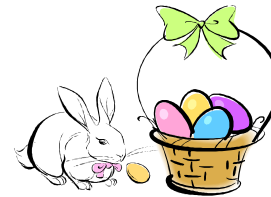


DUBLIN COMMUNITY SENIOR CITIZENS



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



MARCH/APRIL 2010

Welcome to our monthly meeting/potluck on Monday, March 8. Program entertainment will begin at 12:30 p.m. The Dublin Senior Players will present *Chicago* – the play, not the musical, in the Abbey Theater. The play was written by Maurine Dallas Watkins, who was a reporter for the Chicago Sun-Times during the murder trial of Beulah Annan, “the prettiest murderess” in 1924. This play, and subsequent musical, are based on that trial.

Our next meeting/potluck will be held on Monday, April 12. Program entertainment will begin at 12:30 p.m. Staff from the Ohio Wildlife Center will be here to share information on who they are and what they do. You may even get the chance to meet some friendly, furry creatures.

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

Wanda’s Whatzits

Leadership Dublin is sponsoring a 11th annual “Community Day” on Saturday, May 1. They are looking for any seniors who are in need of assistance to clean up/spruce up the outside of their homes FOR FREE. A supervised “Clean Up” crew per home will be willing to clean gutters, windows (outside only), trim trees and hedgerows, mulch, plant flowers, etc... Or you can name the task and they will make every attempt to help out. (Note: no electrical or second-story work can be done.) If resources are needed to do the job, i.e. mulch, then you must supply the materials. Work time will be scheduled between 9 a.m. and noon. If interested, please notify the Senior Adult Programming Office.

It’s time to renew your DCSC membership! Annual dues are \$12 for Dublin residents and \$16 for Dublin school district/non-residents per person for the 2010 calendar year. You can stop by the Senior Adult Programming Office during normal business hours, 9 a.m. – 5 p.m. Membership requirement is age 55 years and older. Senior adults 90 years and older have earned a free membership, but must still fill out the required forms.

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

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.

HIGHLIGHTS

Thursday, March 11 – Opera Favorites

Opera Favorites features two singers and a pianist in a program of familiar tunes from the world of opera. Gorgeous melodies, informational background and thrilling high notes make this an event to remember. This program is made available through Opera Columbus. Refreshments sponsored by Mayfair Village.
Time: 2:30 – 3:30 p.m.
Fee: \$5, pre-registration is required through the Senior Adult Programming Office
Location: Abbey Theater



Friday, March 12 – 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

Monday, March 15 – American Red Cross Blood Drive

Give the gift of life. The American Red Cross needs 550 people to donate blood each day to meet the transfusion needs of central Ohio patients. Won’t you take the time to save a life? The Dublin Community Senior Citizens are sponsoring this drive. To schedule an appointment call 614-251-1451.
Time: 1:30 – 7:30 p.m.
Location: Talla 3
Note: If you would like to volunteer to help with the Blood Drive, please call the Senior Adult Programming Office at 410-4550.

Tuesday Talks

Can Our Earth Sustain Us?

Date: Tuesday, March 16

The world population has more than doubled since 1958, the birth year of Jeffrey McKee, a professor in the Department of Anthropology at Ohio State University. From his research into the beginning of early human evolution through field work in African fossil excavations, Dr. McKee has turned his interest forward to the future of the human race. As such he believes we need to find a solution to the overpopulation that is putting pressures on all of the world's habitats and resources. He believes we must set aside deep-seated taboos against discussing overpopulation to seek humane measures to reduce uncontrolled population growth. Refreshments sponsored by Arbors at Hilliard.

Time: 2:30 p.m.

Location: Talla 2

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

The Big List

Date: Tuesday, April 20

How many people do you know who are paid to have opinions? As a columnist for the Columbus Dispatch, Joe Blundo is. He will share his Big List, his opinions on Columbus history, buildings, inventions and other things that interest him. Joe uses photos to get his audience involved in guessing what objects of local lore they are seeing. Come join a fun presentation for an inside look into the collection of a columnist's facts. Refreshments sponsored by Arbors at Hilliard.

Time: 2:30 p.m.

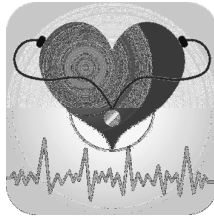
Location: Talla 2

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, March 18 – Lunch Bunch at The Pub at the Club

“Fore” lunch our group will be heading to The Golf Club of Dublin's restaurant, The Pub at the Club. Their Pear Salad, BLT Flatbread, Apple & Brie sandwich, and the Blackened Catfish come highly recommended. Or you may choose from a variety of sandwiches, burgers, pizzas or entrees. Average cost is \$8 - \$10. We will meet at 11:30 a.m. at 5805 Eiterman Road (614-792-3825). Pre-registration is required through the Senior Adult Programming Office. Maps are available in the Senior Adult Programming Office.



Saturday, March 20 – Senior Safety Fair

Would you like to brush up on your first aid skills? Alex Hessler, a Boy Scout with Dublin Troop 299 will be presenting a Senior Safety Fair as his Boy Scout Eagle project. Alex and a group of his fellow Boy Scouts will present information on a variety of safety topics including first aid, emergency preparedness and the Vial of Life program. The Washington Township Fire Department staff will be on hand for blood pressure checks. Enter your name in a drawing to win one of several first aid kits compliments of the WTFD. Free refreshments.

Time: 1 – 3 p.m.

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

Location: DCRC, Talla 3

Monday, March 22 – 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, March 25 – 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.

Friday, March 26 – DCSC Euchre Tournament

Euchre fans claim there is no other card game. This tournament tests your skill and stamina, and you'll have a lot of fun. Entrants must know how to play. Refreshments, sponsored by Brookdale Senior Living, will be served before play begins. Prizes are awarded at the end of the tournament.

Limit: 36 Ages: 55 and up

Time: Noon refreshments

1 – 4 p.m. play

Fee: \$1 Must be member of Dublin Community Senior Citizens organization, pre-registration required by March 19.

Location: DCRC, Senior Lounge

Location: Talla 2

Friday, April 9 – 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, April 15 – Po' Folks at Home

The government has taken all of your money. Cheer up! We ain't got no money, but we will have lots of fun and laughs. Wear your worse tattered clothing and enjoy your last meal of beans 'n wieners, chips, dessert and a drink. The Back Porch Swing Band will entertain with a swingin' rhythm and an old timey flavor. More great surprises are in store for this afternoon. Po' Folks at Home is sponsored by The Convallarium at Indian Run, Columbus Alzheimer Care Center and Arlington Court Skilled Nursing & Rehab Center. Watch for fliers highlighting this event.

Time: 1 p.m.
Fee: \$3 at time of registration and 1 can of food at the door, to be donated to the Dublin Food Pantry; pre-registration is required through the Senior Adult Programming Office
Location: Talla 2 & 3

Tuesday, April 20 – Volunteer Appreciation Open House

The theme for National Volunteer Week, commemorated April 18-24, is "Celebrating People in Action." The theme captures the meaning behind this signature week – honoring the individuals who dedicate themselves to taking action and solving problems in their communities. National Volunteer Week is the perfect time to say "thank you" to the senior adult volunteers for their priceless contributions in 2009. The Open House will be held from 10 – 11:30 a.m. in the Community Hall with an awards presentation at 11 a.m. This recognition is by invitation only.

Thursday, April 22 – 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.

Friday, April 23 – BalletMet American Legends

World Premiere! Listen to the lyrical legacy of three legendary musicians. Watch the dynamic depiction of their distinctive songs danced upon the stage. Feel the creative forces that compelled these musical giants to move us in truly original ways. Their signature sounds have had fans of all ages dancing for decades. Now you can see the raw musical power of Johnny Cash, the soulful stylings of Stevie Wonder, and the swinging sounds of

Sammy Davis, Jr. as you have never seen them before. We will leave the Rec Center at 9:30 a.m. for general seating of this senior dress rehearsal performance at the Capitol Theatre. Cost is \$20, which includes bus transportation and general admission ticket. Please make check payable to "DCSC."
There is a limit of 22 for this trip.

Monday, April 26 – DCSC Advisory Board Meeting

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

Ladies of the DCSC

Previously known as the Dublin Red Hatters, this special group of ladies has been 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



Wednesday, March 24 – Out to Lunch Five Guys Burgers n' Fries

If you are a burger fan, or even if you aren't, if you haven't been to the new Five Guys Burgers and Fries in Dublin, now is your chance. The menu is no-frills: single or double burgers with or without cheese; grilled cheese, hot dogs and regular or Cajun spiced fries. Toppings are free and if you are a fan of hot sauce, Five Guys is as exotic as it gets. Join us as we grab a stack of napkins, indulge in a delightfully messy burger n' fries and enjoy the company of friends. Lunch is on your own. Average cost of \$5-\$7. Pre-registration is required through the Senior Adult Programming Office by Friday, March 19 at 5 p.m.
Time: 11:30 a.m.
Location: 7036 Hospital Dr. (in the Avery Road Shopping Center near Cold Stone Creamery)

Tuesday, May 4 Baskets & More!

Ready to be outside? Enjoy a day at the Longaberger Homestead! We begin our day at the Longaberger Company Headquarters – The Big Basket! We tour the inside of this landmark building, learn about the history of the Longaberger family business and possibly meet some of the people that make up the very special Longaberger Basket family. Our next stop will be the Longaberger Homestead. We will enjoy a box lunch (choice of turkey & swiss or ham & swiss) chips, cookie, pop or bottled water), please provide us with your choice when you register. We will tour the basket manufacturing facility and have time to shop at the Homestead. For an additional \$5 (payable that day) you can make a woven keepsake (choice of a flower, butterfly or fish). The bus will depart the Recreation Center at 9:30 a.m., your guide for the day will be Lori Ryan, a consultant for Longaberger. Throughout the day you will enjoy door prizes, drawings and other specials at the Homestead. The cost for this fun, enjoyable day is \$35, which covers transportation, lunch, admissions and bus driver gratuity. Please make check payable to DCSC. Registration deadline is Thursday, April 1 @ 3:00 p.m. Don't hesitate to sign up as the trip is limited to 25 participants.

PROGRAMS

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, Mar 1 – Mar 29
Class: #152110.03 Time: noon – 3 p.m.
Dates: Wednesdays, Mar 3 – Mar 31
Open Studio: #152110.04 Time: noon – 3 p.m.

Dates: Mondays, Apr 12 – May 17
Class: Time:
#252110.01 noon – 3 p.m.
Dates: Wednesdays, Apr 14 – May 19
Open Studio: Time:
#252110.02 noon – 3 p.m.

Registration for Spring/Summer classes begins March 22.

Fee: CR \$43 SDR/NR \$53; must be a member of the Dublin Community Senior Citizens
Location: Ceramics Studio
Instructors: Marion Simon & Jerry Decker

Guitar Jam



Here's your chance to jam with other acoustic guitarists in an informal setting. No preparation or predefined arrangements. Just meet and play all types of music from country & western to pop to contemporary. All levels of experience are welcome.
Date: Thursday, Mar 25, Apr 8 & 29, May 6
Time: 1 – 3 p.m.
Fee: No charge
Location: Abbey Theater
Moderator: Larry Vermillion, 614-306-4013

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...Monday, April 5
Time: 10 a.m. – noon
Location: Senior Lounge
Moderator: Jean Cole, 614-889-1035

Sunnyside Up



Mix the soil components, select your plants, and create a mini garden of sun-loving cacti and succulents in a handmade ceramic pot. This 9" dish garden will need a lot of light so a sunny window or patio table will be a perfect place to enjoy it. Bring a pair of garden gloves if you like and a box or similar container in which to carry your planter home. All other supplies included. Instructor Leslie Dybiec has a Bachelor's degree in Botany, a Masters

degree in Horticulture, and is a Certified Horticultural Therapist. She enjoys using plants to enhance people's lives.
Ages: 55 & up
Date: Thursday, Apr 29
Time: 1:30 - 3 p.m.
Fee: \$20; Make check payable to "DCSC"
Pre-registration is required through the Senior Adult Programming Office by April 22.
Location: Arts & Crafts Room
Instructor: Leslie Dybiec
Registration for Spring/Summer classes begins March 22.

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, Apr 5 – May 24
Class: Time:
#252150.01 9 – 11 a.m.
Fee: CR \$15 SDR/NR \$25
Location: Ceramics Studio
Instructor: Don Neff
Registration for Spring/Summer classes begins March 22.

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: #253100.01
Fee: \$10 per calendar year; must be a member of the Dublin Community Senior Citizens organization
Location: Abbey Theater
Director: Betty Trott



Chicago (not the musical)

Upcoming performances:
Sunday, March 7, at 2:30 p.m.
Monday, March 8, at 12:30 p.m. following the March DCSC meeting/potluck
Location: Abbey Theater
Fee: No charge

Special Interest

AARP Tax Preparation

An AARP volunteer is available for free tax preparation assistance. Bring last year's return, an IRS packet and all pertinent tax information, including your social security information. This service is open to all senior adults. Register for an appointment by calling the Senior Adult Programming Office at 410-4550.
Ages: 55 & up
Dates: Fridays, Feb 5 – Apr 9
Appointment times: 9 a.m. – noon
Location: Teen Lounge
Tax Counseling Moderator: John Becker

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, March 16 and April 13
Time: 1 – 2:30 p.m.
Fee: \$1 for two cards
Location: Talla 3

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 great fun!

➤Next meeting...Monday, March 15 and April 19

Time: 2 p.m.

Location: March 15 – Talla 2

Location: April 19 – Talla 1

Coach: Georgia Glunt

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. On the third Tuesday, the group meets earlier at noon for a potluck to celebrate monthly birthdays. 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 Henry Minette, 614-889-2369 and Chandra Bhatt, 614-932-7124.

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!

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: Tuesdays, Mar 16 – Apr 20

Class: #155100.03 Time: 1 – 4 p.m.

Dates: Thursdays, Mar 18 – Apr 22

Class: #155100.04 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

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, Mar 22 Chef Todd

Class: #154110.03 **FULL**

Date: Monday, Apr 26 Chef Tom

Class: #254110.01

Date: Monday, Jun 28 Chef Todd

Class: #354110.01

Date: Monday, Jul 26 Chef Tom

Class: #354110.02

Date: Monday, Aug 23 Chef Todd

Class: #354110.03

Registration for Spring/Summer classes begins March 22.

Time: Limit:

noon – 1 p.m. 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

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: \$1 per week; beginning March 12 the fee will be \$6 per week

Location: DCRC, Aerobics/Dance Studio I

Instructors: W.I.L.D. Country

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, and Desert Storm 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...March 29 & April 26

March 29

Sticks and the German Snipers

Speaker: Jerry Toliffson

April 26

T.B.A.

Time: 1 p.m.

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.**

March's movie on **Monday, March 29**, will be ***Everybody's Fine***. Frank comes to the harsh realization that his only connection to his family was through his now-deceased wife. When his kids ignore his calls and all find different reasons not to come home for the holiday, he sets off on an impromptu trip to reunite with each of his grown children. This PG-13 rated film stars Robert De Niro, Kate Beckinsale and Drew Barrymore.
Running time: 1 hour, 40 minutes

April's movie on **Monday, April 26**, will be ***Amelia***. *Amelia* is a biopic film tracing the life of famed aviator Amelia Earhart – who made history in 1932 by becoming the first woman ever to fly solo across the Atlantic Ocean. The trip made the aviatrix a national celebrity – with help from her publicist George Putnam, whom she fell in love with and eventually married. Their union was tested, however, as Earhart developed feelings for contemporary Gene Vidal, and the couple's marriage faced the ultimate tragedy years later, as Earhart's fierce independent spirit spurred her to attempt to fly around the world. This PG-rated film stars Hilary Swank and Richard Gere. Running time: 1 hour, 51 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...

March 10 *Confessions of An*

Ugly Stepsister
by Gregory Maguire

Apr 14 *Out Stealing Horses*
by Per Petterson

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...March 18 and

April 1 & 15

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, Apr 6 – May 11

Class: Time:
#256100.01 10:30 – 11:30 a.m.

Fee: CR \$52 SDR/NR \$62

Location: Aerobics/Dance Studio 2

Instructor: Sally Gill

Registration for Spring/Summer classes begins March 22.

HealthWise Lecture

Finding Gold in the Golden Years

Tuesday, March 23

Several recent studies have shown that finding happiness after sixty is very dependent on attitude and willingness to risk change. This presentation examines steps that can be taken to increase serenity and joy in later years. Participants are encouraged to share ideas and experiences. Time: 1:30 – 2:30 p.m.

Speaker: Laura Tobias Adams, Ph.D.

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

Location: Talla 2

Snoring: Implications and Treatments

Tuesday, April 27

Are you missing a few zzzz's every night because your partner's snoring is keeping you awake? Usually snoring doesn't pose a health risk for the snorer. However, research has shown that snoring can be the primary symptom of something much more serious. This lecture will cover the implications of snoring as well as the treatments that are now available.

Time: 1:30 – 2:30 p.m.

Speaker: Dr. Jim Fulop, M.D., OhioHealth Sleep Services

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

Location: Talla 2

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, Apr 10 – Jun 26

Class: Time:
#256190.01 10 – 11 a.m.

Fee: No charge

Location: DCRC, Senior Lounge

Instructor: Arjene Chen

Registration for Spring/Summer classes begins March 22.

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, Apr 7 – May 12

Class: Time:
#256200.01 7 – 8:30 p.m.

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

Location: Senior Lounge

Instructor: Robert Tucker, Authorized Instructor, Taoist Tai Chi Society USA

Registration for Spring/Summer classes begins March 22.

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: 45 & up

Dates: Mondays, Apr 5 – May 10

Class: Time:
#256300.01 10:40 – 11:40 a.m.

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

Location: Aerobics/Dance Studio 2

Instructor: Carol Laymon, Certified Pilates Instructor

Registration for Spring/Summer classes begins March 22.

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: 45 & up

Dates: Thursdays, Apr 1 – May 6

Class: Time:
#256310.01 10:40 – 11:40 a.m.

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

Location: DCRC, Aerobics/Dance Studio 2

Instructor: Carol Laymon, Certified Pilates Instructor

Registration for Spring/Summer classes begins March 22.

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, Mar 3 – Apr 7

Class: #156400.02 Time: 10:30 – 11:30 a.m.
Fee: CR \$57 SDR/NR \$67
Location: Aerobics/Dance Studio I
Instructor: Pat Henderson, Registered Yoga Teacher

Dates: Wednesdays, Apr 14 – May 26
(no class Apr 28)

Class: #256400.01 Time: 10:30 – 11:30 a.m.
Fee: CR \$57 SDR/NR \$67
Location: Aerobics/Dance Studio I
Instructor: Pat Henderson, Registered Yoga Teacher

Registration for Spring/Summer classes begins March 22.

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, Mar 2 – Apr 6

Class: #156410.02 Time: 6:30 – 7:30 p.m.

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

Location: Senior Lounge

Instructor: Pat Henderson, Registered Yoga Teacher

Dates: Tuesdays, Apr 13 – May 25
(no class Apr 27)

Class: #256410.01 Time: 6:30 – 7:30 p.m.

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

Location: Senior Lounge

Instructor: Pat Henderson, Registered Yoga Teacher

Registration for Spring/Summer classes begins March 22.

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, Apr 5

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, March 19 & April 16, 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

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.

Tips for Happiness, Well-Being and Feeling Good

Everyone thinks of changing the world but no one thinks of changing themselves. There aren’t necessarily set tips for being happy and having a sense of well-being; because everyone is different. By following a few simple strategies that may not have occurred to you, feeling good may be easier than you thought.

Date: Thursday, Mar 18

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

Strategies to Worry Less and Enjoy Life More!

Are you a worrywart? Do you have a “runaway” mind that seems to gravitate towards the worries of life? Join us for this one-hour session and learn some easy strategies to help you worry less and enjoy life more.

Date: Thursday, Apr 15

Time: 3:30 – 4:30 p.m.

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

Location: Senior Lounge

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

**Audiology Clinic –
Wednesday, Mar 17 and Apr 21**

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
Location: Abbey Theater Dressing Room 1
Audiologist: Darryl Will, MA, Riverside Hearing Services

**Foot Massage Therapy –
Friday, Mar 26 & Apr 23**



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, Mar 26 & Apr 23;
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, April 2**

A nurse is available to perform assessments of heart and lung sounds, blood pressure checks, medication monitoring, screening for sugar and breast self-examination instruction. 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 Sevitz
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**



March: Joanne Dafler
April: 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 Lounge 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.

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!



**March 1
March 2
March 3**

**Donna Gordon
AnnaBelle Hurst
Roberta Coup
Beth Evans**

	<i>Ed Whiteman</i>
<i>March 5</i>	<i>Joe Neidhardt</i>
	<i>Jeanette Stauch</i>
<i>March 7</i>	<i>Mary Stockman</i>
<i>March 9</i>	<i>Carol Fratianne</i>
	<i>Bob Hartman</i>
<i>March 10</i>	<i>Dennis Caplinger</i>
<i>March 12</i>	<i>Gene Dean</i>
	<i>Robert Spencer</i>
<i>March 14</i>	<i>Betsey Lawrence</i>
<i>March 15</i>	<i>Gladys Fankhauser</i>
	<i>Jean Neff</i>
<i>March 16</i>	<i>Dick Ford</i>
<i>March 18</i>	<i>Elaine Koelbel</i>
<i>March 19</i>	<i>Barb Burkholder</i>
<i>March 20</i>	<i>Opal Mintun</i>
	<i>Barbara Mirbach</i>
<i>March 21</i>	<i>Eleanor Fletcher</i>
	<i>Bonnie Merklin</i>
	<i>Marge Verrall</i>
<i>March 22</i>	<i>Nancy Hiltz</i>
	<i>Marybelle Mills</i>
	<i>Patty O'Connor</i>
	<i>Dale Smith</i>
<i>March 23</i>	<i>Pat Cullen</i>
	<i>Betty Rose</i>
	<i>Diana Wolfram</i>
<i>March 24</i>	<i>Mildred Disko</i>
<i>March 25</i>	<i>Mary Lou Schostek</i>
<i>March 26</i>	<i>Barbara Berglund</i>
	<i>Clark Breading</i>
<i>March 28</i>	<i>Jerry Decker</i>
	<i>Carol Powell</i>
<i>March 29</i>	<i>Dick Kreager</i>
<i>March 31</i>	<i>Joann Blum</i>
	<i>Caroline Ellingwood</i>

Helping Hands Helping Others

Need your yard raked? Spring flowers planted and beds mulched? Hedges trimmed? Let us help you! The 11th annual Leadership Dublin Community Service Day will be held Saturday, May 1, 2010. This is your chance to have your Spring yard work and light maintenance completed by community volunteers who want to help you for FREE! What could be better than that?

A supervised "Clean Up" crew per home will assist Dublin seniors with outside cleaning chores such as washing windows, raking yards, trimming bushes, planting

flowers and mulching beds and more. You supply the materials and we supply the labor. (Electrical or second-story work cannot be performed.) It is also necessary that you be present during the work period.

Work crews will be scheduled between 9 am and noon on Saturday, May 1. To sign up for your own Volunteer Clean Up crew, contact the Senior Adult Programming Office at 614-410-4550, or email leadershipdublincsd@yahoo.com Registration deadline is April 15.

Leadership Dublin looks Forward to helping you!



Saturday, March 13

The City of Dublin's St. Patrick's Day Parade has Irish Attitude

11 a.m. Begins at Metro Center, travels down S.R. 161 and through Historic Dublin. Be sure to check out all of the day's fun and exciting events on the City of Dublin website... www.dublin.oh.us



A Bicentennial Minute

The oldest continuously operating business in Historic Dublin is the Dublin Barber Shop, located on High Street and established in 1938.

Myths of St. Patrick's Day

Do you know your St. Patrick's Day facts? Are some of the traditions we've come to believe really myths? Make sure you're informed as we celebrate March 17th!

Excerpted from: "1001 Things Everyone Should Know About Irish American History" by Edward T. O'Donnell

The Annual St. Patrick's Day Parade is an Irish Tradition - The first recorded true parade took place in 1766 in New York when local military units, including some Irish soldiers in the British army, marched at dawn from house to house of the leading Irish citizens of the city. With few exceptions, the parade in New York has been held every year since 1766. Thus was a tradition born – an American tradition only recently adopted in Ireland itself.

Leprechauns Are Cute Little Elves - Stop right there, turn around slowly, and DROP that picture in your mind of the little guy on the Lucky Charms cereal box. That jolly little imp, and his counterparts on greeting cards, and, bears almost no resemblance to the leprechauns of Irish mythology.

Leprechauns were grumpy, alcoholic, insufferable elves in the employ of Irish fairies. They made shoes for fairies and guarded their treasure, which to the leprechauns' eternal frustration, was revealed occasionally to mortals by a rainbow. Somewhere in the course of the Irish American experience, the leprechaun took on the characteristics of the loveable, but ultimately contemptible Irishman that entertained on stage.

Fables about Patrick ridding Ireland of snakes and his use of the shamrock to explain the Trinity, still endure as part of modern St Patrick's Day folklore and custom. *Myth is more fun than truth...*