

Enhance Learning

In-Person and Online Programs

December 2021



740-363-6677

MySourcePoint.org



Nov. 29, 2021–Jan. 1, 2022

Hours of operation:

Monday–Thursday, 8 a.m.–8 p.m.

Friday, 8 a.m.–5 p.m.

Saturday 8 a.m.–noon.

Closing at 2 p.m. Dec. 10; 4 p.m.

Dec. 23 and Dec. 30. Closed Dec.

24-25, Dec. 31, and Jan. 1.

Registration is required and begins Nov. 22 at MySourcePoint.org/EC or with customer service. All programs take place at SourcePoint, 800 Cheshire Road, Delaware unless otherwise indicated. Programs subject to change.

Scholarships are available and applying is easy! Contact Annette at 740-363-6677 or aleatherman@MySourcePoint.org.

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

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

Discussion Groups

BOOK CLUB: NONFICTION DIALOGUE

Monday, Dec. 20, noon–1 p.m.

Read and discuss “A Woman of No Importance: The Untold Story of the American Spy” by Purnell. Share insights and ponder perspectives with others. Books may be borrowed from the Delaware County District Library or downloaded. Pick up curbside at the Main or Orange branch of Delaware County District Library using your library card.

ONLINE BOOK CLUB: NONFICTION DIALOGUE

Monday, Dec. 20, noon–1 p.m.

See description above. The online discussion is independent of the in-person. You will receive the program link via email after registration is complete.

Educational Classes & Presentations

MIND AEROBICS

Fridays, Dec. 3, 10, and 17, 11 a.m.–noon.

Challenge yourself each Friday morning with Joan Pearce as you listen, focus, laugh, and problem solve in a comfortable setting. Each week is different, with segments that encourage you to think. No class on Dec. 24 and 31.

Fee: \$5.

DELAWARE POLICE DEPARTMENT: K9 UNIT

Tuesday, Dec. 7, 1–2 p.m.

Police K9s are a valuable resource for police agencies around the globe. The Delaware Police Department’s K9 Unit will be on hand to talk about their training and role in the community.

OHIO'S LEGALIZATION OF MARIJUANA

Thursday, Dec. 9, 10–11:30.

This talk encompasses the proposed legalization of recreational use of marijuana in Ohio. Ohio has already passed the legalization of medical marijuana use, but as other states pass recreational use, should Ohio do the same? The talk covers the pros and cons of this decision based on the economic impact combined with the social consequences and benefits. This is an objective talk with data to support both sides. Van Young leads this discussion.

TECHNOLOGY 1:1 ASSISTANCE

Mondays, Dec. 13 or 20, 10 a.m.–noon.

Jarren Ringle provides guidance on technology in a 30-minute time slot. Do you have questions regarding a cell phone, PC, laptop, or tablet? Share your device and your question at registration.

HEALING ASPECTS OF EXTRAORDINARY EXPERIENCES

Tuesday, Dec. 14, 1–2:30 p.m.

Presenter Linda Manley, Certified Nurse Practitioner, brings 40 years of experience from the medical field to this unique presentation. She will share an overview of near-death experiences, after-death communications, and nearing-

death awareness as a follow-up from two previous sessions.

Then, there will be sharing of personal stories and questions.

WE (THE MEMBERS) TALK:

GREGG GERBER'S JOURNEY

Wednesday, Dec. 15, 1–2 p.m.

Member Gregg Gerber, age 76, shares his most recent, inspirational journey of riding more than 1,000 miles on a bike ride in Montana and North Dakota. Don't miss this encouraging and interesting story of how he and three others planned, prepared, and accomplished this feat. Never stop setting new goals and striving for your best you.

LIFELINE OF OHIO'S DONATION 101

Friday, Dec. 17, 1–2 p.m.

Ever wonder what's behind that little question asked at the BMV, "Do you want to be an organ donor?" Join us to learn the facts so you can make your own informed decision. Jenny Hudak, community outreach coordinator, will explain the transplant waitlist and the Ohio Donor Registry, as well as the organs and tissue that can be donated and how they are used to save and heal others. We'll be sure to clarify donation facts from the misconceptions, such as anyone of any age has the potential to be a donor. Q&A to follow.

AN INTRO TO MINDFULNESS MEDITATION *NEW!*

Friday, Dec. 17, 2–3 p.m.

What exactly is meditation? Why meditate? This introduction to meditation will explain what meditation is and what it isn't. You will learn about the health benefits of a meditation practice along with the different styles of meditating. Certified Meditation Teacher Carol Wallenfelsz will guide you through the basics of this thousands-year-old practice. This session includes a seated meditation on a chair or your own cushion. Please wear comfortable clothes.

Fee: \$5.

TAKING TIME TO TAKE CARE OF YOU

Wednesday, Dec. 29, 1–3 p.m.

December is busy, winter is here, and a new year is just around the corner. Join Lisa Dooley from Drug-Free Delaware and Joan Pearse as they discuss ways to take time for ourselves. Discuss responsible medication use, and natural and holistic ways in which to maximize your health. Focus on self-care, participate in a brief guided imagery, fill out a wellness wheel chart, and create a positivity box to remind you of the importance of taking care of the whole you.

Fee: \$10.

Educational Online Options

Register at least two business days prior to the class. *You will receive the program link via email after registration is complete.*

HANDLING THE HOLIDAYS

**Friday, Dec. 17, 12:30–
1:30 p.m.**

The holidays can be full of fun and festivities. The holidays can also remind us of our grief and loss. Take an hour for yourself today as Victoria Alexander, older adult programs coordinator and community counselor at Syntero discusses handling grief and loss during the holidays on Zoom.

CHECK OUT YOUR LIBRARY on the Lower Level. When classes are not in session, books may be borrowed. Returning books is easy. Just place them on the cart behind the door and library volunteers will shelve them.