
(weather permitting)
Time: 9:30 – 11 a.m.
Fee: \$1 per week
Location: Bocce Ball Courts
Coach: Tom Sevitz



The Bocce Ball Brunch will be held on Weds, September 29, at 11 a.m in Talla 3. Sponsored by the Sanctuary at Tuttle Crossing.

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: 9 a.m.
Fee: \$5 for 3 games; shoe rental available for \$4 + tax; shoe purchase recommended
Location: AMF Sawmill Lanes, 4825 Sawmill Road
Moderator: Nancy Estabrook, 614-659-0039

Wii Bowling

Wii (pronounced “we”) bowling is the latest craze. It’s like bowling without the alley or the ball, but still having the same fun!

Dates: Thursday, Aug 12
Monday, Aug 16
Tuesdays, Sep 14, Oct 12, Nov 9
Time: 2 p.m.
Location: DCRC, Talla 1
Fee: No charge
Coach: Georgia Glunt



Aetna® Northwest E-Bowling Tournament

Wii bowling teams from around the northwest area will be competing to take home the trophies and to qualify for the Central Ohio E-Bowling tournament on October 8. Watch for fliers highlighting this exciting day of fun competition.
Date: Friday, September 17
Time: 10 a.m. – 2 p.m.
Location: DCRC, Community Hall

Card Play

DCSC name badge required for participation in all Card Play programs.

Bridge

On Wednesdays, the tables are ready in the Senior Lounge for Bridge play from 1 – 4 p.m. Our Bridge moderator is Mickey Hanf, 614-889-1719. Interim moderator is Gay Eadline, 614-777-9554.

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 ACBL sanctioned. Tuesdays, 9:30 a.m. – noon in the Senior Lounge. Our Duplicate Bridge director is Clayton Rose, 614-889-8724.

Hand & Foot Canasta

On Tuesdays from 1 – 4 p.m. in the Senior Lounge, join us to learn the new variation of Hand & Foot...triple play. Our Hand & Foot Canasta moderator is Don Lowery, 614-889-2038.

Euchre

On Fridays, the tables are ready in the Senior Lounge for Euchre play from 1 – 4 p.m. Our Euchre moderators are Marilyn Bruning and Henry Minette, 614-889-2369.

Pinochle

On Thursdays, the tables are ready in the Senior Lounge for Pinochle play from 1 – 3 p.m. Our Pinochle moderator is Martha Joyce, 614-771-0743. Beginners or those who haven't played in a while are welcome!



NEW! Introduction to Bridge

If you've ever wondered what bridge is all about -- or if you've always wanted to learn but have been afraid it's too difficult -- here is the way to master this fascinating game. Each class will have one hour of instruction and one hour of supervised play. The prearranged hands played will reinforce the lesson that was taught that day. Booklets included. ACBL accredited instruction. Ages: 21 & up

Date: Friday, Sep 17 – Oct 22

Class: #454105.01 Time: 6:30 – 8:30 p.m.

Date: Friday, Oct 29 – Dec 10
(no class Nov 26)

Class: #454105.02 Time: 6:30 – 8:30 p.m.

Fee: CR \$100 SDR/NR \$110

Location: Senior Lounge
Instructor: Jeanne E. Martin
Fall registration begins September 7.

Computer Instruction / Basics

Discover the basics of using a Windows PC computer. No previous experience is required or assumed. Learn to use the Internet for viewing news and weather, shopping, e-mailing text and pictures, searching for information, finding maps and travel routes, reserving library books and films, and finding airline, car, and hotel reservations. Launch text writing, graphics drawing, and photo applications in Windows, learning to edit, file, and recall work created on the computer or loaded in from a digital camera or external memory. Each student acquires an email address and mail box.

Limit: 8 per section
Dates: Thursdays, Oct 7 – Nov 11
Class: #455100.01 Time: 9 a.m. - noon
Fee: \$10 per section; must be a member of the Dublin Community Senior Citizens organization
Location: Computer Lab
Instructor: Roger Holmes
Fall registration begins September 7.

Open Computer Lab

Reserved time is set aside for senior adult use of the computer lab. Take advantage of this open lab time to practice what's taught in class, refresh computer skills or work on a current project. To become a volunteer lab instructor or moderator, please call the Senior Adult Programming Office at 410-4550.

Days: Mondays
Time: 9 – noon
Days: Thursdays
Time: 1 – 4 p.m.

Cookery

Chef's Best

Meet two of the senior community's finest chefs and learn their secrets to preparing favorite specialties. Watch as Chef Todd and Chef Tom teach you to become a gourmet cook in your own kitchen to

amaze your family and friends. Sampling follows each demonstration.
Date: Monday, Aug 23 Chef Todd
Class: #354110.03 FULL

Date: Monday, Sep 27 Chef Tom
Class: #454110.01
Date: Monday, Oct 25 Chef Todd
Class: #454110.02
Date: Monday, Nov 22 Chef Tom
Class: #454110.03

Fall registration begins September 7.

Time: noon – 1 p.m. Limit: 12
Fee: \$3 each section; must be a member of the Dublin Community Senior Citizens organization
Location: Kitchen
Instructors: Chef Todd Cameron, Dublin Retirement Village and Chef Tom Brown, Mayfair Village

DCSC Golf Scramble 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 Scramble League Recognition Luncheon will be Wednesday, Oct. 13.

Ages: 55 & up
Class: 257100.01 Dates: Wednesdays, May 12 – Sep 15
Time: 8 a.m.
Fee: \$15 registration fee, paid to City of Dublin, \$16 weekly for nine-hole greens fee with cart rental, paid to Riviera Country Club. You must be a member of Dublin Community Senior Citizens.
Location: Riviera Country Club, 8205 Avery Rd., Dublin Oh - 614-889-2551
Moderator: Bill Doty

Ladies of the DCSC

Previously known as the Dublin Red Hatters, this special group of ladies has renamed, revised and recommitted themselves to providing opportunities for women to socially connect and have fun. If you are interested in joining, please stop by or call the Senior Adult Programming Office. *Ladies of the DCSC* must be current

members of the Dublin Community Senior Citizens organization. No hats required!
Co-hosts: Mary Collins and Beth Evans

Brainstorming & Bologna Sandwiches

Date: Wednesday, September 8

What do you want to do? Join the Ladies of the DCSC for a bologna sandwich, chips and dessert as we discuss activities, events and possibly trips for the remainder of 2010 and the beginning of 2011. Bring 1 idea or a 100 to this brainstorming session.
Time: 11:30 a.m.

Fee: No charge, pre-registration is required through the Senior Adult Programming Office. Registration deadline is September 2 at 5 p.m. B-Y-O-Bread and drink!
Location: Talla 3

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 memory. Build coordination, balance and endurance while having fun and meeting new friends. During the first hour you learn different moves and one new dance per week. After a 15-minute break to catch up with friends, we dance through the last half hour with a cardio benefit. New students can dance the entire class after eight classes. Instructional step sheets are provided to encourage practice outside of class. Smooth-soled shoes are needed. Purchase a receipt at the front desk and turn it in to the instructor.

Ages: 55 & up
Day Time
Fridays 1:15 – 2:45 p.m.

Fee: \$6 per week
Location: Fitness Studio I
Instructors: W.I.L.D. Country

Note: There will be no Line Dancing on Friday, September 3.

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.
Days: Mondays, 1st, 2nd, and 3rd of month
Time: 12:30 – 3:30 p.m.
Days: Thursdays
Time: 9:30 a.m. – noon
Fee: No charge
Location: Senior Lounge
Moderator: Janna Plesich, 614-734-0405

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. Refreshments sponsored by Mayfair Village.
➤Next meeting... August 23 & Sept 27

August 23

Readings from Dr. Stephen Ambrose's Book "The War in the Pacific"
Speaker: Norm Smith

September 27

Veteran's Administration
Speaker: Al Berzynski

Time: 1 p.m.
Location: Talla 2
Moderator: Norm Smith, 614-848-8121

Movie Madness

We will show a first-run movie on the last Monday of each month. Our Movie Madness will begin at 1:00 p.m. in the Abbey Theater. **Note: If you are susceptible to colder room temperatures, please bring a light sweater or jacket with you when attending events in the theater.**

August's movie on **Monday, August 23**, will be **The Last Song**. This film is set in a small Southern beach town where an estranged father gets a chance to spend the summer with his reluctant teenaged daughter, who'd rather be home in New York. He tries to reconnect with her

through the only thing they have in common – music – in a story of family, friendship, secrets and salvation, along with first loves and second chances. This is an adaptation of the Nicholas Sparks novel. This PG-rated film stars Miley Cyrus, Kelly Preston and Greg Kinnear. Running time: 1 hour, 47 minutes
Note: This movie will be shown in Talla 2.

September's movie on **Monday, September 27**, will be **Letters to Juliet**. The setting is Verona, Italy –the city where Romeo and Juliet first met. In Verona, there's a wall where the lovelorn leave notes, hoping that Juliet will answer their inquiries about love. Sophie is part of a team of volunteers who respond to the letters. When Sophie answers a letter from 1957, the woman who wrote it decides to seek out the one that got away, and romance starts to blossom all around. This PG-rated film stars Amanda Seyfried and Vanessa Redgrave.
Running time: 1 hour, 45 minutes

Fresh popcorn available for 50¢ a bag!



Blockbuster Video located at 6335 Perimeter Drive, off Avery, sponsors the monthly Movie Madness programs.

Notary Service

Free Notary Service is available to DCSC members by calling 410-4552 to make an appointment.

Reader's Group

Calling all bookworms! The Dublin Community Senior Citizens 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...
Sep 8 **Life of Pi**
by Yann Martel

Oct 13 **Brideshead Revisited**
by Evelyn Waugh

Time: 9:45 a.m.

Location: Senior Lounge
Moderators: Connie Bischoff, 614-766-2411, and Gill Blackhurst, 614-889-8279.

Scrabble®

Here's your opportunity to challenge other members in the classic crossword game played by millions around the world.
Day: Thursdays
Time: 1 – 3 p.m.
Fee: No charge
Location: Senior Lounge

Family History Writing Group

Our lives are filled with unique experiences. This is an opportunity to record the story of your life for your children, grandchildren and generations to come. The only tools necessary are a pencil, notebook and interest. This program is open to beginning and experienced writers. Not genealogy-related. Program meets the 1st and 3rd Thursdays of the month
➤Next meeting... August 19 and Sep 16
Time: 10 – 11 a.m.
Fee: No charge
Location: Meeting Room 2
Moderator: Norm Smith, 614-848-8121

Fitness & Wellness Programs

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.

Functional Fitness

Ever wanted to try strength training but were a little intimidated and unsure where to start? This class focuses on free-weight exercises for all major muscle groups of the body, with an emphasis on multi-joint. Strength training may help overcome the negative effects associated with natural aging. It can improve muscular strength and endurance, vitality, bone density, balance and flexibility, and reduce joint pain and the risk of falls.

Ages: 50 & up
Dates: Tuesdays, Sep 14 – Oct 26
Class: Time:
#456100.01 10:30 – 11:30 a.m.
Fee: CR \$58 SDR/NR \$68
Location: Fitness Studio 2
Instructor: Sally Gill
Fall registration begins September 7.

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
Dates: Saturdays, Jul 10 – Sep 25
(no class Jul 24, Aug 7 & Sep 4)
Class: Time:
#356190.01 10 – 11 a.m.
Fee: No charge
Location: DCRC, Senior Lounge
Instructor: Arjene Chen

HealthWise Lecture Series

What is Peripheral Neuropathy?

PN is the term used to describe damage to the nerves that branch out of the spinal cord to all parts of the body. This is a systemic disease that affects all nerves of the body, from the brain, eyes and small nerves of the heart and digestive system, to the nerves in the hands, feet and legs. Dr. Siegel will cover causes, symptoms and treatments.

Date Day Time
Sep 28 Tu 1:30 – 2:30 p.m.
Speaker: Dr. David Siegel, DC, BioHealth Wellness Center

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

Q & A

Q & A is a forum to ask questions on a selected topic. Other participants share their perspectives and concerns helping to find the answers. Each month we discuss a different topic. This program is offered in conjunction with the Dublin Counseling Center.

Mind & Body Connection of Pain Management

Many ancient healing systems emphasize the connection between mind and body in coping with pain. Modern scientific research is proving this age-old tenet of medical wisdom to be true. What we think and feel has a powerful influence on our bodies. We will discuss techniques that can be utilized to manage pain and how to adapt them to your everyday life.

Date: Thursday, September 16
Time: 3:30 – 4:30 p.m.
Fee: No charge, pre-registration is required through the Senior Adult Programming Office
Location: DCRC, Senior Lounge
Facilitator: Mary Steed-May, LISW, Older Adult Coordinator, Dublin Counseling Center

Introduction to Taoist 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 wish to further pursue the art.

Ages: 18 & up
Limit: 15
Dates: Wednesdays, Sep 15 – Oct 20
Class: Time:
#456200.01 7 – 8:30 p.m.

Dates: Wednesdays, Oct 27 – Dec 8
(no class Nov 24)

Class: Time:
#456200.02 7 – 8:30 p.m.

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

Location: Senior Lounge

Instructor: Robert Tucker, Authorized
Instructor, Taoist Tai Chi Society USA
Fall registration begins September 7.

Yes, I Can! I – Beginner/Early Intermediate

This class is for those who are ready to take the first step. Yes, I Can! Is a total body workout focusing on building strength, endurance, flexibility and balance, consisting of 60 minutes of Pilates training.

Limit: 6 Ages: 55 & up

Dates: Mondays, Sep 13 – Oct 18

Class: Time:

#456300.01 10:40 – 11:40 a.m.

Fee: CR \$55 SDR/NR \$65

Location: Fitness Studio 2

Instructor: Peg Baun, Certified Pilates
Instructor

Fall registration begins September 7.

Yes, I Can! II – High Intermediate/Advanced

This class is for the experienced Pilates student. This total body workout continues to focus on building core strength, increasing flexibility and building endurance levels. Students utilize the new Pilates equipment, including the towers. You must have mastered the Pilates reformer and be at a high intermediate or advanced level.

Limit: 6 Ages: 55 & up

Dates: Thursdays, Sep 16 – Oct 21

Class: Time:

#456310.01 10:40 – 11:40 a.m.

Fee: CR \$55 SDR/NR \$65

Location: Fitness Studio 2

Instructor: Carol Laymon, Certified Pilates
Instructor

Fall registration begins September 7.

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

Dates: Wednesdays, Sep 15 – Oct 20

Class: Time:

#456400.01 10:30 – 11:30 a.m.

Fee: CR \$57 SDR/NR \$67

Location: Fitness Studio I

Instructor: Pat Henderson, Registered Yoga
Teacher

Fall registration begins September 7.

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

Dates: Tuesdays, Sep 14 – Oct 19

Class: Time:

#456410.01 6:30 – 7:30 p.m.

Fee: CR \$57 SDR/NR \$67

Location: Senior Lounge

Instructor: Pat Henderson, Registered Yoga
Teacher

Fall registration begins September 7.

Shallow Water Fitness (medium intensity)

Designed for people who need to improve their range of motion, muscular strength and cardiovascular endurance, this 50-minute class begins with a warm-up, followed by a short aerobic segment, then a stretch-and-toning segment and, finally, a cool-down. There is limited bouncing and the class takes place in the leisure pool, where the temperature is slightly warmer. You must buy a Fitness Pass to participate. For current class times, see the water fitness class schedule at the front desk.

Care & Support

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 13
Time: 7 p.m.

Fee: No charge

Location: Senior Lounge

Leader: Heather Mudgett, Alzheimer’s
Association of Central Ohio

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 appointment by calling the Senior Adult Programming Office at 410-4550, or the Dublin Counseling Center at 889-5722

Fee: Medicare and insurance will be billed.

Location: Senior Lounge

Facilitator: Mary Steed-May, LISW, Older Adult Coordinator, Dublin Counseling Center

Ohio Senior Health Insurance Information Program (OSHIIP) Friday, August 20 & Sep 17, 8 – 10 a.m.

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. This monthly service program is provided by the Ohio Department of Insurance.

Fee: No charge, appointment necessary by calling 410-4550

Location: Senior Lounge
Counselor: Marcia Strall

Audiology Clinic –
Wednesday, August 18 & Sep 15

Can you hear me now? Maybe it's time to have your ears checked. A clinical audiologist offers a monthly clinic for free hearing evaluations and hearing aid cleanings. Evaluations include auditory testing and an otoscope ear inspection. If needed, hearing aid consultation and demonstration of the newest digital technology are provided. Hearing aid cleanings include all makes and models. Time: consecutive appointments starting at 9 a.m., call 614-410-4550 for appointment; 15 minutes each
Fee: No charge
Aug 18 Location: Meeting Room 2
Sep 15 Location: Dressing Room 1
Audiologist: Anne Jenkins, Aud, Riverside Hearing Services

Foot Massage Therapy –
Friday, August 27 & Sep 24

A foot massage can really increase vigor and energy to the entire body. To gain the overall benefits of relaxation, comfort and well-being, treat your feet to a little pampering. Therapist Rininger has 24 years of massage therapy experience. Time: 10 a.m. - noon; consecutive appointments starting at 10 a.m., call 614-410-4550 for appointment; 15 minutes each
Fee: No charge
Location: Abbey Theater Dressing Room 2
Massage Therapist: D'Arle Keith Rininger

Podiatry Services –
Friday, August 27 & Sep 24;
8:45 a.m. – noon, appointments
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: Abbey Theater Dressing Room 1
Podiatrist: Dr. Craig Cohen, Capital Foot Care Inc.

Wellness Check –
Friday, August 13 & Sep 10

A nurse is available to measure vital signs (blood pressure, temperature, pulse and respiratory rates), make minor dressing changes, review and discuss medications, monitor blood glucose, check pulse O₂, and offer basic education (hypertension and diabetes). Please note that those wanting a sugar screening must not eat at least three hours before, although eight hours is optimum. The Wellness Check is sponsored by Senior Independence. Time: 10 a.m. – noon
Fee: No charge
Location: DCRC, Abbey Theater Dressing Room 1



2010
SENIOR ADVISORY BOARD

Executive Committee
President – Larry Evans
Vice-President – Jerry Boone
Treasurer – Betty Miller
Secretary – Marian Dorsey
Past President – Mel Ehrlich
Committee Chairs
Charity – Beth Evans
Food Service –
Lee Fraas / Ann Gray
Opal Mintun/ Sylvia Williams
Goodwill – Phyllis DeMuth
History – Clark Breeding
Hospitality – Donna Lee
Membership – Sue & Tom Sevit
Program – Willie Ehrlich
Volunteer – Joann De Santis

GENERAL INFORMATION

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

Wanda Kamler
Senior Adult Program Supervisor

Georgia Glunt
Senior Adult Program Assistant

Patty Rinella
Adult Program Supervisor/Senior Services

Senior Adult Parking

There are designated senior adult parking spaces located on the north side of the DCRC building. To allow for easier accessibility, senior parking is available from 9 a.m. – 5 p.m., Monday – Friday, for all individuals age 55 years and older. The northwest entrance leads directly to the Senior Lounge and the atrium hallway into the main area of the Recreation Center.

Senior Lounge

The Senior Lounge is open to seniors from 9 a.m. – 5 p.m. Monday through Friday. Please come in to enjoy this wonderful room during these hours. If you are susceptible to colder room temperatures, please bring a light sweater or jacket with you when attending programs and events.

Monthly Potluck/Meeting

11:00 Dublin area senior adults meet with new and old friends for a potluck 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 10.

Pre-Program
Pianist



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 Larry Evans calls individual tables. Please wait until your table number is called.

12:15 Announcements and overview of monthly newsletter.

12:30 Entertainment (45 min. – 1 hour)

After Entertainment – Sign-ups or payments for classes, trips, or membership, etc. can be made in the Senior Adult Programming Office at this time or during regular business hours Monday through Friday, 9 a.m. – 5 p.m.

Special Notes:

When bringing pies or cakes to the monthly potluck, please pre-cut them at home. This will make it easier for the food committee workers to serve.

When going through the potluck line, please be considerate of those going through at the end. Take only enough for one plate, including 1 main entrée item. **NO CARRY-OUTS PLEASE!**

Senior Lounge Library

Books are shelved alphabetically by the last name of the author. Returning books should be placed within the receiving box to be re-shelved by the librarian. Donations should also be placed within this same box for processing. Our librarian is Mary Miller.

90 years or older

DCSC memberships are awarded to senior adults when they attain their 90th birthday. If you are age 90 or older, please notify the Senior Adult Programming Office. DCSC membership forms must still be completed.

Sign Up/Recreation Classes

Numbered classes require a registration form be completed. You will find these forms at the Senior Adult Programming Office and the front desk of the DCRC. 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 already 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.

Trip/Program Sign Up

Just a reminder that we need payment when you sign up for any trips or activities that have a charge. Don't wait until the last minute to sign up for trips! If a count is low when travel deadlines arrive, a trip may be canceled. Sign up early to ensure your spot and trip commitment.

We ask that individuals sign up for all senior adult 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 would then be able to notify the seniors who have signed up for this program.

Refunds/Trips

Trip and program refunds are possible if the Senior Adult 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 Senior Adult Programming Office.

Inclement Weather

During the winter months, our senior adult programs will be canceled on days when inclement weather closes Dublin City Schools.

DCSC Shirts

Buy a shirt that proudly displays the Dublin Community Senior Citizens logo. A hunter green golf shirt (\$20) and a gray T-shirt (\$13) are available for purchase through the Senior Adult Programming Office.

DCSC Lanyards

Tired of trying to find a piece of clothing to clip on that name badge? We now have DCSC lanyards for sale at \$1 each through the Senior Adult Programming Office. Please note that the lanyards will not be able to stay with your name badge while it is stored on a name badge rack. Your lanyard will need to travel back and forth with you as you attend programming.

Seniors Giving All Through the Year

All through the year, the Dublin Community Senior Citizens make donations to those less fortunate. Donated items are given to the Salvation Army, the Dublin Community Church Food Pantry, and during the holidays we adopt a family in need within the Dublin community. Please bring the selected items to the monthly potluck meetings noted below. Monetary donations may be made in lieu of requested products. Please make check payable to "Dublin Community Senior Citizens." You will be making a difference!

January-February... Paper products such as paper towels, toilet paper, and diapers.
Dublin Food Pantry

May – June... Canned goods and pantry items.
Dublin Food Pantry

October – December... Adopt-a-Family and Senior Adult-In-Need for the holidays with monetary donations for gifts and a holiday dinner.
Dublin Community





In Sympathy

The Dublin Community Senior Citizens would like to extend their deepest sympathy to the members and their families who have lost loved ones.

Member Dorothy "Dottie" Fergusson passed away on Thursday, July 29.

If you know of an ill member or one who has passed away, please notify Phyllis DeMuth, Goodwill Committee Chairperson, at (614)336-9509. She will send a card to that member or member's family on behalf of the Dublin Community Senior Citizens.



Happy Birthday!

August 1	Donna McClure Bill Miller Shirley Schirtzinger Sue Sevit Linda Sommer Nancy Wolfe
August 2	Adrian McQuiston
August 3	Blanche Cossin Bob Reiner Gilbert Yan
August 4	Jim Deeter Nora Grabill Rufus Jones
August 5	Mary Ann Reiner
August 6	Alice Ford Loretta Malenky Sharon Webster
August 7	Louie Paulsen
August 8	Florence Maciulewski
August 9	Hal Bischoff Joann Bogart Cindy Colbert Benita Taylor
August 10	Carolyn Davidson Fern "Mom" Kamler Lois Reese
August 11	Fred De Leon Barbara Husen
August 12	Bill Doty Arthur Holdford Donald Fracasso Esther Spohn

August 13
August 14

August 15

August 16

August 17

August 18

August 19

August 20

August 21

August 22

August 24

August 25

August 26

August 27

August 28

August 30

August 31



Richard Martin
Peg Augenstein
David Hirst

Darlene Edison
Ruth Kaler
Ed Smith

Dan Bates
Charlotta Becker
Ken DeShetler

Dorothy Haqq
Norma Marshall

Karla Roehrig
Lois Slocumb

Jeanne Holliday

Bill Monahan
Bob Whisman

Peg Burgess
Betty Geise

Fred Forbes
Peggy Pace

Art Hall

Joe Donnell
Raji Shankar

Sally Buckley
Dave Dyer

Judy Mazzola
Sam Pallotta

Jo Rausch
D'Arle Rininger

Christopher Altenburg
Olga May

Mary Woke

Pat Breading

Clayton Rose

Carol Grucelska

Paula Haydocy

Tom Penty

Wayne Rausch

Kate Benson

Anton Chin

Jack Paese

Norm Smith

Jayne Wolfe

Roger Holmes

Did You Know?

Honey is the only food that doesn't spoil.

Broccoli Salad

by DCSC Member
Nicky Mayer

This was a hit at the June potluck!



1 large or 2 small heads of broccoli chopped
 1 cup raisins
 5 to 6 crisp strips of bacon crumbled
 1 red onion in rings
 Dressing:
 1 cup Miracle Whip
 1/2 cup sugar
 2 T. Heinz Apple Cider

Add dressing before serving.



THE END OF SUMMER

Shannon Georgia Schaubroeck, USA

The summer days are fading, as they must
 From endless hours to short and fleeting light
 The bird's once bright, immortal tune, now cries
 A melancholy aura to the dusk
 The children fiercely climb, and dream, and race
 Before their wild and unchained days depart
 And yet beneath the zeal lies a half heart
 For there isn't time, there's only enough space
 The sun seems low, a hazy orange sphere
 Now reminiscing sweetly of the days
 When endlessly before you summer lay
 And as in the deep, crimson dusk you stir
 Your soul joins with the birds in wistful brood
 Crying for lost summer days, for childhood

A Bicentennial Minute

Dublin was named a Top Seven Intelligent Community by the New York-based Intelligent Community Forum - one of only two cities in the United States.