

Senior Spotlight

GAHANNA ACTIVE SENIOR NEWSLETTER

OCTOBER/NOVEMBER 2018



Senior Center volunteers were recognized at the Volunteer Luncheon in August.

Volunteer Appreciation Luncheon



Congratulations to this year's Senior Center Volunteer of the Year, Ruth Burris, and the Supervisor's Recognition Award winner, Dorothy Gill. The two award winners were recognized at a banquet in August at Wesley Woods of New Albany. Over 30 attendees enjoyed an informative and interactive presentation on brain fitness, as well as a wonderful lunch together.

Senior Center volunteers were recognized for their years of dedicated service that make the center and its programs a special place for all members.

Upcoming Events



World of Travel Presentation

Mon, October 1, 10am

Voter Information & Registration

Mon, October 1, 10:30 am-12 pm

Tue, October 2, 11:30 am -1 pm

Fall Fireside Feast

Wed, October 10, 12 pm

Rockin' Good Time in Cleveland

Wed, October 17

Flu Shot Clinic

Thu, October 11, 10:30 am - 12 pm

Thu, October 18, 1-4 pm

Truth Empowerment Series

Tue, October 23, 10 am

Coffee and Donuts

Tue, October 30, 11:30 am

Halloween Party & Bingo

Wed, October 31, 12 pm

World of Travel Presentation

Thu, November 1, 10 am

Fall Prevention

w/ Kristen Parker

Mon, Nov 5, 12 pm

Marine Life and Electric Neon Cincinnati Day Trip

Thu, November 8

Gahanna's Holiday Lights Celebration

Sun, November 18, 3-7 pm

Truth Empowerment Series

Tue, December 4, 10 am

Special Events

American Red Cross First Aid/CPR/AED Training

Tue & Thu Oct 9 & 11 6-9 pm



**American
Red Cross**

Learn to recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach participants the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed.

Upon successful completion of this course, you will receive a digital certificate for Adult First Aid/CPR/AED valid for two years.

Register with Gahanna Parks & Recreation at 614.342.4250. Cost for Gahanna residents is \$85.

Fall Fireside Feast

Wed, October 10, 12 pm

Join your fellow members in celebrating harvest season at the Fall Fireside Feast at Hannah Park Shelter, 547 Clark State Rd. We will enjoy a hot lunch, hayrides, cozy fireplace, hot coco and s'mores, along with some fun games. This is one of our best events of the year, so don't miss out! Register at the front desk today! This free event is sponsored by The Ashford on Broad.

Halloween Party and Bingo

Wed, October 31, 12 pm



Blast into the Past at the Gahanna Senior Center's Annual Halloween Party and Bingo. Members are encouraged to dress up in historic garb and join in the fun. Lunch will start at 12:15 pm followed by bingo. Dessert and bingo prizes sponsored by Sage Park. Special entertainment will include *Passing By...*

My Life as a Minstrel an Entertainment for the Parlor performed by Gerald Farnham. Be sure to sign up at the front desk so you don't miss this exciting event!

12 pm Costume Contest followed by lunch

1 pm Bingo

3 pm Performance by Gerald Farnham

4 pm Bridge

Holiday Shopping Trip

Fri, November 2, 8:30 am

Get ready for the holidays with Gahanna Senior Center's annual Holiday Shopping Trip. The trip will start with breakfast at Cracker Barrel, 60 Fourwinds Dr, Sunbury, off Rt. 36/37, followed by a visit to Polaris Mall. Van transportation to and from the mall costs \$4. Spots fill up fast so register today!

Scramble FORE Seniors a BIG Hit!



Thank you to all our golfers, hole sponsors, staff and volunteers who made our inaugural Scramble FORE Seniors a big hit! A total of 15 teams (57 golfers) competed in a best ball, scramble tournament while enjoying various course contests and fun hole surprises. The event showcased ten hole sponsors, as well as our food sponsor for the day, City BBQ of Gahanna. The event was a huge success raising \$4,000 toward the Gahanna Senior Center and its programs. We look forward to seeing you next year!

Food Sponsor - City Barbeque (Gahanna)

Hole Sponsors

Absolute Hearing Solutions

Capital City Hospice

Harrell's

The Laurels of Gahanna

New Albany Rehabilitation, Skilled Nursing and Assisted Living

Otterbein Senior Lifestyle Choices

Playworld Midstates (double sponsor)

ProCore Health Brokers

Catherine Hope Cunningham:

Realtor and Consultant

Sage Park

Sutter Financial, LLC

Meal Programs

Lunch Socials

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

Tue, October 9, 11:30 am Creamy Chicken soup & 2 sides

Tue, November 13, 11:30 am Minestrone soup & 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 10:45 am. Attendees responsible for their lunch costs. Register in advance.

Wed, October 17, 11 am Café Istanbul, 3983 Worth Ave, Columbus (Easton)

Wed, November 21, 11 am Rusty Bucket, 73 N. Hamilton Rd., Gahanna

Lunch & Bingo

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

Wed, September 26, 12 pm Meatball w/pasta soup & 2 sides

Wed, October 31, 12 pm Chili & cornbread, no Bingo fee

Microwave Meals

Must register at least 1 week in advance. \$5/class

Mon, October 22, 11 am Buffalo Chicken Dip, Ham Caribbean, Glazed Acorn Squash Rings, Coconut Mug Cake

Mon, November 19, 11 am Warm Havarti and Spinach Dip, Old Fashioned Meatloaf, Mexican Chocolate Cake

Potluck and Project Interact

Wed, October 3 11:30 am Theatre Appreciation Class Oral History Project

So, What's Your Story? GLHS Drama Wants to Know!

Back by popular demand, the Gahanna Lincoln High School theatre appreciation classes want to hear your stories and put them on the stage! We are partnering with Cindi Macioce, GLHS Drama Director, and her theatre appreciation students to create a production using life stories you share with them. Cindi and her students will be attending the October 3rd Project Interact to begin planning for this special collaboration. Please see the front desk if you are interested.

Lunch and Learn: Parkinson's Disease and Physical Therapy

Wed, October 24, 11:30 am

Discover how movement and physical activity can help to delay the progression and improve the quality of life for people with Parkinson's disease. Presented by Nova Care.

Lunch and Learn: AARP Cyber Fraud Prevention

Wed, November 14, 11:30 am

Learn how to identify fraud and online scams. Keep your personal data safe by taking steps to protect yourself and prevent being a victim.

OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
01 10 am World of Travel Presentation 3 pm Book Review Group	02 10 am Game Day! Tripoley-bring pennies	03 11:30 am Potluck & Project Interact, register	04 11 am Garden Club Meeting 12:15 pm Pinochle	05
08	09 10 am Game Day! Bunco-bring \$2 11:30 am Lunch Social, \$5, register	10 12 pm Fall Fireside Feast at Hannah Park, register 2 pm Art with Amber cancelled	11 9:30 am Breakfast Club w/ Summits Trace, register 10:30 am-12 pm Flu Shot Clinic, register 12:15 pm Poker	12 No Wii Bowling
15 3 pm Book Review Group	16 10 am Game Day! Tripoley-bring pennies	17 Cleveland Day Trip 11:30 am Lunch Bunch, Cafe Istanbul, register 2 pm Poker	18 10 am "Ten Apps Every Senior Should Know About" 12:15 pm Pinochle 1-4 pm Flu Shot Clinic, register	19
22 11 am Microwave Meals, \$5, register	23 10 am Game Day! Bunco, bring \$2	24 11:30 am Lunch & Learn, free, register	25 12:15 pm Poker	26
29	30 10 am Game Day! Tripoley-bring pennies 11:30 am Coffee and Donuts with Care Source, free, register 3:30 pm ASAC Meeting	31 9 am Hearing Screenings 12 pm Halloween Party 12 pm Lunch and Bingo, \$5 lunch, register 3 pm Performance 4 pm Bridge	Nov 01 12:15 pm Poker	Nov 02

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 Walking Group
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)

NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			01 10 am World of Travel Presentation 11 am Garden Club Meeting 12:15 pm Pinochle	02 8:30 am Holiday Shopping Trip, \$4, register
05 12 pm Fall Prevention with Kristen Parker 3 pm Book Review Group	06 10 am Game Day! Bunco-bring \$2	07 11:30 am Potluck & Project Interact, register	08 Cincinnati Day Trip 9:30 am Breakfast Club w/ Summits Trace 12:15 pm Poker	09
12 Veterans Day, Center Closed	13 10 am Game Day! Tripoley-bring pennies 11:30 am Lunch Social, \$5, register	14 11:30 am Lunch & Learn, free, register	15 12:15 pm Pinochle	16 Theatre Appreciation Class Performance 10:15 am Will League Meeting and Pizza Party
19 11 am Microwave Meals, \$5, register 3 pm Book Review Group	20 10 am Game Day! Bunco-bring \$2 11:30 am Santa's Elves	21 12 pm Lunch Bunch, Rusty Bucket, register 2 pm Poker 2 pm Art with Amber cancelled	22 Thanksgiving Holiday - Center Closed	23
26	27 10 am Game Day! Tripoley-bring pennies	28 12 pm Lunch and Bingo, \$5 lunch, \$2 Bingo, register	29 12:15 pm Pinochle	30

TYPICAL DAILY SCHEDULE

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:15 Yoga Gold	9:30 Walking Group	7:30 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 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	1:00 Ceramics	3:00 Bridge	3:00 Table Tennis	1:00 Zentangle (adv)
	3:00 BB Baseball			

Clubs & Leagues

Breakfast Club with Summit's Trace

Hope Hawkins is back with a program sure to get you out of bed on those dreary fall mornings. The Breakfast Club will feature just that-a hot satisfying breakfast, and an informative presentation geared towards your needs/interests. The Breakfast Club meets every second Tuesday at 9:30 am and is free. To register or for more information, please visit the front desk.

First Monday Book Review

The First Monday Book Review Club will meet on **November 5** at 3 pm to discuss *Olive Kitteridge* by Elizabeth Strout. This Pulitzer Prize winning book encompasses thirteen linked tales that present a heart-wrenching, penetrating portrait of ordinary coastal Mainers living lives of quiet grief intermingled with flashes of human connection.

At the December meeting, the First Monday Book Review Club will not have a specific book for discussion. Instead, club members will meet off-site to plan and schedule its agenda for the first half of the 2019 calendar year.

Wii Bowling Update

The Wii bowling league continues through November, meeting on Fridays at 10:15 am.

Fri, November 16, 10:15 am Fall League Meeting and Pizza Party, please bring \$5

Fri, November 30 Learn, Play & Practice for interested members

Fri, December 7 Wii Bowling Challenge vs Parks and Recreation Dept

Senior Golf League - 2018 League Leaders

Ladies Division

Sara Stanley (1st Place)

Darlene Marks (2nd Place)

Sue Egler (3rd Place)

Men's Division

Steve Davis (1st Place)

Jack Shick (2nd Place)

Al Taynor (3rd Place)

Walking Club

Gahanna Senior Center is partnering with Jennifer Bushby from Home Instead Senior Care to bring you an exciting new fitness program! The Gahanna Walking Club meets at the Center every Tuesday at 9:30 am. Walk with Jennifer and track your progress throughout the season with a free pedometer. Different loop lengths of .5, 1, and 1.5 miles will help you tailor your workout. This program is free, please call or register at the front desk.

Announcements

Advanced Zentangle class will meet on the following dates in October and November: **October 5 & 26, November 16 & 30**. The cost for this 4 week session \$5 per class.

Art with Amber

Come and visit us for a day while we paint. You will see how fun and easy it is. Amber's classes are usually \$30 per painter, but she offers this special pricing exclusively for Gahanna Senior Center members. Please visit the front desk to register. Wednesdays, 2-4 pm Cost \$10

Art with Amber will not meet the following dates this fall: **October 10, October 31 and November 21**.

Flu Clinic

The Gahanna Senior Center will host two flu clinics this October.

Thu, October 11, 10:30 am hosted by CVS

Thu, October 18, 1-4 pm, hosted by Continuing Healthcare of Gahanna

Please register at the front desk and be sure to **bring your insurance card the day of the clinic!**

Craft Group Holiday Sales

Support our Senior Center's Craft Group by considering the many items created for sale. These craft items are on display in the Center's office year-round, and at certain special events during the holiday season such as the Halloween Party and our annual Christmas Open House. Craft sales help to support a charity each year. In recent years our craft group has supported causes such as St. Jude Hospital, and most recently Nationwide Children's Hospital.

Trip & Travel

Travel Preview Parties

Mon, October 1, 10 am

Thu, November 1, 10 am

Please join us for some exciting trips as we finish out 2018 and welcome 2019! Our Center conducts various day trips, as well as overnight and international excursions through our fantastic travel agencies.

Day Trips

Rockin' Good Time in Cleveland (Register ASAP!)

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

Christmas in New Orleans

November 27-30, 2018

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.

Plaids and Strips featuring Virginia's International Tatoo

April 25-29, 2019

Explore the sights and sounds of the nation's armed forces in this five-day, four- night tour of Virginia. Cruise Norfolk's Elizabeth River, visit the Parade of nations, Quantico National Cemetery and Missing in America project, and enjoy the highlight of the trip: The Virginia International Tattoo.

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.

An Alaskan Voyage w/ Optional Pre-cruise 5-day Land Tour

Aug 6-15, 2019 Cruise Only

Aug 2-6, 2019 Optional Land Tour

More info available at the front desk.

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

An Alaskan Voyage (August 2019)



Sponsor Highlight

SAGE PARK

ALZHEIMER'S SPECIAL CARE CENTER

Sage Park is a memory care community at 5201 Morse Rd. What sets Sage Park apart from other assisted living communities is its dedication to serving those living with Alzheimer's and other forms of dementia. Its Meaningful Moments® program is unique and is built on in-depth awareness each resident's needs and wishes in order to ensure they feel comfortable and cared for. Sage Park's holistic approach includes developing partnerships with family members and other healthcare providers to ensure they meet the physical, social, emotional, mental and spiritual needs of each resident. For more information, please call 614.334.3343.

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

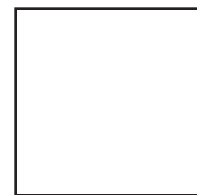


Photo Gallery



Membership
Drive

2019
Gahanna
Senior Center
Early Bird
Membership
Drive
December 1 - 20

MEMBERSHIP