

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

<u>Monday</u> Studio 55 8 am-6 pm	<u>Tuesday</u> Studio 55 8 am-6 pm	<u>Wednesday</u> Studio 55 8 am-6 pm	<u>Thursday</u> Studio 55 8 am-6 pm	<u>Friday</u> Studio 55 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 (Studio 55)	9-3:45 Billiards (101)	8-12:15 Personal Training (Studio 55)	9-3:45 Billiards (101)	9-3:45 Billiards (101)
9-3:45 Billiards (101)	9-12 Stained & Mosaic Glass Studio (105)	9-3:45 Billiards (101)	9:30-11:30 Woodcarvers (105)	9-12 Personal Training (Studio 55)
9:30 SilverSneakers® Classic (102)	9:30 Mind, Body & Soul Yoga (301) (1/7-1/28)	10 SilverSneakers® Circuit (102)	10 SilverSneakers® Classic (102)	10 Beginners Line Dance (205) (1/3-1/31)
9:30 Intermediate Ballroom (205)	10 SilverSneakers® Classic (102)	10:15 Zumba Gold® (205) (1/8-2/5)	10 Line Dancing (205) (1/9-1/30)	11 WITS Workout (301) (1/3-1/24)
10:30 Beginning Ballroom (205) (1/27-3/10) (skip 2/17)	11-12:30 LUNCH, Café UA Lounge (carry-in only)	11-12:30 LUNCH, Café UA Lounge (carry-in only)	10 Gentle Hatha Yoga (301) (1/2-1/30)	11-12:30 LUNCH, Café UA Lounge (carry-in only)
10 First Ladies Part 1 (104) (1/6-2/24) (skip 1/20, 2/17)	11:30-1 Table Tennis (102)	12:15 Euchre (204)	11 Art Healthy (104) (1/2-1/30)	11:30 500 Cards (varies in Bldg 2)
10:30-12:30 Monday Morning Drawing (105) (1/6-1/27)(skip 1/20)	1-1:30 Balance Practice (205)	1 SilverSneakers® Yoga (102)	11-12:30 LUNCH, Café UA Lounge (carry-in only)	12:30 Stained & Mosaic Glass Studio (105)
11-12:30 LUNCH, Café UA Lounge (carry-in only)	1:45-2:15 Balance Practice (205)	1-2:30 The Art of Writing Your Memoir (104) (1/8-2/26)	11:30-1 Table Tennis (102)	2-5 Personal Training (Studio 55)
1 Chess (105)	1-3 Watercolor Workshop (105) (1/7-1/28)	1-5 Personal Training (Studio 55)	12:30-2:30 Stained Glass for Beginners (105) (1/9-1/30)	
12:30 Bridge (205)	1:30 Move & Groove Aerobics (102) (1/7-2/11)(skip 1/28)	12:30 Tap Dance-Experienced (205)	12:30 Movie Club (3 rd Thu) (204)	
12:30-3 Board Game Day (Café UA)	2-3:55 Current Events (104)	1:30 Tap Dance-Beginners (205) (1/8-2/12) (skip 1/29)	1-1:30 Balance Practice (205)	
1 SilverSneakers® Yoga (102)	3-6 Personal Training (Studio 55)	4 Pilates Fusion (102) (1/8-2/5)	1:45-2:15 Balance Practice (205)	
1-3 Handcrafters (204)			2-3:30 Stock Market Discussion Group (104)	
3-3:45 Aging Strength (102) (1/6-2/24) (skip 1/20, 2/17)			2-5 Personal Training (Studio 55)	
Senior Center Closed January 20 in observance of Martin Luther King Jr. Day		Senior Center closed on January 1 in observance of New Year's Day.	3 Improving Your Health with Movement & Self-Care (205) (1/2-2/6)	<u>Saturday</u> Studio 55 8 am-Noon
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.	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 Restorative Yoga (205) (1/11-1/25)
				9:30 Fit After 50 (102) (1/4-2/8)