

## Widowhood Support Group

Hollie Goldberg, LISW, of Northwest Counseling Services facilitates this informal support group. Please register at least one day in advance by calling 273-2951.

DAY: Fri

DATES: **Jan 22** - Travel Opportunities through the Upper Arlington Senior Center with Jane Sindel

**Feb 26** - Better Balance presented by Amy Schossler, UA Commission on Aging

**Mar 26** - TBA

TIME: 1-2:30 pm

LOCATION: SC Bldg 1, Rm 104

COST: Free, sponsored by Northwest Counseling Services

## Older Adults Educational Forum

Save the date for Northwest Counseling Services' free, annual educational event featuring seminars by Dr. Paul Melaragno - presenting *Joint Replacement Surgery* - and Susan Stewart, RN, MA and certified Laughter Leader - presenting *Humor*. Continental breakfast, resource displays and healthy snacks are all part of this fun and educational day. For more information, please call 273-2951.

DATE: Tue, Mar 16

TIME: 9 am-1:30 pm

LOCATION: Northwest United Methodist Church  
5200 Riverside Dr

COST: Free

## Safety Talks with Police Officer Heather Galli

Join Upper Arlington Police Officer Heather Galli for a series of informative discussions on a range of safety issues, including discussions regarding your personal safety. Advance registration for each session is required.

DAY: Fri

DATES: **Jan 8** - Home Security Surveys

**Feb 12** - Self-defense for the Mature Adult

**Mar 12** - Fire Safety

TIME: 10 am

LOCATION: SC Bldg 2, Room 204

COST: Free, Sponsored by the UA Commission on Aging

## SAC Annual Meeting

The Senior Advisory Council (SAC) takes in the annual membership dues and donations and places the funds into a 501(c) (3) account owned by the members. These funds are used to pay for the printing and mailing of the monthly newsletter, landscaping, tables, chairs, coffee supplies, computers, fitness equipment and food bills from Café UA, as well as rotate travel income and expenses. This fund is managed by the elected members of SAC. Every year according to policies and procedures, we host an annual meeting open to all members to come and hear about the state of the finances and identify how funds have been invested and spent. As a member you are invited to attend and become acquainted with members of the 2010 Senior Advisory Council. Please make time to join us.

DATE: Fri, Feb 19

TIME: 12:30 pm

LOCATION: SC Bldg 2, Café UA

COST: Free

## Ballroom Dance

Instructor Mary Rawlins of the Rawlins Dance Studio in Clintonville leads Ballroom Dance. Dances include the Foxtrot, Waltz, Swing, Rumba, Cha Cha and Tango.

PROGRAM #: 551301  
10:30 am - Int/Adv  
551302  
11:30 am - Beginner

DATES: Mon

LOCATION: SC Bldg 2, Rm 205

COST: \$5 per class

## Arlington Strutters Line Dance Class

Have the most fun possible while exercising with line dance.

PROGRAM #: 551305

DAY: Fri

TIME: 9:30-11 am

LOCATION: SC Bldg 2, Rm 205

COST: \$2.50 payable day of

## Thursday Line Dance

If you love dance rhythms and can use some moderate exercise, this class is for you. Volunteer Dorothy Thomas leads this class. No partner required. New dancers are welcome.

DAY: Thu

TIME: 10-11 am

LOCATION: SC Bldg 2, Rm 205

COST: Free for UA Senior Association Members

## Jacks & Jills Harmonica Band

Revive your talents with the Jacks & Jills Harmonica Band and perform for audiences. Call Marguerite at 237-9813 if you have questions.

DAY: Thu

TIME: 9:30 am

LOCATION: SC Bldg 1, Rm 102

COST: Free