

# Enhance Learning

In-Person and Online Programs

Winter 2023



740-363-6677

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



**Jan. 2–April 1, 2023**

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. Jan. 13; Close at*

*2 p.m. March 10; Closed Jan. 2,*

*Jan. 14, and Jan. 16.*

**Registration is required** and begins Dec. 19 at [MySourcePoint.org/EC](http://MySourcePoint.org/EC) 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.

*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 & Interest Groups

**BOOK CLUB: NONFICTION DIALOGUE** *HYBRID*

**Third Monday of each month (Jan. 23 due to holiday), 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 in-person or online. We will all be together in this hybrid experience!

**Jan. 23:** Discuss "Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones" by James Clear.

**Feb. 20:** Discuss "Permanent Record: How One Man Exposed the Truth about Government Spying and Digital Security" by Edward Snowden.

**March 20:** Discuss "Hidden Figures: The American Dream and the Untold Story of the Black Women Mathematicians Who Helped Win the Space Race" by Margot Lee Shetterly.

## 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

**Thursdays, Jan. 12 and March 9, 11 a.m.–noon.**

Are you interested in learning more about birds and in talking with others that have this interest? 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**

**Thursdays, 9:30–10:30 a.m.**

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

## **COIN COLLECTING *NEW!***

**Tuesday, Jan. 10 and Thursday, Jan. 12, 11 a.m.–1 p.m.**

Are you interested in learning about coin collecting? Stop by and chat with member Bill Kamb, a long-time coin collector. Discuss the possibility of a monthly meeting to discuss coins, tokens, or paper money. Whether you're an active collector or are hoping to dispose of a collection, this could be of interest to you.

## **BEGINNER'S GUIDE TO GENEALOGY *NEW!***

**Monday, Feb. 13, 1–2:30 p.m.**

Member Larry Schaaf will introduce you to the fun, exciting field of genealogy. Learn how to start, where to find and evaluate information, and helpful tips to build your family tree. Larry Schaaf was a researcher in the pharmaceutical industry at the Ohio State University Comprehensive Cancer Center. His interest in genealogy began

in 2012 when he completed DNA testing to discover his ethnicity since he was an adoptee. Six years later, he discovered both sides of his biological family including 23 half brothers and sisters. Yes, it truly was "23andMe." In 2021, Larry completed a 7-week Genealogical Principles Course sponsored by Boston University.

## **GENEALOGY: THE BASICS OF A FAMILY ORAL HISTORY**

**Tuesday, Feb. 21, 10–11:30 a.m.**

This presentation covers how to prepare for recording an interview with a family member, essential interviewing skills, and ways to save what you record. As a psychology professor at Ohio Wesleyan, Dr. Leavy trained undergraduates in interviewing. He is currently the lead for oral history projects at the Delaware County Historical Society.

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

*Fee: \$20 for the quarter.*

## **TECHNOLOGY 1:1 ASSISTANCE**

**Mondays, Jan. 9, 30, Feb. 6, 13, 27, and March 6, 13, 27, 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.

## **MEDITATION *HYBRID***

**Mondays, Wednesdays, and Fridays, Jan. 9–30, 8:30–9:05 a.m.**

**Mondays, Wednesdays, and Fridays, Feb. 6–27, 8:30–9:05 a.m.**

**Mondays, Wednesdays, and Fridays, March 3–31, 8:30–9:05 a.m.**

Studies have shown meditation has numerous mental, physical, and emotional benefits, including lowering blood pressure, reducing stress, and increasing mental clarity and focus. 20-minute sessions vary, including guided meditations, focusing on the breath, and intention setting. Bring your own hot tea or coffee and stay

for conversation. Join Certified Meditation Teacher Carol Wallenfelsz in-person or online. *Fee: \$20/month, prorated.*

### **MASTER GARDENERS: WINTER SOW**

**Thursday, Feb. 2, 1–2:30 p.m.**  
Join Master Gardeners to learn an easy way to start your tomatoes, zinnias, and more. Start seeds in a milk jug in February! Take the milk jug home and place it in a sunny spot outdoors. Then wait. When it is warm enough, transplant your plants into a pot or the garden and enjoy throughout the summer. *Fee: \$5.*

### **PRESERVATION PARKS: NATURE TABLE**

**Tuesday, Feb. 7, 11 a.m.–1 p.m.**  
A unique nature experience. You always learn something new about the natural world around you.

### **MUSIC THEORY *NEW!***

**Tuesdays, Feb. 7–March 28, 1–2:30 p.m.**  
Paul Howard, experienced musician in piano and guitar, and Dick Plunk, experienced musician in guitar and banjo and leader of two song writing groups, share their expertise as they take you on a journey through music theory. Recommended: “The Chord Wheel” available for purchase

online. *Fee: \$40 for 8-week series.*

### **OHIOHEALTH: COLORECTAL HEALTH**

**Wednesday, Feb. 22, 10–11 a.m.**  
Dr. Kenneth Graffeo speaks about colorectal health, colorectal cancer, including prevention ideas, symptoms, testing, and more. Dr. Graffeo performs a range of surgeries and operations, focusing on areas and organs of the abdomen and related structures like cancer surgery, rectal cancer, and hernias. He graduated from Wright State University Boonshoft School of Medicine in 1999 and has 23 years of experience. He is affiliated with multiple hospitals, including OhioHealth Riverside Methodist and Grady Memorial hospitals.

### **Education Package**

*Introducing the \$15 Education Package. Register for as many of the following classes as you wish to attend for one low fee—up to 14 presentations available! If you register for more at a later date, customer service can assist you in-person or by phone at 740-363-6677.*

### **DELAWARE COUNTY DISTRICT LIBRARY: OVERVIEW**

**Thursday, Jan. 12, 2:30–3:30 p.m.**  
Delaware County District Library

leadership discusses the many services the library offers.

### **NEW YEAR'S NUTRITION TIPS**

**Friday, Jan. 13, 1–2:15 p.m.**  
Did you include eating better as one of your resolutions? Megan Stanley, MS, RD, LDN, a registered dietician from Orthopedic ONE, shares valuable information to help you achieve your nutrition goals! Topics include the benefits of eating balanced meals, specific nutrients to incorporate as you age, how to read nutrition labels, and meal prep and planning tips. Megan received her undergraduate degree in nutrition from Penn State University and continued her education at Ohio State University, where she earned her master's degree in medical dietetics.

### **COLUMBUS OUTDOOR PURSUITS**

**Tuesday, Jan. 17, 2–3 p.m.**  
Member Gregg Gerber and Maureen Capehart, director of the Across Ohio Bicycle Adventure, share some amazing outdoor opportunities. Programs include hiking, kayaking, backpacking, and bicycling. Find out how to continue to thrive after 55.

### **LINCOLN'S PLAN TO COLONIZE THE ENSLAVED PEOPLE**

**Wednesday, Jan. 18, 1–3 p.m.**

Join local historian Van Young as he shares Abraham Lincoln's ambitious plan to help "colonize" the emancipated people during and after the Civil War. Lincoln crafted a detailed strategy of resettling millions of the enslaved to the Caribbean, Central America, and West Africa. This elaborate plan was cut short with his assassination. Was Lincoln racist or trying to find a better solution for the freed people?

**DELAWARE POLICE  
DEPARTMENT: SELF DEFENSE  
Tuesday, Jan. 31, 1–3 p.m.**

Join Delaware and Powell police officers as they share valuable information to help you stay safe and be more confident in the event you have to defend yourself. Don't miss these helpful tips from trained officers. Dress comfortably as you will be trying some physical techniques.

**STROKE AWARENESS  
Thursday, Feb. 9, 1–2 p.m.**

Cardiovascular disease is the number one cause of death in the U.S. Stroke is three. This class is about risk factors for stroke and what we can do to reduce our risk. Presenter Cathy Hulse, RN for more than 40 years, has a background in critical care and is certified as a neurological nurse specializing

in stroke care. She has been instrumental in obtaining Primary and Comprehensive Stroke Center certification at OhioHealth hospitals and in assisting in developing their Stroke Network.

**U.S. PRESIDENTIAL & WHITE  
HOUSE TRIVIA**

**Wednesday, Feb. 15, 1–3 p.m.**

Join local historian Van Young as he shares many trivia questions. Who was the first president born in the U.S.? What was the first color of the White House? These facts and many more will be shared about our American presidents and the "house" they lived in. This will be interactive and fun, with everyone getting involved.

**TECHNOLOGY: FRAUD/SCAMS  
Monday, Feb. 20, 10–11:30 a.m.**

Jarren Ringle provides info on scams. 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?

**MONTICELLO & MT. VERNON  
Wednesday, Feb. 22, 1–3 p.m.**

Join local historian Van Young as he shares a pictorial presentation on the homes of both American Presidents Jefferson and Washington. Images of the grounds and rooms inside will be shown, along with the background and

facts surrounding their building and designs. A short biography of each president will also be covered. This is a presidential history talk and a travel talk.

**DELAWARE POLICE  
DEPARTMENT: SCAMS**

**Wednesday, March 8, 1–2 p.m.**

Join Police Officer Robert Hatcher as he shares the latest information on different scams, how to best avoid them, and what to do if you find you are involved in one.

**THE GEOLOGIC HISTORY OF  
OHIO THROUGH FOSSILS  
Tuesday, March 14, 2–3 p.m.**

Learn the geologic history of fossils of Ohio from Casey Smith, naturalist at Preservation Parks. If you have a unique fossil, bring it to share to see if it can be identified.

**THE PROS & CONS OF BUYING  
AN ELECTRIC CAR  
Wednesday, March 15, 1–3p.m.**

Join Van Young as he presents a fair, objective presentation on the decisions and considerations one must make before buying an electric vehicle. With many more EVs available and with gas prices increasing, electric car sales are rising fast. Should you consider another gas-powered vehicle or is it time to buy electric? Politics, as well as global warming considerations are

involved. Van will share plenty of facts and open discussion, as you explore many pros and cons of purchasing an electric vehicle.

### **METRO PARKS SPRING TRAIL TALK**

**Monday, March 20, 11 a.m.–noon.**

Back by popular demand, Carrie Keller, outreach naturalist for senior programs at Metro Parks, talks about their "Spring Trail Walk" program that begins the first day of spring. Come and enjoy her talk as she shares the wildflowers, birds, and amphibians you can see in the season we so warmly welcome.

### **TECHNOLOGY: USING TECH SAFELY**

**Monday, March 20, 2–3:30 p.m.**

Jarren Ringle provides info on technology safety. Should I scan a QR code? Has my Facebook been hacked? Why run updates? Is my Chromebook or phone too old?

*You may also be interested in the following listed in Express Yourself with the Arts:*

### **BEGINNING QUILTING 101**

**Thursdays, Feb. 23–March 30, 9:30–11:30 a.m.**

### **HYPERTUFAS WITH MASTER GARDENERS**

**Fridays, March 3 and 17, 1–2 p.m.**

### **GETTING LOST IN NATURE: PHOTOS**

**Wednesday, March 29, 1–2:30 p.m.**

**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.*