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

Monday		Tuesday		Wednesday		Thursday		Friday	
Studio 55 Stu		Studio 55		Studio 55		Studio 55		Studio 55	
	8 am-7 pm		8 am-7 pm		8 am-7 pm		8 am-7 pm		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	9-3:45	Billiards (101)		(skip 6/19)	8:30-10	0:30 Bocce (Bocce Courts)	9-3:45	Billiards (101)
9-3:45	(Studio 55) Billiards (101)	9-12	Stained & Mosaic Glass	8-12:15	Personal Training (Studio 55)	9-3:45	Billiards (101)	10	Beginners Line Dance (205)
	, ,	10 0	Studio (105)	9-3:45	Billiards (101) (skip 6/19)	9-11	Pickleball (Fancyburg Park)	11 12.7	(6/7-3/28) 30 LUNCH, Café UA Lounge
9-11	Pickleball (Fancyburg Park)		` ,		SilverSneakers® Circuit (102)	9:30-11:30 Woodcarvers (105)		11-12:30 LUNCH, Café UA Loun (carry-in only)	
9:30	SilverSneakers® Classic (102)	11-12:	2:30 LUNCH, Café UA Lounge (carry-in only)	10	(skip 6/19)	10	SilverSneakers® Classic (102)	11	WITS Workout (301)
9:30 10:30	Intermediate Ballroom (205) Beginners Ballroom (205) (6/24-7/29)	11:15-	5-12:30 Table Tennis (102)	10:15	Zumba Gold® (205) (5/15-6/26) (skip 6/19)	10	Line Dancing (205) (6/6-6/27)		(6/7-6/28)
		1-1:30						11:30	500 Cards (205)
10	Oops! Series I (104) (4/22-6/3) & (6/17-7/22)		:15 Balance Practice (205)	11-12:30	) LUNCH, Café UA Lounge (carry-in only)	10	Gentle Hatha Yoga (301) (6/6-6/27)	12:30	Stained & Mosaic Glass Studio (105)
10:30-1	12:30 Monday Morning Drawing (105) (6/3-6/24)	1-3	Watercolor Workshop (105)	12:15 1	Euchre (204) (skip 6/19)	11-12:30 LUNCH, Café UA Lounge	2-5	Personal Training	
			(6/4-6/25)		SilverSneakers® Yoga (102)		(carry-in only)		(Studio 55)
11-12:3	,	2-3:55	, ,	4.5	(skip 6/19)	11:15-12:30 Table Tennis (102)			
	(carry-in only)	3-6	Personal Training (Studio 55)	1-5	Personal Training (Studio 55)	12:30	Movie Club (3 <sup>rd</sup> Thu) (204)		
1	Chess (105)		(3:00.00)	4	Pilates Fusion (104) (6/5-7/24) (skip 6/19)	1-1:30	Balance Practice (205)		
12:30	Bridge (205)				(0,0 //2 !) (5Mp 0/13)	1:45-2:	15 Balance Practice (205)		
12:30-3	Board Game Day (Café UA)					2-3:30	Stock Market		
1	SilverSneakers® Yoga (102)						Discussion Group (104)		
1-3	Handicrafters (204)				Senior Center Closed	2-5	Personal Training (Studio 55)		
3-3:45	Aging Strength (102) (4/29-6/3) & (6/24-7/22)			We	d, Jun 19 in Observance of Memorial Day	4:30	Tai Chi for Health (205) (5/23-7/11)(skip 7/4)		
4:30	Tai Chi for Health (205) (5/20-7/8)				or Memorial Day		(3/23-1/11/(3KIP 1/4)		
					CAFÉ UA LOUNGE		REGISTRATION REQUIRED		Saturday
		CLASS LOCATIONS				Registration is required for all our			Studio 55
		Onsite Programs – Bldg 1, 2, 3		Mon-Fri, 11-12:30 (Café UA – bring your own lunch and		programs, events and classes which			8 am-Noon
		Bldg 2 Bldg 3	101, 102, 104, 105 Café UA Lounge, 204, 205 Studio 55, 301 Junicipal Services Center	drink, n	no meals are being served from itchen at this time. Closed for special events.)	8 am-4	nade Monday-Friday from om by calling 614-583-5320 og the registration desk in	9:30	Fit After 50 (102) (6/1-7/6)