

Enhance Learning

In-Person and Online Programs

Fall 2022



740-363-6677

MySourcePoint.org



Oct. 3–Dec. 31, 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. Nov. 23, Dec. 23,
and Dec. 30; close at 2 p.m. Dec.

9; closed Oct. 7, Nov. 24–26, Dec.
24–26, Dec. 31

Registration is required and begins Sept. 19 at 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 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.

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

DISCUSSION: CURRENT EVENTS IN EASTERN EUROPE *NEW!*

Thursday, Oct. 13, 1–2 p.m.

John Palmer, J.D., retired lawyer, professor, federal prosecutor, and more will lead this discussion with an interesting insight on both Russia and the Ukraine. Having taught four summers in Budapest for Central European University, and traveling to Russia many times, he has an interesting insight on both Russia and the Ukraine. Join him for a different one-time discussion on current events in Eastern Europe.

CARE, SHARE AND CONNECT

Mondays, 1–2 p.m.

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.

BIRDING GROUP

Thursday, Nov. 10, 10–11 a.m.

Are you interested in learning more about birds and in talking with others that have this interest? Join us to see what the interest is for such a group. Join in as we discuss the nuts and bolts of getting a group started. Come and meet with others who are interested in birds and nature.

MODEL TRAIN DISCUSSION GROUP *NEW!*

Thursdays, 9:30–10:30 a.m.

Calling all train fans! Model train discussion for beginners to experts. All welcome. See samples, share ideas, discuss scenery methods, planning, wiring, backdrops, etc. Led by member Rob Santos who has been modeling trains for 44 years.

**BOOK CLUB: NONFICTION
DIALOGUE *HYBRID-NEW
TIME!***

**Third Monday of each month,
noon–1:30 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!

Oct. 17: Discuss "Maybe You Should Talk To Someone: A Therapist, Her Therapist, and Our Lives Revealed" by Lori Gottlieb.

Nov. 21: Discuss "Glass House: The 1% Economy and the Shattering of the All-American Town" by Brian Alexander.

Dec. 19: Discuss "Inheritance: A Memoir of Genealogy, Paternity, and Love" by Dani Shapiro.

**Educational Classes &
Presentations**

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

**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, Oct. 3, 10, 31, Nov.
7, 14, 28, Dec. 5, 12,
10 a.m.–12:45 p.m. by appt.**

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.

**PSYCHOTHERAPY: WHAT'S IT
REALLY LIKE? *NEW!***

Tuesday, Oct. 11, 10–11:30 a.m.

There is more than enough mystique about psychotherapy. Television and movies suggest that lying on a couch and rambling on about childhood experiences are the core

ingredients. In fact, a more direct, shorter-term, and effective approach is called cognitive behavioral therapy (CBT). This presentation seeks to clarify what CBT looks like and thereby make therapy more approachable for those who have been scared off by misconceptions. Presenter Dr. Richard Leavy is a retired psychology professor from Ohio Wesleyan University who received his PhD in clinical psychology from the University of Massachusetts, Amherst.

**GALLANT FARM TOUR *FIELD
TRIP***

**Tuesday, Oct. 18, 10–11:15 a.m.,
at 2150 Buttermilk Hill Road,
Delaware.**

Meet at Gallant Farm by the house. Take a step back in time as Robin Mayes, farm educator, takes you on a tour of the recreated Depression-era farm. See the animals and enjoy a tour of the farmhouse. The house is filled with items from the past that have been donated by many Delaware County families. It will be educational and reminiscent of a visit to Grandma's house.

**NATURE: ANIMALS PREPARING
FOR WINTER**

**Wednesday, Oct. 19, 11 a.m.–
noon.**

Carrie Keller, outreach naturalist for senior programs

at Metro Parks is back by popular demand to discuss how animals prepare for winter.

HISTORY: ASSASSINATION OF ABRAHAM LINCOLN

Wednesday, Oct. 19, 2–4 p.m.

Local historian Van Young leads this two-part series beginning with the assassination of Abraham Lincoln and then the hanging of Mary Surratt and the Lincoln Conspiracy Trial a week later. April 14, 1865, Good Friday, was a shocking day in American history. The day John Wilkes Booth assassinated President Lincoln. This act was part of a larger conspiracy to take out the upper echelons of our government. The talk will take us hour-by-hour through that tragic day and cover many of the aspects of this three-pronged attack.

TECHNOLOGY TALK: QUESTIONS I'VE HEARD & YOU HAVE *NEW!*

Monday, Oct. 24, 10–11:30 a.m.

Jarren Ringle shares some of the questions and comments from his Technology 1:1 Assistance sessions: What should I get? Is it safe to use an old phone? I get too many emails and I can't find anything. We'll discuss these questions and others. Bring yours!

HISTORY: HANGING OF MARY SURRATT & THE LINCOLN CONSPIRACY TRIAL

Wednesday, Oct. 26, 2–4 p.m.

Local historian Van Young will tell the story of July 7, 1865, when Mary Surratt was hanged alongside three others convicted of playing a part in the plot to assassinate Abraham Lincoln. Who was Mary Elizabeth Jenkins Surratt, an alleged collaborator in the plot to kill the country's 16th president? Or a victim of circumstances? In the talk, we learn about the life of this convicted conspirator, her arrest, and eventual trial. She indeed was the first woman to be executed by the U.S. federal government. Was it justified or a travesty of justice?

LEARN TO MAKE A HYPERTUFA POT WITH MASTER GARDENERS *NEW!*

See Arts flyer.

HOLIDAY SAFETY

Wednesday, Nov. 9, 1–2 p.m.

The holidays present a prime opportunity for people to become victims as they enjoy the festive season. Learn crime prevention tips from Crime Prevention Specialist Robert Hatcher from the Delaware Police Department.

TECHNOLOGY: ACCESSING DIGITAL LIBRARY RESOURCES

Monday, Nov. 14, 1–2 p.m.

Have you wondered how to access library resources like eBooks, digital magazines, eAudiobooks, music, and videos without having to leave home? It's possible by downloading digital books on your device through Libby—your gateway to borrowing digital and audio books from your public library. It is convenient, easy, and fun, so let Cassi and Joy from the Delaware County District Library's outreach dept. show you how to get started. Please bring your library card and your device (phone, tablet, or Kindle). If you have an Apple device, please make sure you know your Apple ID and password so that you can download the Libby app. If you don't yet have a library card, we can register you for one on the day of our class meeting.

NATURE PHOTOGRAPY: LOST IN NATURE *NEW!*

See Arts flyer.

HISTORY: THE JFK ASSASSINATION, CONSPIRACY OR NOT?

Wednesday, Nov. 16, 2–4 p.m.

Local historian Van Young will share one of the most controversial happenings in our American history. This

talk will review the events of Nov. 22, 1963, and the investigations and commissions that followed the assassination of JFK. Audience members will be asked to share their views and opinions as to whether Lee Harvey Oswald acted alone or was part of a greater conspiracy.

**HEALTH TALK: ROTATOR CUFF
Friday, Nov. 18, 1–2 p.m.**

Dr. Jared Guth, orthopedic surgeon from Orthopedic One, will discuss rotator cuff injuries and treatment options. The presentation is 45 minutes with time for questions.

**HISTORY: THE ATTACK ON
PEARL HARBOR**

Wednesday, Dec. 7, 2–4 p.m.

Local historian Van Young will share history of Dec. 7. It was a beautiful and peaceful morning on the island of Oahu. At 8 a.m. that day, people were just waking up to get ready for church or cook a Sunday breakfast. Suddenly, without any forewarning, dozens of planes started flying overhead and bombs started dropping on Pearl Harbor. Few realized what was happening, or why. The next hour and 15 minutes were filled with mayhem, destruction, panic, and death. It would begin the start of a long and terrible world war. This presentation

will explain the events leading up to Dec. 7, 1941, and what precipitated this shocking and outrageous happening that has indeed "lived in infamy" for all Americans.

**PRESERVATION PARKS NATURE
TABLE**

**Wednesday, Dec. 14, 11 a.m.–
1 p.m.**

Challenge yourself as you experience nature at the Preservation Parks table. You never know what the topic will be, but it will always make you think!

**OHIOHEALTH SERIES: BRAIN
HEALTH *NEW!***

Tuesday, Dec. 13, 10–11 a.m.

OhioHealth experts, Elizabeth Olson, PT, DPT; Jessica Gillespie, OTR/L, C/NDT; and Ali Buscher, M.S., CCC-SLP, CBIS, will share physical and cognitive activities that support maintaining adequate function, independence and health in your daily life. The outpatient neuro rehab therapists from OhioHealth will share a variety of activities you can do to keep your mind and body healthy!

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 library volunteers will shelve them.*