

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

<hr/> <b>Monday</b> <hr/> Studio 55 8 am-7 pm	<hr/> <b>Tuesday</b> <hr/> Studio 55 8 am-7 pm	<hr/> <b>Wednesday</b> <hr/> Studio 55 8 am-7 pm	<hr/> <b>Thursday</b> <hr/> Studio 55 8 am-7 pm	<hr/> <b>Friday</b> <hr/> 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)	8:30-10:30 Bocce (Bocce Courts)	9-3:45 Billiards (101)
9-3:45 Billiards (101)	9-12 Stained & Mosaic Glass Studio (105)	9-3:45 Billiards (101)	9-3:45 Billiards (101)	10 Beginners Line Dance (102) (8/2-8/30)
9-11 Pickleball (Fancyburg Park)	9:30 Mind, Body & Soul Yoga (301) (8/6-8/27)	10 SilverSneakers® Circuit (102)	9-11 Pickleball (Fancyburg Park)	11 WITS Workout (301) (8/2-8/23)
9:30 SilverSneakers® Classic (102)	10 SilverSneakers® Classic (102)	10:15 Zumba Gold® (205) (7/10-8/21) (skip 8/14)	9:30-11:30 Woodcarvers (105)	<b>11-12:30 LUNCH, Café UA Lounge (carry-in only)</b>
9:30 Intermediate Ballroom (205)	<b>11-12:30 LUNCH, Café UA Lounge (carry-in only)</b>	<b>11-12:30 LUNCH, Café UA Lounge (carry-in only)</b>	10 SilverSneakers® Classic (102)	11:30 500 Cards (204)
10:30 Beginners Ballroom (205) (8/12-9/23) (skip 9/2)	11-12:30 Table Tennis (102)	12:15 Euchre (204)	10 Line Dancing (MSC, lower level rec room) (8/1-8/29)	12:30 Stained & Mosaic Glass Studio (105)
10:30-12:30 Monday Morning Drawing (105) (8/5-8/26)	1-1:30 Balance Practice (205)	1 SilverSneakers® Yoga (102)	10 Gentle Hatha Yoga (301) (8/1-8/29)	2-5 Personal Training (Studio 55)
<b>11-12:30 LUNCH, Café UA Lounge (carry-in only)</b>	1:45-2:15 Balance Practice (205)	1-5 Personal Training (Studio 55)	10 Creatively Exploring Your World (104) (8/1-8/29)	
1 Chess (105)	1-3 Watercolor Workshop (105) (8/6-8/27)		<b>11-12:30 LUNCH, Café UA Lounge (carry-in only)</b>	
12:30 Bridge (205)	2-3:55 Current Events (104)		11:15-12:30 Table Tennis (102)	
12:30-3 Board Game Day (Café UA)	3-6 Personal Training (Studio 55)		12:30 Movie Club (3 <sup>rd</sup> Thu) (204)	
1 SilverSneakers® Yoga (102)			1-1:30 Balance Practice (205)	
1-3 Handicrafters (204)			1:45-2:15 Balance Practice (205)	
3-3:45 Aging Strength (102) (7/29-8/26)			2-3:30 Stock Market Discussion Group (104)	
4:30 Tai Chi for Health (205) (Mondays begin again in the Fall)			2-5 Personal Training (Studio 55)	
			4:30 Tai Chi for Health (205) (7/18-8/29)	
<b>REGISTRATION REQUIRED</b>	<b>CLASS LOCATIONS</b>	<b>CAFÉ UA LOUNGE</b>		<hr/> <b>Saturday</b> <hr/> Studio 55 8 am-Noon
Registration is required for all our programs, events and classes which can be made Monday-Friday from 8 am-4 pm by calling 614-583-5320 or visiting the registration desk in Bldg 3.	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	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.)		9:30 Fit After 50 (102) (7/20-8/24)