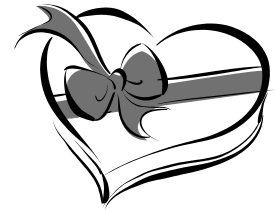


# DUBLIN COMMUNITY SENIOR CITIZENS



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



## JANUARY/FEBRUARY 2012

Welcome to our monthly meeting/potluck on Monday, January 9. Program entertainment will begin at 12:30 p.m. inside the Abbey Theater. Baby, it's cold outside but it will be hot, hot, hot when the Shamrockettes bring their new show to the stage. From Broadway to Burlesque and everything in between!

Our next meeting/potluck will be held on Monday, February 13. Program entertainment will begin at 12:30 p.m. Celebrating Valentine's Day, vocalist Michael Provenzano performs his *That's Amore* show. Listen to the hits of legendary artists like Frank Sinatra and Dean Martin. Michael also performs classic songs of Engelbert Humperdinck, Eddie Arnold and Kenny Rodgers, among others.

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

### Special Notes from Wanda

The Senior Adult Programming Office and Senior Lounge will be closed for holiday observance on...

Monday, January 16

Monday, February 20

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

It's time to renew your DCSC membership for the 2012 calendar year! Membership requirement is age 55 years and older. The membership fee for Dublin residents is \$12 and \$20 for school district and non-residents. Senior adults 90 years and older have earned a free membership, but must still fill out the required forms.

### HIGHLIGHTS & TRIPS

#### Tuesday Talks

##### *What is Going on with Wall Street?*

**Tuesday, January 17**

Bob Seredick, a new Dublin resident and DCSC member, recently retired from the U.S. government. His job with the U.S. Treasury Department was to help monitor Wall Street. Years before the bubble burst he predicted coming problems. Bob will share the insights he gained working in Washington DC and New York's stock market district.

Time: 2:30 p.m.

Location: Talla 2

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

##### *Food, Food, Glorious Food*

**Tuesday, February 21**

Ever since we learned that the Perimeter Drive Giant Eagle was undertaking a major expansion, we've been wondering what will be offered. Find out now. Dan Davis,

store leader, and some of his associates will talk about the changes. A 60-seat café, enlarged deli and bakery, expanded pharmacy, plus many additional products and services are in the works. The store will be bigger than the Bethel Road Giant Eagle but not as inclusive as Market District. Perhaps product samples will be available!

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, January 19 –  
The Perfect Cup of Tea**

January is National Tea Month. You are cordially invited to tea time as we discuss the exciting history of tea, including its journey from Asia to Europe and the United States. Hear about the invention of iced tea and tea bags, along with the health benefits from some of our most popular teas. A sampling of favorite teas and scones is offered. Presentation sponsored by The Laurels of Hilliard.  
Speaker: Linda Saunders, LNHA, CensusSolutions  
Time: 2 – 3pm  
Fee: No charge, pre-registration is required through the Senior Adult Programming Office  
Location: DCRC, Talla 3

**Monday, January 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. **Note: This meeting will include both the 2011 and 2012 Advisory Board members in Talla 3. A group photo will be taken of the 2012 Advisory Board at 9:30 a.m. in the Senior Lounge.**

**Tuesday, January 24 -  
HealthWise Lecture Series  
Embracing the Golden Years**

Terri is the author of the number one best seller for senior life enrichment, *G is for Golden Years*. Find out how life begins at 50 and how we are not getting older, we are getting better! Refreshments sponsored by Sunrise of Worthington Senior Living.  
Time: 1:30 – 2:30pm  
Fee: No charge, pre-registration is required through the Senior Adult Programming Office  
Location: Talla 2  
Speaker: Terri Glimcher

**Thursday, January 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 and The Convallarium of Dublin. Pre-registration is required through the Senior Adult Programming Office.

**Friday, January 27 –  
Lunch Bunch at The Bogey  
Bar & Grill**

The Bogey Bar and Grill has undergone major renovations with its new owners and is now open. Bogey signature items include The Catalonian pizza, Tempura Green Beans, a Grilled Chicken sandwich with grilled pineapple and smoked red pepper slaw, and Pan Seared Salmon. Average cost for a sandwich is \$8 - \$9 and entrées start at \$13. Our Lunch Bunch will meet at 11:30 a.m. at 6013 Glick Road, (614-766-1900). Please sign up so that we may give the restaurant an accurate count. Maps are available in the Senior Adult Programming Office.

**Wednesday, February 1 – Travel  
Preview of Montana, Glacier  
National Park & The Canadian  
Rockies by Train Trip**

Hear highlights of this exciting fall adventure. Bob Levy from Premier World Discovery will be in Talla 2 at 10 a.m. Pre-registration is required through the Senior Adult Programming Office.

**Thursday, February 16 – Lunch  
Bunch at BJ's Restaurant &  
Brewhouse**

BJ's Restaurant & Brewhouse is now in our own backyard on the Tuttle Crossing Mall campus. Their menu features BJ's own delicious, innovative spin on your favorite foods, including deep dish pizzas, salads, sandwiches, pastas, steaks, baby back ribs and so much more. Lunch specials start at \$5.95. Our Lunch Bunch will meet at 11:30 a.m. at 5141 Tuttle Crossing (614-659-9400). Please sign up so that we may give the restaurant an accurate

count. Maps are available in the Senior Adult Programming Office.

**Thursday, February 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 and The Convallarium of Dublin. Pre-registration is required through the Senior Adult Programming Office.

**Monday, February 27 –  
DCSC Advisory Board Meeting**

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

**Tuesday, February 28 -  
HealthWise Lecture Series  
Back and Spine Pain**

There are many different diagnostic and treatment options for back pain including medications, exercises and even surgery. Which may be right for you?  
Neurosurgeon, Dr. Ying Chen talks about all the options, when it's time to see a doctor and when to consult a specialist. Presentation sponsored by OrthoNeuro.  
Time: 1 – 2 pm  
Fee: No charge, pre-registration is required through the Senior Adult Programming Office  
Location: Talla 2  
Speaker: Dr. Ying Chen, Neurosurgeon/Spine Surgeon, OrthoNeuro

**Friday, March 2 –  
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

**Friday, March 9 –  
BalletMet *The Sleeping Beauty***

Escape to an enchanted world of castles, curses, forests and fairies as BalletMet brings you the most celebrated classical ballet of all time, *The Sleeping Beauty*. Set to Tchaikovsky's famously moving score, this fantasy favorite tells the story of the beautiful Princess Aurora whose 100-year slumber can only be broken by the kiss of a handsome prince. We will leave the Rec Center at 9:30 a.m. for general seating of this senior dress rehearsal performance at the Ohio Theatre. Cost is \$24, which includes bus transportation and general admission ticket. Please make check payable to "DCSC."

**This trip is on waiting list status.**

**Gardens & Mansions –  
March 25 – 31, 2012**

This trip to New Orleans & Cajun Country is loaded with highlights and inclusions. Your visit starts with a three night stay in the exciting French Quarter filled with fabulous restaurants and jazz clubs. Enjoy a French Quarter tour featuring the St. Louis Cathedral with a stop at Café du Monde. Board the Steamboat Natchez for a relaxing cruise on the Mississippi River. Then visit two beautiful antebellum mansions in Natchez before crossing into Cajun Country. Here you will take a Bayou Cruise, a true Louisiana experience. On day six Avery Island offers a Tabasco Factory Tour. The Big Easy is calling... Cost for this Premier World Discovery tour is \$1,799 pp double, \$2,324 pp single and \$1,769 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 flier in the Senior Lounge. For more information please call the Senior Adult Programming Office at (614)410-4550.

**Discover the French Riviera –  
April 22 - 29, 2012**

The fabulous French Riviera awaits your arrival, complete with elegant coastal

resorts, superb dining, fabulous shopping and fascinating museums. Unpack your bags just once and stay at a single hotel for your entire adventure. Highlighted cities include Nice, San Remo, and Monaco. Collette experiences allow you to explore the Rothschild Villa and Gardens, tour the Fragonard Perfumerie, enjoy a panoramic tour of Monaco and visit the fascinating Oceanographic Museum. Cost for this luxurious stay is \$2,879 pp double, \$3,379 pp single and \$2,849 pp triple. Informational fliers are available in the Senior Lounge. Please make check payable to "Tours 'n Tours Travel." 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.

**Montana, Glacier National Park  
& The Canadian Rockies by  
Train – August 21 – 29, 2012**

All aboard Amtrak's famous *Empire Builder* Train bound for Montana and Glacier National Park. Sit back and relax as you ride the rails and overnight onboard as the train heads West through Wisconsin, Minnesota, North Dakota and Montana. Cost for this Premier World Discovery tour is \$2,599 pp double, \$3,399 pp single and \$2,569 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 flier in the Senior Lounge. For more information please call the Senior Adult Programming Office at (614)410-4550.

**There will be a travel preview of this exciting trip on Wednesday, February 1 at 10 a.m. in Talla 2! Please pre-register through the Senior Adult Programming Office.**

**ARTS – CREATIVE &  
PERFORMING**

**Hands in Clay**

Build your own clay masterpiece. Not sure what to create? The instructor has some simple suggestions; your creativity is limited only by your imagination.

Instructional classes are held on Monday, Wednesday is open studio time. Ceramic art and photographs are displayed on the second floor mezzanine year round.

Ages: 55 & up

Dates: Mondays, Jan 9 – Feb 13

Class: Time:

152110.01 noon – 3 p.m.

Dates: Wednesdays, Jan 11 – Feb 15

Class: Time:

152110.02 noon – 3 p.m.

Dates: Mondays, Feb 27 – Apr 2

Class: Time:

152110.03 noon – 3 p.m.

Dates: Wednesdays, Feb 29 – Apr 4

Class: Time:

152110.04 noon – 3 p.m.

Fee: CR \$43 SDR/NR \$53; must be a member of the Dublin Community Senior Citizens

Location: Ceramics Studio

Instructor: Jerry Decker

**Let's Paint Together**

Watercolor is a vehicle for the most beautiful artistic expression. Intermediate level painters work in a small group in this watercolor open studio setting. Hands-on instruction is provided by artist Davoodi. Paintings come from photographs, still life, and nature (weather permitting). A supply list is provided by the instructor prior to the start of class.

Ages: 55 & up

Dates: Thursdays, Feb 16 – Mar 22

Class: Time:

152135.01 1:30 – 3 p.m.

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

Location: Arts & Crafts Room

Instructor: Jila Davoodi

**Quilter's Corner**

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

➤Next meeting...Monday, February 6

Time: 10 a.m.

Location: Senior Lounge

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. Member Linda Lanich 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. Beginner, intermediate and skilled scrappers are welcome. Linda is also skilled in card making and able to help participants create a greeting card or two. A limited supply of card making materials are available.

➤Next meeting...Thursday, February 2

Time: 1 – 3 p.m.

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

Location: Arts & Crafts Room

Moderator: Linda Lanich, 614-733-0938

## **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, Jan 2 – Mar 26

Class:      Time:

152150.01      9 – 11 a.m.

Fee: CR \$22 SDR/NR \$32

Location: Ceramics Studio

Instructor: Don Neff

## **Dublin Senior Writers**

Whether you enjoy writing prose or poetry, fiction or non-fiction, you are invited to join this group. The only tools necessary are a pencil, notebook and interest. Fellow writers offer feedback and suggestions.

Program is open to beginning and experienced writers. Program meets the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month.

➤Next meeting... Jan 19 and Feb 2 & 16

Time: 10 – 11 a.m.

Fee: No charge

Location: Meeting Room 2

Moderator: Norm Smith, 614-848-8121

## **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: 153100.01

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



Next production....

*My Man Godfrey*

Sunday, March 11 2:30 p.m.

Monday, March 12 12:30 p.m.

Auditions: Monday, January 30 at 1 p.m.

## **Dublin Shamrockettes**

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

Choreography is developed and practiced during the weekly meeting time.

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

Ages: 55 & up

Date:      Time:

Mondays      1 - 3 p.m.

Location: Aerobics/Dance Studio II

Moderators: Liz Krumenacker and Willie Ehrlich

## **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 614-410-4550.

Ages: 55 & up

Dates: Fridays, Feb 10 – Apr 13

Time: 9 a.m. – noon

Fee: No charge

Location: DCRC, Teen Lounge

Tax Counselors: John Becker & Rick Langner

## **Bingo**

### **Blarney Bingo**

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

➤Next meeting...Tuesday, January 17 & February 21

Time: 1 – 2:30 p.m.

Fee: \$1 for two cards

Location: Talla 3

### **Holiday Bingo**

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

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

Happy Valentine's Day!

➤Next meeting...Tuesday, February 14

Time: 1 – 2:30 p.m.

Fee: \$1 for two cards

Location: Talla 3

### **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. **Note:** On the third Tuesday of every month the group will meet earlier at noon for a potluck. Please call Dianne Lowery to let her know what you will be bringing.

### **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 Anita Orebaugh, 614-889-8745. Beginners or those who haven't played in a while are welcome!

### **Chef's Best**

Meet one of the senior community's finest chefs and learn his secrets to preparing favorite specialties. Watch as Chef Todd teaches you to become a gourmet cook in your own kitchen to amaze your family and friends. Sampling follows each demonstration.

Limit: 12

Date: Monday, Jan 23 **FULL**

Class: Time:  
154110.01 noon – 1 p.m.

Date: Monday, Mar 26 **FULL**

Class: Time:  
154110.02 noon – 1 p.m.

Fee: \$3 each section; must be a member of the Dublin Community Senior Citizens organization

Location: Kitchen

Instructor: Chef Todd Cameron, Dublin Retirement Village

### **Computer Instruction Basics**

Discover the basics of using a Windows 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, and finding maps and travel routes. Find airline, car, and hotel reservations and reserve library books and films. 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 e-mail address and mail box. You must be a member of the Dublin Community Senior Citizens. Limit: 8

Dates: Thursdays, Mar 15 – Apr 19

Class: Time:  
155100.02 9am – noon

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

Location: Computer Lab

Instructor: Roger Holmes



### **Facebook 101 Workshop**

Billy Fischer, Oxiem Interactive Facebook is the world's leading social network. Bring your laptop to this hands-on workshop as the instructor walks you through the basics of this popular website. Begin with its features and applications and learn to create a Facebook account. By the end you will be able to use Facebook like a pro, upload photos, videos and interact with your friends.

Date: Thursday, Mar 15

Time: 2pm

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

Location: DCRC, Talla 2

### **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.

### **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

### **Line Dancing**

Line dancing works with the three M's...music, movement and memory. Enjoy a variety of music while learning new movements and enhancing your memory. Build coordination, balance and endurance while having fun and meeting new friends. Class begins with a warm-up that prepares the body for dance and teaches step terminology. Students learn basic dances the first hour and novice dances the second. Class ends with a review and cool-down routine. Smooth-soled shoes are needed. Buy a receipt at the front desk and turn it in to the instructor.

Ages: 40 & up

Day Time

Fridays 1:05 – 3:05 p.m.

Fee: \$3 per week

Location: Fitness Studio 1

Instructor: Lynne Herman

### **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, 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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... March 26

Location: Talla 2

Time: 1 p.m.

Moderator: Norm Smith, 614-848-8121

## Movie Madness

A first-run movie is shown 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.**

January's movie on **Monday, January 30**, will be *Sarah's Key*. Julia Jarmond, an American journalist married to a Frenchman, is commissioned to write an article about the notorious Vel d'Hiv round up, which took place in Paris, in 1942. She stumbles upon a family secret which will link her forever to the destiny of a young Jewish girl, Sarah. Julia learns that the apartment she and her husband Bertrand plan to move into was acquired by Bertrand's family when its Jewish occupants were dispossessed and deported 60 years before. She resolves to find out what happened to the former occupants: Wladyslaw and Rywka Starzynski, parents of 10-year-old Sarah and four-year-old Michel. The more Julia discovers – especially about Sarah, the only member of the Starzynski family to survive – the more she uncovers about Bertrand's family, about France and, finally, herself. This PG-13 rated film stars Kristin Scott Thomas, Mélusine Mayance and Niels Arestrup. Running time: 1 hour and 51 minutes

February's movie on **Monday, February 27**, will be *I Don't Know How She Does It*. Kate Reddy devotes her days to her job with a Boston-based financial management firm. At night she goes home to her adoring, recently-downsized architect husband Richard and their two young children. It's a non-stop balancing act, the same one that Kate's acerbic best friend and fellow working mother Allison performs on a daily basis, and that Kate's super-brainy, child-phobic young junior associate Momo fully intends to avoid. When Kate gets handed a major new account that will require frequent trips to New York, Richard also wins the new job he's been hoping for – and both will be spreading themselves even thinner. This PG-13 rated romantic comedy stars Sarah Jessica Parker, Pierce Brosnan and Greg Kinnear. Running time: 1 hour, 35 minutes

Fresh popcorn available for 50¢ a bag!



Blockbuster Video located at 4672 Cemetery Road, Hilliard, sponsors the monthly Movie Madness programs.

## Notary Service

Free Notary Service is available to DCSC members by calling 614-410-4550 to make an appointment.

## The 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...

January 11 *The Buddha in the Attic*  
by Julie Otsuka

February 8 *The Immortal Life of Henrietta Lacks*  
by Rebecca Skloot

March 14 *No Ordinary Time: Franklin and Eleanor Roosevelt*  
by Doris Kearns Goodwin

Time: 10 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

## **SPORTS**

### Bowling

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

Ages: 55 & up

Day: Mondays

Time: 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

## **FITNESS & WELLNESS**

### 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, 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, Feb 14 – Mar 20

Class: Time:  
156100.02 10:45 – 11:45 a.m.

Fee: CR \$58 SDR/NR \$68

Location: Fitness Studio 2

Instructor: Sally Gill

## **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, Jan 7 – Mar 24

Class: Time:  
156190.01 10 – 11 a.m.

Fee: No charge

Location: DCRC, Senior Lounge

Instructor: Lucia Dunn

## **Beginning Tai Chi**

The beginners Taoist Tai Chi class includes instruction in the 108 movements of the Taoist Tai Chi set. Each class builds on the one before with lots of review and time for questions, so missing an occasional class is not a problem. The class progresses at a moderate pace in order to finish learning the sequence of movements in 14 weeks. Participants are not expected to memorize all the movements prior to the end of class. The objective is to allow the students to follow the instructor through the entire sequence, getting the benefits of the movements. It is recommended that the students have completed the introductory

Taoist Tai Chi class before starting this one.

Limit: 15

Ages: 40 & up

Dates: Wednesdays, Jan 11 – Apr 11

Class: Time:  
156210.01 7 – 8:30 p.m.

Fees CR \$100 SDR/NR \$110

Location: Senior Lounge

Instructor: Carrie Bowman

Authorized Instructor, Taoist Tai Chi Society USA

## **Yes, I Can! II - Intermediate**

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 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, Feb 16 – Mar 22

Class: Time:  
156310.02 10:45 – 11:45 a.m.

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

Location: Fitness Studio 2

Instructor: Carol Laymon, Certified Pilates Instructor

## **Senior Yoga**

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

Ages: 50 & up

Dates: Wednesdays, Feb 15 – Mar 21

Class: Time:  
156400.02 10:45 – 11:45 a.m.

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

Location: Fitness Studio 1

Instructor: Pat Henderson, Registered Yoga Teacher

## **Yoga in the Afternoon**

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

Ages: 40 & up

Dates: Mondays, Feb 13 – Mar 19

Class: Time:  
156405.02 2:30 – 3:30 p.m.

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

Location: Arts & Crafts Room

Instructor: Pat Henderson, Registered Yoga Teacher

## **Yoga for Every Body**

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

Ages: 40 & up

Dates: Tuesdays, Feb 14 – Mar 20

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

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

Location: Senior Lounge

Instructor: Pat Henderson, Registered Yoga Teacher

## **Zumba Gold**

Zumba Gold is a revolutionary new aerobic dance routine that is for anyone at any level of fitness ability. This program provides a safe and effective total body workout, while maintaining an atmosphere that is fun and energetic. Dance moves and rhythms are from salsa, merengue, tango, rumba and cha-cha presented in an easy-to-follow, yet very effective format. Wear comfortable clothing, bring a towel and water bottle along with a “ready to dance” attitude.

Dates: Thursdays, Jan 12 – Feb 16

Class: Time:  
156500.02 8:40 – 9:30 a.m.

Dates: Mondays, Feb 20 – Mar 26  
Class: 156500.03 Time: 10:45 – 11:40 a.m.  
Dates: Thursdays, Feb 23 – Mar 29  
Class: 156500.04 Time: 8:40 – 9:30 a.m.  
Fee: CR \$46 SDR/NR \$56  
Location: Fitness Studio 1  
Instructor: Vicki Federico

### **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, Jan 9 & Feb 6  
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 an 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, Jan 20 & Feb 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. The 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. Offered in conjunction with the Dublin Counseling Center.

### **Combating Loneliness**

Everyone experiences loneliness at one time or another. Generally, these feelings don't last long. If left unchecked, loneliness can take on a different role. Come and discuss proven strategies that help deal with these feelings and restore a healthy outlook on life.

Date: Thursday, Feb 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

### **Audiology Clinic –** **Wednesday, Jan 18 & Feb 15**

Can you hear me now? Maybe it's time to have your ears checked. A clinical audiologist offers a monthly clinic for screenings 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; 30 minutes each

Fee: No charge

Location: Dressing Room 1

Audiologist: Anne Jenkins, Riverside Hearing Services

### **Foot Massage Therapy –** **Friday, Jan 27 & Feb 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 25 years of massage therapy experience.

Time: 10 – 11:40 a.m.; consecutive appointments starting at 10 a.m., call 614-410-4550 for appointment; 15 minutes each  
Fee: \$5

Location: Abbey Theater Dressing Room 2  
Massage Therapist: D'Arle Keith Rininger

### **Podiatry Services –** **Friday, Jan 20 & Feb 17;** **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.



**2012  
SENIOR ADVISORY BOARD**

**Executive Committee**

President – Dennis Caplinger  
Vice-President – Phyllis DeMuth  
Treasurer – Pat Breading  
Secretary – Marian Dorsey  
Past President – Jerry Boone

**Committee Chairs**

Charity – Linda Meek  
Food Service –  
Ann Gray / Opal Mintun  
Sara Spear / Erica Strawn  
Goodwill – Marilyn Orlando  
History – Clark Breading  
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

Jane White  
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**



**January:** Wilma Snyder  
**February:** Vivian Wistner

**11:20** People with disabilities or needing assistance are called to go through the buffet lines.

**11:30** President Dennis Caplinger calls individual tables. Please wait until your table number is called.

**12:10** 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 90<sup>th</sup> 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 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!

- January 1 Helen Hartman  
Ken Baker
- January 2 Mary Bezaire  
Bill Chaddock  
Bill Franks  
Sally Hosken  
Maryann Sobek  
John Wiegel
- January 3 Diana Weaner
- January 4 Agnes Bennett  
Dorothea Link  
Wendy Hock
- January 5 Louise Arman  
George Burris  
Doris Cameron  
Fred Dafler  
Pat Williams
- January 6 Betty Allison
- January 7 Kevin Maloney  
Sandy Moran  
Kathryn Wagner

January 8

- Neal Hahn
- Susan O'Malley
- Bill Miller
- Rachel Simon

January 9

Roger Blashfield

January 10

Marsha Spears

January 11

John Bowers

Berta Christoff

Mary Jaquay

January 12

Jim Johnson

Diane Lawless

Jane Loveday

January 13

Pat Barton

January 15

Dave Brown

Jack Hasen

January 16

Brenda DeLeon

Barbara Marietti

Mary Mounts

Jean Walker

January 17

Phyl DeMuth

January 18

Bill Gray

Gini Krouse

January 19

Scott Armstrong

Bob Crewe

Duane Shirtzinger

January 20

Jean Steele

January 23

Dixie Shroyer

January 24

Howard Cameron

Chuck Headlee

Florence Jones

Richard O'Connor

January 25

Ann Gray

Dolores McClish

Lorna Shipley

January 26

Ted Sekinger

January 27

Pat Fehn

Dick Thomas

Jerry Wolfe

January 29

Dick Termeer

January 30

Tom Bordonaro

Jim Dowdy

**Happy  
New Year  
from the  
Senior Adult  
Programming  
Office!**

