

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

<hr/> Monday <hr/> Studio 55 8 am-6 pm	<hr/> Tuesday <hr/> Studio 55 8 am-6 pm	<hr/> Wednesday <hr/> Studio 55 8 am-6 pm	<hr/> Thursday <hr/> Studio 55 8 am-6 pm	<hr/> Friday <hr/> Studio 55 8 am-5 pm
8 BOOM Fitness Class (102) 8-12 Personal Training (Studio 55) 9-3:45 Billiards (101) 9:30 SilverSneakers® Classic (102) 10 First Ladies Part 1 (104) (1/6-3/3) & (3/10-4/14) 10:30-12:30 Monday Morning Drawing (105) (3/3-3/17) 11-12:30 LUNCH, Café UA Lounge (carry-in only) 1 Chess (105) 12:30 Bridge (205) 12:30-3 Board Game Day (Café UA) 1 SilverSneakers® Yoga (102) 1-3 Handicrafters (204)	8:30 BOOM Fitness Class (102) 9-3:45 Billiards (101) 9-12 Stained & Mosaic Glass Studio (105) 9:30 Mind, Body & Soul Yoga (301) (3/4-3/25) 10 SilverSneakers® Classic (102) 11-12:30 LUNCH, Café UA Lounge (carry-in only) 11:30-1 Table Tennis (102) 1-1:30 Balance Practice (205) 1:45-2:15 Balance Practice (205) 1-3 Watercolor Workshop (105) (3/4-3/25) 1:30 Move & Groove Aerobics (102) (2/25-3/25) 2-3:55 Current Events (104) 3-6 Personal Training (Studio 55)	8 BOOM Fitness Class (102) 8-12:15 Personal Training (Studio 55) 9-3:45 Billiards (101) 10 SilverSneakers® Circuit (102) 10:15 Zumba Gold® (205) (2/19-3/19) 11-12:30 LUNCH, Café UA Lounge (carry-in only) 12:15 Euchre (204) 1 SilverSneakers® Yoga (102) 1-5 Personal Training (Studio 55) 12:30 Tap Dance-Experienced (205) 1:30 Tap Dance-Beginners (205) (2/19-3/26) 4 Pilates Fusion (102) (2/19-3/26)	8:30 BOOM Fitness Class (102) 9-3:45 Billiards (101) 9:30-11:30 Woodcarvers (105) 10 SilverSneakers® Classic (102) 10 Line Dancing (205) (3/632/27) 10 Gentle Hatha Yoga (301) (3/6-3/27) 11-12:30 LUNCH, Café UA Lounge (carry-in only) 11:30-1 Table Tennis (102) 12:30 Movie Club (3 rd Thu) (204) 1-1:30 Balance Practice (205) 1:45-2:15 Balance Practice (205) 2-3:30 Stock Market Discussion Group (104) 2-5 Personal Training (Studio 55) 3 Improving Your Health with Movement & Self-Care (205) (2/20-3/27)	8:30 SilverSneakers® Circuit (102) 9-3:45 Billiards (101) 9-12 Personal Training (Studio 55) 10 Beginners Line Dance (102) (3/7-3/28) 11-12:30 LUNCH, Café UA Lounge (carry-in only) 11:30 500 Cards (varies in Bldg 2) 12:30 Stained & Mosaic Glass Studio (105) 2-5 Personal Training (Studio 55)
<div style="border: 1px solid black; padding: 5px;"> <p>Monday, March 31 is the UA Senior Center's Last Day of Operation. The Senior Center will be closed April 1-4 in preparation of the Bob Crane Community Center Grand Opening on Sunday, April 6.</p> </div>				<hr/> Saturday <hr/> Studio 55 8 am-Noon
<p>REGISTRATION REQUIRED 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>CLASS LOCATIONS 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>			8 Restorative Yoga (205) (3/1-3/29) (skip 3/8, 3/15) 9:30 Fit After 50 (102) (2/22-3/29)