

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

Monday	Tuesday	Wednesday	Thursday	Friday
8SilverSneakers® BOOM (Mezz Rm A)	9SilverSneakers® BOOM (Mezz Rm B)	10SilverSneakers® Circuit (Mezz Rm B)	9SilverSneakers® BOOM (Mezz Rm B)	9SilverSneakers® Circuit (Mezz Rm B)
9SilverSneakers® Classic (Mezz Rm B)	9-12Stained & Mosaic Glass Studio (L2 Art Rm) (5/6-5/27)	10-11:30Art Healthy (Art Rm) (4/9-5/7)	9-11Pickleball Open Play (5/8-8/28) (skip 6/19) (Fancyburg Park Tennis Ct.)	9-10:30Men’s & Women’s 50+ Travel Pickleballzone Leagues (5/30-7/25) (skip 7/4) (location varies)
9-11Pickleball Open Play (5/5-8/25) (skip 5/26) (Fancyburg Park Tennis Ct.)	9Mind, Body & Soul Yoga (Mezz Rm A) (5/6-5/27)	10Zumba Gold® (Mezz Rm A) (5/7-5/21)	9:30-11:30Woodcarvers (Art Rm) (5/1-5/29)	10Beginners Line Dance (Mezz Rm A) (5/2-5/30)
10Quiet on the Set! Part 1 (L5 Rm C) (4/28-6/9)	10SilverSneakers® Classic (Mezz Rm B)	1-3Euchre (L5 Rm C)	10SilverSneakers® Classic (Mezz Rm B)	11WITS Workout (L2 Rm A) (4/11-5/30)
10:30-12:30Monday Morning Drawing (L2 Art Rm) (5/5-5/19)	10Ladies Who Lift (L3 Aux Gym) (4/8-5/6)	1SilverSneakers® Yoga (Mezz Rm B)	10Line Dancing (Mezz Rm A) (5/1-5/29)	3-5Learn to Play American Mah Jongg (L5 Rm C) (4/18-5/23)
1-3Bridge 50+ (L5 Rm C)(skip 5/26)	11Ballet for Beginners (Mezz Rm A) (4/8-5/13)& (5/27-7/1)	1The Art of Writing Your Memoir (L2, Rm B) (4/9-5/28)	11-12:30Table Tennis (L3 Gym A) (5/6-5/29)	
1SilverSneakers® Yoga (Mezz Rm B) (skip 5/26)	11-11:30Take a Seat to the Beat (Mezz Rm B) (5/6-5/27)	1Tap Dance-Experienced	12:30Movie Club (3 rd Thu) (L2 Rm A)	
3-3:45Aging Strength (Mezz Rm B) (5/5-5/19)	11-12:30Table Tennis (L3 Gym A) (5/1-5/29)	2Tap Dance-Beginners (Mezz Rm A) (4/23-5/28)	12:30-2:30Stained Glass for Beginners (L2, Art Rm) (5/8-5/29)	
	1-1:30Balance Practice	4Pilates Fusion (Mezz Rm A) (5/7-5/28)	1-1:30Balance Practice	
	1:45-2:15Balance Practice (L5 Rm B) (5/1-5/29)		1:45-2:15Balance Practice (L5 Rm B) (5/1-5/29)	
	1Shakespeare (L5 Rm B) (4/8-5/13)		2-3:30Stock Market Discussion Group (L2 Rm B)	
	1-3Watercolor Workshop (L2 Art Rm) (5/6-5/27)			
	2-4Current Events (L5 Rm C)			
	CLASS LOCATIONS Mezz – Mezzanine L2 – Level 2 L3 – Level 3 L4 – Level 4 L5 – Level 5			
REGISTRATION REQUIRED Registration is required for all of our programs/events classes. Call 614-583-5300 to register.				Saturday 8:10Restorative Yoga (Mezz Rm A) (5/3-5/31) (skip 5/17)