

November 2024 - 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) 9:30 Intermediate Ballroom (205) 10:30 Beginning Ballroom (205) (10/7-11/18) (skip 11/11) 10 I Object! Series II (104) (10/28-12/9) (skip 11/11) 10:30-12:30 Monday Morning Drawing (105) (11/4-11/25)(skip 11/11) 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) 3-3:45 Aging Strength (102) (10/28-12/9) (skip 11/11) 4:30 Tai Chi for Health (205) (10/28-12/16) (skip 11/11) Senior Center closed on November 11 in observance of Veterans Day. 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.	8 Full Body Stretch (205) (10/22-11/26) 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) (11/5-11/26) 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) (11/12-11/26) 2-3:55 Current Events (104) 3-6 Personal Training (Studio 55) 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	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) (10/9-11/6) & (11/13-12/18)(skip 11/27) 11-12:30 LUNCH, Café UA Lounge (carry-in only) 12:15 Euchre (204) 12:30 Experienced Tap Dance (205) 1:30 Beginners Tap Dance (205) (10/16-11/20) 1 SilverSneakers® Yoga (102) 1-5 Personal Training (Studio 55) 4 Pilates Fusion (102) (10/23-12/4)(skip 11/27) CAFÉ UA LOUNGE 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.)	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) (11/7-11/21) 10 Gentle Hatha Yoga (301) (11/7-11/21) 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) 4:30 Tai Chi for Health (205) (10/31-12/19) (skip 11/28) Senior Center closed on November 28 in observance of Thanksgiving Day.	8:30 SilverSneakers® Circuit (102) 9-3:45 Billiards (101) 10 Beginners Line Dance (205) (11/1-11/22) 11-12:30 LUNCH, Café UA Lounge (carry-in only) 11:30 500 Cards (varies in Bldg 2) 11:30 Great Portrait Painters & Their Subjects (11/1-11/22) (104) 12:30 Stained & Mosaic Glass Studio (105) 2-5 Personal Training (Studio 55) <hr/> Saturday <hr/> Studio 55 8 am-Noon 8 Restorative Yoga (205) (11/2-11/9) 9:30 Fit After 50 (102) (11/2-12/14) (skip 11/30)