



Gahanna

# Senior Spotlight

GAHANNA ACTIVE SENIOR NEWSLETTER

May/June 2019



**Spring Fling Fun!** Thank you so much to The Ashford on Broad for their support for our annual Spring Fling on April 18! The group braved the wind and enjoyed a meal from Jordan's Deli and an Easter egg hunt!

## Celebrate National Senior Citizen Month with an Ice Cream Social



Wed, May 8, 1 pm

Come join us at the Gahanna Senior Center as we enjoy an ice cream social and celebrate National Senior Citizen Month. Entertainment will be provided, and we will also hear from our Senior Advisory Committee regarding highlights and initiatives of interest to our membership. Register at the Senior Center. No cost.

Gahanna Senior Center 480 Rocky Fork Blvd., Gahanna, OH 43230  
614.342.4265 Gahanna.gov

# Upcoming Events

## Election Day

(No Kitchen Band or BBB)  
May 7

## Red Hat Yard Sale

May 10

## Irish Adventure

May 12-21

## Ice Cream Social in Honor of National Senior Citizens Month

May 8

## Gardens and Gridirons

May 9

## 55+ Accessible Canoe & Kayak Float

Tue, May 28

## Best of Columbus

June 4

## New Member Mixer

June 5

## Creekside Live

June 7

## Creekside Blues and Jazz Festival

June 14-16

## Independence Day Parade & Celebration

July 4

## Ohio's Native American Heritage

July 17

## Book Sale

July 18

# Special Events

## ASAC Elections

Wed, May 8, 1 pm



Our Active Seniors Advisory Committee (ASAC) will be holding elections for committee members on **Wed, May 8 at 1 pm** at our annual Ice Cream Social. Duties of ASAC members include helping with and promoting special events and welcoming

new members. ASAC members provide input to benefit our programs, services and facilities. Candidates for the ASAC must be members of the Gahanna Senior Center. If interested, please complete an application by Friday, May 3. Applicant profiles will be shared with our Center's membership in May before our elections. See our front desk staff if you are interested.

## 55+ Float

Tue, May 28, 9 am - 1 pm



Join us on our annual 55+ canoe and kayak excursion to Alum Creek Reservoir. We chose this site because of the easy access ramp ANYONE can use to safely get in and out of the boats. This is for beginners and certified instructors will lead our scenic float. No experience necessary. Stop by our office for details. Cost: Gahanna resident &

Senior Center members \$10, Non-Gahanna residents \$15.

## Senior Living Truth Empowerment Series

**May 21 at 10 am The Truth on Independent Living Communities**

Join us for a series of candid and lively conversations with local experts focused on the unique and complex issues facing Central Ohio's mature homeowners. Don't miss the following upcoming discussions. Limited seating, please call 614-561-1621.

**Jun 19, 10 am The Truth on Personal Care Homes**

Personal Care Homes is a new trend in the senior living industry. The communities provide more individualized care for seniors in a personal home setting. You will learn about these communities from experts currently working in the field.

## 4th of July Parade Float

Thu, Jul 4, 10:30 am



Don your red, white and blue and join your fellow Senior Center members in the Gahanna Independence Day parade! Parade begins at 10:30 am. Register at the front desk, meeting time TBD.

## New Member Mixer

Wed, Jun 5, 12 pm



Join us after the travel presentations for a fun-filled BBQ welcoming our newest members to the Senior Center.

## Columbus Arts Festival

Fri, Jun 7, 10:30 am



Join us for a day of art, music, food, and FUN at the festival! Transportation provided from the Senior Center at 10:30 am and will return at 4 pm. Must register in advance due to limited seating. \$4/person.

## Everyday Divinity Foot Care Clinic

Wed, May 15 & Wed, Jun 26,  
9 am – 2 pm

Everyday Divinity provides nail and foot care services under the direction by a State of Ohio Registered Nurse. Standard 30 minute treatment includes: complete foot assessment, trimmed, thinned and filed nails, corns and callous reduction. Appointments are needed. Cost is \$30, for questions or to make an appointment please visit the front desk.

## Meal Programs

### Lunch Socials

Second Tuesday of the month. Register. Cost \$5/person.

**Tue, May 14, 11:30 am** Chicken Noodle Soup & 2 sides

**Tue, June 11, 11:30 am** Turkey Sub & 2 sides

### Lunch Bunch

Join us as we visit local restaurants while enjoying each other's company! \$4/person if riding the Senior Center van. Depart the Senior Center at 10:45 am. Attendees responsible for their lunch costs. Register in advance.

**Wed, May 15, 11 am** Spaghetti Warehouse, Columbus

**Wed, June 19, 11 am** Winking Lizard, Blacklick

### Lunch & Bingo

Register by the prior Monday (\$2/Bingo + \$5/Lunch).

**Wed, May 29, 12 pm** Tomato Florentine Soup & 2 sides

**Wed, June 26, 12 pm** Tuna Sandwich & 2 sides

### Microwave Meals

**Mon, May 20, 11 am** Chicken Divan, Parsley Rice, Carrot Cake

Microwave Meals will break for the summer, see you soon!

### Potluck and Project Interact

**Wed, May 1, 11:30 am** - Middle School East science class will be bringing their robots to show members how they program the robots and all the cool things they can do!

### Lunch and Learn

**May 22, 11:30 am** Outsmarting the Scammers and Medicare: Big Changes Coming in 2020

Incidents of fraud are on the rise and scammers' tactics are becoming more complex. Learn to "Outsmart the Scammers." During the program, we'll discuss how to spot certain red flags that may indicate a fraudulent encounter, resources individuals can turn to in the event they or a loved one are targeted, and steps attendees can take now to help protect themselves and loved ones. In addition, learn more about important changes to Medicare coming in 2020 and what you can do now to prepare for them.

### June 12, 11:30 am What's Meals on Wheels all about?

Learn about the services available to seniors through the LifeCare Alliance and the Franklin County Veterans commission. Participants get the opportunity for a hot nutritious meal served with whole fruit and a cold beverage. As an added benefit, learn about the RSVP program and Family and Community Services, Inc!

# MAY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>01</b> 11:30 am Potluck and Project, register	<b>02</b> 11 am Garden Club Meeting 12:15 pm Pinochle	<b>03</b>
<b>06</b> 3 pm Book Review Group	<b>07</b> 9:30 am Walking Group 10 am Game Day! Bunco-bring \$2	<b>08</b> 1 pm Ice Cream Social In Honor of Sr Citizens Month, free, register	<b>09</b> <b>Gardens and Gridirons-Day Trip</b> 12:15 pm Poker	<b>10</b> 10:15 am Wii Bowling Meeting and Pizza Party  10 am Red Hat Yard Sale
<b>13</b>	<b>14</b> 9:30 am Walking Group 10 am Game Day! 11:30 am Lunch Social (\$5, register)	<b>15</b> 9 am Everyday Divinity Foot Clinic, \$30, register 11 am Lunch Bunch, Spaghetti Warehouse 2 pm Poker	<b>16</b> 12:15 pm Pinochle	<b>17</b>
<b>20</b> 11 am Microwave Meals, \$5, register 3 pm Book Review Group	<b>21</b> 9:30 am Walking Group 10 am Game Day! Bunco -bring pennies 10 am Truth Empowerment Series	<b>22</b> 11:30 am Lunch and Learn, free, register (Cyber Fraud and Changes to Medicare in 2020)	<b>23</b> 12:15 pm Poker	<b>24</b>
<b>27</b> <b>MEMORIAL DAY - CENTER CLOSED</b>	<b>28</b> 9:30 am Walking Group 10 am Game Day! Tripoley -bring pennies	<b>29</b> 12 pm Lunch and Bingo, \$5 lunch, \$2 Bingo, register	<b>30</b> 12:15 pm Pinochle	<b>31</b>

## TYPICAL DAILY SCHEDULE

### Mondays

9:15 Yoga Gold  
10:00 Crafts/Sewing  
10:30 Line Dancing  
11:45 Bridge & Beginning Table Tennis  
1:00 Tai Chi for Arthritis & Fall Prevention  
3:00 Table Tennis

### Tuesdays

9:30 Walking Group  
9:30 Open Art  
10:00 Game Day  
10:30 Kitchen Band  
12:30 Euchre  
1:00 Ceramics  
3:00 BB Baseball

### Wednesdays

7:30 Golf League  
9:00 Quilting Guild  
TBD Special Events  
2:00 Art with Amber  
3:00 Bridge

### Thursdays

9:00 Scrapbooking  
9:00 Zumba Gold  
10:00 Tai Chi  
12:15 Pinochle & Blackjack or Poker  
1:00 Calligraphy  
3:00 Table Tennis

### Fridays

9:15 Yoga Gold  
10:15 Wii Bowling League  
12:30 Duplicate Bridge  
1:00 Mahjongg  
1:00 Zentangle (adv)

# JUNE 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>03</b> 3 pm Book Review Group	<b>04</b> <b>Best of Columbus Day Trip!</b> 9:30 am Walking Group 10 am Game Day! Bunco-bring \$2	<b>05</b> 10 am Travel Presentation, register	<b>06</b> 11 am Garden Club Meeting 12:15 pm Poker	<b>07</b>
<b>10</b>	<b>11</b> 9:30 am Walking Group 10 am Game Day! 11:30 am Lunch Social (\$5, register)	<b>12</b> <b>11:30 am Lunch and Learn, LifeCare Alliance, register</b>	<b>13</b> 12:15 pm Pinochle	<b>14</b>
<b>17</b> 3 pm Book Review Group	<b>18</b> 9:30 am Walking Group 10 am Game Day! Bunco-bring \$2 10 am Truth Empowerment Series	<b>19</b> 11:30 am Lunch Bunch 2 pm Poker	<b>20</b> 12:15 pm Poker	<b>21</b>
<b>24</b>	<b>25</b> 9:30 am Walking Group 10 am Game Day! Tripoley-bring pennies 1 pm Pre-Departure Meeting Ireland Scotland	<b>26</b> 9 am Everyday Divinity Foot Clinic 12 pm Lunch and Bingo, \$2 Bingo, register 3:30 pm Gahanna ASAC meeting	<b>27</b> 11 am Golf League Cookout 12:15 pm Pinochle	<b>28</b>
<b>JULY 01</b> 3 pm Book Review Group	<b>JULY 02</b> 9:30 am Walking Group 10 am Game Day! Bunco-bring \$2	<b>JULY 03</b>	<b>JULY 04</b> <b>INDEPENDENCE DAY - CENTER CLOSED</b>	<b>JULY 05</b>

## TYPICAL DAILY SCHEDULE

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:15 Yoga Gold	9:30 Walking Group	7:30 Golf League	9:00 Scrapbooking	9:15 Yoga Gold
10:00 Crafts/Sewing	9:30 Open Art	9:00 Quilting Guild	9:00 Zumba Gold	10:15 Wii Bowling League
10:30 Line Dancing	10:00 Game Day	TBD Special Events	10:00 Tai Chi	12:30 Duplicate Bridge
11:45 Bridge & Beginning Table Tennis	10:30 Kitchen Band	2:00 Art with Amber	12:15 Pinochle & Blackjack or Poker	1:00 Mahjongg
1:00 Tai Chi for Arthritis & Fall Prevention	12:30 Euchre	3:00 Bridge	1:00 Calligraphy	1:00 Zentangle (adv)
3:00 Table Tennis	1:00 Ceramics		3:00 Table Tennis	
	3:00 BB Baseball			

## Clubs & Leagues

### Brunch & Bingo

Sat, May 4, 10 am



If you like Lunch & Bingo on Mondays, you'll love Brunch & Bingo. (\$2 Bingo + \$5 Brunch)

### Wii Bowling

You can still sign-ups for the Summer Wii Bowling League. The Wii Bowling pizza party celebrating the winter league and meeting to select teams for the summer league will be **Fri, May 10 at 10:15 am**. Haven't played before? Come try out Wii bowling on Friday, May 17 at 10:15 am during practice!

### Garden Club

Thu, May 2, 11 am

Planting Day!!! Get your hands dirty as we plant our summer herb and vegetable garden.

Thu, June 6, 11 am

Talk about the garden, see how things are growing!

### Book Review Group

Mon, May 6 *The Poet* by Michael Connelly

Mon, Jun 3 *Educated* by Tara Westover

Mon, Jul 1 *The Outsiders* by S.E. Hinton

### Art with Amber

Art with Amber will be on summer break for six weeks from Jun 26-Jul 31.

## Announcements

On Tue, March 5 just three days prior to Ivadene O'Neill's 99th birthday, a group from the senior center sang "Happy Birthday to You", when asked if she had any recommendations for the rest of us she replied "Just keep on keeping on". Great advice Ivadene!

### \*NEW\* Gahanna Farmer's Market

Join Make Gahanna Yours and local vendors for a community farmer's market Sunday's this summer to Veterans Memorial Park, 75 W. Johnstown Rd. The market will run **Jun 2 - Sep 29 (skipping Jun 16) from 4-7 pm**.

### Music in the Park

Come out and enjoy Friendship Park, 150 Oklahoma Ave, with the Make Gahanna Yours Music in the Park summer concert series featuring many talented artists – each with their own unique style and sound. Concert goers of all ages will enjoy a feast of different sounds underneath the beautiful night sky. Bring your picnic, your blanket or chairs, your music-loving family and friends, and join us for a relaxing evening! Admission is free. No concert Jul 4.

Day: Thu

Dates: Jun 6, Jun 20, Jul 18, Aug 1, Aug 15 Aug 29

Time: 6:30 - 8 pm

### Second Saturdays

The Creekside District will play host to 2nd Saturdays the summer. The event is a renewed partnership between Gahanna non-profits, businesses and civic organizations. Every 2nd Saturday of the month the District will be full of activity including an Art Walk, Arts in the Alley, musical performances, food and drink specials. More information will be available at [secondsaturdaysgahanna.com](http://secondsaturdaysgahanna.com)

Dates: Jun 8; Jul 13; Aug 10

Time: 6pm

### Senior Expo Day

Wed, Sep 4, 10 am - 2 pm

Join us for a day of everything Senior! This event will showcase guest speakers, complimentary classes, informational vendors, give-a-ways, food, music, and more! If you or a loved one are 55+ and want to learn more about services and activities offered in the area, please stop by the Senior Expo! All are welcome! This event is supported by the Gahanna Parks & Recreation Foundation.

# Trip & Travel

## Travel Preview Parties

Wed, Jun 5, 10 am

World of Travel (WOT) will present on trips to the Greek Isles, Charleston Christmas, and the upcoming Cuba/Caribbean Cruise (Jan. 2020). Following, Destinations Travel will present on Native American Heritage of Ohio and Penn Rail and Amish Adventure.

## Day Trips

### Gardens & Gridirons--You can still register!

Thu, May 9



Tour some of the highlights of the Canton/Akron area! Learn about America's most popular professional sport by exploring the Pro Football Hall of Fame. Then visit Pap Bear's Italian Restaurant and Pizza Oven, a Canton tradition since 1956. After you get your fill, welcome spring with a tour the historic Stan Hywet Hall and Gardens. \$121 per person. Departs Senior Center at 6:45 am with an estimated return at 6:45 pm. Activity level: moderate.

### Best of Columbus

Tue, Jun 4

Experience some of the most notable sites in Columbus as you tour the Victorian Kelton House Museum and Garden, dine at the North Market and take a guided tour of the Franklin Park Conservatory and Botanical Gardens. Finish your day with a catered dinner (included) at Huntington Park's Hall of Fame Bar and cheer on the Columbus Clippers as they battle the Toledo Mud Hens. \$104 per person. Departs Senior Center at 11 am with an estimated return at 10 pm. Activity level: moderate.

**\*\*For questions or brochures on our travel programs, please stop by our front desk.\*\***

### Native American Heritage of Ohio

Wed, Jul 17, 9:30 am

Learn more about the history of Native American tribes on a guided tour of southern Ohio. Take a motor coach to Serpent Mound, the largest surviving example of a prehistoric effigy mound in the world. Travel from there to Chillicothe, to learn about the production of the outdoor historical drama Tecumseh! Browse the grounds and gift shop, enjoy a buffet dinner and watch the show under the stars! \$119 per person. Activity level: moderate.

### Greek Isles Cruise

Oct 4-13, 2019

Enjoy a fascinating 7-night cruise from Venice, exploring the Greek Isles! You will be stunned by the beauty of Kotor, Montenegro. Wander through the narrow, winding streets of Corfu, as well as the delightful seaside village of Argostoli on the island of Kefalonia. While in Santorini, visit the beautiful whitewashed hilltop towns of Oia and Fira and their breathtaking view of the caldera below. Starts at \$3,995 per person, double occupancy.

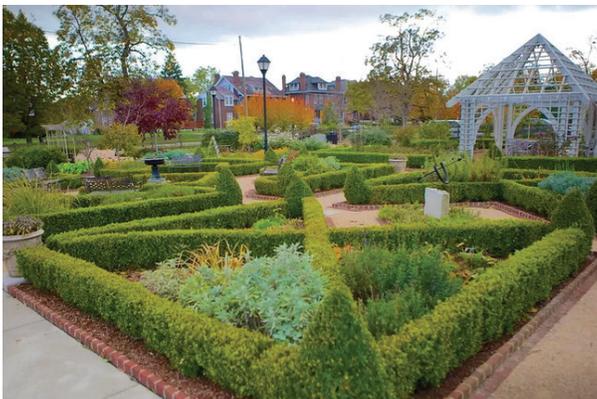
### A Charming Charleston Christmas

Dec 2-7, 2019

Tour the numerous significant historic sites of Charleston, including stops at The Citadel, the Battery, the Charleston Tea Plantation, Edmundston Alston House/Museum, and Middleton Place. Celebrate the holidays with a "Sounds of Charleston" concert and experience the Holiday Festival of Light at James Island. Price includes transportation aboard a deluxe highway motorcoach, five nights lodging, five breakfasts, one lunch, one dinner, one holiday meal, guides, tours, baggage handling, gratuities and taxes on included items. \$1,499 per person, double occupancy.

### Best of Columbus

Tue, Jun 4



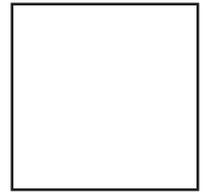
## Sponsor Highlight



The Laurels of Gahanna is centrally located at 5151 North Hamilton Road between Morse Road and State Route 161. Our 112 bed facility promotes the highest level of care and quality of life to guests who are with us for short-term respite, rehabilitation or hospice care or for extended stays.

Laurel Health Care Company is very pleased to invest in the local community by improving the amenities for our guests. We have recently completed a renovation of common areas and private rehabilitation suites to provide all of our guests with a home-like environment.

Gahanna Senior Center  
480 Rocky Fork Blvd.  
Gahanna, OH 43230



## Photo Gallery



### Membership Fees Due

Please stop by our office if you have not yet paid your 2019 Senior Center membership dues.

Membership rates are \$30/year for residents, and \$40/year for non-residents.