

# Enhance Learning

In-Person and Online Programs

Fall 2023



740-363-6677

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



**Oct. 2–Dec.30, 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. Nov. 22, Dec. 22, and Dec. 29; Close at 2 p.m. Oct. 6 and Nov. 17; Closed Nov. 23–25, Dec. 23 and 25, Dec. 30.*

**Registration is required** and begins Sept. 18 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**

### **CARE, SHARE AND CONNECT**

**Mondays, 1–2:30 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.

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

**Wednesday, Dec. 6, 1—2:30 p.m.**

Back by popular request. Member Larry Schaaf will introduce you to the fun and exciting field of genealogy. You will learn how to start, where to find and evaluate information, and helpful tips to build your family tree. Join us on this wonderful journey as you embark on a fascinating trip into your own past. Presenter 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 at 23andMe 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. Helping others explore their family heritage and answer questions about their past is very rewarding for Larry.

### **BOOK CLUB: FICTION ADDICTION**

**Third Wednesday of each month, 1–2 p.m.**

Join facilitator and member Annette Schorr as she leads this book discussion group. Enjoy sharing and experiencing others' thoughts and perspectives. Please get the book on your own. For questions contact Annette Schorr at [apschorr2@gmail.com](mailto:apschorr2@gmail.com).

**Oct. 18:** "Foster" by Claire Keegan.

**Nov. 15:** "Have You Seen Luis Velez" by Catherine Ryan Hyde.

**Dec. 20:** TBD

## BOOK CLUB: NONFICTION

### DIALOGUE *HYBRID*

**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 in-person or online. We will all be together in this hybrid experience!

**Oct. 16:** Discuss "Twelve Rules for Life: An Antidote to Chaos" by Jordan B. Peterson.

**Nov. 20:** Discuss "Code Girls: The Untold Story of the American Women Code Breakers of World War II" by Liza Mundy.

**Dec. 18:** Discuss "The Book of Hope: A Survival Guide for Trying Times" by Jane Goodall and Doug Abrams.

## COIN COLLECTING *NEW*

### TOPICS

**Saturdays, Oct. 14, Nov. 11, Dec. 9, 10–11:30 a.m.**

Are you interested in learning about coin collecting? Join

member Bill Kamb, a long-time coin collector, once a month.

**Oct. 14:** Dan Rich has been collecting coins for over 60 years and has specialized in nickels. He will speak on Buffalo Nickels, issued from 1913 through 1938. These were common when we were kids but are rarely found in circulation now. The obverse features a large Indian's head and the reverse shows Black Diamond, a buffalo from the Bronx zoo. Bring any Buffalos that you have for show and tell.

**Nov. 11:** Jim Belt started collecting U. S. coins over 60 years ago from pennies through dollars. After a hiatus when he went to college and then started a family, he started collecting again about 30 years ago. In addition to U.S. coins, he started collecting foreign coins by type and a few series by date. He will talk about different ways to collect coins and currency by showing some of the albums that he has. In addition, he will talk about making collecting tracking sheets and about authenticating material in your collection.

**Dec. 9:** Bruce Smith has been collecting since the '60s when his grandmother gave him an accumulation of foreign coins. As an adult he started collecting colonial coins and currency. Before the U.S.

Constitution was created, many of the original colonies issued their own coins and currency, such as Connecticut, Massachusetts, New Jersey, and Vermont. Bruce will talk about these issues and show examples from his collection.

## CONVERSATIONAL ENGLISH

### *NEW*

**Wednesday, Oct. 18, 25, Nov. 1 and 8, 1–2:15 p.m.**

Why learn to speak English? Is it so you can speak with people whose first language is English? Is it so you'll be understood at the grocery store, doctor's office, or your child's school? Volunteers will encourage you to speak in sentences and help you pronounce English words correctly. Rosemarie Dunne is your class facilitator, who has been a friend to people from Korea, China, South America, and India. It is her joy to make new friends, particularly those from other countries who want to learn or improve their English.

## MEDITATION

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

*(See Wellness flyer for details)*

## MODEL TRAIN DISCUSSION

### GROUP *RETURNING*

**Thursdays, 9:30–10:30 a.m. beginning Oct. 5.**

Calling all train fans! Discuss

running layouts, scenery and tips. Come and watch or bring in your trains, engines and cars to run. Come when you can. The group runs weekly and there is no cost to attend.

### **PRESERVATION PARKS NATURE TABLE**

**Wednesday, Oct. 18, 11 a.m.–1 p.m.**

Check out the nature table. You never know what you might learn about nature around us!

## **Educational Classes & Presentations**

*To ensure proper planning, register at least two business days 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, Oct. 2, 16, 23, 30, Nov. 6, 20, Dec. 4, 11, 18, 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.

### **AGING GRACEFULLY WITH AYURVEDA *NEW***

**Monday, Oct. 9, 1–2:30 p.m.**

Vandana Baranwal will share the overview of Ayurveda, a natural and holistic (mind-body-soul-senses) science of healing and well-being. Aging is considered an inevitable change and to protect and maintain good health and age gracefully, Ayurveda gives some powerful tools to practice every day. An Ayurvedic self-care routine practiced daily helps the body maintain holistic balance, and to cleanse and nourish naturally. Mindful eating: Cultivating a conscious relationship with food using the five senses brings satisfaction and better digestion.

Restorative sleep: Evening routine to help mind and body transition naturally to restful sleep at night. Vandana Baranwal is a BAMS, MD(Ay-BHU). She is an Ayurveda Consultant and Educator, the Founder and President of the Ayurveda Association of Ohio and on the faculty of Kerala Ayurveda Academy and the Boston Ayurveda School.

### **SPECIAL BIRDING**

#### **PRESENTATION: BACKYARD BIRDS AND BEHAVIOR *NEW***

**Thursday, Oct. 12, 1–2:15 p.m.**

Naturalists Lindsey Krusling, Alum Creek State Park and Maddie Spangler, Cowan Lake State Park will share bird identification and backyard bird behavior. Take a dive into backyard birding and some of the species you can find around Columbus. Learn about bird behavior, as well as meet two feathered guests.

#### **NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) *NEW***

**Tuesday, Oct. 17, 1–2 p.m.**

Ron Graham and Tracie Bayer from the National Alliance on Mental Illness will share a presentation on mental illness. What is it like to live with a mental illness? A presentation will be broken into three sections: What Happened, What Helps, and What's Next? This presentation is for everyone. Don't miss this presentation that will include true life experiences.

### **COMMUNITY HEALTH**

#### **ASSESSMENT: ALCOHOL *NEW***

**Monday, Oct. 16, 11 a.m.–1 p.m.** Julia Nelson in collaboration with the Delaware Public Health District and PASS (Prevention Awareness Support Service) provide an evidence-based program for low-risk

alcohol consumption. It is a 2-hour program for adults for both personal use and knowledge to share with loved ones. The latest Community Health Assessment revealed that 33% of people in our county who consume alcohol are binge drinkers. This is higher than the national average. The population reporting the highest numbers include those 55 and older.

## **Education Package**

*Register for as many of the following classes (pages 4-6) as you wish to attend for one low fee—up to 15 presentations available this quarter for \$15!*

*If you wish to register for more at a later date, customer service can assist you. Register for all presentations you plan to attend. All Instructors are informed of attendance numbers prior to class. If you cannot attend, please call 740-363-6677.*

## **SELF-CARE FOR YOUR FEET**

**NEW**

**Thursday, Oct. 5, 1–2 p.m.**

Michelle Blair, Physician Assistant from Orthopedic One, will discuss self-care tips for our feet. Let's take a look at what we can do for our feet.

## **FIRE SAFETY: FIRE EXTINGUISHER TRAINING **NEW**** **Wednesday, Oct. 11, 2–3 p.m.**

Lt. Bill Jones, Inspector/Investigator from the Delaware Fire Department will lead this training on fire extinguisher use. Lt. Jones is a firefighter, EMT-P, HAZ-MAT, Inspector, Instructor, Public Educator, and Fire Investigator. He is currently in charge of the Delaware Risk Reduction Division and can speak about the Delaware Fire Department, the Ohio Fire Code, general fire science, fire safety, HAZ-MAT responses, EMS, and fire investigations.

## **WE GOT YOUR BACK: UNDERSTANDING AND PREVENTING BACK PAIN **NEW**** **Tuesday, Oct. 24, 1–2 p.m.**

Orthopedic ONE's Evan Berlin, MD, is a fellowship-trained spine surgeon who will discuss common back pain conditions and treatment methods.

## **WHAT DO YOU KNOW? **NEW**** **Wednesday, Oct. 25, 1–2:30.**

Remember the game Trivial Pursuit, where you could pick a topic and answer a multiple-choice question? Presenter Van Young gets everyone involved with questions and fascinating information from a variety of topics like History, Science, Entertainment, Geography, and General Knowledge. Each audience member will

have a chance to participate. Get a right answer and win a "delicious" prize. Fun, educational, and engaging as we all try to learn about what we don't know.

## **TEACHING ART TO CHILDREN IN GHANA **NEW****

**Thursday, Oct. 26, 1–2 p.m.**

Come hear about the unique opportunity Arts and Education Specialist Carol Wallenfels had while traveling to Sunyani, Ghana this past August to teach art to street children.

## **SOCIAL (IN)SECURITY & MEDICARE: WILL THEY BE THERE FOR ME? **NEW****

**Wednesday, Nov. 1, 1–2:15.**

Over the next decade both the Social Security and Medicare Trust Funds are predicted to become insolvent. What are the causes of this, what will this mean for benefits, and what can we do about this? Join retired Ohio Wesleyan Professor of Economics Bob Gitter for a presentation and discussion of the future of these two vital programs.

## **AMAZING TREES**

**Tuesday, Nov. 7, 1–2 p.m.**

As part of our tree series this quarter, Carrie Keller, Outreach Naturalist for Senior Programs at Metro Parks, will share a presentation on trees. Discover the leaves and seeds of

common trees and learn about their uses.

**DELAWARE POLICE DEPARTMENT: HOLIDAY SAFETY**

**Wednesday, Nov. 8, 11–noon.**

Officer Joseph Kolp from the Delaware Police Department, who will share the latest prevention tips around the holidays on shopping, home security, leaving for vacation and more. Everyone can use a safety refresher!

**RARE HISTORICAL PHOTOS**

**Wednesday, Nov. 8, 1–2:30 p.m.**

Presenter Van Young will share photos from the oldest to the most bizarre. These photos capture times and places from long ago. You will see dozens of rare photos around the world that captured that one moment in time preserved forever in a photograph. A fascinating journey through the human experience as we meet the people and places from yesteryear.

**OHIOHEALTH SERIES: BRAIN HEALTH AND AGING *NEW***

**Thursday, Nov. 9, 1–2 p.m.**

Amy Weeks, Sr. Clinical Consultant and Social Worker Neuro Cognitive from OhioHealth, will present an overview of dementia and brain health topics. What steps can you take to stay healthy

and active of mind and body?

**TECHNOLOGY TALK: SAFETY Monday, Nov. 13, 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.

**SPECIAL PRESENTATION: 9/11 SPEAKER, SHIRLEY BROOKS-JONES RETURNING**

**Thursday, Nov. 30, 3–4:15 p.m.**

More than two decades after 9/11, 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, the majority of 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 and is briefly returning to Columbus. Shirley shares updates on scholarships, the play and

more. Don't miss her amazing story. *See December Trips Flyer for BROADWAY IN COLUMBUS: COME FROM AWAY, the show that takes you into this remarkable, true story; trip date is Friday, Feb. 2.*

**SENIOR ONLINE DATING: TAMING THE WILD WILD WEB *NEW***

**Thursday, Dec. 7, 1–2 p.m.**

Join presenters Linda Manley Cipriani and Officer Joseph Kolp from the Delaware Police Department as they discuss senior online dating. Dating is intimidating. Just like pioneers of the wild west, senior daters may benefit from a guide while navigating this virtual landscape and unpredictable terrain. Online dating can lead to meaningful relationships but requires an abundance of caution. Please join us for a discussion about choosing a reputable platform, crafting a captivating profile with pictures, and, most importantly, staying safe in this digital realm.

**BEAUTIFUL COASTAL MAINE Wednesday, Dec. 13, 1–2:30 p.m.**

The world is your lobster, at least in Maine. Come take a trip down the beautiful and breathtaking coastline of Maine with presenter Van Young. The journey starts in Portland and

north from there. Visit some of the prettiest seaside villages and lighthouses, the rugged and majestic Acadia National Park and the picturesque town of Bar Harbor. Get some travel tips, enjoy history, and have fun. ...Where the mountains meet the sea. As the saying goes, SEA you in Maine.

## **HOW TO SELL ON FACEBOOK MARKETPLACE**

**Thursday, Dec. 28, 1–2:30 p.m.**

Have you ever wondered how to get rid of your extra stuff without the hassle of holding a garage sale? Learn how to sell your items on Facebook Marketplace. Carol Wallenfelsz will lead you step-by-step through the process of listing items on Facebook, options for accepting payment, and how to safely complete a sale. Optional: feel free to bring your phone or tablet and follow along. If you choose to bring your own device, please already have an active Facebook account.

*are not in session, books may be borrowed. Returning books is easy: Place them on the cart in the hallway.*

**CHECK OUT YOUR LIBRARY** *on the lower level. When classes*