April 2024 - Daily Events at the Upper Arlington Senior Center – 614-583-5320 parks.uaoh.net

	Monday		Tuesday		Wednesday		Thursday		Friday
	Studio 55 8 am-7 pm		Studio 55 8 am-7 pm		Studio 55 8 am-7 pm		Studio 55 8 am-7 pm		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	9-3:45	Billiards (101)	8-12:15	Personal Training	9-3:45	Billiards (101)	9-3:45	Billiards (101)
9-3:45	(Studio 55) Billiards (101)	9-12	Stained & Mosaic Glass Studio (105)	9-3:45	(Studio 55) Billiards (101)	9:30-11	1:30 Woodcarvers (105)	10	Beginners Line Dance (205) (4/5-4/26)
9:30	SilverSneakers® Classic (102)	10 S	ilverSneakers® Classic (102)	10	SilverSneakers® Circuit (102)	10	SilverSneakers® Classic (102)	11-12:3	• • • •
9:30	Intermediate Ballroom (205)		on Aging in the Movies (104)	10:15	Zumba Gold® (205) (4/3-5/8)	10	Line Dancing (205) (4/4-4/25)		(carry-in only)
10:30	Beginners Ballroom (205) (4/29-6/10) (skip 5/27)		(4/16-5/7)	11-12:30	,	10	Gentle Hatha Yoga (301)	11:30	500 Cards (205)
10 Thank God for Disco! The 1970s II		11-12:3	UNCH, Café UA Lounge (carry-in only)	12.15	(carry-in only)		(4/4-4/25)	12:30	Stained & Mosaic Glass Studio (105)
	(104) (3/4-4/8) (skip 3/18)	11:15-2	12:30 Table Tennis (102)	12:15 12:30	Euchre (204) Experienced Tap Dance (205)	11-12:3	30 LUNCH, Café UA Lounge (carry-in only)	2-5	Personal Training
10	Oops! Series I (104) (4/22-6/3) (skip 5/27)	1-2	Shakespeare (204) (4/9-5/14)	1:30	Beginners Tap Dance (205)	10-11	Art Healthy (104)		(Studio 55)
10:30-12:30 Monday Morning Drawing (105) (4/1-4/22)		1-1:30 Balance Practice (205) 1:45-2:15 Balance Practice (205)		1	(4/3-5/8) SilverSneakers® Yoga (102)	11:15-12	(4/25-5/23) 12:30 Table Tennis (102)		
11-12:3	0 LUNCH, Café UA Lounge (carry-in only)	1-3	Watercolor Workshop (105) (4/2-4/23)		The Art of Writing Your Memoir (104) (4/10-5/29)	Noon-1	L:30 Understanding Self- Esteem (104) (4/4-4/25)		
Noon-1	:30 Brush Lettering (104)	2-3:55	Current Events (104)	1-5	Personal Training (Studio 55)	12:30	Movie Club (3 rd Thu) (204)		
4	(4/29-5/13)	3-6	Personal Training	4	Pilates Fusion (104) (4/17-5/22)	1-1:30	Balance Practice (205)		
1 12:30	Chess (105) Bridge (205) (skip 4/29)		(Studio 55)			1:45-2: 2-3:30	15 Balance Practice (205) Stock Market		
	Board Game Day					2-3.30	Discussion Group (104)		
	(Café UA Lounge)					2-5	Personal Training		
1	SilverSneakers® Yoga (102)					4:30	(Studio 55) Tai Chi for Health (205)		
1-3	Handicrafters (204)					1.50	(4/4-5/16)		Caturday
3-3:45	-3:45 Aging Strength (102) (4/29-6/3) (skip 5/27)				CAFÉ UA LOUNGE		DECICEDATION DECLUBED		Saturday Studio 55
4:30	Tai Chi for Health (205)	CLASS LOCATIONS				REGISTRATION REQUIRED			8 am-Noon
	(4/1-5/13)	Bldg 1 - Bldg 2 - Bldg 3 -	Programs – Bldg 1, 2, 3 - 101, 102, 104, 105 - Café UA Lounge, 204, 205 - Studio 55, 301 Municipal Services Center	drink, r	Mon-Fri, 11-12:30 JA – bring your own lunch and no meals are being served from stchen at this time. Closed for special events.)	prograi can be 8 am-4	ation is required for all our ms, events and classes which made Monday-Friday from pm by calling 614-583-5320 ing the registration desk in	9:30	Fit After 50 (102) (4/6-5/11)