

Enhance Learning

In-Person and Online Programs

January 2022



740-363-6677

MySourcePoint.org



Jan. 3–29, 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 4 p.m. Jan. 14, closed

Jan. 15 and 17.

Registration is required and begins Dec. 27 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, Jan. 24, noon–1 p.m.

Read and discuss “Caste: The Origins of Our Discontents” by Isabel Wilkerson. 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, Jan. 24, 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, 11 a.m.–noon.

Challenge yourself each Friday morning with Joan Pearse as you listen, focus, laugh, and problem solve in a comfortable setting. Each week is different, with segments that encourage you to think. *Fee: \$5 for the month.*

GEOGRAPHY: INTERESTING FACTS & TRIVIA

Wednesday, Jan. 5, 2–3:30 p.m.

Presenter Van Young leads this talk on geography. Travel with Van! Our world is full of many wonderful places. This talk shares fascinating facts about our national and global geography with photos, unusual educational facts, and challenging trivia.

AN INTRO TO MINDFULNESS MEDITATION *NEW!*

Friday, Jan. 7, 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.

PSYCHOLOGY: CHILD DEVELOPMENT

**Tuesday, Jan. 11, 10–
11:30 a.m.**

Join Dick Leavy, retired professor of psychology at OWU, as he discusses the changes that occur during the fetal period, infancy, toddlerhood, and childhood. Those changes include physical, intellectual, and socio-emotional development. We will discuss the interplay of genes and environment to explain variations in development. In February, he will discuss adolescent-to-adult development.

ARTIST PRESENTATION: VINCENT VAN GOGH

**Wednesday, Jan. 12, 2:30–
4 p.m.**

Watch a documentary on the life of Vincent Van Gogh followed by viewing some of his most well-known pieces. Presented by Instructor Carol Wallenfelsz. Check out the SourcePoint trip to see Immersive Van Gogh Jan. 19.
Fee: \$5.

WE (THE MEMBERS) TALK: GREGG GERBER'S JOURNEY

Tuesday, Jan. 18, 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 with photos. Never stop setting new goals and striving for your best you.

DOC TALK: WEAR & TEAR ARTHRITIS

**Wednesday, Jan. 19, 10–
11:30 a.m.**

Dr. Armstrong will discuss osteoarthritis or wear-and-tear arthritis. What is the best way to manage it? This presentation will address the parts of the body affected by arthritis. What can we do to help the symptoms and allow for better function and quality of life?

9/11: FROM TERRORISM TO THE ARMS OF ANGELS *SPECIAL GUEST!*

Friday, Jan. 21, 2–3:15 p.m.

Shirley Brooks-Jones shares the story of the "plane people" flying high above the North Atlantic on Sept. 11, 2001. She and thousands of airline passengers from around the world were diverted to the Canadian island province of Newfoundland where, for days, they were cared for by perfect strangers who quickly became friends for life. Her unique experiences during and in the years following 9/11 are undeniable proof that despite all the horror of 9/11 that most people in our world are kind, caring and truly remarkable. And--a hit-Broadway musical was created to tell many of the stories of kindness. Shirley returns to share current updates on scholarships, the play and more. Don't miss this amazing story that continues to this day. If you would like to make a cash donation to the scholarship fund Shirley supports, you may do so in person at the presentation. Check out the Trips flyer for info on the trip to see the musical, "Come From Away" in February.

DELAWARE POLICE

DEPARTMENT: SAFETY

Wednesday, Jan. 26, 1–2 p.m.

Join Officer Robert Hatcher from the Delaware Police Department as he provides important safety information. Topics will include personal safety while out and about, ways to secure your home, and how to avoid scams. Don't miss this important information.

TECHNOLOGY 1:1 ASSISTANCE

**Mondays, Jan. 10 or 24,
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.

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.*

OHIOHEALTH SERIES: DIABETES CARE AND NUTRITION

Tuesday, Jan. 18, 10–11 a.m.

OhioHealth experts Dr. Sirisha Donepudi and Nurse Practitioner Hannah Tomcisin will address nutrition, education, and care in diabetes management.

METROPARKS TALK: ANIMALS WINTERING

Monday, Jan. 24, 1–2 p.m.

Metro Parks Outreach Naturalist for Senior Programs Carrie Keller will discuss animals in winter. How do animals survive the harsh winter? She'll discuss hibernation, migration, and other methods that creatures use to survive the season.

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.