



740-363-6677

MySourcePoint.org

June 1–July 2, 2021

Registration is required and begins May 24 at MySourcePoint.org/EC or with customer service. You will receive the program link via email after registration is complete. 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 not applicable for technical difficulties.

PACKAGES:

When registering for a package online, you must click on the package "Name" or "Quick View" to find the complete listing of programs available within that package. Packages provide a unique opportunity to try several programs for one low access fee.

June 2021

Online Programs

Engage Fitness & Wellness

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

Online Engage Fitness PACKAGE

Register for as many online fitness classes as you wish for one low access fee.

Class options are listed below from Cardio Workout to Yoga: Hatha.

Fee: \$15.

Cardio Workout

Mondays, Wednesdays, and Fridays, 9–9:45 a.m.

Aerobics focusing on low-impact movement and upper body strength, abdominal conditioning, and stretching.

Circuit Workout

Tuesdays and Thursdays, 9–9:45 a.m.

Increase cardiovascular and muscular endurance with a seated or standing circuit workout.

Mind-to-Muscle

Tuesdays and 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.

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.

Yoga: Chair

Mondays and Wednesdays, 11–11:45 a.m.

Move your whole body through a complete series of seated and standing yoga poses.

Yoga: Hatha

Tuesdays and 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.

Personal Training Single Session or Series

Virtual session(s) with you and your online personal trainer, delivered to you at home (or anywhere) over the internet. One of our qualified personal trainers will prepare a workout program for you based on what you want to achieve, whether it is weight loss, strength building, or just getting fitter. 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.

Enhance Learning

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

Online Enhance Learning PACKAGE

Register for as many online educational classes as you wish for one low access fee.

To ensure proper planning, register at least one business day prior to the class. Class options are listed below in chronological order.

Fee: \$15.

Mind Aerobics

Fridays, 11 a.m.–noon.

Challenge yourself each Friday morning with Joan Pearse as you listen, focus, laugh and problem solve in a comfortable setting.

Artist Talk: Pablo Picasso

Wednesday, June 9, 3–4 p.m.

Robin Clay takes you through the life and work of modern master, Pablo Picasso. Unravel the mystery of his works and learn about transformations made during decades of artmaking.

Current Events: Legal Aid in Dying

Thursday, June 10, 2–3:30 p.m.

Van Young leads a discussion on pending Ohio legislation concerning legal aid in dying. Some states are beginning to allow physicians to legally prescribe medication that would allow someone with 6 months or less to live the legal right to die. Listen and share your thoughts.

Think Positive: Diversity

Friday, June 11, 9:30–10:30 a.m.

Joan Pearse leads this program on being mindful that we have more in common with others than we have differences. Thinking of the word in its many meanings, is your life diverse? What would you like to do that you have not yet done?

Creative Writing: Beginning

Monday, June 14, 10–11:30 a.m.

Tap into your creative side and the power of words! Writing can be cathartic, healing, a form of self-expression, and more. If you are new, please bring a sampling of your writing to share in 5 minutes or less. Some writing occurs in class.

Technology: Using it Safely

Tuesday, June 15, 10–11:30 a.m.

Jarren Ringle, technology and professional project manager, answers technology questions.

Is your phone safe to use for checking your bank account? What value does your identity have and how can it be stolen? Learn how to safely use tech. Time is also allotted for questions.

Nutrition Tips

Wednesday, June 16, 10–11:30 a.m.

Julia Hypes, nurse practitioner, discusses general dietary changes one can make to help with inflammation, functionality, energy, and longer living. She will discuss things to add and things to leave out of your diet, and will share supplements that are worth the money.

Caring For Houseplants

Wednesday, June 16, 3–4 p.m.

Delaware County Master Gardeners share tips on providing optimal conditions for healthy houseplants. There will be an opportunity to ask questions. The Delaware County Master Gardener Association is a volunteer organization 114 members strong. Their mission is to teach environmentally sound, research-based gardening practices.

Home Security

Thursday, June 17, 1–2 p.m.

Officer Robert Hatcher, Delaware Police Department, will discuss ways in which to keep your home secure with current tips.

Emotional Wellness: What's Your Focus?

Friday, June 18, 12:30–1:30 p.m.

Anita Gearhart, MSW, older adults program clinician at Syntero, will guide a conversation on what you are focusing on at this time in your life.

Book Club: Nonfiction Dialogue

Monday, June 21, noon–1 p.m.

Read nonfiction books from the 21st century, share insights, and ponder perspectives. Books may be borrowed from the Delaware County

District Library using your library card or downloaded. Pick up curbside at the Main and Orange branches.

June: "Unbroken" by Hillenbrand.

Ohio's Fascinating Indian Mounds

Wednesday, June 23, 3--4 p.m.

Ohio has more than 70 Indian mounds created by tribes who inhabited central and southern Ohio from roughly 3,000 BC until the 16th century. Robin Clay shares the whos, whys, and wheres of these incredible artifacts.

1968: The Year That Changed Everything

EVENING CLASS!

Thursday, June 24, 5:30–7 p.m.

Historian Van Young shares the history of 1968. No year has had as much impact or was filled with so many profound events. Van shares the chronological events that had our country at the brink of revolution. Violence and outrage led to divisions between families, students, and the sexes. It was a time like no other in America and helped shaped so many of the values and beliefs we hold today.

Creative Writing

Monday, June 28, 10–11:30 a.m.

Share your writing with others in a safe and welcoming writing community. Fellow writers share positive, constructive feedback. Writing prompts are provided by Instructor Joan Pearse. Previous writing experience recommended.

Fair Districts

Tuesday, June 29, 10–11 a.m.

Chris Glass, SourcePoint member and volunteer with the Fair Districts Ohio Speakers Bureau, shares information from Fair Districts Ohio, a nonpartisan organization. 2021 is the year Ohio will draw new congressional and state legislative district maps, using new rules approved by Ohio

voters in 2015 and 2018. This program will share what you need to know about gerrymandering, redistricting, mapmaking, and what you can do for the effort to establish fair districts.

Alum Creek: Where The Water Goes
Wednesday, June 30, 2:30–3:30 p.m.

A Park Ranger from the Alum Creek Lake U.S. Army Corps of Engineers discusses the amazing journey of where the water goes after leaving Alum Creek Lake. Register, too, for the in-person Alum Creek Dam Tour on Wednesday, June 23.

Tech Help: ZOOM and SP Online Registration
Mondays, noon–1:30 p.m., by 30-minute appointment.

If you need help with online registration or Zoom for SourcePoint programs, have no fear, the membership team is here! To schedule an appointment, call 740-363-6677 or register online.

Enrich Social Connections

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

Register for as many social programs as you wish. Fee is waived at this time.

Mug Mixer: You Can Make *What* in a Mug?
Get Out!

Second and Fourth Wednesdays, 1–2 p.m.

Do you have a microwave and a mug? Then you're ready to make culinary delights for one. Each time, we will make two recipes you never thought could be done in a mug. June 9 we will make meatloaf and risotto and June 23 we will make a burrito and poptart. Register to get your list of ingredients!

Trivia Extravaganza
Tuesdays, 1–2 p.m.

This is not your typical, bland trivia, it's Kahoot! Fun, fast-paced trivia games. Each week, we will play four or more games in an hour. Game on!