

Enhance Learning

In-Person and Online Programs

Spring 2025



740-363-6677

MySourcePoint.org



April 7–July 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. May 23, July 3;

Close at 2 p.m. May 9; Closed May 12, 24 and 26, July 4 and 5.

Registration is required

and begins March 24 at

MySourcePoint.org/EC or with

customer service. All programs

take place at 800 Cheshire Road,

Delaware unless otherwise

indicated. Program fees are

prorated throughout the quarter.

Programs subject to change.

Scholarships are available and

applying is easy! Contact Annette

at 740-363-6677 or [aleatherman@](mailto:aleatherman@MySourcePoint.org)

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.

Special Events

GETTING OLDER: BOOK REVIEW AND DISCUSSION *NEW!*

Wednesdays, May 7, 14, 21 and June 4, 2–3:30 p.m.

Author, philosophy professor, and retired mental health therapist/chemical addictions counselor, Bob Bailor, shares his book, *Getting Older*, in this four-week program. You will receive his book at the first session so that you can read it during the next three weeks. At the weekly in-person sessions, Bob will lead discussions on how the book sees aging with the opportunity to share your own experiences, insights and questions. Don't miss this unique opportunity to discuss "getting older."

Fee: \$40 includes the book and four sessions.

NAMI: ENDING THE SILENCE FOR GRANDPARENTS *NEW!*

Wednesday, June 18, 1–2 p.m.

Join National Alliance on Mental Health (NAMI) speakers and grandparents, Tracie Bayer and Ginny Bischert for this one-hour presentation for adults, specifically grandparents, with middle or high school aged grandchildren. This presentation includes mental health warning signs, facts and statistics, how to talk with your grandchild and how to work with school staff. This presentation will be helpful for anyone interested in mental health of youth, discussing what middle and high school students experience, and how to best help them.

TECHNOLOGY: HOW TECH CAN HELP *NEW!*

Thursday, June 5, 1–2:30 p.m.

Did you know you can check out a library book for free on your tablet? Did you know your watch can tell if you've fallen and call for help? Did you know you can wake up with a soft light on in your bedroom? Do you prefer to talk instead of typing? Would you like to have a reminder tell you when to leave for your

appointment and estimate how long it will take to arrive? Do you think you are a target for scams? Are you tired of scam phone calls? Would you like to know what is coming in the mail and when it's delivered? Do you want to create a shopping list by talking? Well, tech can help with all this and more. Read Jarren's technology articles at MySourcePoint.org/category/blog.

Discussion & Interest Groups

MEDITATION *HYBRID*

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

See the Wellness flyer, \$20 monthly.

CARE, SHARE, AND CONNECT

Mondays, 12:45–2 p.m. (No facilitator April 28, June 30.)

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.

April 21: "Poverty, by America" by Matthew Desmond. Crown, 2023.

May 19: "The Wager: A Tale of Shipwreck, Mutiny and Murder" by David Grann. Doubleday, 2023.

June 16: "D-Day Girls: The Spies Who Armed the Resistance, Sabotaged the Nazis, and Helped Win World War II" by Sarah Rose. Crown, 2019.

PRESERVATION PARKS NATURE TABLE

Wednesday, June 11, 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.

April 16: "The Berry Pickers" by Amanda Peters.

May 21: "The Frozen River" by Ariel Lawhon.

June 18: "The Wedding People" by Alison Espach.

SOCRATES CAFE

Wednesday, April 23, May 28, June 25, 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.

April 23: Friendship

May 28: Honesty

June 25: Good and Evil

MODEL TRAIN GROUP

Thursdays, 9:30–10:30 a.m. (Last session June 26. Returns Oct. 2.)

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.

IT'S GREEK TO ME

Thursday, April 17 and June

19, 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.

BEGINNING SONGWRITING

NEW!

Thursdays, April 10, 24, May 8, 22, June 12, 26, 1–3 p.m.

See Express Yourself with the Arts.

CONVERSATIONAL ENGLISH

Fridays, April 25, May 2, 16

and 23, 1–2:15 p.m. (No class May 9.)

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.

Educational Classes & Presentations

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

BIRDING HIKE NEW!

Thursday, April 3, 9–11 a.m.

at Methodist Theological School in Ohio (MTSO) 3081 Columbus Pike, Delaware.

Curious about birds? With the change of seasons, comes a change in our natural world. Join expert birder, Susan Wasmund as she shares winter avian visitors and early spring migrants. This is a great experience for beginning birders since birds are more easily spotted without leaves on the trees. All levels of birders are welcome! The walk will be approximately 1 ½ miles on a level, mulched trail. Sturdy shoes and binoculars are recommended. Turn into MTSO. Bear right. Follow signs to Seminary Hill Farm. Park at

the orange barn. In the case of severe weather, the hike will be canceled.

MIND AEROBICS HYBRID

Fridays, April 11–June 27, 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. Register for your choice of in-person or online options. We will all be together in this hybrid experience!
Fee: \$20 for the quarter.

WILDFLOWER WALK WITH MASTER GARDENERS

Friday, April 4, 1:30–2:30 p.m. at Shale Hollow Park, 6320 Artesian Run, Lewis Center.

Meet at the Shale Hollow Park at the nature center. Walk with a Master Gardener. Search for wildflowers growing near the short, dirt-packed trail in this Delaware County Preservation Park. The trail is uneven. In the case of severe weather, the hike will be canceled.

TECHNOLOGY 1:1 ASSISTANCE

Mondays, April 7, 14, 21, 28, May 5, 19, June 2, 9, 16, 23, 30, 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. Limit: two sessions per month.

TECHNOLOGY 1:1 ASSISTANCE: WAITING LIST

Mondays, April 7–June 30, 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.

FINDING YOUR ROOTS 1:1 SESSIONS BY APPT.

Tuesdays, April 8–July 1, 1–3 p.m. or 3–5 p.m. at Delaware County District Library, 84 W. Winter St., Delaware.
Thursdays, April 10–July 3, 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 Main Branch of the Delaware County District 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, April 9, 16, 23, May 7, 14, 21, June 4, 11, 18, 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.

DRUG EDUCATION AND TRENDS *RETURNING*

Thursday, April 10, 10–10:45 a.m.

Bob Hatcher, Crisis Systems and Training Coordinator, will explain various substance use trends, help adults recognize the signs and symptoms to watch for, and provide information on local resources. The talk will also include how to safely dispose of your own medications by Lisa Dooley, Community Engagement Coordinator from the Drug Free Delaware Coalition.

MEDICATION AND DRUG DISPOSAL *RETURNING*

Thursday, April 10, 11 a.m.–

noon.

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.) (Gathering Room for Drug Drop-off 11—noon, 8 foot table and two chairs, no max)

AYURVEDA: SELF-CARE FOR SPRING *NEW!*

Tuesday, April 15, 11 a.m.–12:15 p.m.

Vandana Baranwal will share ayurvedic care for spring and detox and cleansing rituals. Learn how to gently cleanse and reset your body for the season with Ayurvedic diet, herbs, and self-care practices. 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.

GENEALOGY: MARRIAGE AND DIVORCE RECORDS *NEW!*

Wednesday, April 16, 1–2:30 p.m.

Carol Singer, retired librarian and volunteer at the Delaware

County Genealogical Society, will share sources of marriage and divorce records and also seemingly unrelated documents that sometimes include information about engagements, marriages, and divorces.

WILDFLOWER WALK WITH MASTER GARDENERS

RETURNING

Friday, April 18, 1:30–2:30 p.m. at Shale Hollow Park, 6320 Artesian Run, Lewis Center.

Meet at Shale Hollow Park at the nature center. Walk with a Master Gardener. Search for wildflowers growing near the short, dirt-packed trail in this Delaware County Preservation Park. The trail is uneven. In the case of severe weather, the hike will be canceled.

LEARN MORE ABOUT VOLUNTEERING AT SOURCEPOINT

Wednesday, April 23, 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.

ASK AL 1:1 SESSIONS ON PHOTOGRAPHY: PHOTOSHOP OR LIGHTROOM

Wednesdays, April 30, May 28, June 25, 9–10:30 a.m. by appointment.

Do you want to know more about photography? Learn about Photoshop or 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.

BIRDING HIKE *NEW!*

Friday, May 2, 9–11 a.m. at Deer Haven Preservation Park, 4183 Liberty Road, Delaware.

Spring migration is underway and the diverse habitat at Deer Haven has the potential for warblers, songbirds, raptors and possibly waterfowl. Learn about identification, behavior and binocular skills in the company of other birders on this 1–2-mile hike. Sturdy shoes and binoculars are recommended. All level of birders are welcome! In the case of severe weather, the hike will be cancelled. Park in the parking lot near the nature center. Meet in front of the nature center.

AMAZING BIRDS *NEW!*

Monday, May 5, 1–2 p.m.

Member and experienced presenter, Richard Vail, will share a PowerPoint presentation on the amazing birds that you just might see out your window. Richard will discuss 14 locally common birds, both male and female and interesting facts about them.

OSPREY LOOKOUT: BIRD WATCHING *NEW!*

Friday, May 16, 10–11:15 a.m. at 2959 Hogback Rd., Sunbury.

Naturalist Allie Green from Alum Creek State Park will lead a bird watching experience. Bring your binoculars. You may bring a chair and watch for birds from a stationary position or you can hike on paved road for approximately a mile on even terrain. You may see some osprey. In the case of severe weather, the hike will be canceled.

RECYCLING RIGHT IN DELAWARE COUNTY

Tuesday, May 20, 1–2:15 p.m.

Jenifer Way-Young, Coordinator, Keep Delaware County Beautiful, will share tips on how to properly recycle in Delaware County. Jenifer Way-Young has been with the Delaware Public Health District's Keep Delaware County Beautiful since 1993. In the past 30 years, Jenifer has organized river cleanups,

community litter cleanups and recycling drives. In recent years, Jenifer began the Delaware County string light collection, a food scrap drop-off program and a Wreaths Across America recycling pilot program.

AYURVEDA: MORNING SELF-CARE ROUTINE *NEW!*

Tuesday, May 27, 1–2:15 p.m.

Discover simple, time-tested self-care rituals to maintain balance and wellbeing. Instructor 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.

CANCER SUPPORT COMMUNITY *NEW!*

Tuesday, June 3, 1–2 p.m.

Speaker Kat Moser, with Cancer Support Community Central Ohio, says, “When people find out about our services, they are surprised to find out that all our programs and services are offered at no cost and are available to families, friends, caregivers, and children with no time limit for services.” Join us as we discuss how we can help anyone impacted by cancer and share the best kept secret in town!

BEGINNERS GUIDE TO GENETIC GENEALOGY *NEW!*

Using DNA Testing to Help Find Relatives and Ancestors

Wednesday, June 11, 1–2:30 p.m.

Larry Schaaf will provide a clear introduction that explains what DNA is, how it’s inherited, and why it is important for family history research. As a participant, you will learn to understand types of DNA tests, what you can learn from testing, and how DNA can help you discover ancestors, confirm family connections, and find living biological relatives. Larry has been leading genealogy presentations at SourcePoint from his genealogical studies and his personal findings.

BIRDING HIKE

Friday, June 13, 8:30–10:30 a.m.

Slow down and observe nature on this hike around SourcePoint with expert birder Susan Wasmund. Birds have arrived from their migration grounds and many have nests in progress. Meet at the front entrance of SourcePoint and explore the grounds. Learn about helpful apps, get tips on spotting wildlife in binoculars and share our experiences about nature. This activity is recommended for new birders, but all birders are welcome! Dress for the weather, hat and

water bottle recommended. In the case of severe weather, the hike will be canceled.

AYURVEDA: MANAGING SEASONAL ALLERGIES *NEW!*

Tuesday, June 17, 11 a.m.–12:15 p.m.

Learn the ayurvedic concept of allergies and how to prevent and relieve spring allergies with Ayurvedic diet, herbs and lifestyle tips. Instructor 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.

ALL ABOUT MOTHS: NATURE TABLE *NEW!*

Friday, June 20, 10–11:15 a.m.

Bree Maxwell, new naturalist at Alum Creek State Park, will share a display on moths. Come and learn some fun facts about these pollinators at the nature table.

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.

NEUROPLASTICITY AND HEALTHY AGING *NEW!*

Wednesday, April 9, 1–2 p.m.

You've probably heard the phrase, "You can't teach an old dog new tricks." When it comes to the human brain, that's simply not the case! Our brains maintain neuroplasticity—the ability to change their structure and function throughout the lifespan. Neuroplasticity is the key to learning new skills and knowledge, recovering from injury and disease, and preventing dementia and age-related cognitive decline. In this presentation, you'll learn about this fantastic superpower and how to take advantage of its benefits in your daily life. Kira Baily is a David O. Robbins Associate Professor in the Department of Psychology; Department Chair; and Neuroscience Program Director at Ohio Wesleyan University.

A FAIR TO REMEMBER—THE 1893 WORLD'S FAIR IN CHICAGO *NEW!*

Tuesday, April 15, 1–3 p.m.

Join historian Van Young as you fly back in time to a year and era none of us know. The World's Columbian Exposition, also known as the Chicago World's Fair, was a world's fair held in Chicago from May 5 to Oct. 31, 1893, to celebrate the 400th anniversary of Christopher Columbus's arrival in the New World in 1492.

Come see the fascinating pictures and learn what the world would view as state of the art. There are so many inventions to shock and amaze you.

MEET THE POLLINATORS *NEW!*

Monday, Apr. 28, 1–2 p.m.

Come learn about the amazing pollinators that are so important to our environment and food supply. We will discuss the amazing array of creatures involved, their challenges and how we can help them. In 2018, speaker Carl Gleditsch graduated from the central Ohio OCVN (Ohio Certified Volunteer Naturalist) program and started volunteering with the Columbus Metro Parks, Stratford Ecological Center, Delaware County Preservation Parks and the City of Dublin. Carl has been a beekeeper

since high school and recently graduated from the OSU VPS (Volunteer Pollinator Specialist) program. Along with having a small apiary in his backyard, Carl loves to give talks about native bees in Ohio. Carl loves all things natural, so he also monitors two bluebird trails, is an active member of the Ohio Bluebird Society as well as the Cornell Lab of Ornithology and helps with various bird, butterfly, plant and bee surveys.

DON'T BE FOOLED BY DRY EYE *NEW!*

Tuesday April 29, 1–2 p.m.

Dr. Mueller will discuss common causes of dry eye and how the diseases adversely impacts daily quality of vision. She will provide education on Dry Eye Disease, reviewing the signs and symptoms, and provide tips for managing dry eye and lid hygiene to keep eyes healthy and functioning properly.

HERBS: LEARN, EXPLORE, GROW HERBS *NEW!*

Wednesday, May 1, 1–2:30 p.m.

Learn, explore, grow—herbs! Learn about the top 12 herbs selected by the members of The Herb Society of America plus more herbs to explore and love. Learn how to grow herbs with success, discuss

harvesting techniques and the many uses to transform your life using herbs. Some recipes and handouts will be provided. There will be time for Q and A. Presenter Susan Liechty is past president of The Herb Society of America, an Advanced Master Gardener in Delaware County (for 30 years), an Herb Specialist for the State of Ohio Master Gardener Association and a lifelong learner of all areas of herbal studies.

THE PROS & CONS OF BUYING AN ELECTRIC CAR

Thursday, May 8, 1–3 p.m.

Join Van Young as he presents a fair and objective presentation on all the decisions, and considerations, one must make before deciding to buy an electric vehicle. With many more “EV’s” available, and with gas prices unstable, electric car sales are rising fast. Should you consider another gasoline powered vehicle, hybrid, plug in hybrid, 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 the many pros and cons of purchasing an electric vehicle.

OHIOHEALTH: MEN’S UROLOGY DISCUSSION *NEW!*

Wednesday, May 14, 1–2 p.m.

Dr. Brian Meyerson will

discuss the signs to watch for when you need to see your doctor, prevention and wellness regarding urology. This talk is for men. Time will be allotted for questions and answers. Dr. Meyerson did his residency in urology at Albany Medical Center and attended medical school at Wright State University Boonshoft School of Medicine. He is a practicing urologist at Grant Medical Center and Berger Hospital in Circleville.

DOC TALK: UNDERSTANDING LUMBAR DISC HERNIATIONS

NEW!

Friday, May 30, 2:15–3:15 p.m.

Dr. Jeremy Jones from Ortho One will discuss myelopathy and lumbar disk herniations in a PowerPoint presentation. There will be time for Q&A. Dr. Jones went to medical school at Meharry Medical College, completed his orthopedic residency at The Ohio State Wexner Medical Center and his spine fellowship at the Spine Institute of Arizona.
(Discovery, AV, max 40)

THE STORY AND TRIALS OF DR. SAM SHEPPARD

Thursday, June 12, 1–3 p.m.

On July 4, 1954, Marilyn Sheppard, the wife of a handsome thirty-year old doctor, Sam Sheppard, was brutally murdered in the

bedroom of their home in Bay Village, Ohio, on the shore of Lake Erie. Sam Sheppard denied any involvement in the murder and described his own battle with the killer he described as “bushy-haired.” Did Sam do it? Join historian Van Young as he shares the story about one of the most controversial and fascinating set of trials in Ohio history.

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.