

June 2025 - Daily Events at the Upper Arlington Senior Center – 614-583-5320 parks.uaoh.net

Monday	
8	SilverSneakers® BOOM (Mezz Rm A)
9	SilverSneakers® Classic (Mezz Rm B)
9-11	Pickleball Open Play (5/5-8/25) (skip 5/26) (Fancyburg Park Tennis Ct.)
10	Quiet on the Set! Part 1 (L5 Rm C) (4/28-6/16) & (6/23-7/28)
10	Experienced Ballroom Dance
11	Beginners Ballroom Dance (Mezz Rm A) (6/2-7/7)
10:30-12:30	Monday Morning Drawing (L2 Art Rm) (6/2-6/30)
1-3	Bridge 50+ (L5 Rm C)
1	SilverSneakers® Yoga (Mezz Rm B) (skip 6/2 & 6/9)
3-3:45	Aging Strength (Mezz Rm B) (6/2-6/30)
REGISTRATION REQUIRED Registration is required for all of our programs/events classes. Call 614-583-5300 to register.	

Tuesday	
9	SilverSneakers® BOOM (Mezz Rm B)
9-12	Stained & Mosaic Glass Studio (L2 Art Rm) (6/3-6/24)
9	Mind, Body & Soul Yoga (Mezz Rm A) (6/10-6/24)
10	SilverSneakers® Classic (Mezz Rm B)
11	Ballet for Beginners (Mezz Rm A) (5/27-7/1)
11-11:30	Take a Seat to the Beat (Mezz Rm B) (6/3-6/24)
11-12:30	Table Tennis (L3 Gym A) (6/3-6/26) (skip 6/19)
1-1:30	Balance Practice
1:45-2:15	Balance Practice (L5 Rm B) (6/3-6/26)
1-3	Watercolor Workshop (L2 Art Rm) (6/3-6/24)
2-4	Current Events (L5 Rm C)
CLASS LOCATIONS Mezz – Mezzanine L2 – Level 2 L3 – Level 3 L4 – Level 4 L5 – Level 5	

Wednesday	
10	SilverSneakers® Circuit (Mezz Rm B)
10	Zumba Gold® (Mezz Rm A) (6/4-6/25)
1	SilverSneakers® Yoga (Mezz Rm B)
1	Tap Dance-Experienced
2	Tap Dance-Beginners (Mezz Rm A) (6/4-7/9)
4	Pilates Fusion (Mezz Rm A) (6/4-6/25)

Thursday	
9	SilverSneakers® BOOM (Mezz Rm B)
9-11	Pickleball Open Play (5/8-8/28) (skip 6/19) (Fancyburg Park Tennis Ct.)
9:30-11:30	Woodcarvers (Art Rm) (6/5-6/26)
10	SilverSneakers® Classic (Mezz Rm B)
10	Line Dancing (Mezz Rm A) (6/5-6/26)
11-12:30	Table Tennis (L3 Gym A) (6/3-6/26) (skip 6/19)
12:30	Movie Club (3 rd Thu) (L2 Rm A)
1-1:30	Balance Practice
1:45-2:15	Balance Practice (L5 Rm B) (6/3-6/26)

Friday	
9	SilverSneakers® Circuit (Mezz Rm B)
9-10:30	Men’s & Women’s 50+ Travel Pickleballzone Leagues (5/30-7/25) (skip 7/4) (location varies)
10	Beginners Line Dance (Mezz Rm A) (6/6-6/27)
Saturday 8:10 Restorative Yoga (Mezz Rm A) (6/7-6/28)	