

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

<p style="text-align: center;"><u>Monday</u> Studio 55 8 am-6 pm</p>	<p style="text-align: center;"><u>Tuesday</u> Studio 55 8 am-6 pm</p>	<p style="text-align: center;"><u>Wednesday</u> Studio 55 8 am-6 pm</p>	<p style="text-align: center;"><u>Thursday</u> Studio 55 8 am-6 pm</p>	<p style="text-align: center;"><u>Friday</u> Studio 55 8 am-5 pm</p>
<p>8 BOOM Fitness Class (102)</p> <p>8-12 Personal Training (Studio 55)</p> <p>9-3:45 Billiards (101)</p> <p>9:30 SilverSneakers® Classic (102)</p> <p>9:30 Intermediate Ballroom (205)</p> <p>10:30 Beginning Ballroom (205) (12/2-1/6)</p> <p>10 I Object! Series II (104) (10/28-12/9) (skip 11/11)</p> <p>10:30-12:30 Monday Morning Drawing (105) (12/2-12/16)</p> <p><b>11-12:30 LUNCH, Café UA Lounge (carry-in only)</b></p> <p>1 Chess (105)</p> <p>12:30 Bridge (205)</p> <p>12:30-3 Board Game Day (Café UA)</p> <p>1 SilverSneakers® Yoga (102)</p> <p>1-3 Handicrafters (204)</p> <p>3-3:45 Aging Strength (102) (10/28-12/16) (skip 12/2)</p> <p>4:30 Tai Chi for Health (205) (10/28-12/16)</p>	<p>8:30 BOOM Fitness Class (102)</p> <p>9-3:45 Billiards (101)</p> <p>9-12 Stained &amp; Mosaic Glass Studio (105)</p> <p>9:30 Mind, Body &amp; Soul Yoga (301) (12/3-12/10)</p> <p>10 SilverSneakers® Classic (102)</p> <p><b>11-12:30 LUNCH, Café UA Lounge (carry-in only)</b></p> <p>11:30-1 Table Tennis (102)</p> <p>1-1:30 Balance Practice (205)</p> <p>1:45-2:15 Balance Practice (205)</p> <p>1-3 Watercolor Workshop (105) (12/3-12/17)</p> <p>2-3:55 Current Events (104)</p> <p>3-6 Personal Training (Studio 55)</p> <p><b><u>12/24 &amp; 12/31 Adjusted Hours</u></b> <b>Senior Center &amp; Studio 55 closing at 2 pm</b></p>	<p>8 BOOM Fitness Class (102)</p> <p>8-12:15 Personal Training (Studio 55)</p> <p>9-3:45 Billiards (101)</p> <p>10 SilverSneakers® Circuit (102)</p> <p>10:15 Zumba Gold® (205) (11/13-12/18) (skip 11/27)</p> <p><b>11-12:30 LUNCH, Café UA Lounge (carry-in only)</b></p> <p>12:15 Euchre (204)</p> <p>1 SilverSneakers® Yoga (102)</p> <p>1-5 Personal Training (Studio 55)</p> <p>4 Pilates Fusion (102) (10/23-12/4)(skip 11/27)</p> <p style="text-align: center;"><b>Senior Center closed on December 25 in observance of Christmas Day &amp; January 1 in observance of New Year's Day.</b></p>	<p>8:30 BOOM Fitness Class (102)</p> <p>9-3:45 Billiards (101)</p> <p>9:30-11:30 Woodcarvers (105)</p> <p>10 SilverSneakers® Classic (102)</p> <p>10 Line Dancing (205) (12/5-12/19)</p> <p>10 Gentle Hatha Yoga (301) (12/5-12/19)</p> <p><b>11-12:30 LUNCH, Café UA Lounge (carry-in only)</b></p> <p>11:30-1 Table Tennis (102)</p> <p>12:30 Movie Club (3<sup>rd</sup> Thu) (204)</p> <p>1-1:30 Balance Practice (205)</p> <p>1:45-2:15 Balance Practice (205)</p> <p>2-3:30 Stock Market Discussion Group (104)</p> <p>2-5 Personal Training (Studio 55)</p>	<p>8:30 SilverSneakers® Circuit (102)</p> <p>9-3:45 Billiards (101)</p> <p>9-12 Personal Training (Studio 55)</p> <p>10 Beginners Line Dance (205) (12/6-12/27)</p> <p><b>11-12:30 LUNCH, Café UA Lounge (carry-in only)</b></p> <p>11:30 500 Cards (varies in Bldg 2)</p> <p>12:30 Stained &amp; Mosaic Glass Studio (105)</p> <p>2-5 Personal Training (Studio 55)</p>
<p style="text-align: center;"><b>REGISTRATION REQUIRED</b></p> <p>Registration is required for all of our programs/events classes which can be made Monday-Friday from 8 am-4 pm by calling 614-583-5320 or visiting the registration desk in building 3.</p>	<p style="text-align: center;"><b>CLASS LOCATIONS</b></p> <p>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</p>	<p style="text-align: center;"><b>CAFÉ UA LOUNGE</b></p> <p>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.)</p>		<p style="text-align: center;"><u>Saturday</u> Studio 55 8 am-Noon</p> <p>8 Restorative Yoga (205) (12/7-12/21)</p> <p>9:30 Fit After 50 (102) (11/2-12/14) (skip 11/30)</p>