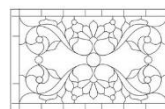


2017 Program Descriptions

Senior Citizens of Reynoldsburg

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 SS Cardio & Strength	9:00 Ball Class	9:00 SS Cardio & Strength	9:00 Woodcarving	9:00 Watercolor	9:00 Line Dance
9:30 Fused Glass	9:30 Quilt Class	9:00 Card Craft	10:00 Total Fitness	9:00 Tai Chi	10:00 Line Dance
10:00 SS Cardio & Strength	10:00 Total Fitness	9:30 Arthritis Exercise	12:15 Euchre	10:10 Zumba Gold	11:30 SS Range of Motion
10:50 Yoga	1:00 Chorus	9:30 Current Events	12:15 Bridge	11:30 Wire Wrap	12:30 Euchre
11:00 Arthritis Exercise	1:15 Euchre	9:30 Young at Heart	1:00 Tripoley	11:50 Yoga	1:00 Pickle ball
12:00 Pinochle		10:00 SS Cardio & Strength		12 Texas Hold'em	
12:30 Mahjongg		11:00 SS Mind Mobility		12:15 Duplicate	
1:00 Stained Glass		11:50 Yoga		1:00 Canasta	
1:00 Hooks & Needles		12:00 Texas Hold'em		6:00 BINGO or Euchre	
2:00 Cribbage		1:00 Bid Euchre			
4:00 Line Dance		2:00 Art			
6:00 Ballroom Dance		5:00 T'ai Chi			

ARTS AND CRAFTS



ART *Wednesdays from 2-4:00 p.m.* - \$8 plus materials. Open format art class: work on in-progress projects from fused glass, stained glass, wire, and/or watercolor classes. Brenda Mason will be available to facilitate.

CARD CRAFT *2nd & 4th Wednesdays from 9-11:00 a.m.* (August-June)- \$5.00 for supplies. Make your own greeting cards with Ruth Shillinger. So that we have enough supplies for all of you, please call Ruth at 614-866-5668 by the Friday before each class if you plan to attend.

FUSED GLASS *Mondays from 9:30-11:30 a.m.* with Brenda Mason - \$8 plus materials. Learn to cut hot glass and apply layering techniques to make jewelry or other unique projects.

HOOKS & NEEDLES *Mondays at 1-3:00 p.m.* We do crochet, knitting, needlepoint, cross-stitch and any other type of hook or needle work. This group will keep you in stitches.

QUILT CLASS *Every other Tuesday at 9:30 a.m.* (September-June)- \$5 per class. Learn new and creative quilt techniques with Nancy Ockay. Check your calendar for dates.

STAINED GLASS *Mondays from 1-3:00 p.m.* with Brenda Mason \$8 plus supplies. Learn cold glass cut and grind techniques for window panels or sun catchers.

WATERCOLOR *Fridays from 9-11:00 a.m.* with Brenda Mason \$8.00 plus supplies. Learn techniques for painting your choice of source material (could be transparent, watercolor, mixed media, or collage).

WIRE WRAP *1st and 3rd Fridays at 11:30 a.m.* for advanced with Brenda Mason \$8 plus supplies. Apply wire skills to a variety of wrapping projects.

2nd and 4th Fridays at 11:30 a.m. for beginners with Brenda Mason \$8 plus supplies. Learn proper tool usage and techniques in wire working.

WOODCARVING *Thursdays from 9-11:00 a.m.* Everyone is welcome to come and learn to carve.



EDUCATION AND SERVICES

COUPON EXCHANGE Bring in your unused coupons and take some coupons to the store to get some great deals. The basket is on the back counter.

CURRENT EVENTS 1st & 3rd & 5th Wednesdays 9:30-11 a.m. We'll talk about current events on TV, newspapers, magazines, etc.

DVD LIBRARY In addition to the book library, SCOR has a lending DVD library. You can donate your DVD's and/or borrow our DVD's.

FOOT CARE The 4th Tuesday of the month Heather Wilson, RN, CFCN of Everyday Divinity will be at SCOR from 9-2 to care for your feet. A 30 minute appointment cost \$27. Call 614-866-5890 to schedule an appointment.

GLASSES SCOR collects old eye glasses to donate to The Lions Club Sight Program.

LAWYER 3rd Friday at 9:00 a.m. **Jim Hardgrove**, Attorney-at-Law. Monthly topics are listed in the speaker section of the newsletter.

LIBRARY We have a lending library at SCOR being organized by Dana & Sue Miller.

NOTARY PUBLIC Please call to check when Judy Doran or Lydia Bellknap, Notary's, are available.

OSHIIP **Ohio Senior Health Insurance Information Program** Volunteer Allan Meisterman will be at SCOR on certain Saturdays to answer Medicare and supplemental insurance questions/concerns. Call 614-866-5890 to make an appointment.

YOUNG AT HEART 2nd and 4th Wednesdays 9:30-11:00 a.m. Take a look at life from a lighter perspective, focusing on the positive!

SERVICES We have Living Will forms, handicapped parking applications, Homestead applications and Golden Buckeye applications.

SUGGESTIONS We do have a suggestion box in the reception area, if you have any ideas or requests for SCOR.



EXERCISE AND WELLNESS

ARTHRITIS EXERCISE Mondays 11:00 a.m. with Linda McKinney and Wednesdays at 9:30 a.m. with Eileen Lawson -- Range of Motion exercises performed in a chair. This class is a great way to start back into exercising.

BALL EXERCISE Tuesdays at 9:00 a.m. with Judy Doran. Come for this core and balance workout. Bring your own ball and mat.

BALLROOM Mondays at 6:00 p.m. Ballroom Class \$5.00. Stan Campbell-Place will be teaching most American & Latin Dances.

LINE DANCING Mondays at 4:00 p.m. and Saturdays--Beginners at 9:00 a.m. and Intermediate at 10:00 a.m. \$1 donation for all classes. Get in line with Barbara Carlson, Instructor.

PICKLE BALL Mondays from 8:00-10:00 a.m., Saturdays from 1:00-3:00 p.m. and Wednesdays from 7:00-9:00 p.m. Get in on the fun! SCOR will have all the equipment to play this team sport. You do not need a partner, just come to play round robin!

SILVER SNEAKERS CARDIO & STRENGTH Mondays and Wednesdays at 9:00 a.m. or 10:00 a.m. with Leah Siefert. Free to any Silver Sneakers Member (SSM) and \$20/5 classes for non-SSM. We work

with balls, tubing and weights to increase our strength and function! SSM should bring your cards.

SILVER SNEAKERS MIND MOBILITY *Wednesdays at 11:00 a.m.* with Leah Siefert. This class will introduce meditation in an easy and fun environment. You will focus on using your own brain power for better mental and physical health. The meditation exercise will promote greater attention, increase concentration, develop focus (clarity), expand short term memory and improve your mood. Learn to manage stress, deeply relax and find balance in your daily life. The class is free to all SSM and \$2/class for non-SSM.

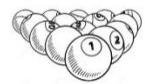
SILVER SNEAKERS RANGE OF MOTION (ROM) *Saturdays at 11:30 a.m.* with Becky Sonner. Free to any Silver Sneaker Member (SSM) and \$10/month for non-SSM. We work on strength, range of motion and balance! SSM should bring your cards.

T'AI CHI *Fridays at 9:00 a.m. and Wednesday evenings at 5:00 p.m.* \$20 Tai Chi registration fee for all participants. Membership contributions are as follows: \$30/month, \$79 for 3 months, \$149 for 6 months, or \$300 annually. New sessions begin in January & July. See instructor if you have any questions.

TOTAL FITNESS *Tuesdays & Thursdays 10:00 a.m.* with Judy – Physical Therapy bands help to build strong muscles and increase bone density. A little aerobics and stretching, too!

YOGA *Mondays at 10:50 a.m. and Wednesdays & Fridays at 11:50 a.m.* with Lynn Spichiger instructor. (4 sessions \$20.00) (walk-in fee \$7.50). Exercise program designed for those over 55

ZUMBA GOLD *Fridays at 10:10 a.m.* Classes are \$5 or you can purchase a card of 10 classes for \$40. Join Carolyn Strayer for this fun dance/exercise class. No experience necessary and levels are designed for seniors.



GAMES AND ENTERTAINMENT

BID EUCHRE *Wednesdays at 1:00 p.m.* We are looking for some new players! Come join the fun and we'll teach you to play!

BINGO *Every other Friday at 6:00 p.m.* 50¢ a card. You must be a paid up member to participate! Check your calendar for dates.

BOCCE We have a bocce court outside SCOR. Come brush up your bocce skills or learn to play a new outdoor game. The bocce balls and rake are in the office!

BRIDGE *Thursdays at 12 noon* Party Bridge; *Fridays at 12:15 p.m.* Duplicate Bridge.

CANASTA *Fridays at 1:00 p.m.* Hand and Foot style!

CHORUS *Tuesdays from 1-3:00 p.m. (September-June).* The Golden Clefs welcomes all members to bring music and harmony into their lives and joy to the life of those in assisted living facilities.

CRIBBAGE *Mondays at 2:00 pm.* Cribbage is a card game commonly played with three, four, or more, that involves playing and grouping cards in combinations which gain points.

EUCHRE *Every other Friday at 6:00 p.m.* \$2.25 Progressive – check the calendar for dates. *Tuesdays at 1:15 p.m.* \$2.00 Progressive, *Thursdays at 12:15 p.m.* \$2.25 Progressive and *Saturdays at 12:30 p.m.* \$2.25 Progressive.

GOLF Men's League questions call Bob Taylor 614-864-3679. Women's League call Bev Wood at 614-866-1413 if you have any questions.

HORSE SHOE We have all the equipment needed at SCOR to pitch some shoes!

- MAHJONGG** *Mondays at 12:30 p.m.* Come play this tile game. Mahjongg instruction will be taught on the first Thursday at 11:30 a.m. of each month. Please contact the office if interested!
- PINOCHLE** *Mondays at noon* Double Deck.
- POOL** The pool room with 3 tables, is open to all when SCOR is open. Join the Men's Group on Thursday mornings!
- PUZZLES** We have a jigsaw puzzle library from 300 to 1,500 pieces.
- TABLE TENNIS** We have a table tennis set up in the pool room. Come in anytime during regular hours to play!
- TEXAS HOLD'EM** *Wednesdays at noon and approximately 2:30 and 4:30 p.m.* (\$10 buy-in each game).
Fridays at noon and at 2:30 and 4:30 p.m. (\$5 buy-in each game).
- TRIPOLEY** *Thursdays at 1:00 p.m.* Come join this group for lots of fun!

MONTHLY EVENTS

- BOARD MEETING** *First Monday of the month at 2:00 p.m.* Everyone is welcome!
- COFFEE SHOP HOP** *3rd Friday at 9:00 a.m.* We load up the van and head to a small coffee establishment for some great coffee and lively conversation!
- DANCE** *2nd Thursday of each month from 7:00-9:30 p.m.* - \$5 at the door. Join D.J., Burl Hood, the ballroom dancers and the line dancers for an evening of fun and entertainment! Please bring a dish to share with the other dancers.
- FOOD & FLICKS** *4th Friday of the month meet at 11:00 a.m.* SCOR to take the van to watch a movie that the group selects. Following that enjoy lunch at an area restaurant.
- MYSTERY LUNCH** Check our calendar for the dates. Sign-up at trip lottery and take the bus to an undisclosed location for lunch (it's free to go but you pay for your own lunch).
- NEWSLETTER COLLATION** *3rd Wednesday at 11:30 a.m. every other month.* Get your newsletter first and help us get the newsletters out to the other members.
- TRIP LOTTERY** Usually the *first Monday* of each month at 9:00 a.m. Check your calendar for dates.
- W.O.W. SOCIAL CLUB** *2nd Saturday of the month at 1:00 p.m.* Widows or Widowers Social Club with potluck lunch and meeting. For more information call Ruth at 740-964-6480.



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