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

MEDITATION
Mondays, Wednesdays, and Thursdays, 8:30–9:05 a.m.
(See Wellness flyer for details.)

CARE, SHARE AND CONNECT NEW TIME
Mondays, 12:45‒2 p.m.
We experience different losses in life—loved ones, pets to things or illnesses in our everyday lives. Come share or listen as topics are discussed with Facilitator RJ Jones.

GENEALOGY: EXPLORING IMMIGRATION RECORDS & NAME CHANGES
Friday, Jan. 26, 1‒2:30 p.m.
Member Larry Schaaf will introduce you to the fun and emotional thrill of finding the record of an ancestor’s arrival in America. Seeing in black and white the details of your family’s immigrant journey gives you a priceless glimpse into their hardships and hopes as they left everything and everyone familiar behind to build a new life in a new country. The 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 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.
BOOK CLUB: NONFICTION NAVIGATORS NEW NAME, HYBRID
Third Monday of each month, except for holidays, noon–1:30 p.m.
Read and discuss the books noted. Share insights and ponder perspectives with others. Books may be borrowed from the Delaware County District Library or downloaded. Pick up curbside Main and Orange branches of Delaware County District Library, using your library card. Virtual participants will receive the program link via email after registration is complete.
Jan. 22: Discuss "How to Be Perfect: The Correct Answer to Every Moral Question" by Michael Schur.
Feb. 19: Discuss "How the Word Is Passed: A Reckoning with the History of Slavery Across America" by Clint Smith.
March 18: Discuss "Tigerland: 1968-1969: A City Divided, a Nation Torn Apart, and a Magical Season of Healing" by Wil Haygood.

BOOK CLUB: FICTION ADDICTION
Third Wednesday of each month, Jan. 17, Feb. 21, and March 20, 1–2 p.m.
Join facilitator and member Annette Schorr as she leads this book discussion group.

READ ALL ABOUT IT: FINDING YOUR ANCESTORS IN NEWSPAPERS NEW!
Tuesday, March 5, 1–2:30 p.m.
Newspapers are an incredible resource for genealogical research and thousands are available online. In this presentation we’ll cover what kinds of information can be found in old newspapers, how to identify and locate relevant online newspapers, and how to effectively search for the information you want. Carol Singer is a retired librarian and a volunteer at the Delaware County Genealogical Society.

FINDING YOUR ROOTS 1:1 NEW!
Thursdays, Jan. 11 through March 28, 10 a.m.–noon or 1–3 p.m. at Delaware County District Library, 84 W. Winter St., Delaware.
Tuesdays, March 12 through 26, 1–3 p.m. or 3–5 p.m. at Delaware County District Library, 84 W. Winter St., Delaware.
Join a volunteer from the Delaware County Genealogy Society at the Main Branch of the Delaware County District Library as you work with an experienced researcher using both online and paper resources for genealogical research. Limit of one session per month.

COIN COLLECTING
Saturdays, Jan. 20, Feb. 10, and March 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.
Jan. 20: John Roberts is the speaker. He has been collecting coins since he was a kid. His specialty is Morgan dollars, of which he has discovered many new varieties. He is a long-time member of several coin clubs, including The Central Ohio Numismatic Association, based here in Columbus and he is a professional coin

Enjoy sharing and experiencing others’ thoughts and perspectives. Please get the book on your own.
For questions contact Annette Schorr at email: apschorr2@gmail.com
Feb. 21: "The Measure" by Nikki Erlick.
March 20: "Heft" by Liz Moore.

MODEL TRAIN DISCUSSION GROUP
Thursdays, 9:30–10:30 a.m.
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.

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Grader. He will speak on his specialty, Morgan dollars. Bring your silver dollars for sharing.

Feb. 10: Dan Carroll has been a coin collector since he was a kid and has been collecting love tokens for about 40 years. Love tokens are coins that have had a side shaved off and initials, a name, or sometimes a scene engraved. These are found on all denominations from 1/2 cent to $20 gold pieces. They can be a single token on a necklace or many tokens on a bracelet. Come and learn about this interesting aspect of numismatics that was outlawed early in the last century.

March 9: Eric Justice has been collecting coins since he was a teenager and has been a dealer for more than 15 years. His specialty is Peace Dollars, which were issued from 1921 thru 1935. He is going to speak about gold as an investment, whether you buy coins or bullion. Is the timing right?

CONVERSATIONAL ENGLISH
Wednesdays, Jan. 24, 31, Feb. 7, 14, 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.

PRESERVATION PARKS NATURE TABLE
Wednesday, Jan. 10, 11 a.m.–1 p.m.
Check out the nature table. You never know what you might learn about nature around us!

MASTER GARDENERS: WINTER SOW RETURNING
Thursday, Jan. 25, 1–2:30 p.m.
Join Master Gardeners, led by Jeanne Engleking, to learn an easy way to start your tomatoes, zinnias, and more. Start seeds in a milk jug in January! You will 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.

BACKYARD BIRDS: INTRODUCING DARLENE SILLICK NEW!
Wednesday, Jan. 31, 1–2 p.m.
Meet Darlene Sillick, conservationist, Ohio Bluebird Society president, Ohio Ornithology Society conservation committee, Stratford Ecological Society program volunteer, and SourcePoint member. Darlene will talk about our Ohio backyard birds. Don’t miss this PowerPoint presentation. Diane’s resume is extensive and she has more than 35 years working with birds in Ohio.

BIRDS: CAVITY NESTERS NEW!
Wednesday, March 13, 1–2 p.m.
Darlene Sillick will share her knowledge on cavity nesting birds. Diane’s resume is extensive and she has more than 35 years working with birds in Ohio.

PRESERVATION PARKS NATURE TABLE
Wednesday, March 27, 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. We will all be together in this hybrid experience!
Fee: $20 for the quarter.

TECHNOLOGY 1:1 ASSISTANCE
Mondays, Jan. 8, 22, 29, Feb. 5, 12, 19, 26, March 4, 11, 25, 10 a.m.–12:45 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.

ASK AL: PHOTOSHOP OR LIGHTROOM NEW!
Second and fourth Fridays of each month, 9–9:45 a.m. or 10–10:45 a.m.
Do you want to know more about Photoshop or Lightroom to improve your ability to manipulate your photos? Ask Al Smith.

AYURVEDA FOR GUT HEALTH NEW!
Wednesdays, Jan. 10 and 17, 1–2:30 p.m.
Vandana Baranwal will discuss digestion as a whole-body experience. This allows you to cultivate whole-being wellness and consciously create your health. You will learn to up-level your digestive power and potential of microbiome to better digest your food with the practical wisdom of Ayurveda. 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.

MEDICATION AND DRUG DISPOSAL RETURNING
Thursday, Jan. 18, noon–1 p.m.
An Officer from the Delaware Police Department and Lisa Dooley, Prevention Coordinator from the Drug-Free Delaware Coalition, will be at SourcePoint to take in your prescriptions and medicines that you no longer need. (No inhalers, large quantities of liquids, natural supplements or vitamins.)

DELAWARE COUNTY DISTRICT LIBRARY: OVERVIEW OF SERVICES RETURNING
Tuesday, Jan. 23, 2–3 p.m.
Delaware County District Library leadership will discuss the many services that the library has to offer. Bring your questions regarding the library's (two!) makerspaces, the new Liberty Branch location, how to download eBooks and audiobooks, genealogy research, or anything else that suits your fancy.

NATURE EXPERIENCE: SNAKES UP CLOSE NEW!
Thursday, Feb. 8, noon–12:45 p.m.
Naturalist Lindsey Krusling from Alum Creek State Park will have snakes available for you to pet and take photos of in the Gathering Room. Then, join her for snake education and trivia, info about Ohio snakes and Training Coordinator at the Delaware-Morrow Mental Health & Recovery Services Board, will discuss what drugs kids could be using and what grandparents can look out for. Where are drugs and paraphernalia hidden? The talk will also include how to safely dispose of your own medications by Lisa Dooley, Prevention Coordinator from Drug-Free Delaware Coalition.
in an educational presentation beginning at 1 p.m. Please register for both programs.

**SPECIAL EDUCATIONAL PRESENTATION: SNAKES** *NEW!*
**Thursday, Feb. 8, 1–2 p.m.*
Naturalist Lindsey Krusling, from Alum Creek State Park will share some snake education and trivia. Learn about Ohio snakes. Get to know more about these reptiles that live around us.

**OVERVIEW OF PRESERVATION PARKS** *NEW!*
**Thursday, Feb. 22, 1–2 p.m.*
Saundra McBrearty, Outreach and Volunteer Specialist at Preservation Parks, will share a PowerPoint presentation about the Preservation Parks, as well as some nature artifacts. Come and learn about the new parks and your favorites.

**STROKE AWARENESS**
**Thursday, Feb. 29, 1–2 p.m.*
Cardiovascular disease is the number one cause of death in the U.S.. Stroke is number three. This is a class about risk factors for stroke and what we can do to reduce our risk. Presenter Cathy Hulse, Registered Nurse 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.

**INTRO TO SONGWRITING** *NEW!*
**Thursday, Feb. 29, 1–4 p.m.*
Dick Plunk will present an overview of some of the key elements of songwriting with musical examples. *Fee: $5.*

**WETLAND WALK WITH A RANGER** *NEW!*
**Alum Creek Visitor Center, 5905 Lewis Center Road, Lewis Center. Thursday, March 14, 1–2 p.m.*
Get your boots muddy with an Alum Creek Park Ranger as you explore one of our favorite signs of spring, wetlands! Take a 3/4-mile hike through the woods to some of our seasonal wetlands. Learn about what makes a wetland and the creatures that depend on wetlands. If we're lucky, we might even spot some of those amazing amphibians. Please wear high, sturdy boots and clothes you don't mind getting muddy! This will be offered rain or shine (but not if storming) as the frogs and salamanders like rain! Park in the parking lot and meet at the front of the visitor center. Bring your camera.

**U.S. HISTORY: NEUTRALITY AND DEPRESSION** *NEW!*
**Fridays, March 29 through May 3, 2–4 p.m.*
Dr. Rick Owens discusses America between the World Wars from 1920-1941. Dr. Owens is a tenured history professor, author of historical articles, historical novels, and a children’s series.
- **March 29:** Living on the Edge: Economics, Politics, and American Society in the 1920s. The Rise of the American City, 1875-1940. Case Study: Washington, D.C.
- **April 12:** FDR and the New Deal. April 19: Toward War.
- **April 26:** War in Asia, Europe, and the Atlantic, 1937-1941. What Was and What Might Have Been? America in 1940.
- **May 3:** Pearl Harbor: America Enters WWII.

Coming in Autumn 2024: *The American Presidency* *Fee: $30 for six-week series.*
Register for as many of the following classes (pages 6-7) as you wish to attend for one low fee—up to 12 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.

TALK WITH A DOC: THE AGING KNEE NEW!
Friday, Jan. 12, 1–2 p.m.
William Burgette, DO, hip and knee specialist at Orthopedic One, will present on arthritis and the knee at SourcePoint. Dr. Burgette did his undergraduate work at Bowling Green State University. He went to Lake Erie College of Osteopathic Medicine for medical school and did his residency at Cleveland Clinic.

THE LIFE OF BOSTON CORBETT—LINCOLN’S AVENGER
Tuesday, Jan. 16, 1–3 p.m.
Most of us know who killed Lee Harvey Oswald, but who is the man who killed John Wilkes Booth? This talk tells about the strange life of Boston Corbett, the Union soldier who disobeyed direct orders and fired the shot that eventually kills Lincoln’s assassin. Was it an act of patriotism or a chance for fame? Should he have been charged with murder or rewarded? Join local historian, Van Young, as he shares this unique and strange character of our history.

VOICES FROM THE PAST
Wednesday, Jan. 24, 1–2:30 p.m.
Tom Wiebell, former WOSU talk show host, radio show host and member, will share some of his past recorded interviews with you. Hear the voices of Hollywood stars, war heroes, and Central Ohio personalities, plus a few surprises! Don’t miss this unique opportunity to hear voices from the past who are no longer with us.

EMERGENCY MANAGEMENT: PLANNING FOR THE SOLAR ECLIPSE NEW!
Thursday, Feb. 1, 1–2 p.m.
Delaware County Emergency Management Director Alex McCarthy will discuss the upcoming solar eclipse that will darken most of Delaware County for a few minutes on April 8. He will discuss the science behind solar eclipses, how to view them, and what the County is doing to prepare for the eclipse.

LOVE IS IN THE AIR NEW!
Wednesday, Feb. 14, 1–2 p.m.
Many animals mate January through March. Carrie Keller, Outreach Naturalist for Senior Programs at Metro Parks, will bring animal pelts and mounts of animals to share.

TALK WITH A DOC: DECREASING HIP AND LOW BACK PAIN NEW!
Friday, Feb. 16, 1–2 p.m.
Dr. Kenneth Milligan from Orthopedic One will discuss Staying Active: Improving Mobility and Decreasing Hip and Low Back Pain. Dr. Milligan completed his undergraduate work at Colorado State University, went to medical school at the University of Colorado School of Medicine, and did his ortho residency at Yale University.

TRIP TO THE CANADIAN ROCKIES NEW!
Tuesday, Feb. 6, 1–3 p.m.
Historian Van Young takes you on a visual tour of the Canadian Rockies. Enjoy Elk Island National Park, Jasper National Park, Lake Louise, the Athabasca Glacier, and Banff National Park. If you’ve never walked on the frozen face of a glacier or gazed out at the dazzling blue glacial-fed waters, then join us for a remarkable landscape you must see to believe.
OHIOHEALTH SERIES: CPR DEMONSTRATION NEW!
Wednesday, Feb. 28, 11–noon.
Join OhioHealth for a cardiopulmonary resuscitation (CPR) demonstration. CPR is used in an emergency if someone is not breathing normally, or their heart has stopped (cardiac arrest). This will be an overview of techniques to use like chest compression and rescue breathing. This is not a formal certification.

GIVE ME YOUR POOR, YOUR TIRED, YOUR HOMELESS...
NEW!
Friday, March 1, 1–2:30 p.m.
Retired Ohio Wesleyan Professor of Economics Bob Gitter will share the fluid presentation on Give Me Your Poor, Your Tired, Your Homeless (Some Restrictions May Apply): The U.S. Immigration Policy in the 21st Century. The focus will involve current issues.

MENTAL HEALTH AND RESILIENCE NEW!
Tuesdays, March 5 and 19, 10–11:30 a.m.
Dr. Richard Leavy will share mental health issues as depression, dementia, and suicide, as well as the risk and protective factors associated with them with older adults. He will also discuss sources of resilience — physiological, psychological, and social — and ways to prevent these conditions. Dr. Leavy is a retired psychology professor from Ohio Wesleyan University who received his PhD in clinical psychology from the University of Massachusetts, Amherst.

DELAWARE POLICE DEPARTMENT: SELF DEFENSE RETURNING
Monday, March 4, 10–11:30 a.m.
Officers from the Delaware Police Department will share the latest self-defense tips on personal safety. Don’t miss this hands-on event that will help you stay safe and more confident if you have to defend yourself.

LIFE AND DEATH ON THE OREGON TRAIL NEW!
Tuesday, March 19, 1–3 p.m.
An old saying goes, "Hard times builds strong humans," and nothing could more accurately portray what many faced when they took the Oregon Trail west to build a better life. They experience unimaginable hardship, danger and demise along every mile. Disease, starvation, and bad weather accompanied these travelers along the way. Yet, if they had not made this incredible journey, the country would not be what it is today. Join Historian Van Young for a remarkable story about the American spirit.

CHECK OUT YOUR LIBRARY on the lower level. When classes are not in session, books may be borrowed. Returning books is easy: Place them on the cart in the hallway.