

Monday	Tuesday	Wednesday	Thursday	Friday
				01
03 1-6pm OPEN HOUSE 3pm Book Review Club	04 10am Game Day! Bunco- bring \$2 10:30am Herbal Kitchen: Thyme	05 9am Absolute Hearing Solutions Presentation and Hearing Screening	06 11am Garden Club 12:15pm Pinochle & Blackjack	07 1pm Birthday Bash Happy 92nd Birthday, Marge Farnham!
10 1pm Tai Chi for Arthritis and Fall Prevention 1pm Jewelry with Jean	11 10am Game Day! Tripoley - bring pennies 11:30am Lunch Social	12 11am Lunch and Learn "Keep Food Safe" presented by Mary Angela Miller	13 11:30am Spring Fling at Hannah Park Shelter Due to Spring Fling, Tai Chi and Cards are canceled!	14
17 11am Microwave Meals 11:30am Creative Cards 1pm Tai Chi for Arthritis and Fall Prevention 3pm Book Review Club	18 10am Game Day! Bunco - bring \$2 1pm Four Corners Trip Pre-Depart Meeting	19 9am Yoga with Jane Rabe **New 11am Lunch Bunch; Ted's Montana Grill 2:30pm Advisory Committee Meeting	20 10am Senior Golf League Sign Up 12:15pm Pinochle & Blackjack	21
24 Wii Bowling Sign Up Begins	25 10am Game Day! NEW! (LCR-bring pennies)	26 Lunch \$5/Bingo \$2 Chicken Noodle Soup and 2 sides. Register. Evening Bridge canceled!	27 12:15pm Poker	28 Looking ahead to May May 10... Social Media class

TYPICAL DAILY SCHEDULE

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:15 Yoga Gold	8-9:30 Walk @YMCA	9:00 Quilting Guild	9:00 Zumba Gold	9:15 Yoga Gold
10:30 Crafts/Sewing	9:30 Open Art	TBD Special Events	10:00 Tai Chi-Chang Style	10:15 Wii Bowling League
10:30 Line Dancing	10:00 Game Day	2:00 Art with Amber	12:15 Pinochle & Blackjack or Poker	10:30 Zentangle (intro)
12:00 Bridge	10:30 Kitchen Band	6:30 Bridge	1:00 Calligraphy	12:30 Duplicate Bridge
3:00 Table Tennis	12:30 Euchre		3:00 Table Tennis	1:00 Mahjongg
	1:00 Ceramics			1:00 Zentangle (adv)
	3:00 Bean Bag Baseball			

Senior Spotlight



GAHANNA ACTIVE SENIOR NEWSLETTER



APRIL 2017

2017 Senior Golf League



Last year our Senior Golf League enjoyed a tremendous year of growth and excitement between all league players. We anticipate another great golf season at our Gahanna Municipal Golf Course on Thursday mornings May 4 - September 28. We also plan monthly outings to other regional courses throughout the season to add variety. If interested in joining the league, please plan to attend our league meeting at 10 am on **Thursday, April 20** at the Senior Center.

Tai Chi for Arthritis and Fall Prevention (FREE DEMOS!)

April 10 and April 17 from 1-2 pm



Kathy Campbell, a certified Occupational Therapist and Tai Chi Instructor for Arthritis and Fall Prevention will be teaching two demo classes in April. We plan to continue this wonderful program year-round so come and try it out if you have twinges in your hinges or you want to maintain good balance, posture and more! Sign up at the front desk.

Spring Fling
Thursday, April 13

Sponsored by The Ashford on Broad, we will break out of winter mode, and celebrate spring at Hannah Park shelter. Attendees will enjoy a catered lunch, games and live entertainment by local musician Scott Brooks. Registration deadline for this event is April 10 and is \$5/person.



Day Trip:
Sights, Flights & Delights

Don't miss out on this great trip as we explore SIGHTS in the Dayton area, learn of various historical FLIGHTS, and taste some delicious DELIGHTS. Stops include Carillon Historical Park, Woodland Cemetery, Franco's Ristorante Italiano, Esther Price Candies, an exclusive Presidential Gallery Tour at Wright-Patterson Air Force Base, as well as a stop at Young's Jersey Dairy Store. Early bird registration pricing is available **now until through April 22**. Don't delay. Brochures are available at the Center's office.

Shamrock Shake Social



Thank you to Nicole Fennema and Yasmin Zene who volunteered from Everest Institute to help us make Shamrock Shakes on March 17. Over 30 members wore their Irish green, listened to Celtic music and slurped up some delicious shakes!

Absolute Hearing Solutions Presentation and Hearing Screening
Wednesday, April 5 at 9 am

Join us for a Meet and Greet with Greg VanHorsen from Absolute Hearing Solutions at the Senior Center. This event includes a light breakfast and a presentation about hearing health. Hearing screenings and ear checks will follow, beginning about 10:15 am.

Upcoming Events

Senior Center Open House

Mon, April 3 1-6 pm

Herbal Kitchen

Tue, April 4 10:30 am

National Walking Day at Creekside

Wed, April 5 11:30 am

Absolute Hearing Solutions

Presentation & Hearing Screening

Wed, April 5 9-10:45 am

Garden Club

Thu, April 6 11 am

Tai Chi for Arthritis & Fall Prevention (Demo)

Mon, April 10 1-2 pm

Food Safety Lunch and Learn

Wed, April 12 11 am – 1 pm

Spring Fling at Hannah Park

Thu, April 13 11:30 am-3 pm

New Calligraphy Session (thru 5/25)

Thu, April 13 1 pm

Tai Chi for Arthritis & Fall Prevention (Demo)

Mon, April 17 1-2 pm

Creative Cards

Mon, April 17 11:30 am

Four Corners Pre-Depart Meeting

Tue, April 18 1-2 pm

Yoga with Jane Rabe **New

Wed, April 19 9-10 am

Lunch Bunch, Ted’s Montana Grill

Wed, April 19 11 am

Senior Golf League Sign Up

Thu, April 20 10 am

Wii Bowling Signup Starts

Mon, April 24 all day

Wii Bowling Meeting

Fri, May 5 10 am

Gahanna Active Senior Advisory Committee: Upcoming Elections

The Advisory Committee is preparing for our annual elections for those wishing to serve on the Gahanna Active Senior Advisory Committee (ASAC). If interested in serving on our Advisory Committee, please contact Ruth Burris or our front desk staff for an application. Candidate profiles will be posted for the membership to review during the month of April. **Elections will take place May 10 during our annual Ice Cream Social.**

3rd Monday Book Review Group



The Center’s Monday book review group is looking for new members! Books are chosen by the group organizer, Karen Ciula, ordered from the Columbus Public Library Consortium, and picked up before the group meeting. The books are primarily contemporary novels with an occasional non-fiction selection. To join the group please contact Karen at 614-471-3246.

Basic Zentangle

Zentangle® is a drawing method that uses repetitive lines to create amazingly beautiful patterns. Benefits to the practice of Zentangle drawing include pain management, increased ability to focus and improvement in fine motor skills. Beginner classes are taught by Laura Elmer on Friday mornings at 10:30 am. Please register at the desk.

Garden Club Gearing up for Spring

The Garden Club meets on the 1st Thursday of each month starting April 6 at 11 am. In 2016 this new club was started and we are anticipating another great year in 2017. The Club will also assist in cultivating plants in raised garden beds and utilize these beds as a horticulture education area for senior and intergenerational programs. We also hope to enjoy fresh produce from the garden area in our own cooking programs. Sign up at our front desk.



Try Our Wellness Programs

Learn new exercise routines while enjoying time with friends during our series of wellness programs.

Activity	Day	Time	Cost
Yoga Gold	Mon & Fri	9:15 am	\$5
Zumba Gold	Thu	9 am	\$5
Line Dancing	Mon	10:30 am	\$2
Tai Chi Chang Style	Thu	10 am	FREE

Zumba Gold Highlighted

Carolyn’s Zumba Gold classes were featured on March 11 at the Channel 10 *Commit to be Fit Expo* at the Ohio Expo Center located at the Ohio State Fairgrounds.



Meal Programs

Please register at the front desk for all meal programs.

Lunch Social

2nd Tues. of the month \$5/must register
April 11 - Cream of Potato soup & two sides

Lunch & Bingo

Bingo \$2/Lunch \$5 must register by Monday of Bingo week
April 26 - Chicken Noodle soup, & two sides

Lunch Bunch

Join us as we visit and enjoy various food establishments each month! If riding the Senior van, \$4 is collected at time of sign-up and is non-refundable. The Senior van will leave the Center 30 minutes before start time. If you sign up and need to cancel, please do so ASAP so other members on the waiting list may attend. Restaurants are expecting a certain number of confirmed guests. Please attend if registered. Third Wednesday of the month.
April 19 - Ted’s Montana Grill, 4169 Worth Ave., Easton
May 17 - Table by Market District, 2250 E. Main Street, Bexley

Potluck & Project Interact

Join us for special presentations by students of the Gahanna Jefferson School district. We also enjoy a potluck lunch together in this wonderful inter-generational program. Please register. 1st Wednesday of the month.
April - no event
May 3 - Jefferson Elementary School, 11:30 am

Lunch & Learn!

Join us for a FREE lunch and a guest presentation. Must Register.
April 12 - 11 am “Keep Food Safe” with Mary Angela Miller

Herbal Kitchen & Culinary Delights (new class!)

Join Instructor Cheryl Wagner as we create delicious delights in our kitchen. First Tuesdays of the month 10:30-11:30 am, \$5 per class, must register
April 4, May 2

Microwave Meals (new class!)

Make an entire meal in your microwave with easy-to-follow recipes. Instructor Patty Miller, \$5/class, please register. 3rd Mondays of the month, 11am-12:30 pm
April 17

Arbor Day Celebration

Join the Arbor Day celebration on **Thursday, April 27** at Chapelfield Elementary, 280 Chapelfield Rd. There will be a program for pre-school students from 9-10 am and 1-2 pm, and another for Elementary students from 10-11 am. The public is invited to join the Mayor during the proclamation and tree planting at 10 am.



Gahanna AARP Tax Assistance Service

Mondays & Tuesday 11am-3pm, and Thursdays 9am-3pm. Please call 614-713-9097 and speak directly with a representative during the hours noted to set an appointment. **Open for appointments through April 13.** The address is Mifflin Township Meeting Hall, 155 Old Ridenour Road, Gahanna, OH 43230.

Sauce and Song Fundraiser Event



Special thanks to:

- Cindy and Tom Woolum
- Joe Hebdo
- Heather Ramsey w/ Forest Hills Center

Senior Days with the Clippers



Join your fellow Senior Center members at Huntington Park this spring. The first day game, vs the Indianapolis Indians, is on **Thursday, May 18** at 11:05 am. Register by May 5 to ride/sit with the group. \$12 per person with transportation, \$7 without transportation.

New Member Spotlight - Cathy Sprouse

Cathy Sprouse, a Reynoldsburg resident, attended Hocking College. After college Cathy worked as a licensed habilitation specialist. Even prior to her retirement her hobbies included ceramics, scrapbooking, felt sewing and toll painting; earning multiple awards at the Logan County Fair in felt sewing and ceramics. Cathy’s love of ceramics, specifically, motivated her to join the Gahanna Senior Center.



Welcome New Members

Mary Catherine (Cathy) Sprouse	Michael Pietrazak Jeffrey Caffee	Diane Streeter Mary LeFever
Marilyn Belcastro	Kathleen Tourgeman	Coletta Williams
Patricia Schlake	Juanita Barton	Laurance Williams
Sharon White	Paul S. Lehman	Roy Clark
Marrie Saas	Maria Strait	Sue Clark