

APRIL 2018

Monday	Tuesday	Wednesday	Thursday	Friday
02 3 pm Book Review Group	03 10 am Game Day! Tripoley-bring pennies	04 9:30 am Model Railroad Visit	05 10 am World of Travel Presentation 11 am Garden Club Mtg 12:15 pm Pinochle and Blackjack 1 pm Lancaster Pre-departure meeting 2:30 pm GJPS Facilities Plan Discussion	06 Day Trip Refine, Dine, & Wine 1 pm Birthday Bash! with Summit's Trace (register)
09 1 pm Jewelry with Jean	10 10 am Game Day! Bunco-bring \$2 11:30 am Lunch Social (\$5, register)	11 11 am Lunch and Learn; free, please register	12 11:30 am Spring Fling at Hannah Park, please register in advance 12:15 pm Poker	13
16 Best of Lancaster & Hershey Trip, Returns 4/19 11 am Microwave Meals 11:30 am Creative Cards 3 pm Book Review Group	17 10 am Game Day! Tripoley-bring pennies	18 11:30 am Lunch Bunch, Mad Greek, Whitehall 2 pm Poker	19 12 pm Red Hat Meeting Front room and kitchen 12:15 pm Pinochle and Blackjack	20
23	24 Red Hat Trip to Der Dutchman 10 am Game Day! LCR-bring pennies 6 pm Downsizing Presentation, register	25 9 am Hearing Screenings, please register 12 pm Lunch and Bingo; \$5 lunch, \$2 bingo, please register. 2 pm ASAC Meeting	26 11 am Tour of Gardens with Mark Miller, register 12:15 pm Poker 12:30 pm Red Hatters 6:30 pm Gahanna Service Organizations Meeting	27
30	May 01	May 02 7:30 am Senior Golf League starts 11:30 am Potluck and Project Interact, High Point 5th Graders, register	May 03 10 am World of Travel Presentation 11 am Garden Club Mtg 12:15 pm Pinochle and Blackjack	May 04 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	7:30-10 Senior 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	9-11 Beginning Calligraphy	10:00 Chang Tai Chi	10:30 Zentangle (intro)
11:45 Bridge	10:30 Kitchen Band	TBD Special Events	12:15 Pinochle & Blackjack or Poker	12:30 Duplicate Bridge
1:00 Tai Chi for Arthritis & Fall Prevention	12:30 Euchre	2:00 Art with Amber	1:00 Calligraphy	1:00 Mahjongg
3:00 Table Tennis	3:00 Bean Bag Baseball	3:00 Bridge	3:00 Table Tennis	1:00 Zentangle (adv)

Senior Spotlight



GAHANNA ACTIVE SENIOR NEWSLETTER

APRIL 2018

Gahanna-Jefferson Public Schools Facilities Plan



Gahanna-Jefferson Schools Superintendent, Steve Barrett, and Assistant Superintendent, Jill Elliott, will join us on **Thu, April 5 at 2:30 pm** to discuss this long-term vision for Gahanna-Jefferson Schools and specifically the combination bond and operating levy for the May 8 ballot. Refreshments will be provided. Register at the front desk.

Garden Tour at Franklin Park Conservatory

Dr. Mark Miller, Outreach Education Manager at Franklin Park Conservatory and Botanical Gardens, will give the Gahanna Senior Center Garden Club a guided tour of the Franklin Park Botanical Gardens on **Thu, April 26 at 11 am**. Van transportation to Franklin Park Conservatory and Botanical Gardens will be provided. Event and transportaion is free to garden club members, please register at the front desk. Special thanks to the New Albany Rehabilitation Center, Skilled Nursing and Assisted Living for sponsoring this year's garden club!



Spring Fling
Thu, April 12

Break out of winter mode with us on **Thu, April 12 from 11:30 am-2:30 pm**, and celebrate spring at Hannah Park shelter. For just \$5, attendees will enjoy a catered lunch, games, and more! Please register at the front desk.



ASAC Elections

Our Active Seniors Advisory Committee (ASAC) will be holding elections for committee members on **Wed, May 9 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 **Mon, April 9**. Applicant profiles will be shared with our Center's membership in May before our elections. See Ruth Burris (Membership Chairperson), Patrick Monaghan, or our front desk staff if you are interested. Our Membership Committee also plans to host a "New Members Lunch" at 11:30 am before our Ice Cream social.

Downsizing Presentation
Tue, April 24 at 6 pm



Back by popular demand, we will have a presentation by Caldwell Banker Realty and Downsizing with a Heart regarding the ever popular topic of "Downsizing". Light refreshments will be provided. Please register.

Gahanna Senior Center Joins the Digital Age



The Gahanna Senior Center will be introducing key fobs for our members in April. Key fobs will help Senior Center staff track participation in our programs. Every member with an updated 2018 membership can pick up their assigned key fob in the front office beginning on **Mon, April 2**. New/renewing members will have a key fob assigned to them upon completion of his/her 2018 Membership Application. It's easy to use! Just scan your Gahanna Dept. of Parks & Recreation key fob as you enter the Senior Center. **Please continue to sign in to the book as you normally would.**

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

614.342.4265 Gahanna.gov

Upcoming Events

Model Union Railroad Visit
Wed, April 4, 9:30 am

First Garden Club Meeting
Thu, April 5, 11 am

Travel Presentation
Thu, April 5, 10am

GJPS Facilities Plan Discussion
Thu, April 5, 2:30 pm

Refine, Wine and Dine
Fri, April 6

Spring Fling
Thu, April 12, 11:30 am

Best of Lancaster PA, Featuring Hershey
April 16-19

Gahanna Residential Shredding & E-Recycling Event
Sat, April 21, 9 am - noon

“Downsizing” Presentation
Tue, April 24, 6 pm

Garden Tour at Franklin Park Conservatory
Thurs, April 26, 11 am

Potluck and Project Interact
Wed, May 2, 11 am

Ice Cream Social & Elections
Wed, May 9, 1 pm

New Members Mixer & Lunch-
Wed, May 9, 11:30 am

Tulips and Carousels
Thu, May 10

Herbs in the Alley & Herb Day
Fri & Sat, May 11 & 12

Royal Explorations
Thu, June 14

Extended Program Hours to begin this Spring!



The Gahanna Senior Center is actively planning additional program offerings on Tuesday and Thursday evenings for individuals 55+. We will have more information available regarding specific program offerings in the coming month. Please plan to join us!

Get Moving this Spring

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

Model Union Railroad



Join us at the home of Bill and Peg Hanna on **Wed, April 4 at 9:30 am**, for a tour of the Union Northern Railway, a fictitious bridge line set in the mid-fifties, created by railroad president, Bill Hanna. Transportation from the Senior Center will be provided. Please see the front desk for more information and to register.

Lunch and Learn

Wed, April 11, 11 am

Hilton Dellinger, from Home Instead, will discuss Living at Home With Arthritis--a presentation where we will look at the warning signs and symptoms of arthritis, as well as some advice on prevention and treatment.

Thank you Brookdale!



During the months of January through March, Brookdale Senior Living Solutions hosted a series of monthly “Brain Fit” educational classes. Each class was interactive and also featured healthy eating/recipes, as well as a variety of topics to keep our minds active and healthy as we age. Thank you to Jim Logsdon and his team for a great series. We hope to resume this again in the near future.

Donations to GRIN

Help Gahanna residents in need by donating nonperishable foods and hygiene products at the Senior Center’s kitchen, and we will be sure to get your donations to GRIN.



Welcome New Members

Sylvia Walinski	Ted Woodruff	JoAnn Kruse	Bernice James
Pat Mason	Michael Gregory	Ruby Hoppe	Mary Lou Collins
Nancy Sullivan	Patti Adams	Terry Hoppe	Lois Myer
Patricia Bobo	Suzette Musch	Mary King	John Myer
Belinda Wilson	Diane Ashley	Antonine Pierre-Louis	Becky Becker
Toni Mallow	Louis Vannoy	Carlton James	Brad Becker

Meal Programs

Please register at the front desk for all meal programs.

Lunch Social

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

Tue, April 10, 11:30 am Tomato Florentine Soup w/ 2 sides

Tue, May 8, 11:30 am Garden Veg. Soup w/2 sides

Lunch & Bingo

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

Wed, April 25, 12 pm Chicken Noodle Soup w/2 sides

Wed, May 30, 12 pm at First & Main New Albany, transportation provided

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, April 18, 11 am Mad Greek, Whitehall

Wed, May 16, 11 am Giammarco, Westerville

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, May 2, 11:30 am Sing-a-long with Highpoint 5th Graders.

Please remember to bring a dish to share!

Microwave Meals

Mon, April 16, 11 am Chicken Saltimbocca, Spinach Casserole and Cornbread

Mon, May 21, 11 am Chili con Queso, Taco Salad, Layered Southwestern Dip

First Monday Book Review Club



Don Tillman, a socially awkward computer nerd (think Sheldon Cooper) writes a scientifically valid computer program designed to filter out the drinkers, the smokers, the vegans and the late arrivers.

The Wife Project questionnaire is deemed by its creator to be the most logical method to find the perfect partner. Enter Rosie Jarman, who Don quickly disqualifies as a potential wife. When Don agrees to help Rosie seek her biological father, their “friendship” gradually takes on a whole new meaning. Join the First Monday Book Club to discuss this romantic adventure on **Mon, May 7 at 3 pm**.

AARP Tax Assistance Service



Those seeking help with their income taxes may do so through AARP at the Mifflin Township Meeting Hall Mondays 11 am-4 pm, and Thursdays 9 am-4 pm. Please call 614-713-9097 and speak directly with a representative during the hours noted to set an appointment. Mifflin Twp Meeting Hall, 155 Olde Ridenour Rd, Gahanna, OH 43230.

March Memories



2018 Travel Presentation Thu, April 5 at 10am

Don’t miss this informative session at the center as our travel agent from World of Travel shares highlights and pictures of upcoming trips Gahanna seniors may enjoy in 2018! We will take time to also highlight our upcoming day trips, and get input from members on Fall day trips of interest.

Travel Programs

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

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.

Rocking Horse Ranch Resort (Highland, NY)

Date: Sep 9-15, 2018

Sedona’s Red Rocks & The Grand Canyon

Date: Oct 15-21, 2018

