



Gahanna Senior Spotlight

GAHANNA ACTIVE SENIOR NEWSLETTER

September/October 2019

2019 Senior Expo Schedule of Events:

- All Day** Senior Center Tours & Travel Info, vendors, Latin Flavor Food Truck, Arts & Craft Sales
- 10:00 am** Forever Fit with Amy Edgar
Kitchen Band Performance
Microwave Meals Cooking Class
Quilting Guild Demo (Art Studio)
- 10:40 am** Tai Chi with Jerry West
- 11:00 am** Ukulele Class Performance and Demo
- 11:20 am** Line Dancing with Robin Poses
- 11:45 am** Mayor Tom Kneeland
- 12:00 pm** Yoga with Andi Grever
Chaz and Nicki Perform
Jewelry with Jean (Art Studio)
- 12:45 pm** Zumba with Carolyn Strayer
- 1:30 pm** Tai Chi for Health with Kathy Campbell
- 2:00 pm** Art with Amber (\$5, Try it out!!!)
New Horizons Band Performance
- 2:30 pm** Yoga with Ellen Smith

Special thanks to the Gahanna Parks and Recreation Foundation and The Laurels of Gahanna for sponsoring the 2019 Senior Expo!



Coffee with the Candidates

With election season upon us, Gahanna Senior Center wants to help you get (or stay) informed about our local politicians. Please stop by our Coffee with the Candidates events in October to meet the Gahanna mayoral candidates.

Laurie Jadwin (on left), Thur, Oct 10, 10 am
Ryan Jolley (on right), Wed, Oct 16, 10 am



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

Upcoming Events

Labor Day Center Closed

September 2

Active Senior Expo

September 4

Wii Bowling League Begins

September 13



Active Adult Kayak and Canoe

September 24

Magic of Hawaii

September 26 –October 6

Flu Shot Clinic

October 1

PA Amish & Rail Adventure

October 3 - 5

Fall Fireside Feast

October 9

Halloween Party and Bingo

October 30

Outlet Shopping Trip

November 8

Veterans Day Center Closed

November 11

Holiday Open House

December 11

A Charming Charleston Christmas

December 2 - 7

"Elf" The Musical at La Comedia

December 12

Announcements

Volunteer Appreciation Event Recap

Every year the Gahanna Senior Center conducts an appreciation luncheon for the Center's volunteers. Our event this year was hosted by The Laurels of Gahanna. There were over thirty attendees who enjoyed lunch and music by Michael Cheatham. The recipient of this year's Volunteer of the Year award was Virginia (Ginny) Williams; receiving the Longtime Service award was Barb Goodrich. Congratulations to both Ginny and Barb for their many years of dedicated service. We extend our sincere appreciation to all our senior volunteers who make our Center and its programs a special place to be and enjoy year-round.

Book Sale Thank You!

The book sale was a lot of work, but we made over \$230 for the Active Senior Programs. I want to thank all those who helped arrange and sell the books. Many thanks to Pat Donato, Bernice James, Marsha Meager, Isobel Sherwood, Carolyn Stryffeler, Carol Wagner, Joy Marcum and Ginny Williams. A very special thanks to Pat for staying on Tuesday and helping to sort the books. Also, a big thanks to all those who packed up the remainder of the books and donated them at the end of the day. A job well done! Thank you all! Hugs, Judy Cockburn

Potluck and Project Interact

Wed, Sept 18, 11:30 am Goshen Lane Drama Camp performs, please register and bring a dish to share

Wed, Oct 2, 11:30 am Theatre Appreciation Class Oral History Project, "All of Us: A Life Project". Back by popular demand, the Gahanna Lincoln High School Theatre Appreciation class wants to hear your stories and put them on the stage! We are partnering with Cindi Macioce, GLHS Drama Director, and her Theatre Appreciation students to create a production using life stories you share with them. Cindi and her students will be attending the October 2nd Project Interact to begin planning for this special collaboration. Please see the front desk if you are interested. Lunch provided by Sunrise Senior Living.

Basic Zentangle

Fri, Sept. 6, 13, 20, 27
10:30 am

Zentangle® is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Discover the Zentangle® history and philosophy in a calm, relaxing and meditative atmosphere. Each week you will learn structured patterns leading to a finished 3.5" x 3.5" piece of art. No artistic ability is necessary. Classes begin Friday, September 6 at 10:30 am and run for 4 weeks. Cost is \$30, please register at the front desk.

Kayak & Canoe

Tue, Sept 24, 9 am -1 pm

If you enjoy getting outdoors, staying active, and trying something new, this is for YOU! We will travel to Alum Creek Reservoir to an accessible launch where we will easily enter and exit the water for a beautiful morning on the water! Certified canoe and kayak instructors will provide basic instruction. No experience necessary. Boats and equipment provided. Registration is \$10 for residents, \$15 for non-residents.



Forever Fit

Every Tuesday (Begins Sept 10)
9 am

This 45 minute class will combine low-impact aerobics with light weight training and gentle stretching to move your body through a complete workout addressing strength, flexibility, muscular endurance, balance and coordination. Begins September 10, cost is \$5 per class.

Everyday Divinity Foot Care Clinic

Wed, Sep 18
9 am – 2 pm

Everyday Divinity provides nail and foot care services under the direction of 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

In consideration of our staff and sponsors no registrations will be taken after three days prior to each meal. Please remember to call or stop by the front desk if you need to cancel your lunch registration.

Lunch Socials

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

Tue, Sept 10, 11:30 am California Medley Soup & 2 sides
Tue, Oct 8, 11:30 am Minestrone Soup & 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, Sept 18, 11 am, Matt the Miller Tavern, 1436 Gemini Place, Polaris

Wed, Oct 16, 11 am, La Scala 4199 W. Dublin-Granville Rd, Dublin

Lunch & Bingo *New Time*

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

Wed, Sept 25, 11:30 am Garden Veg. Soup & 2 sides

Wed, Oct 30, 11:30 am (Halloween Party!)

Chili & 2 sides

Microwave Meals

Learn delicious and easy no-stove recipes. Must register in advance. Cost is \$5/person.

Mon, Sep 23, 11 am Cocktail Meatballs, Microwave Mac & Cheese, Easy Mint Fudge

Mon, Oct 21, 11 am Quick Cream Cheese, Spinach & Bacon Dip, Create-Your-Own Meatloaf, Maple Apple Microwave Bread Pudding

Mon, Nov, 18 am Sweet & Sour Chicken, Parsleyed Rice, German Chocolate

Lunch and Learn

Free lunch will follow each presentation. Must register in advance.

Wed, Sept 11, 11:30 am

How to Talk to Your Doctor Dr. Greenstein from VITAS will be presenting a lecture on common health concerns for the senior adult. She will discuss topics that may concern you as well as what your physicians may be concerned about as you age. Enjoy learning about what is normal about aging and how best to communicate with your physician.

Wed, Oct 23, 11:30 am

Upcoming Changes to Medicare The Medicare Annual Election Period is October 15 - December 7th. Come hear about upcoming changes and learn about ways to become a better consumer for your Medicare benefits. Sponsored by Senior HealthPlan Solutions.





SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
02 Labor Day Center Closed	03 10 am Game Day! Tripoley-bring \$2	04 2019 Senior Expo 10 am - 3 pm FREE and open to the public	05 12:15 pm Pinochle 1:30 pm Beginning Ukulele	06
09 1 pm Jewelry 3 pm Book Review Group	10 10 am Travel Preview Party, please register 11:30 am Lunch Social (\$5, register)	11 11:30 am Lunch and Learn, free, register 2 pm Celebration of Life for Clarice Hyland with free Art with Amber class	12 11 am Garden Club 12:15 pm Poker	13
16 3 pm Book Review Group	17 10 am Game Day! Tripoley-bring \$2 10 am Truth Empowerment Series Book Sale drop-off	18 9 am Everyday Divinity Foot Clinic, \$30, register 11 am Lunch Bunch 11:30 am Potluck and Project 2 pm Poker	19 9 am Senior Golf League Scramble and Awards Luncheon 12:15 pm Pinochle 1:30 pm Beginning Ukulele	20
23 11 am Microwave meals, cost \$5, register	24 9 am Active Adult Kayak and Canoe, \$ 10 am Game Day! Bunco -bring pennies 12:30 Fall Prevention Workshop	25 11:30 am Lunch and Bingo, \$5 lunch, \$2 Bingo, register	26 12:15 pm Poker	27
30				

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

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

Wednesdays

9:00 Quilting Guild
9:30 Tai Chi for Arthritis & Fall Prevention

TBD Special Events
3:00 Bridge

Thursdays

7:30 Golf League
9:00 Scrapbooking & Zumba Gold
10:00 Tai Chi
12:15 Pinochle & Blackjack or Poker
3:00 Table Tennis

Fridays

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

OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	01 10 am Game Day! Tripoley-bring pennies 12-2 pm Flu Shot clinic, register	02 11:30 am Potluck and Project Interact, award winning project "All of Us: A Life Project," register	03 10 am Garden Club 12:15 pm Pinochle 1:30 pm Beginning Ukulele	04
07 3 pm Book Review Group	08 10 am Game Day! Bunco-bring \$2 11:30 am Lunch Social (\$5, register)	09 12 pm Fall Fireside Feast, register	10 10 am Coffee with the Candidates, Laurie Jadwin 12:15 pm Poker	11
14 1 pm Jewelry	15 10 am Game Day! Tripoley-bring pennies	16 10 am Coffee with the Candidates, Ryan Jolley 11am Lunch Bunch, register	17 12:15 pm Pinochle 1:30 pm Beginning Ukulele	18
21 11am Microwave Meals, \$5, register 3 pm Book Review Group	22 10 am Game Day! Bunco-bring \$2 10 am Truth Empowerment Series	23 11:30 am Lunch and Learn, register	24 12:15 pm Poker	25
28	29 10 am Game Day! Tripoley-bring pennies	30 9 am Hearing Screenings 11:30 am Halloween Party! Lunch and Bingo, \$5 Lunch, \$2 Bingo, register	31 12:15 pm Pinochle	

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 1:00 Ceramics
 3:00 BB Baseball

Wednesdays

9:00 Quilting Guild
 9:30 Tai Chi for Arthritis & Fall Prevention
 TBD Special Events
 2:00 Art with Amber
 3:00 Bridge

Thursdays

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

Fridays

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

Clubs & Leagues

Wii Bowling

Fall League Schedule:

Fri, September 6, 10:15 am

Wii Bowling practice

Fri, September 13, 10:15 am

League Starts

Garden Club

Thu, September 12, 11am

Plant, weed and harvest

Thu, October 3, 10 am **Make a Fall Pumpkin Arrangement.** Cost \$10 per person, space is limited please register soon

Beginning Ukulele

For the remainder of the year, beginning Ukulele will meet on the first and third Thursday of the month only.

Game Day (Bunco or Tripoley) Tuesdays at 10 am, alternating weeks

Bunco is a fast paced dice game, played in rounds. A round is a number on the dice starting with 1. The game ends when bunch (all 3 dice for the round, like three 1's) is called, or 21 points are called. We play 24 rounds. All money is paid out for most losses, wins and buncos. Bring \$2

Tripoley is a board game using pennies. Each player must place nine pennies on the board, one on each of the labelled spaces: ace of hearts, king of hearts, queen of hearts, jack of hearts, ten of hearts, king-queen of hearts, 8-9-10, kitty and pot. The dealer deals out all the cards one at a time, clockwise, to form one hand for each player plus a spare hand. Some players will have one more card than others. Tripoley is fun and an easy game to learn! Bring pennies to play

Special Events



Brush Strokes of Love
A celebration of LIFE
In Honor of
Clarice Hyland
Gahanna Sr. Center

Wednesday September 11th 2pm
\$2 donation appreciated

- #PaintPartiesForFun -
PhotoGrid

Fall Fireside Feast!

Wed, Oct 9, 12 pm

Join your fellow members in celebrating harvest season at the Fall Fireside Feast at Hannah Park Shelter on Clark State Road. Enjoy a hot lunch, hayrides, cozy fireplace, hot cocoa and s'mores, along with some fun games. This is one of our best events of the year...so don't miss out! FREE. Register at the front desk today! Sponsored by The Laurels of Gahanna.

Halloween Party and Bingo

Wed, Oct 30, 11:30 am

Don't get too spooked at Gahanna Senior Center's annual Halloween Costume Party and Bingo! Members are encouraged to dress up as their favorite vampire, witch, ghost or goblin and join in the fun. A chili lunch will start at 12:15 pm followed by bingo. Dessert and bingo prizes sponsored by Otterbein Senior Living. Cost is \$5 for lunch and \$2 for bingo. Be sure to sign up at the front desk so you don't miss this exciting event!



New Paint with a Grandparent

Thu, Nov 7, 6 pm

Thu, Dec 5, 6 pm

Children and adults will have so much fun painting with Amber! Join us for a special step by step paint class designed to encourage grandchildren and grandparents to craft together. No crafting or painting experience needed. Canvas and all supplies are included for \$8 per participant. Minimum age 3years old.

Trip & Travel

Travel Preview Parties

Tue, Sep 10, at 10 am

PA Amish & Rail Adventure

Immerse yourself in the warmth and hospitality of the Amish, savor home-cooking and gaze at Pennsylvania's glorious mountains bathed in fall colors in this three-day, two-night train ride through the heart of Pennsylvania. Price includes five meals, two shows, activity fees, lodging, ground and rail transportation and gratuities. October 3-5, 2019, cost is \$687 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 Lights 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.

"Elf" the Musical at La Comedia Dinner Theatre

Thur, Dec 12

Start celebrating the holiday season early with the enchanting tale of Buddy, the young orphan, raised as an elf in the North Pole who embarks on a journey to discover his identity. Tailored to fit each show, La Comedia's lunch buffet is sure to please every taste and palate. Travelers can shop the State Left Gift

Shop before the show and enjoy a tasty treat at Young's Jersey Dairy on the way home. Must register in advance, \$99 per person.

Tropical Carribean

Beat the winter blues and cruise around the Eastern Carribean in January 2020! Stay one night in Ft. Lauderdale before boarding the deluxe Holland America Zuiderdam, then relax as we luxuriously cruise through the tropics. Visit Half Moon Cay where you can enjoy watersports, nature hikes or deep sea fishing; Grand Turk Island to diver or snorkel; Amber Cove (DR) to wine and dine, and Key West Florida for historic sites including the Ernest Hemingway House. January 24 – February 2, 2020, starts at \$2,399 per person double occupancy. Final payment is due on or before October 4, 2019.

California Coastal Cruise

Apr 23-May 2, 2020

Explore the great state of California by land and by sea! Stay for two nights in Los Angeles, enjoy a tour of the city, and then depart for a leisurely seven night cruise on the Royal Princess. Trip includes stops at San Francisco, Monterey, San Diego, and finally Ensenada, Meixco (passport not required by highly recommended). Starts at \$2995 double occupancy (travel protection extra).



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

More Fall Fitness!!

The following classes will start in September!

Tue, Sept 10, 9 am

Forever Fit with Amy Edgar, cost \$5

Tue, Sept 10, 4:45 pm

Yoga Gold with Ellen Smith, cost \$5

Wed, Sept 11, 9:30 am

Beginning Tai Chi for Health with Kathy Campbell, cost \$2

See the calendar for other days and times

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

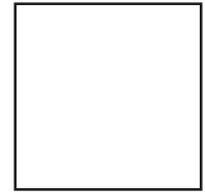


Photo Gallery



National Falls Prevention Awareness Day

As part of National Falls Awareness Day Bradford School of Columbus will be offering free fall risk assessments and education at the Gahanna Senior Center on Tuesday, September 24 from 12:30-2:30pm. Participants will receive free personalized balance testing and recommendations to reduce the risk of falls. Please register.