


| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
| <b>SATURDAY 1</b>  |   |  |  |   |
| <h1>MARCH 2025</h1>  |  <b>PARKS &amp; REC</b><br><small>City of Upper Arlington</small>  | <b>Registration Required</b>   |  | Restorative Yoga (3 sessions)(skip 3/8, 3/15)<br>8-9 am, Bldg 2, Rm 205                                       |
|  |   | Advanced registration is required for all programs. Register at least two business days in advance. It allows us to determine if we have enough participants to run the class and time to prepare. |  | Botanical Studies with Mixed Flowers<br>10:30 am-2:30 pm, Bldg 1, Rm 105                                      |
| <b>3</b>   | <b>4</b>  | <b>5</b>   | <b>6</b>   | <b>7</b>  |
| Monday Morning Drawing (3 sessions)<br>10:30 am-12:30 pm, Bldg 1, Rm 105   | Mind, Body & Soul Yoga (4 sessions)<br>9:30-10:30 am, Bldg 3, Rm 301<br>Debunking DNR: It's more than what you see on TV!<br>10-11 am, Bldg 2, Rm 204<br><br>Selling at Auction<br>Noon-1 pm, Bldg 1, Rm 104<br>What did you Say, AI?<br>1-3 pm, Bldg 3, Rm 301<br>Watercolor Workshop (4 sessions)<br>1-3 pm, Bldg 1, Rm 105 |  | Thursday Line Dance (4 sessions)<br>10-11 am, Bldg 2, Rm 205<br>Gentle Hatha Yoga (4 sessions)<br>10-11 am, Bldg 3, Rm 301<br>Lunch Buddies<br>11:05 am, Bldg 2, Rm 205<br><br>Colorful Collage<br>1-2:30 pm, Bldg 1, Rm 105<br><br>Subtle Energy Dancing (4 sessions)<br>4-5 pm, Bldg 1, Rm 102 | Beginners Line Dance (4 sessions)<br>10-11 am, Bldg 1, Rm 102<br><br>50+ Connections<br>1 pm, Bldg 1, Rm 104  |
| <b>10</b>  | <b>11</b>   | <b>12</b>  | <b>13</b>  | <b>14</b>   |
| Ladies First Part 2 (6 sessions)<br>10-11 am, Bldg 1, Rm 104<br><br>iPhone: Calendars<br>1-3 pm, Bldg 3, Rm 301  | Alzheimer's: Managing Money: A Caregiver's Guide to Finances Part II<br>10-11:30 am, Bldg 2, Rm 204<br><br>Armchair Travel: National Packard Museum<br>11 am-Noon, Bldg 1, Rm 104<br><br>St. Patty's Bingo<br>2-3 pm, Bldg 2, Rm 204  | Book Club: <i>James</i> by Percival Everett<br>9:45-11 am, Bldg 1, Rm 104  | Grub Club: Giammarco's Italian Restaurant<br>11 am-2:30 pm, Depart Bldg 2  | American History Facts and Trivia - Part 2<br>10 am-Noon, Bldg 1, Rm 104                                      |
| <b>17</b>  | <b>18</b>   | <b>19</b>  | <b>20</b>  | <b>21</b>   |
| Mystery Book Club: <i>The Man in Black</i> by Elly Griffiths<br>2-3 pm, Bldg 2, Café UA Lounge                   | SAG Boxed Lunch - Panera<br>11-Noon, Bldg 2, Café UA<br><br>A Taste of European Pastries<br>1:30-3 pm, Bldg 2, Rm 204   | World of Travel Trip Preview<br>10 am, Bldg 2, Rm 204<br><br>Senior Center Celebration<br>2-4 pm, Bldg 2   | Harding Presidential Sites & Marysville Covered Bridge Tour<br>8:45 am-4:45 pm, Depart Bldg 2<br><br>Movie Club: <i>Arthur the King</i> (PG13, 1h 47m)<br>12:30 pm, Bldg 2, Rm 204   |   |
| <b>24</b>  | <b>25</b>   | <b>26</b>  | <b>27</b>  | <b>28</b>   |
| Guided Forest Therapy<br>1-3 pm, Blendon Woods Metro Park<br><br>iPhone: Tips-n-Tricks<br>1-3 pm, Bldg 3, Rm 301 |   |  | Spring into Summer-OSU MEK Cooking Demo<br>11 am-Noon, Bldg 2, Rm 204  | Our National Parks: Grand Canyon, Bryce Canyon, Lake Powell, Zion National Park<br>10 am-Noon, Bldg 1, Rm 104 |
| <b>MONDAY 31</b>   | <b>TUESDAY APRIL 1</b>  | <b>WEDNESDAY APRIL 2</b>   | <b>THURSDAY APRIL 3</b>  | <b>FRIDAY APRIL 4</b>   |
| Last Day Senior Center is Open   | Senior Center Closed  | Senior Center Closed   | Senior Center Closed   | Senior Center Closed  |