

# Enhance Learning

In-Person and Online Programs

Summer 2022



740-363-6677

[MySourcePoint.org](http://MySourcePoint.org)



**July 4–Oct. 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.

*Close at 4 p.m. Sept. 2, close at*

*5 p.m. Sept. 8, close at 2 p.m.*

*Sept. 16, closed July 4, Sept. 3 & 5.*

**Registration is required** and begins June 20 at [MySourcePoint.org](http://MySourcePoint.org) or with customer service. All programs take place at 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](mailto:aleatherman@MySourcePoint.org) 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.

Find current visitor guidelines at [MySourcePoint.org/restart](http://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

### BIRDING GROUP

**Thursdays, Aug. 11 and Sept. 8, 10–11 a.m.**

Are you interested in learning more about birds and talking with others who share your interest? Join us monthly for a variety of programming. *For July, see Express Yourself with the Arts, Photography & Birding: Highbanks Field Trip on July 21.*

### CARE, SHARE AND CONNECT

**Mondays, 1–2 p.m. (No group on July 4 or Sept. 5.)**

We experience different losses in life—loved ones to things in our everyday lives. Come share or listen as topics are discussed with Facilitator RJ Jones.

### BOOK CLUB: NONFICTION DIALOGUE *HYBRID!*

**Third Monday of each month, noon–1 p.m.**

Read and discuss selected books. Share insights and ponder perspectives in this hybrid discussion. 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. Register for either the in-person or online option. We will all be together in this new hybrid experience!

**July 18:** "Factfulness: Ten Reasons We're Wrong About the World—And Why Things Are Better Than You Think" by Rosling.

**Aug. 15:** "Heartland: A Memoir of Working Hard and Being Broke In the Richest Country on Earth" by Smarsh.

**Sept. 19:** "The Splendid and the Vile: A Saga of Churchill, Family and Defiance During the Blitz" by Larson.

## **Educational Classes & Presentations**

### **MIND AEROBICS *HYBRID***

**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, in-person or online. Each week is different, with segments that encourage you to think. We will all be together in this new hybrid experience!

*Fee: \$15 for the quarter.*

### **TECHNOLOGY 1:1 ASSISTANCE**

**Mondays, July 11, 25, Aug. 8, 29, Sept. 12, 26, 10 a.m.–12:45 p.m., by appointment.**

Jarren Ringle provides guidance on technology in a 45-minute time slot. Do you have questions regarding a cell phone, PC, laptop, or tablet? Share your device and your questions at registration.

### **PSYCHOLOGY: ADDICTIVE BEHAVIORS**

**Tuesday, July 12, 10–11:30 a.m.**

One hundred years ago, addiction to alcohol and other drugs was viewed as a moral failing. No professional takes that stance today; instead, many say addiction is a form of disease. This presentation will look at addictive behaviors from a bio-psycho-social perspective while exploring the nature and scope of them.

As a major public health crisis today, it is important to get the facts concerning addictions with Professor Dick Leavy, a retired psychology professor from Ohio Wesleyan University who received his PhD in clinical psychology.

### **HISTORY: PUT-IN-BAY**

**Wednesday, July 13, 2:30–4 p.m.**

Van Young, local historian, will talk about this Ohio village on South Bass Island in Lake Erie. Often called the “Key West of the North,” it features a lively entertainment scene, historic sites, and breathtaking water views. This presentation will tell about the historic event that took place off Put-in-Bay when Commodore Oliver Hazard Perry and his troops defended the area against the British in the Battle of Lake Erie, which allowed Americans to take control of Lake Erie. *Also see Explore Our World with Trips for our day trip, Put-in-Bay, Tuesday, Sept. 13.*

### **VOICES FROM THE PAST:**

**WOSU HOST TOM WIEBELL**

**Thursday, July 14, 1–2:30 p.m.**

Member Tom Wiebell, retired producer-host of Open Line on WOSU radio, shares “Voices from the Past” in a unique, historical presentation. Hear snippets of interviews from Mickey Rooney, Lauren Bacall, Neil Armstrong and his father,

the Enola Gay pilot, and more in a relaxed atmosphere.

### **TECHNOLOGY TALK: FRAUD**

**Monday, July 18, 10–11:30 a.m.**

Jarren Ringle provides information on fraud. Where do I find help or report a scam? How can I trust emails or text messages? Is this charity real? Is my new friend someone I can trust?

### **PRESERVATION PARKS:**

**NATURE TABLE**

**Thursday, July 28, 10:30 a.m.–12:30 p.m.**

Stop by the nature table in the Gathering Room as Preservation Parks presents nature items.

### **VOICES FROM THE PAST:**

**WOSU HOST TOM WIEBELL**

**Thursday, Aug. 11, 1–2:30 p.m.**

Member Tom Wiebell, retired producer-host of Open Line on WOSU radio, shares “Voices from the Past” in a unique, historical presentation. Hear snippets of interviews from Art Linkletter, Lucy’s Toy Shop, and a mystery singer...Tom is sure to please.

### **HISTORY: THE OHIO STATE UNIVERSITY**

**Wednesday, Aug. 17, 1–2:30 p.m.**

Van Young, local historian, will discuss The Ohio State University. Learn about the beginnings of this great

university, its history, and some of the memories associated with it. Ohio State is indeed more than a "football factory," yet OSU football holds much significance.

### **MEDICAL ID CARD**

**Monday, Aug. 22, 10 a.m.–noon.**

Officer Robert Hatcher from the Delaware Police Department will be on hand making medical IDs. You will need to have info printed out prior to the appointment. This includes your name, emergency contacts, health conditions, and medication list. Your photo will be taken. The ID can help first responders in an emergency. Each ID takes several minutes.

### **MEDICAL DRUG DROP-OFF**

**Monday, Aug. 22, 10 a.m.–noon.**

Drop off prescription drugs you no longer need so they are safely disposed of. Representatives from the Delaware Police Department and Drug-Free Delaware will be on hand to collect unused medications. No inhalers, liquids, syringes, over-the-counter medications, supplements, or vitamins.

### **OHIOHEALTH: MEN'S HEALTH**

**Wednesday, Aug. 24, 10–11 a.m.**

Dr. Greg Lowe, MD, urologist with OhioHealth, will share an overview of men's health.

Don't miss this highly rated urologist's presentation.

### **SHELLEY GRAF: FIRST OSU FEMALE DRUM MAJOR** **Friday, Aug. 26, 2:15–3:15 p.m.**

Meet Shelley Graf, the first female drum major for The Ohio State University Marching Band, and the first female for the Big Ten. She will share some of her experiences and twirl for us.

### **PRESERVATION PARKS: BIRD HIKE *FIELD TRIP!*** **Wednesday, Aug. 31, 10–11:30 a.m., at 2151 Buttermilk Hill Road, Delaware.**

Join Preservation Parks for a bird hike at Gallant Woods Park. We hope to spot and identify colorful feathered friends along the way. This is a Level 2 field trip with moderate walking/standing, up to half a mile, and may include stairs and/or uneven terrain, but it mostly flat.

### **THE POWER OF REGRET** **Thursday, Sept. 8, 1:30–3 p.m.**

Member Patricia Dove shares from the book, "The Power of Regret: How Looking Backward Moves Us Forward" by Daniel Pink. Regrets are a fundamental part of lives; however, if we reckon with them, see them as a positive impact, they can be a tremendous tool

for us in making decisions and deepening our sense of meaning and purpose. Explore the concept of self-awareness and sharing with others with Patricia as we explore what makes each of us 'tick' and why we value the things that we do. This is an interactive discussion and promises 'ah-ha' moments for all who attend. Patricia is a former corporate executive and provides executive coaching focused in multiple industries. She holds an undergraduate degree in Communications from Franklin University and a graduate degree in organizational development/effectiveness from The Ohio State University. She has been a volunteer concierge at SourcePoint for four years.

### **INFLATION, EMPLOYMENT & DEFICITS: WHAT'S GOING ON IN TODAY'S ECONOMY?** **Monday, Sept. 12, 1–2:30 p.m.**

Inflation is at a 40-year high, unemployment was at its highest level since World War II only two years ago, and the federal government is regularly running deficits over \$1 trillion. What is causing all of this, how are these problems related, and what is the outlook? Join retired Ohio Wesleyan Professor of Economics Bob Gitter for a presentation and discussion of these issues.

## **CREATE A TERRARIUM: DEER HAVEN**

*See Express Yourself with the Arts flyer.*

## **REMEMBERING 9/11: FLIGHT 93 Wednesday, Sept. 14, 1–2:30 p.m.**

Local historian, Van Young, will present Flight 93: Real American Heroes. The talk tells the story, hour by hour, of one of the planes hijacked by terrorists and used to attack America on Sept. 11, 2001. It is the only one of the four planes that did not accomplish its mission. You will learn about how the brave passengers of Flight 93 sacrificed their lives so that other Americans could live. It's a chilling reminder of 9/11 and how shocking that day was for all of us.

## **DELAWARE POLICE: PERSONAL SAFETY**

**Thursday, Sept. 15, 11 a.m.–noon.**

Join Officer Robert Hatcher from the Delaware Police Department as he provides important information, including personal safety while out and about, ways to secure your home, and how to avoid scams.

## **TECHNOLOGY TALK: TECH SAFETY**

**Monday, Sept. 19, 10–11:30 a.m.**

Jarren Ringle provides information on technology

safety. Do you wonder how your Facebook was hacked? Is that link safe? Why did Microsoft call me? Let's talk tech safety.

## **HISTORY: US CIVIL WAR**

**Fridays, Sept. 23–Nov. 4, 2–4 p.m. (No class Oct. 7.)**

Dr. Rick Owens, tenured history professor, author of books, articles, children's book series, current professor at two universities, and university president shares six sessions on the Civil War.

Sept. 23: The Coming of the Civil War.

Sept. 30: The Balance Sheet of War and Strategies of the Civil War.

Oct. 14: Other Issues in 1861–1862.

Oct. 21: 1863 - Year of Decision.

Oct. 28: 1864 - "The Autumn Before the Fall."

Nov 4: 1865 - Surrender and Victory.

*Fee: \$25 for six-week session.*

## **HOUSEPLANT DIVIDING WITH MASTER GARDENERS**

**Thursday, Sept. 29, 1–2:30 p.m.**

Is your houseplant outgrowing its pot? Does it look a little stressed? Maybe it is time to divide and repot it. If you have a houseplant in a pot 10" or smaller bring it in and get advice from Master Gardeners on dividing and replanting. Take two plants home or share

one with another participant. This hands-on experience calls for clothing that can take a little dirt and your own clippers. Please bring a bag or small box to carry your plants home. Potting soil and stakes will be provided.

*Fee: \$5.*

*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 or on the table next to the door, and volunteers will shelve them.*