

**February 2025 - 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)	8:30	BOOM Fitness Class (102)	8	BOOM Fitness Class (102)	8:30	BOOM Fitness Class (102)	8:30	SilverSneakers® Circuit (102)
8-12	Personal Training (Studio 55)	9-3:45	Billiards (101)	8-12:15	Personal Training (Studio 55)	9-3:45	Billiards (101)	9-3:45	Billiards (101)
9-3:45	Billiards (101)	9-12	Stained & Mosaic Glass Studio (105)	9-3:45	Billiards (101)	9:30-11:30	Woodcarvers (105)	9-12	Personal Training (Studio 55)
9:30	SilverSneakers® Classic (102)	9:30	Mind, Body & Soul Yoga (301) (2/4-2/25)	10	SilverSneakers® Circuit (102)	10	SilverSneakers® Classic (102)	10	Beginners Line Dance (102) (2/7-2/28)
9:30	Intermediate Ballroom (205)	10	SilverSneakers® Classic (102)	10:15	Zumba Gold® (205) (1/8-2/5) & (2/19-3-19)	10	Line Dancing (205) (2/6-2/27)	11	WITS Workout (301) (2/7-2/28)
10:30	Beginning Ballroom (205) (1/27-3/10) (skip 2/17)	<b>11-12:30 LUNCH, Café UA Lounge (carry-in only)</b>		<b>11-12:30 LUNCH, Café UA Lounge (carry-in only)</b>		10	Gentle Hatha Yoga (301) (2/6-2/27)	<b>11-12:30 LUNCH, Café UA Lounge (carry-in only)</b>	
10	First Ladies Part 1 (104) (1/6-3/3) (skip 1/20, 2/17)	11:30-1	Table Tennis (102)	12:15	Euchre (204)	<b>11-12:30 LUNCH, Café UA Lounge (carry-in only)</b>		11:30	500 Cards (varies in Bldg 2)
10:30-12:30	Monday Morning Drawing (105) (2/3-2/24)(skip 2/17)	1-1:30	Balance Practice (205)	1	SilverSneakers® Yoga (102)	11:30-1	Table Tennis (102)	12:30	Stained & Mosaic Glass Studio (105)
<b>11-12:30 LUNCH, Café UA Lounge (carry-in only)</b>		1:45-2:15	Balance Practice (205)	1-2:30	The Art of Writing Your Memoir (104) (1/8-2/26)	12:30	Movie Club (3 <sup>rd</sup> Thu) (204)	2-5	Personal Training (Studio 55)
1	Chess (105)	1-3	Watercolor Workshop (105) (2/4-2/25)	1-5	Personal Training (Studio 55)	1-2	Creative Expression for Alzheimer's & Dementia (105) (2/6-2/20)		
12:30	Bridge (205)	1:30	Move & Groove Aerobics (102) (1/7-2/11)(skip 1/28) & (2/25-3/25)	12:30	Tap Dance-Experienced (205)	1-1:30	Balance Practice (205)		
12:30-3	Board Game Day (Café UA)	2-3:55	Current Events (104)	1:30	Tap Dance-Beginners (205) (1/8-2/12)(skip 1/29) & (2/19-3/26)	1:45-2:15	Balance Practice (205)		
1	SilverSneakers® Yoga (102)	3-6	Personal Training (Studio 55)	4	Pilates Fusion (102) (1/8-2/5) & (2/19-3/26)	2-3:30	Stock Market Discussion Group (104)		
1-3	Handicrafters (204)					2-5	Personal Training (Studio 55)		
						3	Improving Your Health with Movement & Self-Care (205) (2/20-3/27)		
<b>Senior Center Closed February 17 in observance of Presidents' Day</b>								<u>Saturday</u> Studio 55 8 am-Noon	
<b>REGISTRATION REQUIRED</b> 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.		<b>CLASS LOCATIONS</b> 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						8	Restorative Yoga (205) (2/1-2/22) (skip 2/15)
								9:30	Fit After 50 (102) (2/22-3/29)