

FEBRUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			01 10 am World of Travel Presentation 12:15 pm Poker	02 1 pm Birthday Bash! with Summit's Trace (register)
05 3 pm Book Review Group	06 10 am Game Day! Tripoley-bring pennies	07 11:30 am Potluck and Project Interact, free, please register.	08 12:15 pm Pinochle and Blackjack	09
12 11 am Microwave Meals, \$5 register 1 pm Jewelry with Jean	13 10 am Game Day! Bunco-bring \$2 11:30 am Lunch Social (\$5, register)	14 11 am Lunch and Learn; free, please register	15 Zumba Cancelled 11 am Herbal Kitchen, \$5 register 12:15 pm Poker	16
19 11:30 am Creative Cards 3 pm Book Review Group	20 10 am Game Day! Tripoley-bring pennies 12 pm Lunch & Learn at First and Main: free, register by 2/16, transportation provided	21 11:30 am Lunch Bunch, register. Cap City Diner 2 pm Poker 2:30 pm ASAC Meeting	22 10 am Brookdale, Brain Health Toolkit 12:15 pm Pinochle and Blackjack	23
26	27 10 am Game Day! LCR-bring pennies	28 12 pm Lunch and Bingo; \$5 lunch, \$2 bingo, please register.	March 01 12:15 pm Poker	March 02 1 pm Birthday Bash! with Summit's Trace (register)

TYPICAL DAILY SCHEDULE				
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:15 Yoga Gold	8-9:30 Walk @YMCA	9:00 Quilting Guild	7:30-9 Senior Golf League	9:15 Yoga Gold
10:00 Crafts/Sewing	9:30 Open Art	TBD Special Events	9:00 Scrapbooking	10:15 Wii Bowling League
10:30 Line Dancing	10:00 Game Day	2:00 Art with Amber	9:00 Zumba Gold	10:30 Zentangle (intro)
11:45 Bridge	10:30 Kitchen Band	6:30 Bridge	10:00 Chang Tai Chi	12:30 Duplicate Bridge
1:00 Tai Chi for Arthritis & Fall Prevention	12:30 Euchre		12:15 Pinochle & Blackjack or Poker	1:00 Mahjongg
3:00 Table Tennis	1:00 Ceramics		1:00 Calligraphy	1:00 Zentangle (adv)
	3:00 Bean Bag Baseball		3:00 Table Tennis	

Senior Spotlight



GAHANNA ACTIVE SENIOR NEWSLETTER

FEBRUARY 2018

Inclement Weather Cancellation Policy



Please watch Columbus’ major television networks for Gahanna Jefferson closures and delays.

School Closures:
All Senior Programs are canceled when Gahanna Jefferson Schools are closed for the day.

School Delays:
During Gahanna Jefferson school “delays”, ALL MORNING Senior programs will be cancelled. Programs at the Senior Center normally starting at 11:30am or later will not be affected, and will run as scheduled.

Evening Programs:
The Senior Center will make a decision by 2pm whether evening classes are cancelled. After 2 pm, you may call either the Senior Center desk at 614-342-4265 or our Parks & Rec desk at 614-342-4250 to confirm.

Sauce & Song
Thu, February 15

Coming this month is our ever popular spaghetti dinner and sing-a-long concert with Gahanna’s own, Joe Hebdo! Don’t miss a delicious Italian dinner served by Tom Wollum. Meal includes pasta and meatballs, bread, salad, drink and dessert. Dinner will be served between 4:30 – 6 pm, and Joe Hebdo will start performing at 5:30 pm. The event is open to the public and tickets are on sale at the Gahanna Senior Center . Tickets are \$12/person or 2 for \$20. Seating is limited, so don’t delay!



Winter Weather Safety Tips for the Home

- Suggested by Franklin County Public Health*
- Chimney/flue should be inspected annually
 - Furnace system and vent should be checked by a qualified technician
 - Install a smoke detector and carbon monoxide detector (check batteries monthly and replace twice a year)
 - Have an emergency kit
 - When shoveling snow, lift with your legs and not your back. Stretch before starting and pace yourself by taking frequent breaks.

Congratulations!

Congratulations to Paul Smith who was our winner of the 2018 Membership Drive drawing! Paul won \$180 in gift certificates.

2018 Travel Presentation
Thu, February 1 at 10am



Don’t miss this wonderful and informative session as our travel agent from World of Travel shares highlights and pictures of upcoming trips Gahanna seniors may enjoy in 2018! We also plan to reveal details about additional day trips planned for those who prefer shorter excursions. Travel presentations are free and do not obligate you to go on the trip, so register at the front desk today. See inside this newsletter for travel program listings and for exciting new day trips being offered for Spring-Summer 2018!

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

614.342.4265 Gahanna.gov

Upcoming Events

World of Travel Presentation

Thu, February 1, 10 am

Potluck and Project Interact

Wed, February 7, 11:30 am

Sauce and Song

Thu, February 15, 4:30 pm

Lunch and Learn at First & Main

Tue, February 20, 12 pm

Brookdale's BrainFit Series

Thu, February 22, 10 am

Potluck and Project Interact

Wed, March 7, 11 am

Senior Golf League Meeting

Wednesday, March 28, 10 am

Refine, Wine and Dine

Fri, April 6

Best of Lancaster PA, Featuring Hershey

April 16-19, 2018

Tulips and Carousels

Thu, May 10

Royal Explorations

Thu, June 14

Cruise the Northern Isles

July 5-21, 2018

Rocking Horse Ranch Resort (Highland, NY)

September 9-15, 2018

Sedona's Red Rocks & The Grand Canyon

October 15-21, 2018

Basic Zentangle Classes offered in March and May



What is Zentangle®? Zentangle is a method of using repetitive patterns, called, tangles, to create a beautiful piece of art work. It's important to know that NO ARTISTIC TALENT is needed to tangle. Laura Emler, a certified Zentangle Teacher will lead you through each step creating basic tangles and at the end of the class you will have a beautifully finished piece of art. Classes are Friday mornings at 10:30 am (March 2, 9, 16, 23 and May 4, 11, 18, and 25). The cost is \$30 per month. Please register at the front desk.

Get Moving this Winter

Learn new exercise routines while enjoying time with friends.

Activity	Day	Time	Cost
Yoga Gold	Mon & Fri	9:15 am	\$5
Line Dancing	Mon	10:30 am	\$2
Tai Chi for Arthritis & Fall Prevention	Mon	1 pm	\$2
Zumba Gold	Thu	9 am	\$5
Tai Chi Chang Style	Thu	10 am	FREE

Exciting Thursday Events



We're introducing new programming on Thursdays! Starting at 9 am every Thursday in the art studio/craft room you can work on your favorite Scrapbooking projects. In addition, Herbal Kitchen has moved to the third Thursday of the month at 11 am (**February 15, March 15**). AND if you haven't read about Brookdale's Brain Toolkit series yet, please be sure to join us on **February 22**, and **March 22 at 10 am** for this exciting program on keeping your brain healthy and active. You are welcome to attend just one session of the series, or all if you desire.

Lunch and Learn

Wed, February 14, 11 am

"Peanut Butter and Personal Safety"

Catered Lunch by Gahanna City Barbeque

Gahanna resident, author and long-time Senior Center member, Peg Hannah, will present her new book release "Peanut Butter on the Wall, Marshmallows in the Microwave" an autobiography about raising six children in small town America at the end of the twentieth century. Additionally, Nancy Evans from New Age Crime Stoppers will present on "Personal Safety and Defense".

Don't forget to sign up for our next Lunch and Learn on **Wednesday, March 14 at 11 am** when Kevin Smith from NovaCare will be presenting Fall Risk.



Good news, Seniors!



Alzheimer's disease, brain exercises, brain-healthy diets and more!

We look forward to the monthly sessions, **February 22 and March 29 from 10-11:30 am at the Senior Center.**

Did you know you can change your brain at any age?

All the more reason to come to Brookdale's BrainFit series, starting in January, and discover the building blocks that can keep your brain healthy. Learn about

Meal Programs

Please register at the front desk for all meal programs.

Lunch Social

2nd Tuesday of the month \$5/must register

Tue, February 13, 11:30 am Beef Noodle Soup w/ 2 sides
Tue, March 13, 11:30 am Creamy California Medley Soup w/2 sides

Lunch & Bingo

Bingo \$2/Lunch \$5 must register by Monday of Bingo week

Wed, February 28, 12 pm Lunch provided by Sage Park, dessert by Forest Hills
Wed, March 28, 12 pm Cream of Potato Soup w/2 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.

Wed, February 21, 11:30 am Cap City Diner, Gahanna

Wed, March 21, 11:30 am Benihanna, Polaris

Potluck & Project Interact

Join us for special presentations by students of the Gahanna Jefferson School district. We will also enjoy a potluck lunch together in this wonderful inter-generational program.

Wed, February 7, 11:30 am High Point 5th Graders Share and Sing
Wed, March 7, 11:30 am Lincoln Elementary After School Chorus

Herbal Kitchen & Culinary Delights

Join Instructor Cheryl Wagner as we create delicious delights in our kitchen. Third Thursday of the month 10:30-11:30 am, \$5 per class.

Thurs, February 15, 11 am Herb Roasted Vegetables

Thurs, March 15, 11 am Savory Cupcakes

Microwave Meals

Mon, February 12, 11 am Swedish Meatballs, Fruit Kabobs with Orange Sauce, Chocolate Trail Mix Bark in a mug

Keeping Your Independence



ASSISTED LIVING | MEMORY CARE

First & Main of New Albany

is partnering with Hospice

of Central Ohio to bring

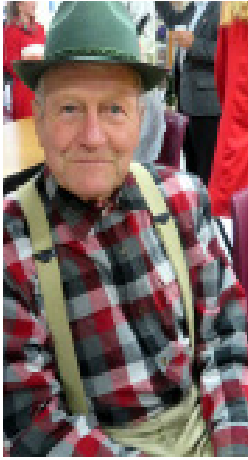
you a presentation entitled

"Transitioning to Assisted Living and Keeping Your Independence" on **Tue, February 20 at 12 pm.** Lunch and drinks will be provided. Please register at the front desk.

Welcome New Members

Susan Pape	Clara Sterle	Donald Konkle
Jeffrey Bobier	Carolyn Davis	Mary Butcher
Jim Dooley	Dona Langdon	Randy Mizer
Mary Ann Fischer	Stanley Myers	Cathie Mawer
Betty Hersch		

A December to Remember



Travel Programs

Exciting New Day Trips Planned! Pick up your brochures and day trip details at the Senior Center.

Refine, Wine, & Dine

Date: Fri, April 6, 2018

In the heart of Amish country, we will enjoy David Warther Wood Carvings, wine tasting, an authentic Amish lunch prepared on an Amish homestead, and a stop at The Farm at Walnut Creek.

Tulips and Carousels

Date: Thu, May 10, 2018

Journey through Malabar Farms guided by an Ohio State Park Naturalist, savor a delicious Amish lunch at Der Dutchman in Bellville, walk through beautiful tulip-filled gardens and trails at Kingwood Center in the afternoon, go for an antique Carousel ride, and enjoy chocolate treats at Squirrel's Den confectionary.

Royal Explorations

Date: Thu June 14, 2018

Welcome to Ohio's Mohican Country! We'll stop at the Historical Society's Cleo Redd Fisher Museum, take a guided tour of a unique castle suite and an 18th century graveyard Red Oak Tower. Then enjoy a lunch designed by Food Network star Gordon Ramsey, and shopping at the Mohican Country Market.

Best of Lancaster featuring Hershey

Dates: April 16-19

Feel like you're going back in time among the farms, one-room schoolhouses and covered bridges of Lancaster County and the Pennsylvania Dutch Country. Relax in the slower pace of life and enjoy the home cooking and handicrafts of the Amish. Price includes transportation aboard a luxury motor coach, three nights lodging, three breakfasts and dinners, tours, a buggy ride and two shows. Cost is \$899 per person double occupancy. Deadline to register is February 9.