




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	31-Dec	1	2	3
<p>JANUARY 2025</p>  <p>PARKS & REC City of Upper Arlington</p>	<p><u>12/31 - Adjusted Hours:</u> Senior Center & Studio 55 Closing at 2 pm - afternoon programs are cancelled</p> <p>Flip this calendar over to see our daily programs.</p>	<p>Senior Center Closed In Observance of New Year's Day</p> 	<p>Gentle Hatha Yoga (5 sessions) 10-11 am, Bldg 3, Rm 301 Art Healthy (6 sessions) 11 am-12:30 pm, Bldg 1, Rm 104</p> <p>Stained Glass Beveled Snowflake 12:30-3:30 pm, Bldg 1, Rm 105 Walking Club 3-3:45 pm, Bldg 3, front entrance Improving Your Health with Movement 3-4 pm, Bldg 2, Rm 205 (6 sessions)</p>	<p>Beginners Line Dance (5 sessions) 10-11 am, Bldg 1, Rm 102 WITS Workout (4 sessions) 11 am-Noon, Bldg 3, Rm 301 50+ Connections 1 pm, Bldg 1, Rm 104</p> <p>SATURDAY 4 Fit After 50 (6 sessions) 9:30-10:30 am, Bldg 1, Rm 102 Watercolor Whimsy 10:30 am-2:30 pm, Bldg 1, Rm 105</p>
6	7	8	9	10
<p>Ladies First Part 1(6 sessions)(skip 1/20, 2/17) 10-11 am, Bldg 1, Rm 104</p> <p>Monday Morning Drawing (3 sessions) 10:30 am-12:30 pm, Bldg 1, Rm 105</p> <p>Guided Forest Therapy 1-3 pm, Northwest Kiwanis Park</p> <p>Aging Strength (6 sessions) 3-3:45 pm, Bldg 1, Rm 102</p>	<p>Mind, Body & Soul Yoga (4 sessions) 9:30-10:30 am, Bldg 3, Rm 301</p> <p>Move & Groove Aerobics (5 sessions) 1:30-2:30 pm, Bldg 1, Rm 102</p> <p>Watercolor Workshop (4 sessions) 1-3 pm, Bldg 1, Rm 105</p>	<p>Book Club: <i>The Power of the Dog</i> by Thomas Savage 9:45-11 am, Bldg 1, Rm 104 AARP Smart Drive Course 10 am-2 pm, Bldg 3, Rm 301 Zumba Gold (5 sessions) 10:15-11 am, Bldg 2, Rm 205 Tap Dance Classes (5 sessions)(skip 1/29) Exp: 12:30 pm, Beg: 1:30 pm, Bldg 2, Rm 205 The Art of Writing Your Memoir (8 sessions) 1-2:30 pm, Bldg 1, Rm 104 Pilates Fusion (5 sessions) 4-5 pm, Rm 102</p>	<p>Thursday Line Dance (4 sessions) 10-11 am, Bldg 2, Rm 205</p> <p>Stained Glass for Beginners (4 sessions) 12:30-2:30 pm, Bldg 1, Rm 105</p>	<p>The Amazing Human Body 10-11:30 am, Bldg 1, Rm 104</p> <p>SATURDAY 11 Restorative Yoga (3 sessions) 8-9 am, Bldg 2, Rm 205</p>
13	14	15	16	17
<p>iPhone: Safari 1-3 pm, Bldg 3, Rm 301</p> <p>Guided Forest Therapy 4-6 pm, Sunny 95 Park</p>	<p>Armchair Travel - Cincinnati Union Station Museum, 11 am-Noon, Bldg 1, Rm 104</p>	<p>Navigating Your Next Journey Lunch & Learn 11 am-Noon, Bldg 1, Rm 104</p>	<p>Lunch Buddies 11:05 am, Bldg 2, Rm 205</p> <p>Movie Club: <i>Wonka</i> (PG, 1h 56m) 12:30 pm, Bldg 2, Rm 204</p>	<p>SUNDAY 19 Hotcakes & Snowflakes (all ages) 9-10 am, Bldg 2, Café UA</p>
20	21	22	23	24
<p>Senior Center Closed In Observance of Martin Luther King Jr. Day</p> 	<p>Alzheimer's Disease Medication Overview 10-11 am, Bldg 2, Rm 204 Intro to Digital Photo Editing 10 am-Noon, Bldg 1, Rm 104</p> <p>SAG Boxed Lunch - Chick-Fil-A 11-Noon, Bldg 2, Café UA A Taste of French Cheese 1:30-3 pm, Bldg 2, Rm 204</p>	<p>Grub Club: Mimi's Café in Polaris 11 am-3 pm, Depart Bldg 2</p>	<p>New Year, New You-OSU MEK Cooking Demo 11 am-Noon, Bldg 2, Rm 204</p>	<p>Laughing About the "Good Old Days" 10-11:30 am, Bldg 1, Rm 104</p>
27	28	29	30	31
<p>Ballroom Dance (6 sessions) (skip 2/17) Int: 9:30 am; Beg: 10:30 am Bldg 2, Rm 205</p> <p>iPhone: Maps 1-3 pm, Bldg 3, Rm 301 Mystery Book Club: <i>Tender is the Bite</i> by Spencer Quinn 2-3 pm, Bldg 2, Café UA Lounge</p>	<p>Waste Wise: Exploring Landfill & Recycling Innovation Trip, 9 am-3:30 pm Depart Bldg 2 (NEW DATE)</p> <p>Basics of Adobe Express 10 am-Noon, Bldg 1, Rm 104</p>	<p>All About Raptors Walk & Talk + Cookies! 12:30-4:30 pm, Depart Bldg 2</p>	<p>Registration Required Advanced registration is required for all programs. Register at least two business days in advance. It allows us to determine if we have enough participants to run the class and time to prepare.</p>	