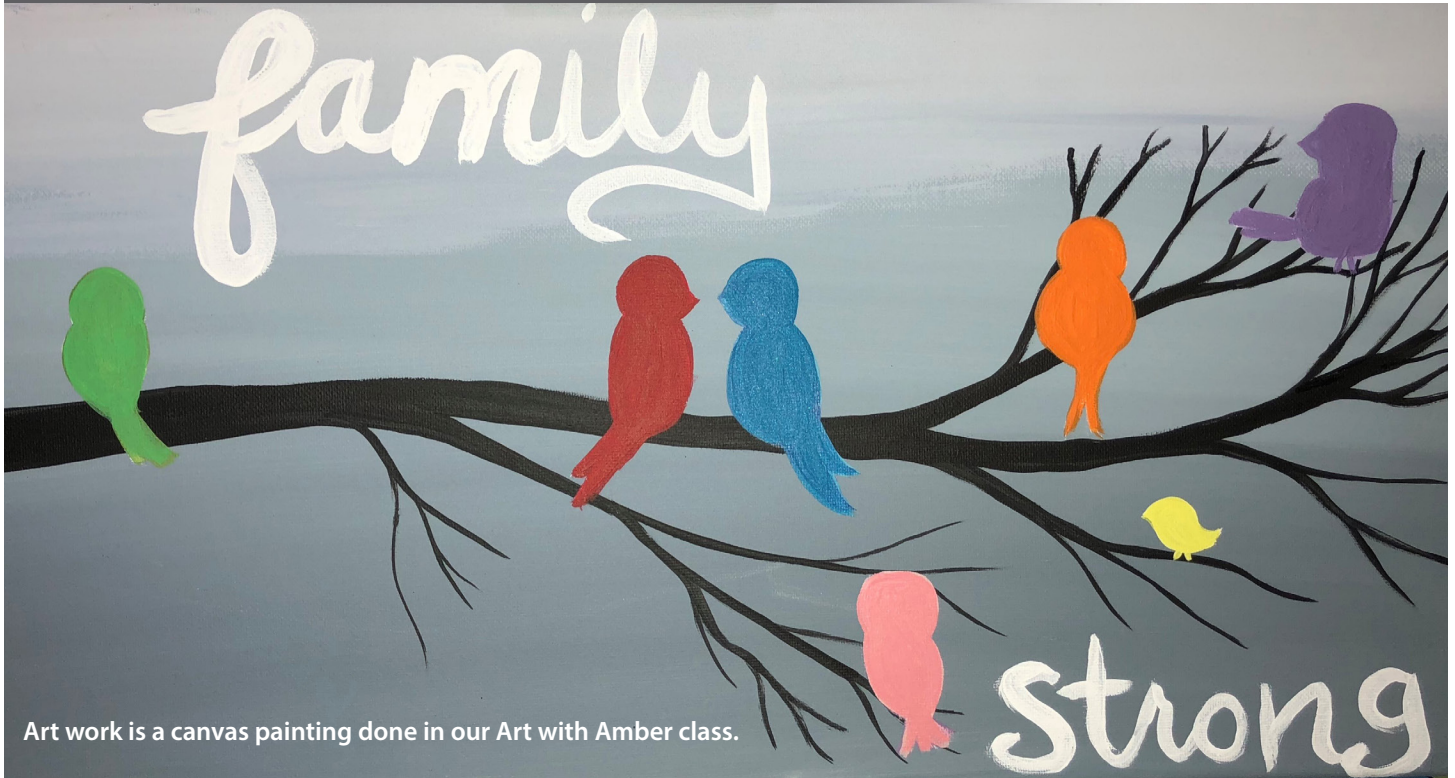


Senior Spotlight



GAHANNA ACTIVE SENIOR NEWSLETTER

AUGUST/SEPTEMBER 2018



Art work is a canvas painting done in our Art with Amber class.

Dear Members,

We are excited to share our newest edition of *Senior Spotlight* through direct mail to your doorstep. As a result of this direct mailing we are assured that ALL members will receive the publication, and we anticipate our membership will gain additional insight and awareness of the many great programs and events offered at our center.

For our newsletter printing, we are utilizing the services of LPi (Liturgical Publishing, Inc) which publishes thousands of church and senior center publications every month. LPi also has worked with us to source ad sponsors which will cover the printing costs of this publication. We thank LPi and our newsletter ad sponsors for their support.

Lastly, I would like to thank Beth McCollam (Marketing Coordinator) and Erika Myers-Bromwell (Office Coordinator) as we continue to work together in providing each of you the very best newsletter possible.

Thank you, and please enjoy our August/September *Senior Spotlight* edition!
Patrick Monaghan, Senior Services Supervisor

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

Upcoming Events



Ice Cream Social & Medicare Q&A

Wed, August 1, 1 pm

Garden Club Trip to Gantz Herb Garden

Thu, August 2, 11 am

Election Day

Canceled activities include Euchre, Kitchen Band and Bean Bag Baseball
Tue, August 7

Lunch & Learn

Wed, August 8, 11 am

Volunteer Appreciation Lunch

Wed, August 22

Scramble FORE Seniors!

Fri, August 24, 9 am

World of Travel Presentation

Mon, August 27, 10 am

Senior Golf League Awards Banquet

Wed, September 5, 11 am

Kayak & Canoe Float

Tue, September 18, 9 am

Wild Times Day Trip

Thu, September 20

Creekside Hops & Vines Fest

Sat, September 22, 6 pm

Fall Fireside Feast

Wed, October 10, 12 pm

Halloween Party & Bingo

Wed, October 31, 12 pm

SCRAMBLE FORE! SENIORS

Fri, August 24, 9 am

Open to the public, ages 21 and over, this event will be an 18 hole scramble format. Attendees will enjoy exciting contests, prizes, lunch, drinks and other fabulous giveaways.

Proceeds will support Gahanna Active Senior programs. Check-in is at 9 am and the shotgun start is at 10 am. Cost for an individual golfer is \$65

and a foursome is \$225. Thanks to our food sponsor, City BBQ of Gahanna, who will provide a lunch buffet for registered golfers.

Register at the Senior Center, Gahanna Golf Course or www.gahanna.gov/seniorcenter.

**City
BARBEQUE**

Special Events

Ice Cream Social & Medicare Q&A by Care Source

Wed, August 1, 1 pm

Senior Sunny Siestas!

Mon-Thu Aug 20, 21, 22, 23 12-3 pm

Mon-Thu Aug 27, 28, 29, 30 12-3 pm

Join us for an exclusive Siesta Pool Party at Hunters Ridge Pool! Enjoy our relaxing pool or just lounge in the sun with food, music and games. Free to Gahanna Senior Center members. Cost is \$9 for non-members age 55+. Senior Center and pool members age 55+ may bring one guest age 18 or older for free. Additional guests age 18 or older \$9/person. Register at the front desk.

Kayak & Canoe Trip Planned

Tue, September 18, 9 am - 1pm



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. Transportation provided from Friendship Park. No experience necessary. Boats and equipment provided. See the front desk for details or register online

at www.gahanna.gov/parks-recreation. Activity # 62041.202 Cost: \$10 residents/\$15 non-residents

Fall Fireside Feast

Wed, October 10, 12 pm

The membership of the Gahanna Senior Center will enjoy our annual fall luncheon, wagon rides, music, and games at Hannah Park. Register at the Senior Center. Special thanks to our event sponsor, The Ashford on Broad!

Independence Day Parade

On July 4th, over 25 members of the Senior Center participated in this year's community parade festivities.

Participants expressed their patriotic spirit while waving one hand in celebration, and the other with an American flag proudly raised. Our Center also tossed out plenty of candy to the kiddos along the parade route, adding some fun to our festivities. Thank you to all our participants who helped decorate the float on July 3, and all those who represented our Senior Center in the parade.

"America, America, God shed His grace on thee, and crown thy good with brotherhood from sea to shining sea!"



Meal Programs

Lunch Socials

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

Tue, Aug 7, 11:30 am Chicken Salad Sub & 2 sides

Tue, Sep 11, 11:30 am Chicken Soup w/orzo & 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 10:45am. Attendees responsible for their lunch costs. Register in advance.

Wed, Aug 15, 11:30 am Hudson 29, 260 Market St., New Albany

Wed, Sep 19, 11 am Cantina Laredo, 8791 Lyra Dr, Polaris



Lunch & Bingo

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

Wed, Aug 29, 12 pm Turkey/Ham sub w/2 sides

Wed, Sep 26, 12 pm Meatball w/pasta Soup & 2 sides

Microwave Meals

Mon, September 17, 11 am

Prepare delicious meals and desserts from your own microwave using recipes from our Instructor Patty Miller. \$5/class. Must register at least 1 week in advance.

Potluck and Project Interact - Intergenerational Program

Wed, September 5, 11:30 am

Join us for a delightful and educational program presented by Gahanna-Jefferson school-aged students, and enjoy a delicious potluck feast prepared by our Active Seniors. Register in advance. Our guests will be the students from Goshen Elementary School's summer drama camp.



Lunch and Learn: How to Pay for Senior Living Wed, August 8, 11 am-1 pm

Senior Living Truth Empowerment Series will host this panel discussion. Senior living costs may be expensive; however, there are payment methods that may be utilized to make it easier to afford.

Lunch and Learn: Gahanna Service Organizations Wed, September 12, 11 am - 1pm

This session will highlight various service organizations throughout Gahanna and how they benefit our community, as well as how individuals can get involved. We will have information tables available and guest speakers from each organization.

AUGUST 2018

Monday	Tuesday	Wednesday	Thursday	Friday
00	00	01 1 pm Medicare Q & A and Ice Cream Social with Care Source, register.	02 11 am Tour of Gantz Herb Garden; Grove City, register 12:15 pm Poker	03 No Wii Bowling 1 pm Camp Friendship - Give Back
06 3 pm Book Review Group	07 Special Elections: Euchre, KB, BBBBaseball Cancelled 10 am Game Day! Tripoley-bring pennies 11:30 am Lunch Social, \$5, register	08 11 am Lunch and Learn, free, register	09 12:15 pm Pinochle	10
13	14 10 am Game Day! Bunco-bring \$2 11:30 am Lunch Social (\$5, register)	15 11:30 am Lunch Bunch, Hudson 29, New Albany, register 2 pm Poker	16 12:15 pm Poker	17
20 Wii Bowling Sign-up Starts 3 pm Book Review Group	21 10 am Game Day! Tripoley-bring pennies	22 11:30 am Volunteer Appreciation Luncheon	23 10:15 am Red Hat Trip 12:15 pm Pinochle	24 9 am SCRAMBLE FOR SENIORS
12 - 3 pm Sunny Siestas @ Hunters Ridge Pool				
27 10 am World of Travel Presentation, (Punta Cana, Virginia & DC, Ireland & Scotland, Alaska)	28 10 am Game Day! Bunco, bring \$2	29 12 pm Lunch and Bingo, \$5 lunch, \$2 Bingo	30 12:15 pm Poker	31
12 - 3 pm Sunny Siestas @ Hunters Ridge Pool				

TYPICAL DAILY SCHEDULE

Mondays

9:15 Yoga Gold
10:00 Crafts/Sewing
10:30 Line
Dancing
11:45 Bridge
1:00 Tai Chi for Arthritis & Fall Prevention
3:00 Table Tennis

Tuesdays

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

Wednesdays

7:30 Golf League
9:00 Quilting Guild
9-11 Beginning Calligraphy
TBD Special Events
2:00 Art with Amber
3:00 Bridge

Thursdays

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

Fridays

9:15 Yoga Gold
10:15 Wii Bowling League
10:30 Zentangle (intro)
12:30 Duplicate Bridge
1:00 Mahjongg
1:00 Zentangle (adv)

SEPTEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
03 Labor Day - Center Closed	04 10 am Game Day! Tripoley-bring pennies	05 11:30 am Potluck and Project Interact, register 11 am Golf League Awards Banquet	06 11 am Garden Club Meeting 12:15 pm Pinochle	07 10:15 am Wii Bowling Meeting & Pizza Party
10 3 pm Book Review Group	11 10 am Game Day! Bunco-bring \$2 11:30 am Lunch Social, \$5, register	12 11 am Lunch and Learn, free, register	13 12:15 pm Poker	14 No Wii Bowling
17 3 pm Book Review Group	18 9 am Kayak & Canoe Float, register 10 am Game Day! Tripoley-bring pennies	19 11 am Lunch Bunch, Cantina Laredo, register 2 pm Poker	20 Wilds Day Trip, register 12:15 pm Pinochle	21 10:15 am Wii Fall League Begins
24	25 10 am Game Day! Bunco-bring \$2	26 12 pm Lunch and Bingo, \$5 lunch, \$2 Bingo, register	27 12:15 pm Poker	28
Oct 01 3 pm Book Review Group	Oct 02 10 am Game Day! Tripoley-bring pennies	Oct 03 11:30 am Potluck and Project Interact, register	Oct 04 11 am Garden Club Meeting 12:15 pm Pinochle	Oct 05

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Clubs & Leagues

First Monday Book Review Mon, September 10, 3 pm

With the Labor Day closing of the Gahanna Senior Center, the First Monday Book Club will meet on Sept. 10 at 3 pm to discuss *Death Comes in through the Kitchen* by Teresa Dovalpage. Don't let the authentic Cuban recipes fool you; this is no cozy mystery.

Mon, October 1, 3 pm

The First Monday Book Club returns to one of its favorite authors, Fannie Flagg. *I Still Dream About You* is a wonderful novel that is equal parts southern charm, murder mystery, and that perfect combination of comedy and old-fashioned wisdom.

Wii Bowling Update

Fri, August 24 & 31, 10:15 am --All are welcome!

Fall Wii Bowling League sign-up begins on August 20. The season kicks off on September 7 at 10 am with a bowling meeting and pizza party. League play begins on September 21 at 10:15 am.

Garden Club Update

Thu, August 2, 11 am - Gantz Herb Garden, Grove City



Stop by anytime to check out the gardens, or the first Thursday of the month at 11 am to participate in a gardening discussion.

The garden club will be visiting Gantz Herb Farm in Grove City on August 2. Members are encouraged to register and welcome

to bring a friend on this local adventure. Sponsored by New Albany Rehabilitation, Skilled Nursing & Assisted Living.

Walking Group

Reminder! Every Tuesday morning the Senior Center coordinates a walking group. Each walk starts at the Senior Center at 9:30 am and lasts an hour, weather permitting. Starting August 7, the walking group will be led and coordinated by staff from Home Instead. Winter Walks are also conducted indoors during the cold winter months. See the front desk for details and how to get involved.

Craft Group



Do you love to craft, crochet or knit? The Gahanna Senior Center Craft Group may be for you. Sell your creations in the office and all sales benefit Nationwide Children's Hospital. Meets every Monday at 10 am.

Announcements

Camp Friendship Give-Back Fri, August 3, 1 pm



Beat the heat and be sure to stop by the Senior Center kitchen as campers from Camp Friendship bake and decorate delicious cookies and cupcakes for our members.

Art with Amber

Wed, August 1, 2 pm

One of our most popular art programs returns after summer break. No painting experience is necessary. Cost is \$10, please register at the front desk.

Volunteer of the Year

Do you have a friend who does a lot for the Senior Center? Why not nominate him/her for Volunteer of the Year? Every year at least one member of the Gahanna Senior Center is recognized for their commitment to the Center. This year's volunteers will be recognized at our annual luncheon held at Wesley Woods of New Albany on August 22.

Monthly Gahanna Service Organization Meetings - Every 3rd Thursday, 6:30pm

Each month, representatives from service organizations around Gahanna meet to discuss upcoming events, how to best raise awareness within our community and opportunities to get more people involved. Join us to learn more about groups like Kiwanis, Lion's Club, Neighborhood Bridges, GRIN, Toastmasters and more! The next meeting is August 16.

Intro to Zentangle®

Fri, September 7, 10:30 am

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"x3.5" piece of art. No artistic ability is necessary. This is a beginner's class. 4 weeks. Cost: \$30

Trip & Travel

Travel Preview Parties

Mon, August 27, 10 am

Learn about the exciting travel programs planned for fall 2018 and beyond! The August presentation will highlight Punta Cana, Plaids & Stripes, Ireland/Scotland and Alaska trips. November's presentation will highlight Ireland/Scotland, Virginia & DC, Alaska and Wonders of the Wild West.

Day Trips

Wild Times (Jeep Tour or Zip Line Adventure)

Thu, September 20

Encounter rhinoceros, giraffes and other rare and endangered species on this extraordinary adventure at The Wild's, one of the world's most innovative conservation centers. For an additional \$50 per person take the adventure a step further and choose the Zipline Overlook tour option. **Cost:** Open Air Tour \$116

Rockin' Good Time in Cleveland

Thu, October 11

Explore some of Cleveland's most famous sites! Visit the Rock 'n Roll Hall of Fame, lunch at Cleveland's famous West Side Market and board the coach for a guided driving tour of Cleveland. **Cost:** \$89/person



Marine Life and Electric Neon: A Tour of Cincinnati

Thu, November 8

Take a walk down memory lane with a tour of the 20,000 square feet of indoor space at The American Sign Museum. Then visit Kentucky's Newport Aquarium where you'll see thousands of animals from all over the world including sea life in their most recent exhibit "Ring of Fire": World of the Octopus. **Cost:** \$91/person

Overnight Excursions

Sedona's Red Rocks & The Grand Canyon

October 15-21, 2018

Tour some of the most scenic vistas in the country as you visit Sedona, The Grand Canyon and Scottsdale on this six-day excursion. Visit Montezuma Castle National Monument and ride the Grand Canyon Railway to Williams Depot. Next explore the eclectic scene in Sedona and have the chance to adventure through the backcountry or take a hot air balloon ride. Later enjoy the views aboard the Verde Canyon railroad and chow down at Blazin' M Ranch before experiencing the beautiful sights in Scottsdale.

Christmas in New Orleans

November 27-30, 2018

Usher in the holiday season amidst the sights and sounds of the Big Easy. Tour plantations, the French Quarter, and Historic Jackson Square and learn to make Cajun food at the New Orleans School of Cooking.

Paradise in Punta Cana, Dominican Republic

January 22-28, 2019

Escape the cold Ohio winters for a seven day, six night luxurious vacation at the five-star, all-inclusive Grand Bahia Principe Bárvaro Resort in Punta Cana. Relax on the world-renowned white sand beaches among the lush natural flora only found in the Dominican Republic.



Irish Adventure with Optional Post Tour of Scotland

May 12-21, 2019

Cross Ireland off your bucket list! Tour the Irish countryside-kiss the Blarney Stone, view the Cliffs of Moher, and ferry across the River Shannon on this 10 day/9 night journey. Cities in the tour include Dublin, Belfast, Derry, Donegal, Galway, Killarney and Waterford.

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



Sponsor Highlight

WESLEY WOODS
at New Albany



Wesley Woods at New Albany,
located off Hamilton Road

is welcoming new residents. Affiliated with The Wesley Communities, Wesley Woods at New Albany offers an upscale lifestyle for active seniors featuring onsite restaurants, fitness centers, a movie theater, salon and spa. They offer apartment homes and villas in a variety of sizes, styles and floor plans. As your needs change, you have easy access to additional services - from physical therapy, to assisted living, as well as memory support or long term care.



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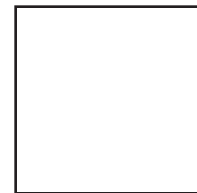


Photo Gallery



Inside this Edition

August 24

Scramble FORE Seniors fundraiser

**SCRAMBLE
FORE!
SENIORS**

Aug 20-23 & Aug 27-30

Senior Sunny Siesta Days at Hunters Ridge Pool

Beginning August 7

Walking Club sponsored by Home Instead

See Trip & Travel Section

New Day Trips planned for Fall