

Senior Citizens Inc.

of Delaware County

Summer Newsletter (JULY, AUGUST, SEPTEMBER)

Inside this Issue

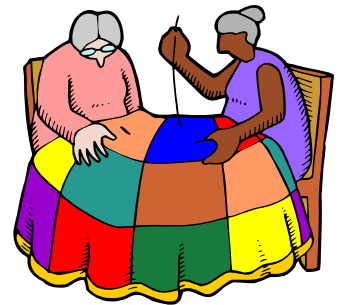
<i>Trips & Skips</i>	4-6
<i>News & Views</i>	7-10
<i>Creative Arts</i>	11-13
<i>Computer Activities</i>	13-14
<i>Special Interest & Wellness</i>	15-17
<i>Sports & Fitness</i>	17-19
<i>Social Scene</i>	20
<i>Registration Forms</i>	21-23

Heritage Day

August 14 • 10 AM - 3 PM
at Senior Citizens Inc.

Breakfast
8:30 - 11 AM

Lunch
11:30 AM - 2:30 PM
hot dogs &
root beer floats



Art Show
Classic Car Show
Quilt Show
Wood Carving

For information call (740) 369-5133

If you want to show your artwork and/or quilts at our Heritage Day event, please pick up your entry form at the Center's front desk during office hours and return before July 30.

Board of Directors 2011... Would you like to serve on the board of directors at Senior Citizens Inc.? If so, please pick up an application at the Center's front desk, fill it out, and get it back to the front desk by July 15. Someone from the nominations committee will contact you for an interview. The election for the board of directors will be held after the Center's annual meeting on Tuesday, November 9.

Senior Citizens Inc. of Delaware County Hours & Location

Hours:

Mondays, Wednesdays
and Fridays from 8 AM
to 4 PM

Tuesdays and Thursdays
from 8 AM to 7 PM

**No Saturday hours from
July 3 through Sept. 4.
Regular hours will
resume on Sept. 11.**

Location:

Center for Older Adults
800 Cheshire Road, Suite B
Delaware, Ohio 43015

Phone Number:

(740) 369-5133

Save the Date!

Veterans Day Ceremony

You are invited to a morning Veterans Day ceremony on Thursday, November 11, here at the Center. More details will follow! If you are attending, please sign up at the front desk or by calling (740) 369-5133. This year's



event will include recognizing those who have purchased bricks this year for the Veterans Memorial Garden, as well as a ceremony remembering veterans who have served our country. In addition to the ceremony, military jeeps and other equipment will be on display at the Center.



Membership

Annual membership dues are \$25 for Delaware County residents (those who live within the boundaries of Delaware County) and \$30 for non-residents living outside the county limits. Purchasing a membership to Senior Citizens Inc. and/or the activity center entitles you to registration for Senior Citizens Inc.'s programs and priority registration for trips each month. As a member you will receive the newsletter, which showcases current information about the wide variety of free and fee-based programs available. Membership dues are for one year, starting on the date you become a member. (At the end of your one-year membership, you will receive a renewal notice only if you have not renewed your membership.)

Nonresident Fee

Residents of Delaware County pay taxes that support the activities at Senior Citizens Inc. Non-residents do not pay these taxes and therefore pay the extra amount for programs and trips.

Refunds

If a participant cancels a trip or activity, his or her seat must be filled from the waiting list in order to qualify for a refund. Because our fees are based on minimum participant numbers, refunds must be requested at least 24 hours before the activity begins. Consideration will be given to written requests for refunds in cases where there has been an injury or unforeseen problems not within your control. There is an \$8 fee for processing all refunds.

Waiting Lists & Cancelled Classes

We will advise members if a class is full and give them an opportunity to enroll on a waiting list. If a class is cancelled, we will notify the registrants and issue credits. Checks may be issued upon request, or a credit for another program may be requested. There is no processing fee when a class is cancelled by Senior Citizens Inc. of Delaware County.

Photos Taken by Staff

During programs or activities, participants may be photographed for publicity purposes by a staff member of Senior Citizens Inc. of Delaware County or the Council for Older Adults. These photos may appear in newsletters, the Council Communicator, or other publications. If you do not desire to have your photo taken, please tell the photographer. You may also contact our office.

Room Reservations

The Center reserves the right to cancel events and/or programs or change room assignments if the minimum number for the scheduled room is not reached. This policy is for groups from outside the Center that reserve our rooms for their events at no cost, and for our own in-house programs.

Visit us online!
www.delawareseiorcenter.org

Mission Statement for Senior Citizens Inc. of Delaware County

To provide motivating activities to help active older adults remain a vital part of Delaware County through education, recreation, socialization, exercise and wellness.

Purpose of Senior Citizens Inc.

- **Education** by offering classes to open new areas of learning.
- **Health** partnering with health organizations to provide screenings, services and health related information.
- **Wellness** exercise and health-related activities.
- **Recreation and Socialization** to come together with peers and others from the community to reconnect or build new relationships.
- **Volunteerism** to make information on volunteer areas available to older adults.

Funded by grants from the Council for Older Adults and members.

BOARD MEMBERS	STAFF
<p>Rose Ann Haynes, President Doris Shover, Vice President Carolyn Shroyer, Secretary Phyllis Amato, Treasurer Nancy Gore, Director John Mc David, Director Jackie Moffett, Director Violet Mutters, Director Dee Anna Parrish, Director Jean Sheppard, Director Martha Warner, Director</p> <p>Ken Harry, Alternate</p>	<p>Charlene Browning, Director Edie Balsler, Administrative Assistant Sandy Miller, Program Director Joan Hatcher, Arts & Education Director Kimberly Faulkner, Office Staff Vivian Tilton, Office Staff Barb Hawbaker, Office Staff Patti Fifner, Aquatics Director Julie Clinger, Fitness Manager Danny Stevens, Maintenance Lisa Hall, Volunteer (Park Avenue) Charles Doeble, Evening Fitness Shirley Maggard, Evening Front Desk</p>

Volunteer News

The second Volunteer Appreciation Party took place at Senior Citizens Inc. on Thursday, April 29. We sincerely appreciate all that our volunteers do to make this a fabulous place for seniors to learn, laugh, make friends and enjoy life. Our greatest treasure truly is our volunteers. Know that we appreciate the time and talents that you share on a daily basis.

Thanks to all who participated in the first Unique Spring Boutique. Darcy Husmann and June Moncur had the idea of having a craft fair at the center and helped with getting this event started and organized. Thanks to all of the volunteers who then joined in to make the event a stellar one! Volunteers greeted, guided, delivered food, created crafts, sold and collected items, carried, bought - you name it, you did it! THANK YOU for making this first event a success. We made more than \$5,400. This amount will be matched by the Council for Older Adults.

Volunteer Opportunity . . . Delaware County Fair – if you are interested in working the Center booth at the Fair, please let Sandy know!

Senior Discount Cards . . . Don't forget to check out the Senior Discount and Free Stuff cards beside the front desk scanner.

Stamp Club . . . Do you have an interest in participation in a Postage Stamp Club? If so, please contact Sandy at (740) 203-2406.

Continuing Fundraiser . . . The Center has added their name to the list of non-profit organizations that will benefit from any purchase you make at the Delaware County Community Market, 222 East William Street, Delaware, Ohio. When you shop at the Delaware County Community Market let them know you want the Center to benefit from your purchases and we will receive 20% of each purchase you make. This is a wonderful opportunity for the Center to make money! If you are not familiar with this store, they sell high quality food and handmade items.

Trip Policy

All trips leave from the Center unless otherwise noted. If you are traveling with the Center, please park in the designated area. You must sign up and pay for day trips 5 weeks in advance of the trip as we must pay for a trip a month beforehand. If an overnight trip is put together by a tour company, you may be required to pay several months in advance. If you find you must cancel a program, let the Center know as soon as possible. We will fill your spot from the waiting list. If we fill the spot you will receive your money back minus the \$8.00 administrative fee. If we cannot fill your spot, we will refund as much as possible after all bills for the trip are paid.

Non-Delaware County members will pay \$2.00 more per trip. Non-members will pay \$5.00 more per trip for a trip costing \$59.00 and under, and \$10.00 more per trip for a trip costing \$60 or over.

Romeo Club

July 6, August 3, & September 7, 11:30 AM – 1:00 PM

The Romeo Club is for "Retired Old Men Eating Out." That's what it's all about! July 6, meet for lunch at Buehler's in Delaware; August 3, at the Corner Café; and September 7, at G & R Tavern in Waldo. These outings are to share conversation and camaraderie. Men, don't forget to wear your red hats!

Location: Check At Desk

Registration: Drop In

Fee: Lunch on Own

Red Hat Tea at Women's City Club

July 8, 1:00 PM – 3:00 PM

Red Hat ladies, we will be having a tea at the Women's City Club, 135 Franklin Street in Delaware. Joy Boyer will be preparing our tea and doing a program for us. You won't want to miss this. Joy has a knack for making things special. The fee covers the tea and club rental.

Location: Check At Desk

Registration: Sign up and pay at Center

Fee: \$13.00

Amish Country Progressive Dining Tour

July 15, 8:00 AM – 7:30 PM

A fun day in Amish Country, Ohio, is planned for you. We start our day at Mrs. Yoder's Kitchen in Mt. Hope for a mini cooking demo and recipes. Then it is on to Chalet in the Valley in Charm for a fondue party, and Guggisberg Cheese. After this we will stop at Hershberger Truck Patch and Amish Bakery for a pastry. Then it is on to an Amish home for salads and a chance to learn how to make Amish peanut butter whip! We are off to the Swiss Heritage Winery for samples and more recipes with a sangria demo. We will then return to Mrs. Yoder's Kitchen for a full buffet supper. Fee covers cost of transportation, driver's tip, all scheduled stops and dinner. The only extra expense will be if you purchase something at our stops.

Location: Check At Desk

Registration: Sign up and pay at Center

Fee: \$89.00

Oberammergau, Germany

July 17-30

Enjoy 14 days in Europe in London, England; Paris, France; Lucerne, Switzerland; Oberammergau, Germany; Rhineland, Germany; and Amsterdam, Holland.

Location: Check At Desk

Registration: Trip is full with waiting list

Fee: For more information call Sandy at 740-203-2406

Ohio State Fair

August 3, 9:00 AM – 6:00 PM

Location: Check At Desk

Registration: Sign up and pay at Center

Fee: \$35.00

Genealogy Group Trip

August 11, 8:30 AM – 4:00 PM

We will head to Mansfield to visit the Ohio Genealogy Society (Ohio's premier family heritage resource) to expand our genealogy search. Lunch will be on your own in the area. The fee covers transportation and driver's tip.

Location: Check At Desk

Registration: Sign up and pay at Center

Fee: \$40.00

Red Hat - August & September

August 12, 11:30 AM – 2:00 PM

September 9, 10 AM - 12:30 PM

Join the ladies in red and purple for a good time! Whether in the Center or on the road, we have fun! Please sign up. On August 12, we will travel to the Morgan House, 5300 Glick Road, Dublin, Ohio for lunch on own. DATA will take us from the Center to the Morgan House. If you want to ride DATA, you must sign up by Monday, August 9. On September 9 Jerry Smith from Aetna will be here to show us how to have fun with cartooning! If you already paid in February, you do not need to pay again. We will begin at 10:00 AM in the art room, then get lunch in Jj's Cafe or Studio 60 and eat in the Radebaugh Room together. Please bring a mirror and a photo of you in Red Hat attire if possible. Sequins, feathers, boas...and laughter, too! Cost is \$5 if you have not paid. Please sign up. *NOTE: early start time in September.

Location: Check At Desk

Registration: Sign up and pay at Center

Fee: August - Lunch on own at Morgan House

September - \$5.00 for craft and lunch on own in Jj's Cafe or Studio 60

Mackinac Island Trip

August 16 - 20

Our first night on this 5-day trip will be in Frankenmuth, Michigan. Then it is on to Mackinac Island for two relaxing nights at the Lakeview Hotel. On the way home, we overnight at the Dearborn Inn in Dearborn, Michigan. Before we head for home we will tour Henry Ford Museum, Rouge Factory Tour and Greenfield Village.

Location: Check At Desk

Registration: Sign up and pay at Center

Fee: For more information call Sandy at 740-203-2406

Frank Lloyd Wright Westcott House and Young's Jersey Dairy

August 26, 8:30 AM – 5:30 PM

We will travel to Springfield, Ohio to tour the Westcott House designed by Frank Lloyd Wright. This home was built in 1908 and is a fine example of the organic architectural design which made Wright the most renown U. S. architect of

our time. Then it is on to the Golden Jersey Inn at Young's Dairy Farm for lunch. After lunch we will enjoy a hayride and tour of the Young Jersey Farm. The fee covers the cost of transportation, driver's tip, entrance fees, lunch, and hayride.

Location: Check At Desk

Registration: Sign up and pay at Center

Fee: \$76.00

Cuyahoga Valley Train Ride

September 16, 8:00 AM – 6:30 PM

As we travel on the train, we will have headsets for everyone to listen to a commentary! We will also have our own personal step-on guide for the day! After our train ride we will have lunch at the Winking Lizard in Peninsula, and then we will have free time to browse the quaint artisan boutiques in town. Before we head for home we will make a stop for ice cream at Taggarts in Canton. Fee covers the cost of transportation, driver's tip, train ride, lunch, and ice cream.

Location: Check At Desk

Registration: Sign up and pay at Center

Fee: \$89.00

Grand Victoria Casino & Resort

September 30, 8:00 AM – 6:00 PM

We will travel to the Grand Victoria Casino where there are over 1,400 of the newest and hottest slots and over 40 of your favorite table games. A lunch buffet at the Riverview restaurant is included in the cost along with \$5 cash play. Fee covers transportation, driver's tip, lunch, \$5 cash play, and membership to the Players Advantage Club.

Location: Check At Desk

Registration: Sign up and pay at Center

Fee: \$40.00

Looking Ahead

Ballet - Requiem!!

October 1, 9:30 AM – 3:30 PM

Discover what lies beyond the mysterious open door as Death and Man connect in a rhythmic dance of life. Birgit Scherzer's provocative, bold contemporary masterpiece transports you to a visionary picture of eternity.

Location: Check At Desk

Registration: Sign up and pay at Center

Fee: \$40.00

Shipshewana & Middlebury, Indiana

October 6 - 8

Enjoy the Blue Gate Theatre, Farm Wagon Ride, Threshers Dinner, and one of the nation's largest flea markets in Amish Country Indiana.

Location: Check At Desk

Registration: Sign up and pay at Center

Fee: For more information call Sandy at 740-203-2406

Creation Museum

October 21

We will arrive at the Creation Museum in Petersburg, KY for a tour of one of the most sought-after, unique, and unparalleled experiences! The Creation Museum portrays significant life-altering events of the past and illuminates the effects of Biblical history on our present and future world. It is a 65,000 sq. ft. museum bringing the pages of the Bible to life! Walk through the Garden of Eden, see the Tree of Life, Cave of Sorrows, and Hope of Redemption. A box lunch is included.

We will depart the Museum at 3:30 PM with a stop for dinner (on own) at the Montgomery Inn, arriving home around 8:30 PM

Location: Check At Desk

Registration: Sign up and pay at Center

Fee: \$72.00 member in Delaware County, \$74.00 member out of Delaware County, \$82.00 non-member

White Christmas at LaComedia

November 4, 9:00 AM – 6:00 PM

We will travel to LaComedia Dinner Theatre to see "White Christmas." Snow is expected at LaComedia once again this holiday season as our most popular show of all time returns, Irving Berlin's "White Christmas." This classic blockbuster fresh off Broadway and sold-out national tour is back by popular demand! The fee covers the cost of transportation, driver's tip, and show.

Location: Check At Desk

Registration: Sign up and pay at Center

Fee: \$75.00 member in Delaware County, \$77.00 member out of county, \$85.00 non-Member

Ballet - Dangerous Liaisons

November 5, 9:30 AM – 3:30 PM

Innocence is compromised with an illicit game of power and seduction in this ballet, inspired by the risqué 18th century French novel and 1988 film. Parisian aristocrats flirt with lust, love and revenge in David Nixon's dramatic dance work, with musical selections from The Four Seasons and other compositions by Antonio Vivaldi.

Location: Check At Desk

Registration: Sign up and pay at Center

Fee: \$40.00

Pigeon Forge & Gatlinburg Christmas Trip

November 30 - December 3

Enjoy a country Christmas dinner with a Christmas stocking and handcrafted gift, the Applewood Farmhouse Restaurant, Winterfest Light Tour, Dollywood, Christmas with the Smith Family show, Great Smoky Mountains National Park tour, and visit the Arts and Crafts Community.

Location: Check At Desk

Registration: Sign up and pay at Center

Fee: For more information call Sandy at 740-203-2406

Holiday Lights Clifton Mills

December 9, 4:00 PM – 11:00 PM

We will leave the Center and travel to Der Dutchman for dinner, then it is off to Brandeberry Winery for tasting and tour. After our winery tour we will travel to Clifton Mills for their holiday lights.

The fee covers the cost of transportation, driver's tip, dinner, winery tour and Clifton Mills entrance fee.

Location: Check At Desk

Registration: Sign up and pay at Center

Fee: \$79.00 member in Delaware County, \$81.00 member out of county, \$89.00 non-member

Greek Isles, Venice, & More

Come for our informational trip meeting on our 2011 trip to the "Greek Isles, Venice, & More" on Thursday, August 5, 5:30 PM in the Radebaugh Room.

Visit our web site at
www.delawareseiorcenter.org. NOTE:
You can also pull up our Senior Citizens
Inc. calendar for the month from
www.delawarecountyevents.com.

Note: For any program in which we are serving food, we need a count for the kitchen – please register so we can adequately accommodate everyone!

Monthly Calendars

If you would like to have a monthly calendar, stop at the front desk to get your copy!

***These programs are room rentals and do not imply our endorsement.**

RECURRING EVENTS

Model Railroad Group

Tuesdays, 1:00 PM – 4:00 PM

The model railroaders meet every Tuesday at the Center. They already have some projects in mind and are looking for more ideas. Come be a part of this group.

Location: Arts and Crafts Room

Registration: Drop In

Fee: FREE

The Music Gathering

Wednesdays, 10:00 AM – 11:30 AM

Come join the Unplugged Elastic Band on Wednesday and Saturday mornings in the Billiard Room. It's elastic because we can expand or contract at will, as folks decide to come and go. This is just a fun fellowship time to play an instrument, sing along, clap, dance, or just listen. Bring an instrument or pick up a rhythm instrument here. We are not polished musicians. We just get together for the fun of it.

Location: Billiard Room

Registration: Drop In

Fee: FREE

Mind Aerobics - Trivia

Fridays, 11:00 AM – 12:00 PM (no class August 6, 13 & 20)

Challenge your mind in the Library with Joan! You will learn new trivia, remember things you forgot you knew, and laugh a lot, too! It's never too late to learn! Please join us for a fun hour each Friday!

Location: Library / Computer Lab

Registration: Sign up at Center

Fee: FREE

Book Club

**July 9, August 13, September 10,
1:30 PM – 2:30 PM**

Our monthly Book Club is off to a great start. Each month we discuss the book we read the month before. This is a wonderful way to share what you read and at the same time meet new friends. Kirby Black leads this Club.

Location: Room 120

Registration: Sign up at Center

Fee: FREE

OSU Extension "Good Food for Dummies"

**Second Mondays and fourth Fridays,
July 12 & 23, August 9 & 27, September 13 & 24,
9:00 AM – 10:00 AM**

OSU Extension Office will be here to teach us how to eat nutritionally. On July 12 during "Colorful & Classic Favorites," we will learn to add color and nutrition to those traditional favorites with fruits/veggies. On July 23, it is "Storing, Washing & Handling Fruits & Veggies." After this class you will go to the grocery store and select and prepare the best fruits and vegetables. August 9, "Pyramid Power/Glorious Foods." Does your diet include My Pyramid's recommendations? August 27, "Calcium Connection." Learn about other calcium choices you might consider and why calcium is important. September 13, "Protein Foods." Learn about less expensive alternatives that could provide the protein you need. And September 24, during "Great Grains," learn why all carbs are not bad.

Location: Fireside

Registration: Sign up at Center

Fee: FREE

Square Dance Lessons - Western Style

July 15, 22, 29, August 5, 12, 19, 26,
September 9, 16, 30, 1:00 PM – 3:00 PM

Join this group for some fun and great exercise - no experience needed. Couples and singles are welcome. Square dancing is healthy for physical fitness and mental alertness. The A.M.A. calls it "brain stimulation." A licensed instructor and multiple assistants will make it fun and easy. Wear casual attire and comfortable shoes for the dance floor.

Location: Dance Room

Registration: Sign up and pay at Center

Fee: \$35.00 for ten lessons

Senior Center Diners

July 15, August 19, September 16,
5:30 PM – 8:30 PM

This dining group is for singles that are members of the Center. They meet the third Thursday of each month for dinner at an area restaurant. The social hour will start at 5:30 PM, and order dinner at 6:00 PM. Please watch the Center for where dinner will be each month; please register each month (we need the count for the restaurants). For more information, call Dee Anna at (740) 362-3075 or Karen at (614) 794-3776.

Location: Check At Desk

Registration: Sign up at Center

Fee: Dinner on Own

Board Meeting

July 19, August 16, September 20
9:30 AM – 11:00 AM

The Center's board of directors meets the third Monday of each month.

Location: Library / Computer Lab

Registration: Drop In

Fee: Free

Program Advisory Meeting

August 24, September 28, 3:00 PM – 4:00 PM

The Program Advisory Committee meets the fourth Tuesday of each month.

Location: Check At Desk

Registration: Program Advisory Meeting is only for the Program Advisory Committee! If you would be interested in serving on this committee, please see Sandy S. Miller, ADC, Program Director

ONLY IN JULY

Oberammergau 2010 - Departure Meeting

July 1, 4:00 PM – 5:00 PM

Oberammergau trip travelers please come to our departure meeting on Thursday, July 1. At this meeting you will receive your trip schedule with departure times, hotel information, luggage tag, etc. If you are unable to attend, please let Sandy know so she can make arrangements to get your information packet to you.

Location: Radebaugh Room

Registration: Sign up at Center

Fee: FREE

Presentation - Mountain Holiday Magic - Pigeon Forge & Gatlinburg

July 7, 10:30 AM – 11:30 AM

Come to the Radebaugh Room on Wednesday, July 7, and learn the details about our Christmas trip to Pigeon Forge and Gatlinburg, November 30 - December 3.

Location: Radebaugh Room

Registration: Sign up at Center

Fee: FREE

Potluck & Entertainment

July 13, August 10, September 14,
12:00 PM – 1:00 PM

Bring a covered dish to share. Join us for an enjoyable lunch, a 50/50 drawing, door prizes and fellowship. July 13: entertainment provided. The Center will supply chicken salad sandwiches! August 10: Join us for the music of Andy McNamara. Sloppy joes will be furnished. September 14: OSU Tailgate Party. Wear your OSU gear and the Center will provide hamburgers and buns.

Location: Radebaugh Room

Registration: Sign up at Center

Fee: Bring a dish to share

*Protect Your Legacy

July 14, 10:30 AM – 11:30 AM

Learn how to avoid estate shrinkage by protecting your retirement, savings, and future.

Location: Library / Computer Lab

Registration: Sign up at Center

Fee: FREE

Presentation - Leaf Solution*July 20, 11:00 AM – 12:00 PM**

Come and find out safety tips when inspecting your gutters and roof and how we can help you with a free inspection. Learn about the great deals that are being offered to seniors. We are a family-run business and care about our customers and that they are completely satisfied with our work. We will have a number of door prizes to give away and handouts.

Location: Fireside**Registration: Sign up at Center****Fee: FREE*****Finance Workshop****July 21, 11:30 AM – 12:30 PM**

Throughout your investing life, you've worked hard to accumulate assets that will help to provide you with the type of retirement you've always envisioned. In this workshop presented by Merrill Lynch, we'll talk about what can contribute to an income shortfall in retirement. Lunch will be provided.

Location: Library / Computer Lab**Registration: Sign up at Center****Fee: FREE*****Learn to Make Your Own Storm Windows****July 21, 10:30 AM – 12:30 PM**

This workshop will teach you how to make your own interior storm windows. Come for this demonstration! Walter Minnich will lead this workshop.

Location: Radebaugh Room**Registration: Sign up at Center****Fee: FREE****ONLY IN AUGUST****Info Meeting for Shipshewana, Indiana Trip****August 4, 10:30 AM – 11:30 AM**

If you are thinking of traveling to Shipshewana, Indiana, you will not want to miss this informational meeting. Learn all the exciting things planned for this trip.

Location: Radebaugh Room**Registration: Sign up at Center****Fee: FREE****Heritage Day****August 14, 10:00 AM – 3:00 PM**

Come to our Heritage Day! You will be able to step back in time and view classic cars, watch our wood carvers ply their craft, see a quilt show, and enjoy an art display. We will have hot dogs and root beer floats for sale. John Beach is chairman of this event. John is also in charge of the classic cars. Kay and Charles Doeble are volunteering to be over the art display. Martha Warner and Tom Hindes, quilt instructors, are responsible for getting quilts to the show, and John Beach and Tom Hindes, wood carvers, are overseeing the wood carving demos. There will be a "People's Choice" award in each category. This year we will also have items to raffle. These items include a model railroad, a wood quilt, fabric quilts, and a liquid stained glass piece. We will be collecting any arts, crafts, and/or fine arts that you wish to donate; all proceeds will benefit the Center. If you have any of the items listed above that you would like to donate, please call 740-369-5133. (Car registration starts August 14 at 9 AM.)

Location: Check At Desk**Registration: Drop In****Fee: Cost of food and your raffle tickets!****There is an \$8 entry fee for the classic car show.*****Presentation - Lincoln Heritage****August 17, 11:00 AM – 12:00 PM**

If you've ever had a loved one pass away, you know that it's an overwhelming experience. During an emotional and grievous time, you're forced to find a funeral home and cemetery and make numerous decisions, often overspending if they don't have a pre-set plan to guide them. Final Expense Insurance with The Heritage Plan is a 'must-have' when it comes to preparation and the financial protection of your loved ones. The Heritage Plan pays cash to your family when they need it the most. Come to this presentation and find out how to sign up for the Final Expense Insurance.

Location: Fireside**Registration: Sign up at Center****Fee: FREE**

ONLY IN SEPTEMBER**Genealogy Workshop****Fridays, September 3 - 24, 1:00 PM – 3:00 PM**

Have you ever wanted to learn more about your grandparents and the stories told about them? If you've never researched your ancestry or only dabbled, here's your chance to learn the how and what to do with your newfound family history. And don't think this class is only for those whose family was in Delaware County. Led by Connie Minor from the DCGS (Delaware County Genealogical Society). Connie has always been nice to take her groups on week 5 to the Genealogical Library in Delaware. Because of changes in the way the Delaware Historical Society runs their programs, it is no longer an option. *NOTE: we will cancel this class if we don't have at least 5 signed up and paid!

Location: Library / Computer Lab**Registration: Sign up and pay at Center****Fee: \$25.00****Conversational Spanish Beginner****Wednesdays, September 8 - October 27,
2:00 PM – 3:00 PM**

In these eight weeks, you will learn enough Spanish to be able to ask the right questions, such as, "Where are the restrooms?"

Location: 120**Registration: Sign up at Center****Fee: FREE****Conversational Spanish Intermediate****Wednesdays, September 8 - October 27,
1:00 PM – 2:00 PM**

In this class you will learn to improve your conversational Spanish skills.

Location: Room 120**Registration: Sign up at Center****Fee: FREE*****Champaign Feed & Pet Supply****September 21, 11:00 AM – 12:00 PM**

Come and enjoy series two of talking about birds in their natural habitat and their migration to Ohio with Dr. Jed Burt from Ohio Wesleyan University Department of Zoology. He will also have information and brochures from the Ohio Department

of Natural Resources. There will be a drawing at the end for free gifts.

Location: Check At Desk**Registration: Drop In****Fee: FREE****AARP Driver Safety****September 29, 9:00 AM – 1:00 PM**

This course is designed to remind you of skills and techniques you once learned. Taking this class may also give you a discount on your auto insurance.

Location: Library / Computer Lab**Registration: Sign up and pay at Center****Fee: \$12.00 (AARP member) OR \$14.00 (non-member) to cover the cost of materials for the classes.**

Well Done, Spring Garage Sale Team!

Many thanks to the hard working ladies, who save their time in the months before the Sale to unpack, price and display the donations we received. It was a time to work, laugh, play, and lunch together while we made plans to take care of the incoming donations. On Garage Sale days, what loyal workers we had as salespersons.

A special thanks to our ONE Man Volunteer Ken Schmid for carting peoples purchases to their cars, and for packing up the left over goods and taking them to Goodwill.

Thanks to each and every one of you who took part in making this Spring Garage Sale such a success – we raised \$2,309.55! Thank you Agnes Work and your wonderful bake sale staff.

Heartfelt thanks to you all!

~Ronda Smith

And, Ronda, thank you so much for all your hard work! There would not have been a Spring Garage Sale without you!

~The Center Staff

RECURRING EVENTS

Do For Others at Park Avenue

Mondays, 9:00 AM – 11:00 AM

Join this group to help make quilts and crocheted and knitted blankets for babies at Grady Memorial Hospital and for children of all ages through Project Linus. This group is led by Jackie Moffett.

Location: Check At Desk

Registration: Drop In

Fee: FREE

Woodcarving

Tuesdays 9:00 AM – 11:00 AM

Join this group! Members meet, share ideas and techniques, and welcome new carvers.

Location: Arts and Crafts Room

Registration: Sign up at Center

Fee: FREE

Chime Choir - Del Chimers

Tuesdays 2:00 PM – 3:00 PM

Under the direction of Liz DeWitt, this group has discovered a new appreciation for music and enjoys the fellowship it brings into people's lives.

Location: Room 120

Registration: Drop In

Fee: FREE

New Chimers

Tuesdays 3:00 PM – 4:00 PM

If you have always wanted to play in a chime choir please join us every Tuesday at 3:00 PM. A new group has formed and it needs you! Liz DeWitt will be directing this group.

Location: Room 120

Registration: Drop In

Fee: FREE

Quilter's Rule

Tuesdays 4:30 PM – 6:30 PM (This group will break June 1 and return August 24.)

*NOTE: new name, same class! Donna, Jackie and Marcey (experienced quilters) will be on hand to guide and inspire you. Come and learn the basics to make your first quilt, wall hanging, or quilt project, and enjoy the company of other quilters. If you know what you would like to make,

bring the pattern to the first class and Donna, Jackie or Marcey will help get you started. Our group is limited to 10. NOTE: if you want to do machine work, please bring your own sewing machine.

Location: Arts and Crafts Room

Registration: Sign up at Center

Fee: FREE

Do For Others II

Wednesdays 9:00 AM – 11:00 AM

This group makes sleeping bags and health kits for the homeless. If you can tie a knot, you can help. Please drop off at the Center any used (but clean) blankets, mattress pads, sheets and fabric that you would like to donate for use in the sleeping bags. They need soap, shampoo, deodorant and dental products for the health kits. Please call the Center with any questions.

Location: Arts and Crafts Room

Registration: Drop In

Fee: FREE

Quilt Group

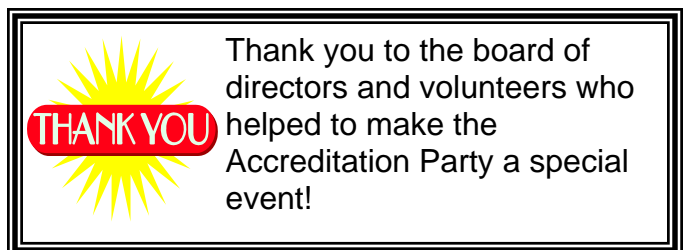
Thursdays, 1:00 PM – 4:00 PM (This group is taking a summer break and will start up again in September.)

Tom Hinds and Martha Warner (experienced quilters) will be on hand to guide and inspire you. Come and learn the basics to make your first quilt, wall hanging, or quilt project, and enjoy the company of other quilters. If you know what you would like to make, bring the pattern to the first class and Tom or Martha will help get you started. Our group is limited to 10. NOTE if you want to do machine work, please bring your own sewing machine. NOTE: this group is taking the summer off! They will start again September 9.

Location: Arts and Crafts Room

Registration: Sign up at Center

Fee: FREE



Hand Work With Friends

Thursdays, 1:30 PM – 3:00 PM,

This class meets every Thursday to do knitting, crocheting, and other needlework projects. If you have always wanted to learn how to do this lost art, you won't want to miss this class. These instructors have been knitting and crocheting for a combined total of 276 years. If they can't teach you, we don't know who can! Just bring a skein of yarn and yourself and they can take it from there. Any questions, call Mary Busch (740) 548-7374 after 3 PM.

Location: Studio 60

Registration: Drop In

Fee: FREE

Reminiscence Theatre

Thursdays, 2:30 PM – 4:30 PM

Our Reminiscence Theatre group is for anyone who has a story to tell and who wants to share. Learn to improv, enjoy one another, and find out how much of a ham you are! Ellie Howes will lead this theatre group. If you have questions, please call Ellie at (740) 368-9430.

Location: Room 120

Registration: Drop In

Fee: FREE

The Golden Notes

Fridays 1:30 PM – 3:30 PM

If you love to sing, join The Golden Notes for a fun time every Friday! New voices are always welcome - men, we need you! We would like anyone who has sung with us before to come back. And, we would like to ask anyone who has thought about joining us to do so. Come and join us!

Location: Radebaugh Room

Registration: Drop In

Fee: FREE

Photography Group

July 22, September 16, 1:00 PM – 2:30 PM (No meeting in August.)

Join fellow photographers as we discuss some basic fundamentals of photography. This group focuses on how to take better and more artistic photographs by learning to be more observant. A homework assignment is given monthly so that

we can work on what we have learned in class. All experience levels are welcome. It is not too late to join. *NOTE: no meeting in August

Location: Arts and Crafts Room

Registration: Sign up at Center

Fee: FREE

Creative Writing

July 26, August 30, September 27,

2:00 PM – 3:30 PM

It is not too late to join. Have you always wanted to try your hand at Creative Writing? Now is the time! This is not a journalism or grammar class. There will be writing assignments in class as well as homework assignments. It is rewarding and beneficial to experience the styles of fellow writers. Writing is an excellent way to express yourself. All experience levels are welcome. Join Joan and see where your imagination can take you! Sign up.

Location: Library / Computer Lab

Registration: Sign up at Center

Fee: FREE

JULY, AUGUST & SEPTEMBER

Creative Expressions - Open Studio

July 2, 28, 30, September 24, 29,

1:00 PM – 3:30 PM

Finish projects started in any of Joan's art classes. Please sign up!

Location: Arts and Crafts Room

Registration: Sign up at Center

Fee: FREE

Liquid Stained Glass

July 7, 14, 21, 1:00 PM - 3:30 PM

September 3, 10, 17, 1:00 PM – 3:30 PM

September 8, 15, 22, 1:00 PM – 3:30 PM

Please note that there are two different classes each month. Individuals may sign up for only one class each month. Your class will be the same day of the week for whichever class that you choose.

Join Joan in the art room to create your very own liquid stained glass. You will use liquid leading and glass paints on glass to create your own design, or you can use one of Joan's designs. Cost is \$20 for the frame, glass, leading and paints. Sign up.

Location: Arts and Crafts Room

Registration: Sign up and pay at Center

Fee: \$20.00

Creative Arts

Make'em and Take'em Earrings!

July 9, 1:00 PM – 3:30 PM

Join Joan in the art room to make up to three pairs of pierced earrings! Cost is \$9. Please bring your jewelry tools if you have them.

Location: Arts and Crafts Room

Registration: Sign up and pay at Center

Fee: \$9.00

NEW - Paint a Large Liquid Stained Glass Window

July 12 & 19, 9:00 AM – 3:00 PM

July 26, 9:00 AM – 12:00 PM

Design and paint your own liquid stained glass window, size approximately 24" x 30-1/2". Joan has a very limited class due to the size of the window. Bring ideas to create your own design. This is a three series class. Each class starts at 9:00 AM and goes until 12:00 PM with a break for lunch. They will start again at 1:00 and go until 3:00 PM. If you don't finish your stained glass window in the three series, there will be Open Studios for you on Wednesday, July 28 and Friday, July 30, 1:00 - 3:30 PM.

Location: Arts and Crafts Room

Registration: Sign up and pay at Center

Fee: \$50.00

Bracelet Making

July 16, 1:00 PM – 3:30 PM

Make one bracelet using memory wire. Cost \$5. Please bring your jewelry tools if you have them.

Location: Arts and Crafts Room

Registration: Sign up and pay at Center

Fee: \$5.00

Pressed Flower Bookmark

July 23, 1:00 PM – 3:30 PM

Join Joan in the art room to make your very own pressed flower bookmarks. Cost is \$6 for up to three bookmarks.

Location: Arts and Crafts Room

Registration: Sign up and pay at Center

Fee: \$6.00

Computer Activities

Microsoft Publisher 1 & 2

July 6, 9:00 AM – 11:00 AM

Microsoft Publisher enables you to create professional-looking marketing materials without the assistance of a professional. Adding and editing photos and clip art as well as arranging text on the page, properly aligning the text, and creating word art are all skills that can make your next publication sparkle.

Prerequisites: Basic Computers or equivalent knowledge.

Location: Check At Desk

Registration: Sign up and pay at Center. There is only room for 12 students in a class

Fee: \$40.00 for two classes due at sign up

Basic Computers 1 & 2

Thurs., July 29 & August 5, 4:30 PM – 6:30 PM

The first class will explain how to turn a computer on and off, explain the basic functions of the mouse, illustrate the foundation of the Windows program and get students comfortable with exploring on a computer. The second class includes a review and then progresses to the functions of the keys on the keyboard (not typing). Learn to input information, correct typing errors, insert/delete text, and more.

Prerequisites: No previous computer knowledge is required.

Location: Library / Computer Lab

Registration: Sign up and pay at Center. There is only room for 12 in a class

Fee: \$40.00 for two classes due at sign up

Internet 1 & 2

July 27 & August 3, 9:00 AM – 11:00 AM

The first class will explain the basics of search engines and browsers. You will learn to connect to and navigate the Internet. Students will be able to find any information on the Internet after session 1. The second class will provide time for review, discuss browsers in more detail, and explain how to download programs, search more effectively, store favorites, and avoid viruses.

Prerequisites: Basic Computers or equivalent knowledge.

Location: Library / Computer Lab

Registration: Sign up and pay at Center. There is only room for 12 in a class

Fee: \$40.00 for two classes due at sign up

Email 1 & 2

August 10 & 17, 9:00 AM – 11:00 AM

This class will provide hands-on experience while you learn the basics of email. Find out how email works and learn to read, write, send, forward, and reply to messages. The second class will provide time for review, explore setting up your address book, sending to multiple recipients, sending attachments, and more. This class will be taught using Outlook Express.

Prerequisites: *Basic Computers and Searching the Internet*

Location: Library / Computer Lab

Registration: Sign up and pay at Center. There is only room for 12 in a class

Fee: \$40 for two classes due at sign up

Digital Cameras 1 & 2

August 24 & 31, 9:00 AM – 11:00 AM

This basic digital camera class will teach you what you need to know before you buy a camera as well as how to use it after you purchase one. Students will learn how to take pictures, transfer pictures to a computer, edit photographs, print and e-mail photos to friends, and more! In the second class you will review from the first class and learn to download the free Picasa photo editing program to use and edit pictures. (Digital cameras provided if needed, but please feel free to bring your own if you have one. Also, bring the cable for attaching to a computer.)

Prerequisites: *Basic Computers or equivalent knowledge*

Location: Check At Desk

Registration: Sign up and pay at Center. There is only room for 12 in a class

Fee: \$40 for two classes due at sign up

Facebook 101

August 26 & September 2, 4:30 PM – 6:30 PM

Facebook helps you connect and share with the people in your life. Add pictures, games, a network of people to your internet experience. Read what the people you care about are sharing with the world and add your comments for everyone, too.

Prerequisites: *Basic Computers or equivalent knowledge. Internet experience helpful.*

Location: Library / Computer Lab

Registration: Sign up and pay at Center. There is only room for 12 in a class

Fee: \$40.00

Microsoft Word 1 & 2

September 7 & 14, 9:00 AM – 11:00 AM

Learn the basics of Microsoft Word. You will learn how to create new documents, edit your work, change font sizes, shapes, alignment, and more. Students will also learn to save and retrieve documents effectively. The second class will provide you with time for review and practice. Word will allow you to create letters, record important information, and write stories with greater ease than ever before.

Prerequisites: *Basic Computers or equivalent knowledge*

Location: Check At Desk

Registration: Sign up and pay at Center. There is only room for 12 students in a class

Fee: \$40 for two classes due at sign up

Microsoft Word 3 & 4

September 21 & 28, 9:00 AM – 11:00 AM

This class will provide hands on experience while you review the basics of Microsoft Word. You will learn how to create documents, signs, and letters that people will swear were done by a professional. Students will have fun inserting pictures, borders, and so much more. This class will also cover creating bulleted and numbered lists and customizing your work to fit your specific needs.

Prerequisites: *Microsoft Word Parts 1 & 2 or equivalent knowledge.*

Location: Check At Desk

Registration: Sign up and pay at Center. There is only room for 12 students in a class

Fee: \$40.00 for two classes due at sign up



RECURRING EVENTS

Weight Watchers

Thursdays, 5:00 PM – 7:00 PM (Not meeting September 23.)

Weight Watchers meets at the Center every Thursday.

Location: Studio 60

Registration: Drop In

Fee: Weight Watchers cost

Reflexology

Fridays 8:00 AM – 11:00 AM

Reflexology is an ancient healing form that uses gentle pressure and massage on the feet to release blocked energy pathways. According to reflexologists, each organ in the body has corresponding nerve endings on the feet, where toxins can accumulate and impede the flow of energy to these organs. Reflexology releases toxins with gentle pressure, revitalizing and energizing the entire body with a series of treatments. Miguel Alvarez, LMT, certified reflexologist, will be at the Center each Friday.

Location: Health Services

Registration: Sign up and pay at Center

Fee: \$25.00 for a 1/2 hour session and \$45.00 for an hour session.

Caring & Sharing Circle

July 1, 15, August 5, 19, September 2, 16, 1:00 PM – 2:00 PM

This is a support group for all who have suffered a loss (spouse, parent, child, etc.). The group is facilitated by Dee Anna Parrish, LISW.

Location: Health Services

Registration: Drop In

Fee: FREE

Massage Therapy

Wednesdays, July 7, 21, 28, August 4, 18, 25, September 1, 15, 22, 29, 8:30 AM – 1:00 PM

Call for your appointment to get a massage. Julie Clinger, LMT, is a massage therapist, and the cost for a half-hour session of massage therapy is \$25. Julie is also a certified personal trainer, and the cost for Julie's personal training service is \$25 a session.

Location: Health Services

Registration: Sign up and pay at Center

Fee: \$25 as described

MediGold

July 7, August 4, September 1, 9:30 AM – 11:00 AM

MediGold, a Medicare Advantage plan, sponsors a monthly drawing to win a one month membership to the Exercise Room. Stop by the MediGold "ballot box" at the information desk to enter. Winners will be drawn at the potluck on the second Tuesday of the month.

Location: Board Meeting Room

Registration: Drop In

Fee: FREE

Library

Wednesdays, July 7, 21, August 4, 18, September 1, 15, 29, 11:00 AM – 1:00 PM

The staff of the Delaware Public Library will bring books, CDs, and tapes to the Center which you may check out and then return on the Library's next visit. The Library is at the Center every other Wednesday. We cherish this service and hope it will continue. It is a true benefit to the seniors of Delaware County.

Location: Check At Desk

Registration: Drop In

Fee: FREE

Alzheimer's Care Consultation

July 8, August 12, September 9, 1:00 PM – 3:00 PM

The Delaware Branch of the Alzheimer's Association, Central Ohio Chapter, will be offering free one-on-one care consultations to Delaware County residents affected by Alzheimer's disease or related dementia. Shelly Wesner, a licensed social worker and the coordinator for the Delaware Office, will be available by appointment to answer questions about the disease, assist with linkage to community resources, help create long-term plans, and offer caregiver education and support.

Location: Counseling Room

Registration: Call for openings. Please call Shelly Wesner, MSW, LSW at 740-363-1365 to secure a time within the clinic hours

Fee: FREE

Parkinson's Support Group - Speech Therapy

**July 12, 26, August 9, 23, September 13, 27,
1:15 PM – 2:15 PM**

This group will meet at the Center on the second and fourth Mondays of each month. Parkinson's disease is a brain disorder that affects all movement of the body. It can and does affect our ability to speak loud enough to be heard and understood. These classes help one learn how to speak louder and clearer and are conducted by a specialist from Delaware Speech & Hearing. All classes are sponsored by a grant. The Parkinson's Support Group also has regular monthly meetings the third Wednesday of each month and an exercise class on Tuesdays. Please call Al and Barb for the times and places of the regular meeting and the exercise class.

Location: Board Meeting Room

Registration: (See Note.) For more information on any of the Parkinson Support Groups please call Al and Barb at (740) 363-3841

Fee: FREE

Foot Care

**July 14, 22, August 11, 26, September 8, 30,
8:30 AM – 3:30 PM**

LifeCare Alliance provides this service. Call the Center the first working day of the month to get an appointment. Due to high demand, we will not take any Foot Care calls before 9 AM, and we will not take any messages off our telephone answering machine. It is totally first come, first served.

Location: Health Services

Registration: Sign up at Center. Call the Center 740-369-5133 for an appt

Fee: \$6

Veterans' Group

**July 15, September 16, 10:00 AM – 11:00 AM
(No meeting in August.)**

Join us in the Library with Joan to meet other veterans, to hear patriotic readings and to share stories from your service. All veterans are welcome. It is never too late to join. It is an interesting meeting when different experiences are shared.

*NOTE: no meeting in August.

Prerequisites: Military Service

Location: Library / Computer Lab

Registration: Drop In

Fee: FREE

Blood Pressure Screening

**July 28, August 25, September 22,
9:30 AM – 11:30 AM**

The Delaware General Health District is here every Wednesday taking blood pressures and doing glucose screenings.

Location: Health Services

Registration: Drop In

Fee: FREE

Hypnosis Workshop

**July 28, August 25, September 22,
11:30 AM – 12:00 PM**

Join us for a free half-hour workshop on the power of hypnosis. You will learn what hypnosis is and experience an actual hypnosis session. We will touch on various topics such as stress management, insomnia, exercise, and weight loss. Once hypnotized, you experience a natural yet altered state of consciousness. Purposely using hypnosis, you activate your natural relaxation response and use your mind to think in new, exciting ways to enjoy change. Just as you control what thoughts you think throughout your daily life, because hypnosis is natural yet extraordinary nervous system ability, you are in complete control of the session. Presented by Cindy Mills, Certified Hypnotherapist and Wellness Coach.

Location: Radebaugh Room

Registration: Sign up at Center

Fee: FREE

Private Sessions - Hypnosis

**July 28, August 25, September 22,
1:00 PM – 3:30 PM**

Cindy Mills, Certified Hypnotherapist & Wellness Coach will do private half-hour sessions after each workshop. Again some of the areas that hypnosis can help are to reduce stress; smoking cessation; weight management; and sleep improvement. Additional benefits are to release negative emotions and subconscious blockages; end that nagging mind-chatter; banish fear and self-doubt; and feel happy about your life! Call the Center for an appointment. When you sign up for these private sessions you will need to pay at the front desk.

Location: Health Services

Registration: Sign up and pay at Center

Fee: One 1/2 hour private session \$65.00

Three 1/2 hour private sessions \$170.00

Six 1/2 hour private sessions \$305.00

Special Interest & Wellness

JULY, AUGUST & SEPTEMBER

Better Breathing for Seniors

July 28, 10:30 AM – 11:30 AM

The Breathing Association of Columbus will be at the Center for a health and wellness discussion on "Better Breathing for Seniors." They will touch on asthma and COPD, the most common breathing problems in older adults. They will also demonstrate breathing exercises that are good for anyone and then move on to a short "laughter yoga program" and work on some breathing/laughing exercises with a question-and-answer time at the end of this program.

Location: Radebaugh Room

Registration: Sign up at Center

Fee: FREE

Delaware Speech & Hearing Center

August 16, 10:00 AM – 11:30 AM

The Delaware Speech & Hearing Center will be here to do hearing screenings and consultations. This service will be offered at the Center four times a year.

Location: Health Room

Registration: Drop In

Fee: FREE

The James Mobile Mammography Unit

August 23, 9:00 AM – 4:00 PM

Remember your mammogram! The James Mobile Mammography Unit will be at the Center on Monday, August 23, 9:00 AM - 4:00 PM. To set up an appointment, please call the Delaware General Health District at 740-203-2040. The American Cancer Society guidelines state that women over 40 should have an annual mammogram. Take advantage of this quality, convenient service being offered.

Location: Parking Lot

Registration: Call for openings

Fee: Check with Delaware General Health District 740-203-2040

Sports & Fitness

Please remember to check with your doctor before starting any exercise program.

Warm Water Exercise –

Aquatics – Pool Walking

Monday - Friday, 9:00 AM – 3:00 PM

We have scheduled aquatics classes. Open times for pool walking are Mondays – Thursdays, 12 – 12:45 PM and Fridays 10 AM, 11 AM, 12 PM, 1 PM, and 2 PM. All our instructors are certified.

Registration: Call for openings

Fee: Aquatics classes are \$36 for 6 weeks (12 lessons) or \$3 per session; \$2 per hour for pool walking

Birthday Party At The Pool

In July the pool will be two years old! **July 28 & 29** will be "Favorite Exercise Day." Classes will run as usual, but participants will be able to choose their favorite exercises. Games will be played at the end of each class. On **Friday, July 30**, we are inviting people who have never been to the pool to come and try it. We will have free demonstrations of all the classes that are offered at the pool. We will have door prizes and refreshments. Class size is limited to 20 people. You must sign up in person at the Senior Center. Don't miss the fun! Questions? Call Patti at 740-369-5133 ext. 176.



Gym News

Fitness Room Schedule

Monday, Wednesday & Friday, 8:00 AM - 4:00 PM

Tuesday & Thursday, 8:00 AM - 7:00 PM

No Saturday hours from July 3 through Sept. 4. Regular hours will resume on Sept. 11.

Fitness Room Costs

Per day:	\$2.00
One month:	\$25.00
Three months:	\$60.00
Six months:	\$90.00

JULY, AUGUST & SEPTEMBER**RECURRING EVENTS****Full-Body Workout****June 7 - July 19, 9:00 AM – 9:45 AM****July 27 - September 2, 9:00 AM – 9:45 AM****September 27 - November 11, 9:00 AM – 9:45 AM**

This class involves a full body workout utilizing hand weights (bring your own) and resistance tubes/bands. The instructor is Julie Clinger a certified personal trainer.

Location: Dance Room**Registration: Sign up and pay at Center****Fee: \$30.00****Chair Yoga****July 12 - August 16 and September 13 - October 18, 11:00 AM – 11:45 AM**

This class is designed for those who thought they could never do yoga because they are too stiff, are not sure they can get on the floor, or are limited by a chronic condition. This Hatha yoga class will help you reconnect with your body through awareness and breathing. This class is taught by Pat Henderson, RYT, a certified specialist.

Location: Dance Room**Registration: Sign up and pay at Center****Fee: \$35.00****Mat Yoga****July 12 - 18 and September 13 - October 20, 12:00 PM – 1:00 PM**

Through yoga postures, breath work and relaxation, you'll experience a strong and healthy body, a peaceful mind and a joyful spirit. Mats are required; do not eat for two hours before class.

Location: Dance Room**Registration: Sign up and pay at Center****Fee: \$45.00****Golden Marathon Evening Trip****August 6, 5:30 PM – 10:30 PM**

The Golden Marathon Hikers will park their cars at Mingo Park and walk into Delaware to have dinner at Nova Restaurant (on own). After dinner we will walk back to Mingo Park and drive to Perkins Observatory for a program. The fee is for entrance into the program at Perkins.

Location: Check At Desk**Registration: Sign up and pay at Center****Fee: \$5.00****Hiking Club****Mondays, 9:30 AM – 10:30 AM**

We'll start our summer schedule on July 12. Join us to walk at different Preservation Parks in Delaware County. You may meet at the Park at 9:30 AM or come to the Center by 9 AM and ride DATA. We are hiking Emily Traphagan Preserve, on July 12; Blues Creek Preserve, July 19; Hogback Ridge Preserve, July 26; Wetland Park (behind Meijers), August 2; evening stroll, dinner, and stargazing trip to Perkins Observatory, Friday, August 6; Char Mar, August 9; Gallant Woods Preserve, August 16; Alum Creek State Park, August 23; Deer Haven Preserve, August 30; Highbanks, September 13; Hoover Reservoir, September 20 (if you want to join us for breakfast come at 8:00); and Liberty Park, September 27.

Location: Check At Desk**Registration: Sign up at Center****Fee: FREE****Tai Chi Monday Introduction****Mondays, 10:00 AM – 11:00 AM**

The Taoist Tai Chi Society offers an eight-week introductory class for people who have no previous experience with Tai Chi. The gentle movements of Taoist Tai Chi work to reduce stress, to promote balance and to increase flexibility. Classes are taught by a nationally certified instructor.

Location: Dance Room**Registration: Sign up at Center. For class schedule call Taoist Tai Chi (614) 891-5425.****Fee: \$35 for 8 weeks - please pay Taoist Tai Chi****P.A.C.E.****Tuesdays and Fridays 10:00 AM – 11:00 AM**

This is an exercise program designed specifically for people with arthritis that uses gentle activities to help increase joint flexibility, range of motion, and to help maintain muscle strength. Vi Mutters leads this group.

Location: Dance Room**Registration: Drop In****Fee: FREE**

9 & 18 Hole Traveling Golf League

Wednesdays 8:30 AM – 2:00 PM

This League travels to different golf courses throughout our season. Our schedule is Delaware Golf Club, July 7 at 9 AM; St. Albans, July 14 at 9 AM; Oakhaven, July 21 at 9 AM; Bent Tree, July 28 at 8:30 AM; Blackhawk, August 4 at 9 AM; Glenross, August 11 at 9 AM; Mill Creek, August 18 at 9:30 AM; Royal American, August 25 at 9 AM; Table Rock, September 1 at 9 AM; Clover Valley, September 8 at 9 AM; NorthStar, September 15 at 9 AM; St. Albans, September 22 at 9 AM; and Delaware Golf Club, September 29 at 9 AM.

Location: Check At Desk

Registration: Sign up at Center

Fee: Golf Course Green Fees/Pay at Course

Stability Ball/Resistance Bands DVD

Wednesdays 9:00 AM – 10:00 AM

Class on Wednesdays will be doing a fitness routine with a DVD.

Location: Dance Room

Registration: Drop In

Fee: FREE

Table Tennis

Wednesdays 1:00 PM – 3:00 PM

This is a great form of exercise! WE NEED MORE PLAYERS! Kirby is issuing a challenge - he wants more competition!

Location: Room 119

Registration: Drop In

Fee: FREE

Line Dancing Beginner

Thursdays 10:00 AM – 10:30 AM

The 10:00 AM class is a beginner/basic line dance class. Keep your mind and body healthy, limber, and happy. It is for the first timer and those learning the basic steps in very easy dances.

Location: Dance Room

Registration: Drop In

Fee: FREE

Line Dancing Intermediate

Thursdays 10:30 AM – 11:30 AM

Improve your balance, heart and muscle tone while making new friends and building confidence.

Location: Dance Room

Registration: Drop In

Fee: FREE

Line Dancing

Thursdays 11:30 AM – 12:30 PM

This is an advanced line dance class, and the dances are usually longer and more complicated.

Location: Dance Room

Registration: Drop In

Fee: FREE

Tai Chi Thursday Introduction

Thursdays, 4:00 PM – 5:00 PM (Not meeting September 23.)

The Taoist Tai Chi Society offers an eight-week introductory class for people who have no previous experience with Tai Chi.

Location: Dance Room

Registration: Sign up at Center. For class schedule call Taoist Tai Chi 614-891-5425

Fee: \$35 for 8 weeks - please pay Taoist Tai Chi

Tai Chi Thursday Beginner

Thursdays, 5:00 PM – 6:00 PM (Not meeting September 23.)

The Taoist Tai Chi Society offers a 5-month beginners class for people who wish to learn the 108 movements of Tai Chi.

Location: Dance Room

Registration: Sign up at Center. For class schedule call Taoist Tai Chi (614) 891-5425

Fee: \$100 for 5 months - please pay Taoist Tai Chi

9 Hole Executive Golf League - Hidden Valley

Fridays 9:00 AM – 1:00 PM

This league is for our golfers who prefer to golf at the same course. September 24 is the last golf day for this league.

Location: Check At Desk

Registration: Drop In

Ethnic Folk Dancing

Fridays 1:00 PM – 2:00 PM

Move to folk music from around the world. Everyone is welcome with or without a partner. No previous dance experience is necessary. Mary Lea Bailey is the teacher.

Location: Dance Room

Registration: Drop In

Fee: FREE

Drop In Programs, Mondays – Fridays

Our pool tables are open – just walk in! We also have board games and cards available for those who walk in.

Bridge

Mondays, 10:00 AM – 12:00 PM

Location: Room 119

Registration: Drop In

Fee: FREE

Euchre

Mondays and Thursdays, 1:00 PM – 3:00 PM

Location: Room 119

Registration: Drop In

Fee: FREE

Play of Hand as Declarer & Defender (Bridge)

Mondays, September 13 - November 15, 10:00 AM – 12:00 PM

It concentrates on hold up plays, finesses, placing the cards and thinking through a hand.

Location: Room 120

Registration: Sign up at Center

Fee: \$6.00 for book

Chess

Tuesdays 1:30 PM – 4:00 PM

Location: Check At Desk

Registration: Drop In

Fee: FREE

Duplicate Bridge

Tuesdays 12:30 PM – 3:30 PM

Joanne Westinghouse is the director of the game.

Location: Dance Room

Registration: Drop In

Fee: FREE

Gin Rummy

Tuesdays 10:00 AM – 12:00 PM

Location: Billiard Room

Registration: Drop In

Fee: FREE

Bingo

Wednesdays and Fridays 1:30 PM – 3:30 PM

Location: Check At Desk

Registration: Drop In

Fee: 75 cents a card, due at the door

Coffee & Conversation

Wednesdays 9:00 AM – 10:00 AM

Location: Fireside

Registration: Drop In

Fee: FREE

Mah Jongg

Wednesdays 1:00 PM – 3:00 PM

This group plays the National League Rules.

Location: Fireside

Registration: Drop In

Fee: FREE

Dominoes

Thursdays 1:00 PM – 3:00 PM

Location: Fireside

Registration: Drop In

Fee: FREE

Pinochle

Thursdays 10:00 AM – 12:00 PM

Location: Billiard Room

Registration: Drop In

Fee: FREE

Bridge Review

Fridays, 10:00 AM – 12:00 PM

There will be no formal bridge classes during July or August. However, there will be bridge playing for the student every Friday at 10 AM.

Location: Room 119

Registration: Drop In

Fee: FREE

Competitive Bidding

September 10 - November 19, 1:00 PM – 3:00 PM

This class is for the intermediate player and will cover preemptive opening bids and responses, overcalls and advances, takeout doubles and advances, competitive auctions with many practice deals.

Location: Room 119

Registration: Sign up at Center

Fee: \$12.00

Evening Euchre Party (Park Avenue)

Fridays and Saturdays except for the second

Friday, 7:30 PM – 10:00 PM

Location: Check At Desk

Registration: Drop In

Fee: \$1.50, due at the door

July Registration Form

Name (Please Print)

Phone

Signature

eMail Address

✓	Fee	Activity
News & Views		
	Free	Oberammergau 2010 Departure Meeting
	Free	"Good Food for Dummies" July 12 and July 23
	Free	Learn to Make Your Own Storm Windows
	Free	Presentation— Leaf Solution
	Free	Mind Aerobics—Trivia
	Free	Potluck — Bring a covered dish
	Free	Presentation—Mountain Holiday Magic— Pigeon Forge & Gatlinburg
	Free	Protect Your Legacy
	Free	Book Club
	Free	Finance Workshop
	\$35	Square Dance Lessons—Western Style

Computer Activities		
	\$40	Microsoft Publisher 1 & 2
	\$40	Basic Computers 1 & 2
	\$40	Internet 1 & 2

Creative Arts		
	\$5	Bracelet Making
	Free	Creative Expressions—Open Studio Date: _____
	Free	Creative Writing
	\$20	Liquid Stained Glass/ Date: _____
	Free	Photography Group
	\$8	Make'em and Take'em Earrings
	\$5	Pressed Flower Bookmark
	\$50	NEW Paint a Large Stained Glass Window

✓	Fee	Activity
Special Interest & Wellness		
	\$6	Foot Care—(by appointment call the 1st working day of the month) July 14 or July 22
	\$25	Massage Therapy—by appointment
	\$25 or \$45	Reflexology (half hour or full hour)
	Free	Better Breathing for Seniors
	\$	Private Sessions—Hypnosis
	Free	Hypnosis Workshop

Social Scene		
	Free	Wood Carving

Trips & Skips		
	\$	Romeo Club (lunch on own)
	\$25	Day Trip Quilt Show
	\$96	Intergenerational Trip — Tecumseh (\$57 cost for child under 10 years of age)
	\$13	Red Hat - Tea—Women's City Club
	\$	Senior Center Diners (dinner on own)
	\$89	Amish Country Progressive Dining Tour

Sports & Fitness		
	Free	Hiking Club (Ride DATA \$2 — pay DATA)
	\$	Tai Chi Monday Pay Tai Chi
	\$	Tai Chi Introduction Pay Tai Chi
	\$	Tai Chi Beginners Pay Tai Chi
	\$35	Chair Yoga
	\$45	Mat Yoga
	\$30	Full Body Workout
	\$	Traveling Golf League
	\$	9 Hole Executive Golf League—Hidden Valley

Office Use Only	\$ _____	Total Fee Paid	Cash
			Check #
			Initials

Payment in full is required at registration

August Registration Form

Name (Please Print) _____

Phone _____

Signature _____

eMail Address _____

✓	Fee	Activity
News & Views		
	Free	Presentation—Lincoln Heritage
	Free	“Good Food for Dummies” <i>August 9 & August 27</i>
	Free	Conversational Spanish
	Free	Mind Aerobics—Trivia
	Free	Potluck—Bring a covered dish
	Free	Book Club

✓	Fee	Activity
Special Interest & Wellness		
	\$6	Foot Care—(by appointment call the 1st working day of the month) <i>August 11 & August 26</i>
	\$25	Massage Therapy—by appointment
	\$25 or \$45	Reflexology (half hour or full hour)
	Free	Hypnosis Workshop
	\$	Private Sessions — Hypnosis

Social Scene		
	Free	Wood Carving

Trips & Skips		
	\$	Romeo Club (<i>lunch on own</i>)
	\$35	Ohio State Fair
	\$	Red Hat — Morgan House (<i>lunch on own</i>)
	\$	Senior Center Diners (<i>dinner on own</i>)
	\$40	Genealogy Group Trip—Mansfield
	\$76	Frank Lloyd Wright Westcott House Tour

Computer Activities		
	\$40	Email 1 & 2
	\$40	Facebook 101
	\$40	Digital Cameras 1 & 2

Sports & Fitness		
	Free	Hiking Club (Ride DATA \$2 — pay DATA)
	\$30	Full Body Workout
	\$	Tai Chi Monday Pay Tai Chi
	\$	Tai Chi Introduction Pay Tai Chi
	\$	Tai Chi Beginners Pay Tai Chi
	\$35	Chair Yoga
	\$45	Mat Yoga
	\$	Traveling Golf League
	\$	9 Hole Execut6ive Golf League—Hidden Valley

Creative Arts		
	Free	Quilters Rule
	Free	Creative Writing

Office Use Only	Cash
\$	Check #
Total Fee Paid	Initials

Payment in full is required at registration

September Registration Form

Name (Please Print) _____

Phone _____

Signature _____

eMail Address _____

✓	Fee	Activity
News & Views		
	Free	Presentation—Champaign Feed & Pet Supply
	Free	“Good Food for Dummies” <i>September 13 & September 24</i>
	Free	Mind Aerobics—Trivia
	Free	Potluck — Bring a covered dish
	\$	Fun with Cartooning—Lunch (<i>on own</i>)
	Free	AARP Driver Safety
	Free	Conversational Spanish Beginner
	Free	Conversational Spanish Intermediate
	\$25	Genealogy Workshop
	Free	Quilting Group (Thursday)
	Free	Quilter's Rule (Tuesday)
	Free	Book Club

Computer Activities		
	\$40	Microsoft Word 1 & 2
	\$40	Microsoft Word 3 & 4
	\$40	Facebook 101

Creative Arts		
	Free	Creative Expressions—Open Studio Date: _____
	Free	Creative Writing
	\$20	Liquid Stained Glass/ Date: _____
	Free	Photography Group

✓	Fee	Activity
Special Interest & Wellness		
	\$6	Foot Care—(<i>by appointment call the 1st working day of the month</i>) <i>September 8 & September 30</i>
	\$25	Massage Therapy— <i>by appointment</i>
	\$25 or \$45	Reflexology (half hour or full hour)
	Free	Hypnosis Workshop
	\$	Private Sessions—Hypnosis

Social Scene		
	Free	Wood Carving
	\$6	Play of hand as Declarer & Defender
	\$12	Competitive Bidding

Trips & Skips		
	\$	Romeo Club (<i>lunch on own</i>)
	\$40	Grand Victoria Casino & Resort
	\$89	Cuyahoga Valley Train Ride
	\$	Senior Center Diners (<i>dinner on own</i>)

Sports & Fitness		
	Free	Hiking Club (Ride DATA \$2 — pay DATA)
	\$	Tai Chi Monday Pay Tai Chi
	\$	Tai Chi Introduction Pay Tai Chi
	\$	Tai Chi Beginners Pay Tai Chi
	\$35	Chair Yoga
	\$45	Mat Yoga
	\$30	Full Body Workout
	\$	Traveling Golf League\$
	\$	9 Hole Executive Golf League—Hidden Valley

Office Use Only	Cash
\$ _____ Total Fee Paid	Check #
	Initials

Payment in full is required at registration

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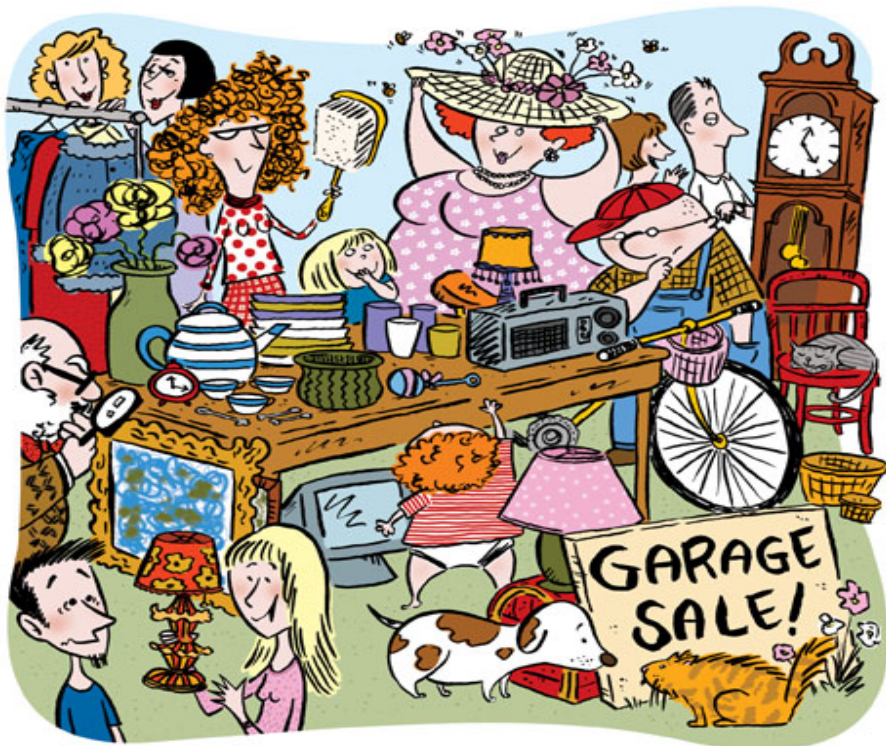
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SUMMER PROGRAMS
JULY - SEPT. 2010

Fall Garage/Bake Sale at Senior Citizens Inc.



Housewares, Furniture,
Clothes & More!

Friday, October 29
8 AM to 4 PM

&

Saturday, October 30
8 AM to 12 PM

\$2 a bag on Saturday!
(And we supply the bag!)