740-363-6677
MySourcePoint.org

June 1–July 2, 2021
Current hours of operation: Monday, Wednesday, Friday, 8 a.m.–5 p.m.; Tuesday and Thursday, 8 a.m.–8 p.m. ***Extended!*** Saturday 8 a.m.–noon.
Close at 2 p.m. June 11; close at 4 p.m. July 2.

Registration is required and begins May 24 at **MySourcePoint.org/EC** or with customer service. Programs subject to change.

Financial assistance is available and applying is simple! For more information, contact Laura Smith at laura.smith@MySourcePoint.org or 740-363-6677.

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.

Find current visitor guidelines at **MySourcePoint.org/restart**

June 2021
In-Person Programs

Empower Transitions in Aging

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

Caregiver Outing: A Walk in the Park *SPECIAL EVENT!*
Wednesday, June 16, 10:30–11:30 a.m. at Inniswood Metro Gardens, 940 S. Hempstead Road, Westerville.
Family caregivers and loved ones are invited to join us for this free event. Come enjoy a nature walk to see beautiful flowers in bloom! Inniswood has several flat paths that are accessible.

Caregiver Support Group
Tuesday, June 8, 9–10 a.m. or 6–7 p.m. at SourcePoint.
Thursday, June 17, 5:30–6:30 p.m., at Community Library, 44 Burrer Drive, Sunbury.
Join us to share experiences, meet other caregivers, discover new resources, and ask questions.

Caregivers from the Heart
Mondays, June 7 and 21, 9:15–10:15 a.m.
Living with the demands of caring for our loved ones, we are a peer-led group seeking to provide encouragement and support for each other. We value actively listening to each other as we learn about the phases and stages of our care receivers' health conditions. We endeavor to recognize and undertake the need to care for ourselves.

Living Beyond Loss
Tuesday, June 8, 2–3 p.m.
Support for caregivers who have lost loved ones in recent years. This in-person group provides dynamic support for those individuals dealing with loss.

Medicare: New to Medicare
Monday, June 7, 1–3 p.m., at at Community Library, 44 Burrer

Drive, Sunbury.
Wednesday, June 9, 10 a.m.–noon at SourcePoint.
Wednesday, June 23, 6–8 p.m. at SourcePoint.
Learn the basics of Medicare in this popular class. Whether you're becoming eligible for the first time or assisting a loved one with insurance needs, this is the place to start.

Medicare: Supplements *RETURNING!*
Thursday, June 17, 6–8 p.m.
If you're looking for a plan to help cover costs, this workshop gives you a better understanding of supplements, including terms and how to obtain rates.

Engage Fitness & Wellness

Find your program for flexibility, strength, balance, endurance, and the mind-body connection. Consult your physician before beginning any exercise program.

Fitness Center PACKAGE
Monday–Friday, 8–10 a.m., 10–noon, 12:30–2:30 p.m., 2:30–4:30 p.m.
Tuesday and Thursday, 5–7 p.m.
Saturday, 8–10 a.m., 10–noon.
Register for up to five 2-hour periods per week.
Variety of equipment available for use.
Fee: $10 for a 5-week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

Foot Care Clinic
Tuesdays, 8:30 a.m.–3:30 p.m., by appointment.
Care is conducted by licensed nurses specialized in routine foot care for elder and diabetic feet. To schedule an appointment, call 740-363-6677 or register online.
Fee: $12, due at time of reservation.

Golden Marathon Outdoor Hiking
Mondays, 9:30–11 a.m.
Get moving with Golden Marathon hikers! Meet at locations listed, bring your own water, and be prepared for the weather and terrain. Preservation Park COVID-19 precautions apply.
- June 7: Blues Creek Park, 9627 Fontanelle Road, Ostrander.
- June 14: Hogback Ridge Park, 2656 Hogback Road, Sunbury.
- June 21: Emily Traphagen Park, 5094 Seldom Seen Road, Powell.
- June 28: Gallant Woods Park, 6911 Buttermilk Hill Road, Delaware.

For more information, contact Bob Brenner at 740-815-3643 or robrenner2011@yahoo.com or Jonell Arthur at 740-203-2429 or Jonell.Arthur@MySourcePoint.org.

Golf: Hidden Valley League
Fridays through Sept. 24, 9 a.m. tee time.
Polish your golf game in a noncompetitive environment, enjoy the fresh air, and make new friends. Registration open after start date. For more information, contact Jonell at 740-203-2429 or jonell.arthur@MySourcePoint.org.
Fee: $5 one-time registration fee, plus green fees each week.

Golf: Travel League
Wednesdays through Oct. 13, 9 a.m. tee time.
This semi-competitive league travels to eight golf courses in Delaware County. Registration open after start date. For more information, contact Jonell at 740-203-2429 or jonell.arthur@MySourcePoint.org.
Fee: $10 one-time registration fee, plus green fees each week.

Land Exercise PACKAGE
Register for up to six classes per week.
Options follow from Aging Well to Zumba.

Aging Well *NEW!*
Wednesdays, 12–12:45 p.m.
For active adults who want to have fun while improving heart rate, balance, flexibility, and memory.
Fee: $15 for a 5-week series.

Boot Camp
Tuesdays or Thursdays, 11–11:45 a.m.
We keep you on your toes and challenge you in every class! Workouts are designed to improve your overall fitness—strength, cardio, flexibility, agility, and endurance.
Fee: $15 for a 5-week series.

Core & More *NEW!*
Mondays or Wednesdays, 1–1:45 p.m.
Designed to build core muscle groups while improving posture through a variety of exercises that strengthen the abdomen and back muscles and increase flexibility.
Fee: $15 for a 5-week series.

Cycle 45 Ride
Tuesdays or Thursdays, 10–10:45 a.m.
Aerobic workout easy on your joints. Your ride simulates outdoor riding with sprinting, hill climbing, and other techniques. May include core work, strength training, and yoga for a full-body workout, all adaptable to your individual needs.
Fee: $15 for a 5-week series.

Mind-to-Muscle
Tuesdays or Thursdays, 1–1:45 p.m.
This program uses a research-supported format designed to optimize physical function and help delay the symptoms with arthritis, Parkinson's disease, and more.
Fee: $15 for a 5-week series.

SilverSneakers Cardio
Mondays, Wednesdays, or Fridays, 9–9:45 a.m.
Tuesdays or Thursdays, 10–10:45 a.m.
Aerobics focusing on low-impact movement and upper body strength, abdominal conditioning, and stretching.
Fee: $15 for a 5-week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

SilverSneakers Circuit
Tuesdays or Thursdays, 9–9:45 a.m.
Mondays or Wednesdays, 1–1:45 p.m.
Increase cardio and muscular endurance with a seated or standing circuit workout.
Fee: $15 for a 5-week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

SilverSneakers Classic *NEW!*
Mondays or Wednesdays, 10–10:45 a.m.
Increase muscular strength, range of movement, and activities for daily living with the use of hands weights, elastic tubing, and ball, while seated or standing.
Fee: $15 for a 5-week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

SilverSneakers Yoga: Chair
Mondays or Wednesdays, 11–11:45 a.m.
Move your whole body through a complete series of seated and standing yoga poses. Instructor is streamed.
Fee: $15 for a 5-week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

Stability
Fridays, 1–1:45 p.m.
This class focuses on movements to improve strength and power around the ankle, knee, and hip joints, as well as trunk muscles to keep the spine and body stable, all to help you stay balanced and improve reaction time. Suitable for most fitness levels. May use a

chair for balance and support.
Fee: $15 for a 5-week series.

Women and Weights
Mondays or Wednesdays, 10–10:45 a.m.
This class assists women in improving posture, increasing strength, and losing body mass. You will see a positive transformation to your body and get stronger.
Fee: $15 for a 5-week series.

Yoga: Hatha
Tuesdays or Thursdays, 11 a.m.–12:15 p.m.
The most widely practiced form of yoga in America. Uses postures with the goal of bringing about a sound, healthy body and a clear, peaceful mind. Bring a mat.
Fee: $15 for a 5-week series.

Yoga: Vinyasa
Tuesdays or Thursdays, 3–4 p.m.
Fridays, 11–noon.
Move mindfully while building strength and balance. Enjoy slowing down and breathing deeply. Open to all levels. Bring a mat.
Fee: $15 for a 5-week series.

Zumba®
Mondays, 12–12:45 p.m. *NEW TIME!*
Fridays, 10–10:45 a.m.
A fitness program to party yourself into shape. Exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance using merengue, cumbia, salsa, reggaeton, cha-cha, and belly dance.
Fee: $15 for a 5-week series.

Massage Therapy *NEW!*
Thursdays, 10 a.m.–4 p.m., by appointment.
Tiffany Taylor, Licensed Massage Therapist, specializes in Thai yoga, Swedish, deep-tissue, and cupping techniques. Call or text 740-602-3214 to schedule your appointment.
Fee: $110 for 90-minute Thai yoga massage, $30 for 30-minute or $60 for 60-minute table massage, due at time of appointment.

Personal Training Single Session or Series
A personal trainer can create a workout routine suited to your fitness level, ensure you spend your time performing the right exercises with the proper equipment, teach you the right forms and correct them as you go through the exercises, reducing the risk of injuries, and help you strike a balance to burn fat while building muscle. To schedule your consultation, call Steph, Zac, or Aaron at 740-363-6677, ext. 169, or email slewis@MySourcePoint.org, zjewett@MySourcePoint.org, or aselmek@MySourcePoint.org.
Fee: $30 for 45-minute session; $100 for four 45-minute sessions.

Personal Training Series for Two
Find your training partner and pair up for support and savings! To schedule your consultation, call Steph or Zac at 740-363-6677, ext. 169, or email slewis@MySourcePoint.org or zjewett@MySourcePoint.org.
Fee: $80 per participant for consultation and four 45-minute sessions shared with your partner.

Pool Walking PACKAGE *NEW TIMES!*
Mondays–Fridays, 8:15–9 a.m., 11:15 a.m.–noon, or 3:15–4 p.m.
Mondays, Wednesdays, or Fridays, 12:15–1 p.m.
Tuesdays or Thursdays, 2:15–3 p.m., 4:15–5 p.m., or 6:30–7:15 p.m.
Saturdays, 8:15– 9 a.m. or 9:15–10 a.m.
To accommodate more classes, start times have changed. To allow more individuals to participate, registration is limited to two time periods per week.
Pool walking is self-led exercise. Resistance

equipment available for use.
Fee: $15 for a 5-week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

Water Exercise PACKAGE *NEW TIMES!*
To accommodate more classes, start times have changed. To allow more individuals to participate, registration is limited to two classes per week.

SilverSneakers Splash
Mondays, Wednesdays, or Fridays, 1:15–2 p.m.
A fun, shallow-water exercise to increase movement and intensity options. Suitable for all skill levels.
Fee: $15 for a 5-week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

Water Aerobics
Mondays–Fridays, 9:15–10 a.m., 10:15–11 a.m.
Mondays, Wednesdays, or Fridays, 2:15–3 p.m.
Tuesdays or Thursdays, 12:15–1 p.m., 1:15–2 p.m., or 5:30–6:15 p.m.
Saturdays, 10:15–11 a.m.
Low impact exercises that target flexibility, strength, and cardio endurance. Adaptable to every fitness level.
Fee: $15 for a 5-week series.

Enhance Learning

Lifelong learning can enhance our understanding of the world, provide us with more and better opportunities, and improve our quality of life.

Alum Creek Dam Tour *NEW!*
Wednesday, June 23, 10–11 a.m. at Alum Creek Below Dam, 4189 Lewis Center Road, Galena.
Learn about the Alum Creek Dam with a park ranger. Park in the parking lot at the Below Dam Recreation Area. We'll walk to the dam area for the first part of the presentation, then give you time to climb the 116 stairs at your own pace to the top of the reservoir. Bring your camera! This event will be canceled if it's raining. (Join a park ranger for the Where the Water Goes talk, available in the Online Enhance Learning package, on Wednesday, June 30 at 2:30 p.m.)

Book Club: Nonfiction Dialogue
Monday, June 21, noon–1 p.m.
Read nonfiction books from the 21st century. Share insights and ponder perspectives with others. Books may be borrowed from the Delaware County District Library using your library card or downloaded. Pick up curbside at the Main or Orange branch.
June: "Unbroken" by Hillenbrand.

Pollinator Garden: Deer Haven Park *NEW!*
Monday, June 28, 10–11 a.m. at Deer Haven Park, 4183 Liberty Road, Delaware.
Join Naturalist Liz Neroni from Preservation Parks as she presents on native plants. Discover the beauty and importance of these critical habitat enhancers at the pollinator garden to see things firsthand at Deer Haven. Park in the lot and meet Liz in front of the nature center. Wear a hat and bring water. You may enjoy the park on your own following the presentation.

Enrich Social Connections

Follow your passion, find your group, and enrich your connection with others!

Billiards PACKAGE
Mondays–Fridays, 8:30–10:30 a.m. or 1:30–3:30.
Tuesdays, 5:15–7:15 p.m. *NEW TIME!*
Saturdays, 8:45–10:45 a.m.
Select up to five 2-hour periods per week.

Billiards Tournament
Thursdays, 4:45–7:45 p.m.
Each week we draw names for partners and play 8-ball, 9-ball, Jack and Jill, or another game.

Bingo
Mondays, 2–4 p.m.
Fridays, 2–4 p.m.
Fifteen games each time. Get ready to shout! *Fee: $1 per pack of 15 bingo sheets, payable in the room. Bring a dauber. $1 bingo prize, $2 for last game cover-all.*

Dining Out with Center Diners
Thursday, June 17, 5:30–7:30 p.m.
Dine with friends at Local Roots, 15 E. Olentangy St., Powell. For questions, call Roy Campbell at 740-624-6928. *Dinner on your own.*

Dining Out with Red Hats
Thursday, June 24, 11:30 a.m.–1 p.m.
Find food, friendship, and fun with the ladies in hats as we enjoy lunch at Scramblers, Lewis Center. Questions, contact Nancy Gore at 740-369-6862. *Lunch on your own.*

Game Night *NEW!*
Tuesdays, 6:15–7:45 p.m.
Join us for a fun evening of easy games like Charades, Outburst, and Pictionary.

Great Escape *NEW!*
Tuesday, June 15, 10–11:30 a.m.
Take yourself to a different destination each time! This month, join fellow SourcePoint-ians for a tour of Groovy Plants Ranch. After the tour, shop on your own. Meet at 10 a.m. in the auxiliary parking lot at 4129 County Road 15, Marengo, across from the old schoolhouse. Gravel and concrete walkways with greenhouses. Rain or shine! *Register by June 8.*

Great Games Experiment
Thursdays, 1–2 p.m.
Start your afternoon by playing the board games you enjoy, like Scattergories and Tri-Bond. Games change every other week. Let Marilyn know the games you like at marilyn@MySourcePoint.org.

Let's Roll the Dice
Thursdays, 2–3 p.m. *NEW TIME!*
Bring your own dice (5 or 6) and play Yahtzee or Farkle with others.

Let's Wine About It
Wednesday, June 9, 5:30–7 p.m.
Relish time with others as we visit local wineries. Meet at Oak & Brazen. Questions, call Sharon Maggard at 702-556-2687.

Morning Blend Discussion Group
Wednesdays, 10–11 a.m.
Grab your mid-morning coffee for this lively discussion group. It starts with a morning catch-up, then focuses on different topic each week. The dialogue-driven hour is open to wherever the conversation takes us!

June 2: Open Mic, featuring a special guest host!
June 9: Days of Summer
June 16: If You Could Splurge
June 23: May I Introduce…?
June 30: Red, White, and Blue

Movie PACKAGE: Summer Blockbuster Series
Tuesdays, 2:15–4:15 p.m. and 5:15–7:45 p.m.
NEW TIME!
Summertime is known for Hollywood Blockbuster Movies where directors show off their cinematic skills. Join us this month to see movies that show improvements in movie cameras from 1973 through 1998.

June 1: American Grafitti (1973)
June 8: Grease (1978)
June 15: Dirty Dancing (1987)
June 22: The Fugitive (1993)
June 29: The Truman Show (1998)

Outdoor Summer Concert Series *NEW!*
Thursdays, 6–7:30 p.m.
Bring your camp or lawn chair and listen to live music from local bands while socially distanced. This event will be canceled if it's raining.

June 3: Blue Limestone Project
June 10: Randy Smith
June 17: Summertime
June 24: The Elderly Brothers

Table Tennis PACKAGE
Mondays–Fridays, 2:30–4:30 p.m.
Thursdays, 5:30–7:30 p.m. *NEW TIME!*
Saturdays, 9:45–11:45 a.m.
Select up to three 2-hour periods per week.
Single play only. When not playing, 6' social distancing required.

Tech Help: ZOOM and SP Online Registration
Mondays, 10 a.m.–noon, by 30-minute appt.
If you need help with online registration or Zoom, we're here! To schedule an appointment, call 740-363-6677 or register online. Please bring your electronic device (tablet, smartphone, and/or laptop), along with pen and paper.

Tickling the Ivories with Karl *NEW!*
Wednesday, June 2, 11:15 a.m.–12:15 p.m.
Karl, affectionately known as the piano man at SourcePoint, is playing at the "Radebaugh Theater." Register for this fun piano performance that is sure to please.

Express Yourself with Art

The expression of our feelings, thoughts, or ideals, especially in writing, art, music, or dance, is an effective way to process our experiences and to connect, navigate, and grow.

ART GROUPS *WELCOME BACK!*

Coloring Group
Saturdays, 8–11:45 a.m.
Destress, express yourself, work on attention to detail, reduce anxiety, and enjoy coloring with others. Bring your own supplies and sit at your own table.

Quilting: Life's a Stitch
Thursdays, 12:45–4 p.m.
Join fellow quilters as you work on your projects and share ideas. Bring your own supplies and sit at your own table in the art room.

Quilting: Quilters Rule
Tuesdays beginning June 8, 2–4 p.m.
Join fellow quilters as you work on your projects and share ideas. Bring your own supplies and sit at your own table in the art room.

Woodcarving Group
Tuesdays, 8:45–10:45 a.m.
Join fellow carvers as you carve, share ideas, and tips. Bring your own supplies and sit at your own table in the art room.

INSTRUCTIONAL ART CLASSES

To ensure proper planning, register at least two business days prior to the class. Programs are listed in chronological order.

'Point at the Park: Paint & Sip *SPECIAL EVENT!*
Monday, June 7, 10 a.m.–noon. at Gallant Farm, 2150 Buttermilk Hill Road, Delaware.
(Rain date: June 28, 10 a.m.–noon.)
Beautiful Gallant Farm provides inspiration for outdoor painting. Robin Clay guides you through a small canvas painting of the big red barn. For a complete "paint-and-sip" experience, bring along your favorite nonalcoholic beverage.

Stone Carving: Beginning
Mondays, June 7, 14, 21, 28, July 12 and 19, 9:45–11:45 a.m.
Learn the basics of stone carving with Dave Thomas. Basics include how to lay out a project, protect the layout, identify cracked stone, and use the tools. You will work outside, standing at a station for the duration of the class. Stone and tools provided. Bring safety glasses and gloves.
Fee: $40 for 6-week series.

Stone Carving: Continuing
Mondays, June 7, 14, 21, 28, July 12 and 19, 12:15–2:15 p.m.
Dave Thomas guides students to the next level. Prerequisite is Beginning Stone Carving. If you have a stone in process, please bring it. You will work outside, standing at a station. Stone and tools provided. Bring safety glasses and gloves.
Fee: $40 for 6-week series.

Macrame Plant Hangers *EVENING CLASS!*
Thursday, June 10, 5:30–7:30 p.m.
Remember how groovy macrame was in the 70s? It's making a comeback! Join Robin Clay as she refreshes your memory to make a terrific hanger for your summer pots. *Fee: $15.*

Needle Felted Ohio Birds
Mondays, June 14 and 21, 2:30--4 p.m.
Learn how to create a lifelike Ohio bird using soft wool roving and needle-felting technique with Robin Clay.
Fee: $20.

Liquid Stained Glass: Lighted Bottle
Fridays, June 18, 25, and July 2, 1–3 p.m.
Joan Pearse guides you through choosing a theme, leading and painting on glass, then adding your glass paint creations to a bottle. Supplies provided.
Fee: $25.

Spiritual Art: Sacred Journal
Thursday, June 24, 10 a.m.–noon.
Choose a provided book to redesign that will become a sacred place for you to share your thoughts, prayers, blessings, hopes, and more. Begin by choosing papers and getting ideas on how to decorate your pages. Participate in two experiences to incorporate into your journal: a written prayer and gratitude pages. Joan Pearse leads this time in which to express yourself and reflect on what is most important to you.
Fee: $20.

Mellow Line Doodling *EVENING CLASS!*
Thursday, June 24, 6–7:30 p.m.
Kick back with peaceful music, a relaxing atmosphere, and learn a few fabulous line doodle-patterns that will be as beautiful as they are calming and easy to create.
Fee: $15.

Inspiration Stones
Wednesday, June 30, 2:30–4 p.m.
Join Robin Clay to reflect on the positive by using art and uplifting messages to turn ordinary stones into inspiring reminders.
Fee: $10.