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

Monday

8 SilverSneakers® BOOM (Mezz Rm B)

9 SilverSneakers® Classic (Mezz Rm B)

10 First Ladies Part 2 (L5 Rm C) (4/7-4/14)

10 Quiet on the Set! Part 1 (L5 Rm C) (4/28-6/9)

10 Aging in the Movies (L2 Rm B) (4/7-4/28)

10 Experienced Ballroom Dance
11 Beginners Ballroom Dance (Mezz Rm A) (4/7-5/12)

10:30-12:30 Monday Morning Drawing (L2 Art Rm) (4/7-4/28)

1-3 Bridge 50+ (L5 Rm C)

1 SilverSneakers® Yoga (Mezz Rm B)

3-3:45 Aging Strength (4/7-4/28) (Mezz Rm B)

REGISTRATION REQUIRED
Registration is required for all of our programs/events classes. Call 614-583-5300 to register.

Tuesday

9 SilverSneakers® BOOM (Mezz Rm B)

9-12 Stained & Mosaic Glass Studio (L2 Art Rm) (4/8-4/29)

9 Mind, Body & Soul Yoga (Mezz Rm A) (4/8-4/29)

10 SilverSneakers® Classic (Mezz Rm B)

10 Ladies Who Lift (L3, Gym A) (4/8-5/6)

11 Ballet for Beginners (Mezz Rm A) (4/8-5/13)

11-11:30 Take a Seat to the Beat (Mezz Rm B) (4/8-4/29)

11-12:30 Table Tennis (L3 Gym A) (4/8-4/29)

1-1:30 Balance Practice
1:45-2:15 Balance Practice (L5 Rm B) (4/8-4/29)

1 Shakespeare (L5 Rm B) (4/8-5/13)

1-3 Watercolor Workshop (L2 Art Rm) (4/8-4/29)

2-4 Current Events (L5 Rm C)

CLASS LOCATIONS

Mezz – Mezzanine
L2 – Level 2
L3 – Level 3
L4 – Level 4
L5 – Level 5

Wednesday

8 SilverSneakers® BOOM (Mezz Rm B)

10 SilverSneakers® Circuit (Mezz Rm B)

10-11:30 Art Healthy (Art Rm) (4/9-5/7)

10-12 Chess (L5 Rm C)

10 Zumba Gold® (Mezz Rm A) (4/9-4/30)

1-3 Euchre (L5 Rm C)

1 SilverSneakers® Yoga (Mezz Rm B)

1 The Art of Writing Your Memoir (L2, Rm B) (4/9-5/28)

1 Tap Dance-Experienced
2 Tap Dance-Beginners (Mezz Rm A) (4/16-5/21)

4 Pilates Fusion (Mezz Rm A) (4/9-4/30)

NOTE: There are no classes scheduled for April 1-6. The Bob Crane Community Center opens on Mon, April 7.

Thursday

9 SilverSneakers® BOOM (Mezz Rm B)

9:30-11:30 Woodcarvers (Art Rm) (4/10-4/24)

10 SilverSneakers® Classic (Mezz Rm B)

10 Line Dancing (Mezz Rm A) (4/10-4/24)

11-12:30 Table Tennis (L3 Gym A) (4/8-4/29)

12:30 Movie Club (3rd Thu) (L2 Rm A)

1-1:30 Balance Practice
1:45-2:15 Balance Practice (L5 Rm B) (4/8-4/29)

2-3:30 Stock Market Discussion Group (L2 Rm B)

Friday

9 SilverSneakers® Circuit (Mezz Rm B)

10 Beginners Line Dance (Mezz Rm A) (4/11-4/25)

11 WITS Workout (L2 Rm A) (4/11-5/30)

12:30-2:30 500 Cards (L5 Rm C)

12:30-2:30 Board Game Day (L5 Rm C)

3-5 Learn to Play American Mah Jongg (L5 Rm C) (4/18-5/23)

Saturday

8:10 Restorative Yoga (Mezz Rm A) (4/12-4/26)