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





GAHANNA SENIOR CENTER

THURSDAY, MAY 29 AT 5 P.M. \$10 ADMISSION COST

A NIGHT OF MUSIC, DANCING, AND CELEBRATION!





The Gahanna Senior Center offers a wide variety of programs for adults 55 and older. All programs are only open to Senior Center members unless otherwise noted.

The Senior Center is open Mon – Fri: 8:30 a.m. – 4 p.m.

Closed Thu May 8 for Spring Fling, Mon May 26 for Memorial Day, and Thu Jun 19 in observance of Juneteenth.

Activities listed in this front-page section are drop-in classes and do not require registration. All other listed programs do require registration at least 1 week in advance. Please contact a staff member at 614-342-4265 with questions or to sign-up.

	W	eekly Activi	ties	
Monday	Tuesday	Wednesday	Thursday	Friday
8:45 a.m. Zumba Gold (\$5) 10 a.m. Yoga Gold (\$8) 12 p.m. Bridge 1 p.m. Art Group 2:15 p.m. Table Tennis	9:30 a.m. Hand and Foot 10 a.m. Game Day 12 p.m. Euchre 1 p.m. Ceramics	9 a.m. Zumba Gold (\$5) 10 a.m. Texas Hold 'Em	9 a.m. Open Crafts 12 p.m. Blackjack 2:30 p.m. Line Dancing (\$5)	9 a.m. Needle Craft Group 10 a.m. Duplicate Bridge 10 a.m. Wii Bowling 1 p.m. Mahjong











Activity Highlights

Movie Thursday

Escape the summer heat and enjoy a movie at the Gahanna Senior Center. Popcorn and other refreshments will be provided.

Dates: Thu May 15, Jun 12 Time: 11 a.m.

Birthday Bash

Sponsored by Sunrise Senior Living and the Peach Cobbler Factory

Celebrate your birthday at the Senior Center. A light lunch and dessert will be provided for everyone who turns a year older that month. This event is open to everyone; however, only those with a birthday that month will receive a meal.

Dates: Mon May 19, Jun 9 Time: 12 p.m.

Book Club

Read a great book then discuss it with friends at the Senior Center!

Dates: Mon May 19, Jun 16 Time: 3 p.m.

Meet with the Mayor

Meet with Mayor Laurie Jadwin to discuss current events in Gahanna.

Dates: Tue May 13, Jun 10 Time: 2 p.m.

Morning Bingo

Sponsored by Procore

Enjoy a morning filled with fun and bingo! **Date:** Wed May 21, Jun 18 **Time:** 10 a.m.

Afternoon Bingo

Sponsored by Proce Medicare: Making Medicare Easy Spend the afternoon having fun ana playing bingo.

Dates: Thu May 22, Jun 26 Time: 1 p.m.

Special Events

Spring Car Care

Sponsored by Schneider Insurance

Spring cleaning for your car! Staff will be on-site to clean debris, refill your wiper fluid, and check tire pressure. Sponsor Schneider Insurance will provide a car care kit and light refreshments for those waiting for their cars to be finished. PLEASE NOTE: you must sign up for a 15-minute time slot at least 2 weeks in advance.

Date: Tue May 6 **Time:** 10 a.m. – 2 p.m.

Mother's Day Tea

Sponsored by Amy Paul from e-Merge Real Estate

Celebrate Mother's Day with a special ladies only tea at the Senior Center. Treat yourself to a relaxing a fun day celebrating with your friends. A full tea service will be served. This event is open to women only.

Date: Mon May 12 **Time:** 11:30 a.m. **Cost:** \$10

Father's Day Outing

Celebrate being a father with friends from the Senior Center. We will enjoy lunch at High Bank Distillery then enjoy a tour of their distilling operation. ** Please note: This event is open to men only.

Date: Mon Jun 16 **Time:** 1 – 4:30 p.m. **Cost:** \$10

Gahanna Active Senior Advisory Committee

The Gahanna Active Senior Advisory Committee (GASAC) serves the Gahanna Senior Center Community by helping to plan, promote, and volunteer for special events and activities while also welcoming and supporting new and existing Senior Center members.

May GASAC Meeting

GASAC will meet and discuss their regular business. Meetings are open to the public.

Date: Tue May 20 **Time**: 3 p.m.

Ice Cream Social and Elections

Enjoy a sweet treat with friends at the annual Ice Cream Social and vote for 2025 members of GASAC.

Date: Wed May 7 Time: 2 pm

Weekly Games

Bridge

Play bridge every Monday with friends – no partner is required.

Date: Mondays **Time:** 12 p.m.

Hand and Foot

Learn a new card game and meet new friends.

Date: Tuesdays **Time:** 9:30 a.m.

Game Day

Game day group meets every Tuesday and rotates between Bunco and Tripoley.

Dates: Tuesdays **Time:** 10 a.m.

Euchre

Euchre group meets every Tuesday to play cards and have fun!

Date: Tuesdays Time: 12 p.m.

Texas Hold 'Em

Play this fun poker game while enjoying the company of new friends.

Date: Wednesdays **Time:** 10 a.m.

Blackjack

Test your luck every Thursday with this fun card game.

Date: Thursdays Time: 12 p.m.

Duplicate Bridge

Bring a partner and play bridge! **Date:** Fridays **Time:** 10 a.m.

Mahiong

Join friends and play this fun tile game.

Date: Fridays **Time:** 1 p.m.

Senior Golf

The Gahanna Senior

Golf League is a social golf league that meets once a week in the morning to play 9 holes of golf. Teams play at the Gahanna Municipal Golf Course weekly. Senior Center membership is required to participate in the league. Golf League costs \$10 plus Senior Center Membership of \$30 (resident)/\$40 (non-resident).

Start of Golf League Play: Thu May 15

League Shotgun Play and Summer Cookout

This event is open for Golf League members only.

Celebrate the season with a summer cookout at the Golf Course Clubhouse. Please RSVP at Pro Shop. **Date**: Jul 10

League Scramble and Awards Luncheon

This event is open for Golf League members only.

Commemorate the end of the 2025 Golf League with a league scramble and lunch. End-of-season awards will be presented after lunch.

Date: Aug 28

Thank you to our 2025 Senior Golf League Sponsors

















Stay Active

NEW TIME! Yoga Gold

Move and stretch in this senior focused yoga class. An instructor will guide you through different poses, and chairs will be available as needed.

Dates: Mondays **Time:** 10 a.m. **Cost:** \$8 per class

Table Tennis

Enjoy a fun and exciting activity that includes aerobic activity, balance training, and weight control in one! **Dates**: Mondays **Time**: 2:15 p.m.

NEW TIME! Zumba Gold

Dance and exercise in this Zumba class specifically designed for seniors. A certified Zumba instructor will guide you through this fun and active form of exercise.

Dates/Times: Mondays at 8:45 a.m., Wednesdays at 9 a.m. **Cost**: \$5 per class

NEW! Line Dancing

Move and step in this fun exercise class! Open to all levels of dancer.

Dates: Thursdays **Time**: 2:30 p.m. **Cost**: \$5 per class

TCT Fitness

Sponsored by Total Care Therapy

Join physical therapists in this class designed to help improve balance and strength.

Date: Tue Jun 10 **Time**: 1 p.m.

Wii Bowling League

This is a Nintendo bowling game that anyone can play either standing or sitting. No cost, instructions provided, and socialize with other Wii bowlers. More information about league dates can be found at the Senior Center.

Dates: Fridays **Time**: 10 a.m.

Beanbag Baseball

Enjoy the fun of baseball from the comfort of the indoors. The game is fun and easy to learn! New players will be taught the basics so they can join in on the fun.

Dates: Wed May 14, May 27, Jun 25 **Time**: 1:00 p.m.

Aquatics

Did you know your Senior Center membership will get you the Pool Membership rate on all water fitness classes at Gahanna's pools? Check out these great water fitness classes starting this summer!

Agua Zumba

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really get your groove on.

Dates: Thursday and Fridays (starting Jun 5) **Time:** 10 a.m. **Cost:** \$7 (Senior Center Member)

Location: Hunters ridge Pool

Water Aerobics

The low-impact, joint-friendly class incorporates various aquatic equipment such as water dumbbells and noodles to add resistance and intensify your workout.

Dates: Saturdays and Wednesdays (starting Jun 1)

Time: 5 p.m. Cost: \$7 (Senior Center Members) Location: Gahanna Swimming Pool

Water Walking

Take part in some quiet pool time and get your steps in! Note: this is not an instructor lead class.

Date: Saturdays (starting Jun 7) Time: 10 a.m. Cost: FREE! For Senior Center Members.

Location: Hunters Ridge Pool

Meal Programs

Lunch Wednesday!

Enjoy a full lunch and dessert with friends at the Senior Center!

Dates: Wed May 14, May 28, and Jun 25 Time: 12 p.m. Cost: \$2 per lunch







Baking with Lauren

Learn a new baking skill with Senior Center Coordinator, Lauren! We will learn a new seasonal recipe every month. Learn how to make white chocolate raspberry cheesecake bars in the January class or chocolate covered strawberry cupcakes in the February class.

Dates: Thu May 1 Jun 5 **Time**: 10 a.m. **Cost**: \$5 per class

NEW! Tuesday Treats

Sponsored by Home Instead

Join Angie from Home Instead for an afternoon full of fun and desserts!

Dates: Tue May 27 Jun 24 Time: 2 p.m.

Cookie Decorating Workshop

Learn 5 new seasonal cookie designs! Instructor Lauren will teach you in this easy to follow class.

Date: Mon Jun 2 Time: 11 a.m. Cost: \$10

New Member Social

New to the Senior Center? Meet with other seniors and learn all about the different programs at the Senior Center and enjoy lunch for FREE after the social. Open to members who joined within the last 6 months. **Date**: Wed Jun 25 **Time**: 11 a.m.

Meal Excursions

Lunch Bunch

Enjoy lunch with friends at area restaurants. Please note: Transportation from the Senior Center will depart at 11 a.m. Participants who drive themselves can meet at the designated restaurant at 11:30 a.m.

May – Press Pub on 5th

Date: Fri May 9 Time: Varies Cost: \$4 (if using transportation)

June – Fronteras

Date: Wed Jun 4 **Time**: Varies **Cost**: \$4 (if using transportation)

Superior Supper Club

Join your friends from the Senior Center for a luxurious night out at some of Columbus's finest restaurants. Van transportation is available to those who need it. If you wish to ride in the vans, please arrive to the Senior Center by 4:30 p.m. Those driving themselves please arrive at the restaurant at 5 p.m.

May - Milanos

Date: Tue May 20 **Time**: Varies **Cost**: \$4 (If using transportation)

June – Barrel and Boar (Gahanna)

Date: Tue Jun 17 **Time**: Varies **Cost**: \$4 (if using transportation)

Travel Presentation

World of Travel Presentation

Join representatives from World of Travel as they discuss 2025 trips.

Date: Wed Jun 11 Time: 9:30 a.m.

Day Trips

A full list of day trips including itinerary details, pricing, and deadlines is released seasonally and is available at the Senior Center and online at Gahanna.gov/SeniorCenter. Registration is required for all trips and must be completed in person with full payment at the time of registration to fully reserve your spot on the trip.

Registration Opens Apr 8

Ballet Met – Sleeping Beauty Columbus Clipper vs Iowa Cubs

Registration Opens May 6

The Wilds Safari Park
Lavender Picking at Suset Ridge
Lavender Farm
Cleveland Guardians vs.
Cincinnati Reds

Registration Opens Jun 3

Hamilton at the Ohio Theater Ohio State Fair

Ballet Met Senior Dress Rehearsal - Sleeping Beauty

Enjoy a special senior-only dress rehearsal of Sleeping Beauty which tells the story of a princess 100-year slumber which can only be broken by a price's kiss.

Date: Fri May 2 **Time:** 10:30 a.m. – 4 p.m. **Cost:** \$35

Columbus Clippers vs Iowa Cubs

Kick off the summer with America's favorite pastime. The Columbus Clippers take on the lowa Cubs. We will be eating lunch at the ballpark.

Date: Thu May 22 **Time:** 11 a.m. – 4 p.m. **Cost:** \$40

The Wilds Safari Park

Embrace the wild side and take a trip to the largest nature safari park in Ohio. Get up close with your favorite animals on a 2-hour open-air safari through the park. We will stop for lunch before our tour.

Date: Tue Jun 3 **Time:** 10:15 a.m. – 7:30 p.m. **Cost:** \$65

Cleveland Guardians vs Cincinnati Reds

Travel to the Progressive Field to watch to cheer on your favorite Ohio team! Whether you are a Guardians or a Reds fan, you are sure to enjoy a fun afternoon of baseball! Transportation for this trip will be on a chartered bus.

Date: Wed Jun 11 **Time:** 9:30 a.m. – 7:30 p.m. **Cost:** \$110

Lavender Picking at Sunset Ridge Lavender Farm

Sunset Ridge consists of 33 acres filled with over 5000 lavender plants displaying 16 varieties of lavender. Spend the afternoon picking your own bundle of lavender, then enjoy lunch. Fee includes 1 bundle of lavender, additional are on your own.

Date: Tue Jun 26 **Time:** 9:30 a.m. – 4 p.m. **Cost:** \$30

Hamilton at the Ohio Theater

Hamilton: An American Musical is a sung-and-rapped-through biographical musical about American Founding Father, Alexander Hamilton. Covering the American Revolution and the political history of the early United States, this fast-paced musical is an enjoyable experience for both history and musical lovers.

Date: Tue Jul 15 **Time:** 4:30 – 10:30 p.m. **Cost:** \$105

Senior Day at the Ohio State Fair

The Ohio Expo Center & State Fair is a premier agricultural-based fair showcasing the best of Ohio with a world-class visitor experience. Celebrate Senior Day with a special senior concert and activities.

Date: Tue Jul 29 **Time:** 10 a.m. – 3 p.m. **Cost:** \$10

Educational Programs

AARP - Fraud Prevention Basics

Have you ever been approached with a fraudulent offer or been a victim of identity theft? The AARP Fraud Watch Network is working to empower you in the fight, with proven resources and tools to help you spot and avoid identity theft and fraud. By taking a few practical steps, you have the power to fight back against fraud.

Date: Thu May 1 **Time**: 12:30 p.m.

Armchair Travel

Sponsored by My Medicare Network

Explore the world without leaving your chair! Learn about the history, geography, and culture and many unique places. A light meal from each presented country will be provided

Date: Tue May 13 Time: 11 a.m.

Wesley Hospice- Advanced Directives

Sponsored by Wesley Hospice

Representatives from Wesley Hospice will be in to discuss advanced directives and how you can prepare for the future.

Date: Wed Jun 4 Time: 2 p.m.





Be a part of shaping Gahanna's future! Our Gahanna is a citywide initiative to develop a bold new Strategic Plan, ensuring our city grows in a direction that makes you proud to call it home. Join us at the Senior Lunch to provide input during this important planning process. Free lunch will be provided.

Date: Wed May 7 **Time**: 11:30 a.m.



Health and Wellness

Foot Care Clinic

Anchor Foot Care, LLC provides nurse-delivered foot care at the Senior Center. The \$40 service fee includes a general foot assessment; nail trimming and thinning; filing corns, calluses, and rough skin; and footcare education and recommendations. Please call (937) 738-1761 or visit www.anchorfootcare.com to schedule your appointment

Dates: Wed Mar 19, Apr 16 **Times**: 9 a.m. – 3 p.m. **Cost**: \$40

First Light Home Care - Understanding the Stages of Dementia

Sponsored by First Light Home Care

Lean about the stages of dementia and how to care for those experiencing dementia.

Date: Tue May 27 Time: 1 p.m.

Alzheimer's Association - 10 Warning Signs of Dementia

This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.

Date: Mon May 19 **Time**: 10 a.m.

Spring and Summer Fun

Spring Fling - Thu, May 8 11a.m.

Sponsored by Taylor Springs Health Campus

Get in the spring spirit with lunch and activities at Gahanna's beautiful Hannah Park!

Mother's Day Tea - Fri, May 12 at 11 a.m. (\$12)

Celebrate being a mother with friends from the Senior Center and treat yourself to tea at the Cambridge Tea House. Please note: This event is open to women only.

Father's Day - Mon Jun 16 at 12 p.m. (\$12)

Celebrate being a father with friends from the Senior Center. We will tour Watershed Distillery to learn about their diverse family of products, listen to easy-to-understand chats about distillation, and find out more about the exciting world of barrel aging. After the tour, we will stop for lunch at Grandview Café. Please note: This event is open to men only.

Save the Date - 2025 Senior Expo



Join us at the Gahanna Sanctuary for a day filled with all things senior! Meet with a variety of vendors and learn how they can help you. Visit with Senior Center instructors, meet with other seniors, and discover the variety of programs offered at the Gahanna Senior Center. This event is open to the public.

Date: Thu Sep 18 **Time**: 11 a.m. - 2p.m.

Location: Gahanna Sanctuary

Get Crafty

Zentangle

Learn and practice the art of Zentangle, a meditative form of drawing. Each month-long course will introduce you to the basics of Zentangle and explore more patterns. Fee covers 1 month-long session.

May Session Dates: Mondays May 5- May 19 Time: 10:30 a.m. Cost: \$21 June Session Dates: Mondays Jun 2-30 Time: 10:30 a.m. Cost: \$35

Jewelry with Jean

You'll receive so many compliments on the jewelry you can create and wear in this unique class.

Dates: Fri May 16 Jun 20

Time: 1 p.m.

Rock Painting

Join fellow senior Elizabeth Jeffries to learn new techniques for painting rocks.

Dates: Wed May 25, Jun 18

Time: 9:30 a.m.

May 2025 🔰 🎳

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	59	30	01 10 a.m. Baking with Lauren 12:30 p.m. AARP Presentation Fraud: Staying Protected	02 BalletMet Dress Rehearsal Trip
05	06 Spring Car Care	07 11:30 a.m. Our Gahanna Senior Lunch 2 p.m. Ice Cream Social	98 Senior Center CLOSED 11 a.m. Spring Fling	Unnch Bunch Press Pub on 5th
12 11:30 a.m. Mother's Day Tea	13 11 a.m. Armchair Travel 2 p.m. Meet with the Mayor	14 12 p.m. Wednesday Lunch 1 p.m. Beanbag Baseball	15 11 a.m. Movie Thursday	16 1p.m. Jewelry with Jean
19 Alzheimer's Association 10 Warning Signs 12 p.m. May Birthday Bash 3 p.m. Book Club	20 3 p.m. GASAC Supper Club <i>Milano's</i>	21 Footcare Clinic 9:30 a.m. Rock Painting 10 a.m. Morning Bingo	22 Columbus Clippers Trip 1 p.m. Afternoon Bingo	23
26 Senior Center CLOSED	27 1 p.m. First Light Presentation Understanding Dementia 2 p.m.	28 12 p.m. Wednesday Lunch 1 p.m. Beanbag Baseball	5 p.m. Senior Prom	30

Registration for May and June programs and activities will open Thursday, April 17

All activities listed on this calendar require registration at least 1 week in advance. Registration must be completed in person at the Senior Center.

MONDAY 12	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 03				
		04	05	90
11 a.m. Cookie Decorating	The Wilds Safari Trip	Lunch Bunch <i>Fronteras</i>	10 a.m. Baking with Lauren	
09 10) 1 p.m.	11 Guardians Game Trip	12	13
7.25	TCT Fitness		11 a.m.	
12 p.111.		9:30 a.m.	Movie Thursday	
June birunday basii	2 p.m. Meet with the Mayor	World of Travel Prestation		
16 17	7	18 Footcare Clinic	19	20
Father's Day Outing	-	10 a.m.		5
3 p.m.	Supper Club	Morning Bingo	Senior Center CLOSED	i p.iii. Jewelry with Jean
Book Club	במומום בסמו	5 p.m. Summer Celebration		
23 24			26	27
			Lavender Picking Trip	
	2 p.m.	New Member Social		
	Tuesday Treats	12 p.m. Wednesday Lunch	1 p.m.	
		1 p.m. Beanbag Baseball	Afternoon Bingo	
30		02	03	04
12 p.m.				
Hot Dog Grill Out				

Registration for May and June programs and activities will open Thursday, April 17

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