

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

<hr/> Monday Studio 55 8 am-6 pm <hr/>	<hr/> Tuesday Studio 55 8 am-6 pm <hr/>	<hr/> Wednesday Studio 55 8 am-6 pm <hr/>	<hr/> Thursday Studio 55 8 am-6 pm <hr/>	<hr/> Friday Studio 55 8 am-5 pm <hr/>
8 BOOM Fitness Class (102)	8 Full Body Stretch (205) (10/22-11/26)	8 BOOM Fitness Class (102)	8:30 BOOM Fitness Class (102)	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 (205) (10/11-10/25)
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) (10/4-10/25)
9:30 SilverSneakers® Classic (102)	9:30 Mind, Body & Soul Yoga (301) (10/1-10/29)	10-11:30 Immigration Then & Now (301) (9/4-10/9) (skip 9/18)	9-10 Memory Master (204) (10/3-10/24)	11-12:30 LUNCH, Café UA Lounge (carry-in only)
9:30 Intermediate Ballroom (205)	10 SilverSneakers® Classic (102)	10-11:30 Global Warming (104) (10/16-10/30)	9:30-11:30 Woodcarvers (105)	11:30 500 Cards (varies in Bldg 2) (skip 10/4)
10:30 Beginning Ballroom (205) (10/7-11/18) (skip 11/11)	11-12:30 LUNCH, Café UA Lounge (carry-in only)	10:15 Zumba Gold® (205) (9/4-10/2) & (10/9-11/6)	10 Exploring Awe, Beauty & Wonder (104) (10/3-10/24)	12:30 Stained & Mosaic Glass Studio (105)
10 I Object! Series I & II (104) (9/9-10/14) & (10/28-12/9)(skip 11/11)	11:30-1 Table Tennis (102)	11-12:30 LUNCH, Café UA Lounge (carry-in only)	10 SilverSneakers® Classic (102)	2-5 Personal Training (Studio 55)
10:30-12:30 Monday Morning Drawing (105) (10/7-10/28)	1 Shakespeare: <i>The Tempest</i> (204) (9/10-10/15)	12:15 Euchre (204)	10 Line Dancing (10/3-10/31) (205)	
11-12:30 LUNCH, Café UA Lounge (carry-in only)	1-1:30 Balance Practice (205)	12:30 Experienced Tap Dance (205)	10 Gentle Hatha Yoga (301) (10/3-10/31)(skip 10/10)	
1 Chess (105)	1:45-2:15 Balance Practice (205)	1:30 Beginners Tap Dance (205) (9/4-10/9) & (10/16-11/20)	11-12:30 LUNCH, Café UA Lounge (carry-in only)	
12:30 Bridge (205)	1-3 Watercolor Workshop (105) (10/1-10/29)	1 SilverSneakers® Yoga (102)	11:30-1 Table Tennis (102)	
12:30-3 Board Game Day (Café UA)	2-3:55 Current Events (104)	1 The Art of Writing Your Memoir (104) (9/4-10/23)	12:30 Movie Club (3 rd Thu) (204)	
1 SilverSneakers® Yoga (102)	3-6 Personal Training (Studio 55)	1-5 Personal Training (Studio 55)	1-1:30 Balance Practice (205)	
1-3 Handicrafters (204)		4 Pilates Fusion (102) (9/4-10/9) & (10/23-12/4)(skip 11/27)	1:45-2:15 Balance Practice (205)	
3-3:45 Aging Strength (102) (9/9-10/14) & (10/28-12/9)(skip 11/11)			2-3:30 Stock Market Discussion Group (104)	
4:30 Tai Chi for Health (205) (9/9-10/21) & (10/28-12/16)(skip 11/11)			2-5 Personal Training (Studio 55)	
			4:30 Tai Chi for Health (205) (10/31-12/19)(skip 11/28)	<hr/> Saturday <hr/> Studio 55 8 am-Noon <hr/>
REGISTRATION REQUIRED	CLASS LOCATIONS	CAFÉ UA LOUNGE		8 Restorative Yoga (205) (10/5-10/19)
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.)		9:30 Fit After 50 (102) (9/14-10/19)