

Empower Transitions in Aging

In-Person and Online Programs

Winter 2026



740-363-6677

MySourcePoint.org



Jan. 5–April 4, 2026

Hours of operation:

Monday–Thursday, 8 a.m.–8 p.m.

Friday, 8 a.m.–5 p.m.

Saturday, 8 a.m.–noon.

Close at 4 p.m. Jan. 16; closed Jan. 17 and 19, March 6.

Registration is required and begins Dec. 15 at MySourcePoint.org/EC or with customer service.

All programs take place at 800 Cheshire Road, Delaware unless otherwise indicated. Program fees are slightly adjusted and prorated throughout the quarter. Programs subject to change.

Scholarships have expanded access! Email CRN@[MySourcePoint.org](mailto:CRN@MySourcePoint.org), call 740-363-6677, or apply online.

Cancellation Policy: You will receive a refund for fee-based programs canceled by SourcePoint or for programs from which you withdraw before the deadline. Refunds are not available for programs you're unable to attend.

Lifelong learning is one of the most effective ways to deal with change—and change is constant, even as we age. Here are topics often necessary to understand as we age.

Body, Brain & Behavioral Health

A MATTER OF BALANCE 

Thursdays, Jan. 8 through Feb. 26, 10 a.m.–noon.

This is a fall prevention program that incorporates some exercise.

Have you fallen in the past? Have you limited your activity for fear of falling? Do you want to improve balance, flexibility, and strength? A Matter of Balance is a free, award-winning program that teaches practical strategies to reduce your fear of falling and increase your activity level. In this series, you'll learn to view falls as controllable, set realistic goals for yourself, reduce risk factors, and exercise to increase strength and balance.

AGING MASTERY PROGRAM 

Thursdays, Jan. 8 through March 26, 12:30–2 p.m.

Covers ten core topics plus two optional sessions specifically designed to address caregiver concerns.

The Aging Mastery Program (AMP) offers a comprehensive approach to aging well. AMP combines classes with expert speakers, group discussion and goal setting to help older adults gain new skills to make small, meaningful changes in their lives. Core topics covered include: Navigating Longer Lives, Exercise and You, Sleep, Healthy Eating and Hydration, Financial Fitness, Advance Planning, Healthy Relationships, Medication Management, Community Engagement, and Falls Prevention. Participant workbook is included

Fee: \$40 for a 1222-week series.

BINGOCIZE–NUTRITION *RETURNS* 

Mondays and Wednesdays, Jan. 5 through March 16, 2:15–3:15 p.m.

Bingocize® is an evidence-based health promotion program that strategically combines the game of bingo, health education,

and exercise. The exercises are a combination of range of motion, balance, muscle strengthening, and endurance exercises. During this 10-week session, the health education component will focus on nutrition. Each workshop includes a “take home” card for participants to complete exercises and tasks at home to reinforce the weekly health education information.

CARE, SHARE, CONNECT **Mondays, 12:45–2 p.m. (Self led fourth Monday of the month.)**

We experience different losses in life—loved ones, pets to things or illnesses in our everyday lives. Come share or listen as topics are discussed and peer led with RJ Jones and others.

EASY WALKERS GROUP **Tuesdays, 9–10 a.m.**

Research shows community walking programs not only improve physical and mental well-being but also foster social connections. SourcePoint offers a walking program that provides a supportive environment for various fitness and mobility levels. The Easy Walkers Group is a self-paced activity designed to meet individuals where they are while providing encouragement to improve walking stamina

and distance. The Easy Walkers Group will gather on Tuesday mornings to warm up and stretch together, then have the option of walking outdoors or indoors, depending on personal preference and the weather. The session will finish with a group cool down and stretches. Tools for walking safety and tracking your progress are included.

NAMI: ENDING THE SILENCE FOR GRANDPARENTS **Tuesday, Feb. 10, 1–2 p.m.**

Join National Alliance on Mental Illness (NAMI) speakers and grandparents, Tracie Bayer and Ginny Bischert for this one-hour presentation for adults, specifically grandparents, with middle or high school aged grandchildren. This presentation includes mental health warning signs, facts and statistics, how to talk with your grandchild and how to work with school staff. This presentation will be helpful for anyone interested in mental health of youth, discussing what middle and high school students experience, and how to best help them.

THERAPY DOG INTERNATIONAL **Second and fourth Tuesday of each month, 10 a.m.–noon.** **Second Friday of each month, 10 a.m.–1 p.m.**

A volunteer group of qualified handlers and therapy dogs for visitations to provide comfort and companionship, increase emotional well-being, and promote healing. Come pet canine visitors Dani or JaJa. They will be happy to see you!

WISE: WELLNESS INITIATIVE FOR SENIOR EDUCATION

RETURNS 

Wednesdays, Jan 28 through March 4, 10 a.m.–noon.

Presented by PASS (Prevention Awareness Support Services), the WISE program is a free, evidence-based wellness initiative designed to help older adults celebrate healthy aging, make positive lifestyle choices, and prevent substance misuse. This six-week program offers engaging lessons, practical tools, and supportive group discussions focused on aging well—physically, mentally, and emotionally.

Participants will receive complimentary gifts as part of the program. Join us and take a proactive step toward living well and aging wisely! For more information, contact Donna Marie at dmarie@pvff.org.
Week 1: Understanding the Changes Associated with Aging
Week 2: Aging Sensitivity
Week 3: Valuing Cultural and Generational Diversity
Week 4: Medication and the Older Adult

Week 5: Substance Abuse,
Addiction, and Older Adults
Week 6: An Enhanced Quality
of Life

Register by Jan. 26!

Driver Safety and Transportation

AARP SMART DRIVER™

**COURSE NOW UNDER
ENHANCE LEARNING** 

**Tuesday, March 10, 8:30–11
a.m. and 11:30 a.m.–2:30 p.m.
(Lunch on your own)**

*For details, see Enhance
Learning.*

**DRIVER SAFETY: AARP
“DRIVING AT NIGHT”
WORKSHOP NEW!** 

**Tuesday, Feb. 10, 11:30 a.m.–
12:30 p.m.**

The Delaware County SAFE Coalition, Ohio Department of Transportation (ODOT), and Age-Friendly Delaware County present an ODOT “Driving at Night” workshop. Join us for a free workshop designed to help you drive more confidently after dark. Discover how to make nighttime driving safer, easier, and less stressful. In this engaging session, you’ll learn about age-related vision changes, the latest headlight and safety technologies, and assistive driving tools that can help you stay independent and confident on the road. You’ll also hear real-life stories and

expert tips to help you feel informed, prepared, and ready to enjoy the road—day or night!

**DRIVER SAFETY: TALK WITH A
TROOPER DEPUTY** 

**Tuesday, Jan. 13, 10:30 a.m.–
1:30 p.m.**

Join us for an Open Table Conversation on safe and confident winter driving in Delaware County with Lt. Rob Curry, Post Commander of the Ohio State Highway Patrol. Lt. Curry will be at the large conference table in the gathering area next to the dining room, ready to share expert tips, local insights, and helpful resources to keep you prepared for whatever the season brings. Bring your questions and take advantage of this great opportunity to chat with a local expert who knows our roads best!

Financial, Insurance & Legal

**AARP INCOME TAX AIDE BY
APPOINTMENT**

**Mondays, Feb. 2 through April
13, 9 a.m.–4 p.m.**

The AARP Foundation Tax-Aide Program provides free tax preparation assistance to low- and moderate-income taxpayers. IRS-certified volunteers will assist taxpayers

in preparing federal, Ohio and school district income tax returns for tax year 2025. SourcePoint is one of three tax preparation sites in Delaware County (the other two sites are Andrews House in downtown Delaware and the Sunbury library). SourcePoint appointments are on Mondays only.

Online scheduling for tax appointments at SourcePoint and other sites will begin on Jan. 15 at taxaide.aarpfoundation.org. For those without online access, call 614-450-2529 beginning on Jan. 15, and leave a message with your name and phone number to request an appointment at SourcePoint. Your call will be returned as soon as possible. Please do not leave multiple messages. Do not call and leave a message before Jan. 15. Messages received before Jan. 15 will be deleted and not returned.

For those who wish to schedule an appointment at Sunbury Library (Friday appointments) call 614-259-8720 on or after Jan. 15 (do not call and leave a message before Jan. 15). For those who wish to schedule an appointment at Andrews House (Tuesday and Thursday appointments) call Andrews House on or after Jan. 15 at

740-369-4520.

If married filing jointly, schedule one appointment. Both you AND your spouse must attend in person to participate and sign the returns. Married individuals filing separate returns must each schedule a separate appointment.

You MUST bring the following items to your appointment:

1. Government-issued photo ID such as a driver license or state ID card for you and your spouse.
2. Social Security card (or other official documentation showing taxpayer identification number) for every person listed on your tax return.
3. All 2025 tax documents such as W-2, SSA-1099, 1099-R, 1099-INT, 1099-DIV, etc. Please remember that certain 1099 forms and brokerage statements may not be received until late February, so plan accordingly when you select an appointment date.
4. A copy of your 2024 income tax returns (federal, Ohio and school district).
5. Bank account information (routing and account number) so that any refunds can be directly deposited to your checking or savings account. A

blank check will have the bank routing and account number (do not bring a deposit slip).

INSURANCE: MARKETPLACE ASSISTANCE BY APPT.

SourcePoint is now helping Delaware County residents 55-64 seeking health insurance through Ohio Healthcare Marketplace. Our insurance specialists are certified assisters, trained to provide in-person and phone-based support to help consumers narrow their plan options on the Affordable Care Act's health insurance marketplaces. We offer expertise in both helping consumers consider their health plan choices and interacting with the marketplace decision support tools. To schedule an appointment, call 740-363-6677 and ask for an insurance specialist.

LEGAL AID

Fourth Thursday of each month by appointment.

Meet with a paralegal from the Legal Aid Society. Services include simple wills, POA, avoiding probate after a loved one passes, rental eviction, home foreclosure, domestic violence, divorce, and public assistance, such as Medicaid, food stamps, SSI Disability, SSDI benefits, public housing

evictions, and disability benefits. Call Karen McVay at 740-383-2161, ext. 273 to make an appointment.

MEDICARE MASTERY CLASS

Saturday, Feb. 7, March 7, or April 4, 9 a.m.–noon.

Take charge of your Medicare decisions with this comprehensive, two-part workshop designed to educate and empower. Medicare Mastery combines the essential information from our popular New to Medicare class with the hands-on learning of the Medicare Options workshop—now with added tools to help you assess your personal risk capacity and risk tolerance. In the first half of the session, we'll cover the fundamentals of Medicare—ideal for those who are newly eligible, assisting a loved one, or simply seeking a clearer understanding of their coverage.

In the second half, you'll get practical experience using the Medicare Plan Finder Tool. Bring your own tablet or laptop and follow guided, step-by-step instructions to compare plans and explore personalized options based on your medical needs and your comfort with risk in healthcare decision-making.

What to bring:

- A complete list of your prescription medications

- Full names of your doctors
- Your Medicare card (if available)
- A tablet or laptop (smartphones are not suitable for this activity)

Completion of the Medicare Mastery Class meets the prerequisite for scheduling a one-on-one Medicare counseling appointment, just as the standalone New to Medicare class does.

MEDICARE: ONE-ON-ONE APPOINTMENTS

After attending a New to Medicare or Medicare Mastery class—or completing the online Medicare video series—you may schedule a personalized, one-on-one appointment with a trained insurance specialist. To schedule, call 740-363-6677 or submit the online form at the end of the video series. Using a Connector for Medicare? If you have a Connector service (like Via Benefits or Aon Hewitt) your Medicare enrollment must go through that service. This is the pathway your employer is financing and, in some cases, includes a Health Reimbursement Arrangement.

NEW TO MEDICARE CLASS

RETURNS

Tuesday, Feb. 17, 10 a.m.–noon.

Monday, March 16, 2–4 p.m.

at Community Library, 44 Burrer Drive, Sunbury.

Tuesday, March 24, 10 a.m.–noon.

If you're approaching Medicare eligibility, assisting a loved one, or simply want to better understand your coverage options, this free introductory class is the perfect place to start. Learn the basics of Medicare, including the differences between Original Medicare (Option 1) and Medicare Advantage (Option 2), what each option covers, and when to enroll. This class offers unbiased education supported by the Ohio Senior Health Insurance Information Program (OSHIIP) and is not affiliated with any insurance company or product. Completion of this class is required before scheduling a one-on-one Medicare counseling appointment. Prefer to learn at your own pace? An online version is available at MySourcePoint.org/insurance.

MEDICARE: OPTIONS 1 AND 2 WORKSHOP

Tuesday, Jan. 13, 10 a.m.–noon.

Tuesday, Feb. 10, 10 a.m.–noon.

Thursday, March 19, 6–8 p.m.

Whether you're new to Medicare or already enrolled, this interactive workshop will

help you better understand your coverage options. You'll explore:

- Option 1: Medicare Supplement (Medigap) and Part D prescription drug plans
- Option 2: Medicare Advantage (Part C) plans, including benefits, costs, and provider networks

Using the Medicare Plan Finder Tool, you'll receive step-by-step guidance to compare plans tailored to your personal needs.

What to Bring:

- A complete list of your current prescription medications
- Full names of your doctors
- Your Medicare card (if available)
- A tablet or laptop (if possible)

This is a free, unbiased educational session supported by the Ohio Senior Health Insurance Information Program and is not affiliated with any insurance providers. If you are new to Medicare, completion of the New to Medicare class or online video series is required before attending this workshop.

MEDICARE INSURANCE EDUCATION *ONLINE*

Three free presentations at MySourcePoint.org/insurance, including an intro to Medicare,

Supplements and Part D, and Advantage Plans.

Caregiver Programs

Caregiver programs are for family caregivers 55+ in Delaware County or 18+ caring for someone 55+ in Delaware County. ComPASS is not required to register for the following programs. SourcePoint's caregiver programs are funded in part by the Central Ohio Area Agency on Aging.

ALZHEIMER'S ASSOC. CARE CONSULTATION BY APPT.

First Thursday and third Tuesday of each month, 10 a.m.–1 p.m.

The Alzheimer's Association is dedicated to helping people navigate through the difficult decisions and uncertainties people with Alzheimer's and their families face at every stage. Care consultations are a free personalized service addressing the issues that arise from Alzheimer's or dementia. Get assistance with planning and problem solving, an assessment of needs, and supportive listening. To schedule your appointment, email hlatibagos@alz.org or call 614-643-2137.

ALZHEIMER'S ASSOC. EARLY STAGE SUPPORT GROUP

First and third Mondays of

each month, 10:15–11:45 a.m.

Early Stage programming is designed for individuals living with Mild Cognitive Impairment (MCI) or the early stage of Alzheimer's or another form of dementia, and their care partners. This support group allows for the care partner and person living with dementia to have their own, separate spaces to develop a support system, talk through issues and ways of coping and share feelings and concerns. To participate in Early Stage programming, an interview must be completed with an Alzheimer's Association Care Consultant to determine appropriateness. To learn more and schedule an interview, email Hannah Atibagos at hlatibagos@alz.org or call 614-643-2137.

ALZHEIMER'S ASSOC.:

CAREGIVER STRESS **NEW!** 

Tuesday, Feb. 3, 10–11 a.m.

Join us to learn practical tips to help reduce caregiver stress and promote your own well-being. More than 11 million Americans provide unpaid care for loved ones with Alzheimer's disease and other dementias—often family members balancing many responsibilities. Discover ways to manage emotional stress, prevent burnout, and protect your health while providing

compassionate care.

ALZHEIMER'S ASSOC.:

MEDICATION MANAGEMENT

NEW! 

Tuesday, March 3, 10–11 a.m.

Learn practical tips to safely manage and administer medications for your loved ones. This class covers the caregiver's role in following prescribed drug plans, organizing and tracking medications, recognizing when changes may be needed, and understanding when and how to safely stop a medication. Build confidence in providing safe, effective care every day.

CAREGIVER 1:1 SUPPORT BY APPOINTMENT

Caregivers may call 740-203-2399 or email caregiver@mysourcepoint.org to schedule a confidential, one-on-one support meeting.

CAREGIVER CONVERSATIONS Second and fourth Tuesdays of each month, 10–11 a.m.

Third Thursday of each month, 5:30–6:30 p.m., at Community Library, 44 Burrer Dr., Sunbury.

This group fosters supportive conversations, allows you to share experiences, meet other caregivers, discover new resources, and ask questions.

CAREGIVER CRASH COURSE **ONLINE**

A 30-minute video at MySourcePoint.org/caregiver for new, current, and future caregivers.

CAREGIVER FAMILY MEETINGS BY APPOINTMENT

Family dynamics play a complex role in caregiving. Carving out time for a purposeful conversation between the person with care needs and those shouldering responsibilities has been shown to create positive outcomes. SourcePoint can help facilitate these much needed yet often difficult conversations. To help care partners assess time and resources, temper expectations, and equitably delegate tasks. To schedule an appointment, contact caregiver@MySourcePoint.org or 740-203-2399. Meetings can be online or in-person at SourcePoint or at home.

GRANDPARENTS AS PARENTS MONTHLY MEETUP **Fourth Friday of each month,** **11 a.m.–noon**

Join this casual group of older adults, holding space for other grandparents acting as second-time parents. This group aims to support one another through shared life experience as well as help individuals get

connected with resources in their communities.

GRIEF SUPPORT: LIVING BEYOND LOSS **Second and fourth Tuesdays of each month, 2–3 p.m.**

Dynamic support for those dealing with loss and empowers you to steer the conversation. Rediscover yourself, regain a sense of identity, and build a support system.



This program aligns with goals from Delaware County's Age-Friendly Action Plan. Learn more at MySourcePoint.org/age-friendly.