

# Enhance Learning

In-Person and Online Programs

Winter 2025



740-363-6677

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



**Jan. 6–April 5, 2025**

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. 17; Close at 2 p.m. March 7; Closed Jan. 18 and 20.*

**Registration is required** and begins Dec. 16 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.

To ensure proper planning, register at least two business days prior to the class.

*Lifelong learning can enhance our understanding of the world around us, provide us with more and better opportunities, and improve our quality of life.*

## Special Events

### LEARN MORE ABOUT VOLUNTEERING AT SOURCEPOINT

**Wednesday, Jan. 22, 11 a.m.–noon.**

Are you curious about the exciting opportunities available for volunteering at SourcePoint? Are you wondering what it's like to be a SourcePoint volunteer, but aren't sure if it would be a good fit for you? Join our volunteer recruiter, Denise Kilton, for this no-pressure informational session to learn more about all the amazing things volunteers do for our organization.

### SIMPLE COOKING FOR ONE OR TWO

**Thursday, Jan. 16, 11 a.m.–1 p.m. at The Avalon of Lewis Center, 8875 Green Meadows Dr., Lewis Center.**

Cooking for one or two does not have to be bland and boring. Enjoy a wonderful lunch as the Chef at the Avalon of Lewis Center showcases how you can create a wonderful meal with simple ingredients most of us have in our pantries.

### PROJECT FEEDERWATCH

**Thursday and Friday, Jan. 23 and 24, 9:30–11:30 a.m. at Stratford Ecological Center, 3083 Liberty Road, Delaware.**

Become a Citizen Scientist with birding expert, Susan Wasmund. Join her at the Stratford Ecological Center for this indoor activity. Bring a warm beverage in a thermos and binoculars as you participate in Cornell University's Lab of Ornithology's Project Feederwatch! This program has been conducting winter bird surveys since 1987. Data is shared with scientists throughout the world to learn about distribution and abundance of birds in North America. Stay the whole time or drop in, but please register through SourcePoint. No worries if you do not know how to identify birds. You will learn some identification details and history of birds as you watch and count using available field guides. If you

would like to do a short hike after the event, please dress appropriately.

## **Discussion & Interest Groups**

### **MEDITATION**

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

*See the Wellness flyer, \$20 monthly.*

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

**Mondays, 12:45–2 p.m. (No facilitator Jan. 27, Feb. 24, March 31.)**

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 the first through the third Mondays. Last Monday of the month the group meets without a facilitator.

### **BOOK CLUB: NONFICTION NAVIGATORS**

**Third Monday of each month, 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 at Main and Orange branches of Delaware County District Library, using your library card.

Jan. 27: “Keep Sharp: Build a Better Brain at Any Age” by Sanjay Gupta. Simon & Schuster, 2021.

Feb. 17: “Master Slave Husband Wife: An Epic Journey from Slavery to Freedom” by Ilyon Woo. Simon & Schuster, 2023.  
March 17: “The Doctors Blackwell: How Two Pioneering Sisters Brought Medicine to Woman and Women to Medicine” by Janice P Nimura. Norton, 2021.

### **PRESERVATION PARKS NATURE TABLE**

**Wednesday, Feb. 26, 11 a.m.–1 p.m.**

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

### **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, email [apschorr2@gmail.com](mailto:apschorr2@gmail.com).

Jan. 15: "The Women" by Kristin Hannah.

Feb. 19: "Looking for Jane" by Heather Marshall.

March 19: "Eddie Winston is Looking for Love" by Marianne Cronin.

### **CONVERSATIONAL ENGLISH**

**Wednesdays, Jan. 22, 29, Feb. 5, 12, 1–2:15 p.m.**

Do you want to improve your English? Would you enjoy talking with people whose first language is English? Volunteers will encourage you to speak in sentences and help you pronounce English words correctly. Please join us.

### **SOCRATES CAFE *NEW!***

**Wednesdays, Jan. 29, Feb. 26, March 26, 1–2:30 p.m.**

Socrates Cafes foster thinking and dialoging about thought-provoking questions. They touch essential life and living issues. Members share their perspectives and insights of richly rewarding information. Join the new Socrates Cafe for lively, energizing dialogues to enrich facets of your life led by experienced facilitator Richard Arndt.

### **MODEL TRAIN GROUP**

**Thursdays, 9:30–10:30 a.m. (No group Feb. 27.)**

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.

## **PINBALL GROUP**

**Thursdays, Jan. 2, Feb. 6,  
March 6, 10:30–11:30 a.m.**

Let's talk pinball. Anything pinball is ok, even just memories of playing. Do you have a game that needs repair? Leader Rob Santos may be able to guide you. If you have a machine that needs a home Rob can share tips on selling.

## **IT'S GREEK TO ME**

**Thursday, Feb. 6, 1–2 p.m.**

We spend our days steeped in Greek history without knowing it. We have friends whose names are George or Agatha; we notice the heartbreaking incidents of tragic accidents; we avoid people who are troublesome; we talk of sports events; and we watch once a year our President give a State of the Union address. We take for granted our virtues and hope others do too. In all these things we are remembering the Greeks and their contribution to our way of life. Plato wrote that the world is saturated with value. Wouldn't it be fine to reacquaint ourselves in these gifts of form, philosophy, farming, food, architecture, and government? Come and explore these topics with discussion leader, Sylvia Zimmerman who has a MA in psychology and a M.DIV from Methodist Theological Seminary. She has served as

a business owner, trustee of several organizations, teacher, chaplain, and more.

## **CONTAINER GARDENING *NEW!***

**Fridays, Jan. 10, Feb. 14,  
March 14, 10–11 a.m.**

Do you have a window box or patio space for planters? Then, you, too, can grow fresh herbs, vegetables and flowers. Once a month, join award winning gardeners Joann and David Richards as they share their passion for gardening. Topics that will be discussed include: selecting container friendly seed and plant varieties with their respective pots and soils, companion and succession planting, keeping critters at bay, and preserving the harvest and more.

## **COIN COLLECTING *NEW TOPICS***

**Second Saturday of each  
month, 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 and the special speakers that share their expertise.

Jan. 11: Facilitator Bill Kamb will speak on Newfoundland coins. He has been collecting them for forty years and has a complete high-grade collection. On his mother's side of the family, his grandparents emigrated from Newfoundland in the 1920's.

Bill was raised in the same town in Massachusetts, hence his attraction to anything Newfoundland.

Feb. 8: Facilitator Bill Kamb will speak on Conder tokens that feature a hanging sheep. Conder tokens are British trade tokens that were issued by merchants in the late eighteenth century. Thousands of different varieties were issued and many are very attractive. These tokens were saved by collectors and are available today in uncirculated condition. The hanging sheep is the symbol of a hosier, someone who made or sold woolen goods.

March 8: Marie Gibbs will speak on collecting charge coins. Charge coins were issued by high end department stores, taxi companies, hotels, etc. in the late 19th and early 20th century. They are an early form of credit cards. Marie has been collecting them for about 20 years.

## **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.*

## **FINDING YOUR ROOTS 1:1 SESSIONS BY APPT.**

**Tuesdays, Jan. 7 through March 25, 1–3 p.m. or 3–5**

**p.m. at Delaware County District Library, 84 W. Winter St., Delaware.**

**Thursdays, Jan. 9 through March 27, 10 a.m.–noon or 1–3 p.m. at Delaware County District Library, 84 W. Winter St., Delaware.**

Join a volunteer from the Delaware County Genealogy Society at the library as you work with an experienced researcher using both online and paper resources for genealogical research. To schedule your session, register for an available time slot. Limit of one session per month.

## **ASK AL 1:1 SESSIONS ON PHOTOGRAPHY: CAMERA BASICS**

**Wednesdays, Jan. 8, 15, 22, Feb. 5, 12, 19, March 5, 12, 19, 9–10:30 a.m. by appointment.**

Do you want to know more about photography? Learn about basic camera procedures and camera controls such as composition, multiple exposure, time lapse photography, etc. Ask Al Smith 1:1. Please answer questions at registration so that Al is better prepared to help you. Limit: one session per month.

## **DCT'S FLEX APP CLASS**

**Wednesday, Jan. 22, 1–2:30 p.m.**

*See Empower Transitions in Aging for more details.*

## **DRIVER SAFETY: SMART DRIVERTÉK WORKSHOP**

**Thursday, Jan. 23, 2–4 p.m.**

*See Empower Transitions in Aging for more details.*

## **NATIVE PLANT TALK *NEW!***

**Friday, Jan. 24, 1–2:15 p.m.**

As part of the Creatively Collaborating with Nature series, SourcePoint is collaborating with Preservation Parks. Naturalist Liz Neroni will share the importance of native plants in our community, gardens and landscaping.

## **ASK AL 1:1 SESSIONS ON PHOTOGRAPHY: PHOTOSHOP**

**Wednesday, Jan. 29, 9–10:30 a.m. by appointment.**

Do you want to know more about photography? Learn about Photoshop. Ask Al Smith 1:1. Please answer questions at

registration so that Al is better prepared to help you. Limit: one session per month.

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

**Mondays, Jan. 6, 13, 27, Feb. 10, 17, 24, March 3, 10, 17, 24, 31, 10 a.m.–12:45 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.

## **TECHNOLOGY 1:1 ASSISTANCE: WAITING LIST**

**Mondays, Jan. 6 through March 24, 10 a.m.–12:45 by appointment.**

Jarren Ringle provides guidance on technology in a 45-minute time slot. If the timeslots are full, please register for this waiting list. We will contact those on the waiting list in order of enrollment if appointments become available.

## **AYURVEDA: A GUIDE TO RESTFUL NIGHTS *NEW!***

**Wednesday, Jan. 22, 1–2:15 p.m.**

Vandana Baranwal will share Ayurveda's natural wisdom to improve sleep quality and find balance with a calm mind and body. This class explores how Ayurvedic principles can address common

sleep challenges associated with Vata, Pitta, and Kapha imbalances. You'll learn how diet, bedtime rituals, and lifestyle choices can encourage restful sleep, enhance rejuvenation, and support overall wellness. This is ideal for anyone seeking holistic ways to manage sleep issues. This class offers practical tools to incorporate Ayurveda into your nightly routine for lasting benefits. 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.

### **AYURVEDA: SELF-CARE FOR WINTER *NEW!***

**Tuesday, Feb. 4, 1–2:15 p.m.**

Winter is Vata-Kapha season in Ayurveda, with cold, dry, and heavy qualities that can increase feelings of heaviness and make the body more susceptible to imbalances like dry skin, joint discomfort, and low immunity. Ayurvedic self-care in winter focuses on nourishing, grounding, and warming practices to support physical and mental balance.

### **WINTER DISCOVERY HIKE: ALUM CREEK STATE PARK**

**Thursday, Feb. 13, 10–11:15**

### **a.m. at Alum Creek Park Office, 3615 S. Old State Road, Delaware.**

Take a walk on the wild side... at Alum Creek State Park with Naturalist Allie Green! Meet at the Park Office. Wear hiking boots for this 1-mile walk through prairie and woodland. You never know what you may discover or what wildlife you may see. In the case of severe weather, the hike will be canceled.

### **THRIVING WITHOUT DRIVING: TODAY'S ALTERNATIVE TRANSPORTATION *NEW!***

**Thursday, Feb. 13, 1–2:30 p.m.**

Today's transportation landscape makes living well without a car a real possibility - if only it weren't so confusing. Ever wanted to call an Uber but didn't know how? Do you want to better understand our local public transportation system? Does a loved one need transportation? Or do you worry about the day you must cut back on driving? SourcePoint's mobility coordinator, Jill Smith, will walk (not drive!) you through the ins and outs of ridesharing, ride-hailing, and SourcePoint's medical transportation program. Lose the fear of being stranded and embrace the backseat!

### **BIRDING HIKE: NEAR DELAWARE DAM *NEW!*** **Friday, Feb. 21, 10 a.m.–noon at Panhandle Road, Delaware.**

Join bird expert Susan Wasmund as you hike near the Delaware Dam in search of birds on this winter hike. From SourcePoint, take Cheshire Rd. to Rt. 23. Turn right onto US-23N for 6.3 miles. Drive to Panhandle Rd. 3.1 miles. Once you travel over the dike (long raised hill that is an extension of the dam), there is a small gravel parking lot on the right. Please dress for the weather (in layers with boots, gloves and hat) and bring your binoculars. We will walk to the flat top of the dike and follow it for about a half mile. Observe wintering waterfowl if there is open water, and possibly eagles. In addition, after the hike, we will return to our cars and drive farther down Panhandle Road stopping along the way for interesting wildlife. The road at this point is part of the Delaware Wildlife area and has very little traffic. There are also gravel parking lots along the way. If there is bad weather, the hike is canceled and will be rescheduled.

### **HOME SAFETY AND SECURITY *NEW!***

**Monday, Feb. 24, 1–2:15 p.m.**

Officer Kolp from the Delaware Police Department will discuss

ways to design and set up both the interior and exterior of our homes to deter criminals from targeting our home. He will look at how new technology can help, and how that also comes with its own risks and safety concerns.

**ASK AL 1:1 SESSIONS ON PHOTOGRAPHY: LIGHTROOM**  
**Wednesday, Feb. 26, 9–10:30 a.m. by appointment.**

Do you want to know more about photography? Learn about Lightroom. Ask Al Smith 1:1. Please answer questions at registration so that Al is better prepared to help you. Limit: one session per month.

**DRIVER SAFETY: TALK WITH A TROOPER**  
**Wednesday, Feb. 26, 1–2:30 p.m.**  
*See Empower Transitions in Aging for more details.*

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)**  
**Thursday, Feb. 27, 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? 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.

**AYURVEDA: TRANSITIONING WITH THE SEASON *NEW!***  
**Tuesday, March 4, 1–2:15 p.m.**  
March marks the transition from winter to spring, known in Ayurveda as the shift from Kapha season to a period influenced by both Kapha and Pitta energies. This time of year is when accumulated Kapha can start to melt, leading to sluggishness, congestion, and allergies. Embracing cleansing and revitalizing self-care practices helps balance these seasonal shifts and boosts energy and immunity.

**GENEALOGY: EXPLORING IMMIGRATION RECORDS & NAME CHANGES**  
**Wednesday, March 5, 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 and 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.

**TECHNOLOGY: ADDRESSING IMPORTANT TOPICS *NEW!***  
**Thursday, March 6, 1–2:30 p.m.**  
Technology can be confusing. How do we respond when our credentials are breached? Is there an easier way to manage passwords? Are there things that impact our safety when using our tech? How can we deal with our online history? Is social media creating problems for us? Should we respond to spam emails or text messages? How can we protect ourselves and our tech? Jarren Ringle will address these issues and more. Read Jarren's tech articles at [MySourcePoint.org/category/blog](https://MySourcePoint.org/category/blog).

**GENEALOGICAL RESEARCH: FINDING BIRTH AND DEATH DATES *NEW!***  
**Tuesday, March 18, 1–2:30 p.m.**  
Birth and death dates can be difficult to find if there isn't a birth/date record or certificate. This presentation will cover those obvious records, plus a wide variety of other sources

that may provide birth and death dates and places.

Member Carol Singer will share this important information.

Carol is a retired librarian and a volunteer at the Delaware County Genealogical Society.

### **DRIVER SAFETY: "WE NEED TO TALK" WORKSHOP**

**Saturday, March 22, 10 a.m.–noon.**

Family conversations with older drivers. *See Empower Transitions in Aging for more details.*

### **LOST IN NATURE *NEW PHOTOS***

**Thursday, March 27, 11 a.m.–12:30 p.m.**

Award-winning photographer, Joan Pearse will share photos since September of colorful fall landscapes, ocean photos, animals, birds, and more. Don't miss the chance to get lost in unique and beautiful nature! *Fee: \$5.*

### **UNITED STATES HISTORY: WORLD WAR II**

**Fridays, March 28 through May 2, 2–4 p.m.**

Dr. Richard Owens, tenured history professor, published author of articles, historical novels and children's books will share six weeks of history on WWII.

March 28: The Origins of WWII: A Summary [Europe & Asia] to Sept. 1939

April 4: WWII in Europe, 1939-1943

April 11: WWII at Home [USA], 1940-1945. Special Topic: America in 1940: The Last Full Year of Peacetime for the U.S. [ref. Potomac, by Dr. Richard Owens], and The Japanese Attack on Pearl Harbor

April 18: WWII in Europe & Key War-time Conferences, 1943-1945

April 25: WWII in The Pacific, 1940-1943

May 2: WWII in The Pacific, and the Atomic Bomb, 1943-1945

*Fee: \$30 for six-week series.*

### **Education Package**

*Register for as many of the following classes (pages 7-8) as you wish to attend for one low fee—up to 9 presentations available for \$15!*

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

### **DAKOTA SIOUX WAR OF 1862**

**Tuesday, Jan. 21, 1–3 p.m.**

Historian Van Young shares a presentation on The Dakota War of 1862, an armed conflict between the U.S. and several

bands of Dakota/Sioux Native Americans. It began what would eventually become a 30-year war between the United States and plains natives, eventually leading up to the Battle of Wounded Knee and the end of their way of life. The talk will tell the story of how this war started, as well as the conditions and events leading up to it and the results of three decades of western warfare. A sad, but true story of an American war.

### **TRAVEL HISTORY: THE LINCOLN HIGHWAY CONTINUED 1920–1928 *NEW!***

**Thursday, Jan. 23, 1–2 p.m.**

Member John Jackson continues the story that he introduced last fall. In Part 2, he deals with the period 1920 to 1928, where the Lincoln Highway was up and running as a coast-to-coast highway route while the Federal government was lagging behind in route identification, motoring safeguards, construction design and other essentials. He will briefly go back over the conditions that existed prior to 1920 for the benefit of new attendees and those who could use some reminders of what transpired during that period. But the bulk of his presentation will cover the steady progress the country made towards a connected

interstate highway system that became the precursor of the roads that we enjoy today. John Jackson is an author, transportation consultant, and held senior positions in logistics management for private enterprises. He joined the Lincoln Highway Association in 2009 and has led efforts to better publicize the story of this crucial but little-known part of our national transportation picture.

**TIPS FOR THE TRIP SAVVY: INTERNATIONAL (AND DOMESTIC) TRAVEL *NEW!***  
**Friday, Jan. 31, 1–2 p.m.**

Join Lisa Busch, experienced traveler from Prime Tours, as she shares important information on negotiating the airport, currency exchange – when, how and the cheapest options, passports, electricity, tipping during a tour – when, who and how much, getting around during free time, and more!

**HISTORICAL DELAWARE: BUSINESSES AND FIRST WOMEN *NEW!***  
**Tuesday, Feb. 4, 10–11:30 a.m.**  
Historical Society Oral History volunteer and retired OWU Professor Dick Leavy shares his work on preserving the history of Delaware County through the Delaware County Historical Society in the form of oral histories. Two of the current

efforts by the Society are focused on those businesses that have been in continuous operation for over 100 years and the women who have broken glass ceilings in the county ("First Women"). This presentation will describe and discuss the stories these oral histories have recorded.

**HISTORY: ALUM CREEK DAM**  
**Wednesday, Feb. 5, 1–2 p.m.**  
Ranger Aubrey from Alum Creek Lake and the U.S. Army Corps of Engineers will share a short DVD on Alum Creek Dam and discuss the dam and its history. Learn about this important dam in Delaware County.

**OHIOHEALTH: VITAMINS AND SUPPLEMENTS *NEW!***  
**Wednesday, Feb. 12, 1–2 p.m.**  
Vitamins and minerals are two of the main types of nutrients that your body needs to survive and stay healthy. Dr. Karen Kirkham from OhioHealth specializes in geriatric medicine. She will share an overview of vitamins and supplements and the benefits they have for seniors in living an active lifestyle.

**LAUGHING AND LEARNING ABOUT MARRIAGE**  
**Thursday, Feb. 13, 1–3 p.m.**  
Celebrate Valentine's Day with Van Young as he shares

a presentation on "Love and Marriage...Goes together like a horse and carriage." ... At least for some of the time. Sit back and laugh and learn about one of the world's oldest institutions. Marriage has been around for about as long as we have. So has love. This talk shares many facts, trivia, and history about U.S. marriage, weddings, and divorce. "I now pronounce you..." You know the rest.

**THE AMAZING HUMAN BODY *NEW!***  
**Thursday, March. 13, 1–3 p.m.**  
Historian Van Young shares one of the greatest "inventions" of all-the human body. It is a walking and talking miracle. We are a combination of cells, tissues, organs, water and bones that work together to allow us to be the dominant species. In this talk you will learn the most incredible facts and trivia about our earthly vessel and meet people who hold world records for their incredible physical feats. Nothing is more amazing than the human body. Come learn why.

**DOC TALK: BASICS OF BACK PAIN *NEW!***  
**Monday, March. 17, 5–6 p.m.**  
Evan Berlin, MD, from Orthopedic One will present on the basics of back pain—causes, symptoms and solutions.