

**September 2024 - Daily Events at the Upper Arlington Senior Center – 614-583-5320 parks.uaoh.net**

<u>Monday</u> Studio 55 8 am-6 pm		<u>Tuesday</u> Studio 55 8 am-6 pm		<u>Wednesday</u> Studio 55 8 am-6 pm		<u>Thursday</u> Studio 55 8 am-6 pm		<u>Friday</u> Studio 55 8 am-5 pm	
8	BOOM Fitness Class (102)	8	Full Body Stretch (205) (9/3-10/8)	8	BOOM Fitness Class (102)	8:30	BOOM Fitness Class (102) (skip 9/5)	8:30	SilverSneakers® Circuit (102) (skip 9/6)
8-12	Personal Training (Studio 55)	8:30	BOOM Fitness Class (102)	8-12:15	Personal Training (Studio 55)	8:30-10:30	Bocce (Bocce Courts)	9-3:45	Billiards (101)
9-3:45	Billiards (101)	9-3:45	Billiards (101)	9-3:45	Billiards (101)	9-3:45	Billiards (101)	10	Beginners Line Dance (102) (9/6-9/27)
9-11	Pickleball (Fancyburg Park)	9-12	Stained & Mosaic Glass Studio (105)	10	SilverSneakers® Circuit (102)	9-11	Pickleball (Fancyburg Park)	11	WITS Workout (301) (9/6-9/27)
9:30	SilverSneakers® Classic (102)	9:30	Mind, Body & Soul Yoga (301) (9/3-9/17)	10-11:30	Immigration Then & Now (301) (9/4-10/9) (skip 9/18)	9:30-11:30	Woodcarvers (105)	<b>11-12:30</b>	<b>LUNCH, Café UA Lounge (carry-in only)</b>
9:30	Intermediate Ballroom (205) (8/12-9/23) (skip 9/2)	10	SilverSneakers® Classic (102)	10:15	Zumba Gold® (205) (9/4-10/2)	10	SilverSneakers® Classic (102) (skip 9/5)	11:30	500 Cards (varies in Bldg 2)
10	I Object! (104) (9/9-10/14)	<b>11-12:30</b>	<b>LUNCH, Café UA Lounge (carry-in only)</b>	<b>11-12:30</b>	<b>LUNCH, Café UA Lounge (carry-in only)</b>	10	Line Dancing (9/5-9/26) (205)	12:30	Stained & Mosaic Glass Studio (105)
10:30-12:30	Monday Morning Drawing (105) (9/9-9/30)	11:15-12:30	Table Tennis (102)	12:15	Euchre (204)	10	Gentle Hatha Yoga (301) (9/5-9/26)	2-5	Personal Training (Studio 55)
<b>11-12:30</b>	<b>LUNCH, Café UA Lounge (carry-in only)</b>	1	Shakespeare: <i>The Tempest</i> (204) (9/10-10/15)	12:30	Experienced Tap Dance (205)	<b>11-12:30</b>	<b>LUNCH, Café UA Lounge (carry-in only)</b>		
1	Chess (105)	1-1:30	Balance Practice (205)	1:30	Beginners Tap Dance (205) (9/4-10/9)	11:15-12:30	Table Tennis (102)		
12:30	Bridge (205)	1:45-2:15	Balance Practice (205)	1	SilverSneakers® Yoga (102)	12:30	Movie Club (3 <sup>rd</sup> Thu) (204)		
12:30-3	Board Game Day (Café UA)	1-3	Watercolor Workshop (105) (9/3-9/24)	1	The Art of Writing Your Memoir (104) (9/4-10/23)	1-1:30	Balance Practice (205)		
1	SilverSneakers® Yoga (102)	2-3:55	Current Events (104)	1-5	Personal Training (Studio 55)	1:45-2:15	Balance Practice (205)		
1-3	Handicrafters (204)	3-6	Personal Training (Studio 55)	4	Pilates Fusion (102) (9/4-10/9)	2-3:30	Stock Market Discussion Group (104)		
3-3:45	Aging Strength (102) (9/9-10/14)					2-5	Personal Training (Studio 55)		
4:30	Tai Chi for Health (205) (9/9-10/21)					4:30	Tai Chi for Health (205) (9/12-10/24)		
	<b>REGISTRATION REQUIRED</b>		<b>CLASS LOCATIONS</b>		<b>CAFÉ UA LOUNGE</b>				<b>Saturday</b>
	Registration is required for all our programs, events and classes which can be made Monday-Friday from 8 am-4 pm by calling 614-583-5320 or visiting the registration desk in Bldg 3.		Onsite Programs – Bldg 1, 2, 3 Bldg 1 - 101, 102, 104, 105 Bldg 2 - Café UA Lounge, 204, 205 Bldg 3 - Studio 55, 301 MSC - Municipal Services Center		Mon-Fri, 11-12:30 (Café UA – bring your own lunch and drink, no meals are being served from the kitchen at this time. Closed for special events.)				<b>Studio 55</b> 8 am-Noon
								8	Restorative Yoga (205) (9/7-9/28) (skip 9/21)
								9:30	Fit After 50 (102) (9/14-10/19)