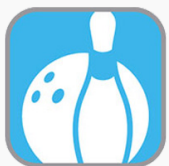


Senior Spotlight

GAHANNA ACTIVE SENIOR NEWSLETTER

FEBRUARY 2019

Wii Bowling League



For the third year in a row the Gahanna Senior Center Wii Bowling League

crushed the Gahanna Department of Parks & Rec in the 2018 Wii Bowling Challenge with a final score of 599 to 574. The Gahanna Department of Parks & Rec lost all three games, but had a ton of fun in the process. Thank you Wii Bowling team for another fun event!

Thanks to all who participated:

Senior members: Jeff Caffee, Elaine Myers (pictured to right), Mary Butcher, Annette Packer, Adrienne Eames, Paul Castle, Walt Sherwood, Virginia Williams, Ivadene O'Niel.

Parks & Recreation staff: Jeff Barr, Stephania Bernard-Ferrell, Brian Gill, Zac Guthrie, Sarah Mill, Scott Hayden, Patrick Monaghan, Karlin Wolfe, David Westerholt and Erika Myers-Bromwell.



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

Meal Programs

Lunch Socials

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

Tue, February 12, 11:30 am

Tomato Florentine 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, February 20, 11 am

Barrel & Boar, Gahanna

Lunch & Bingo

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

Wed, February 27, 12 pm

Cream of Potato Soup

Microwave Meals

Mon, February 18

Chicken Paprikash, Couscous,
White Chocolate & Coconut Mug
Cake, Warm Reuben Dip

Lunch & Learn

Personal Safety

Wed, February 13, 11:30 am

Learn about situational awareness and how being more aware of your surroundings can be a life saver. This will definitely be an eye opening and informative session with Gahanna Police Sergeant, Matt Kissel. Our friend Nancy Evans with New Age Crimestoppers will also present various safety products which may be purchased, or ordered, as a gift for a loved one.

Special Events

Sauce and Song

Thu, February 21, 4:30 pm



Back by popular demand is the Senior Center's Spaghetti Dinner and Sing-a-long concert with Gahanna's own, Joe Hebdo! Don't miss a delicious Italian dinner served by Tom Woolum. Meal includes pasta, meatballs, bread, salad, drink &

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 starting February 1. Tickets are \$12/person or 2 for \$20. Seating is limited so don't delay!

Truth Empowerment Series

Tue, February 19, 10 am

Beginning winter 2019 the Gahanna Senior Center will host Truth Empowerment Series. This educational series will welcome a variety of expert speakers in a panel discussion format to share information on hot topics related to the senior community. This event is free. Call 614-561-1621 to register today! February 19 - Decluttering Strategies

Coffee with the Red Cross

Wed, February 20, 9:30 am



Come join Becky Dungee, Volunteer Specialist with the American Red Cross (ARC), Ohio Buckeye Region for Coffee with the Red Cross – she will be providing coffee and donuts for all attendees. Becky will have an interactive presentation on the services offered through the ARC and chances for you to help deliver the Red Cross mission in your community!

Fun Fitness Classes

Do you find that you're having a tough time sticking to those New Year's resolutions? The Gahanna Senior Center has some fun exercise opportunities for every fitness level. Yoga Gold, on Mondays and Fridays, will help you relax as you stretch and strengthen. For those with balance or arthritis concerns, Tai Chi for Arthritis and Fall Prevention (Mon, 1 pm, \$2) and Tai Chi (Thurs, 10 am, \$5) offer a practical solution to the body's woes. Or, for those who like to get their groove on Zumba (Thu, 9 am, \$5) is an excellent option.

Supervisor's Note

2018
Year
in
Review

In 2018, the Gahanna Senior Center membership enjoyed another great year. We experienced growth among the membership as well as several facility and program enhancements. The following is a brief snapshot of just some of our

accomplishments this past year:

- Membership grew to over 540 members, including 160 first-timers.
- Over 16,500 membership visits (not including public rentals and other community meetings conducted at the Center).
- Senior Golf League grew to over 80 golfers age 55+!
- We conducted our inaugural "Scramble FORE Seniors" golf fundraiser in August 2018. The event was a huge success raising \$4,000 and was our highest netting fundraiser to date.
- Our Center along with GLHS's Theatre Appreciation class won 2nd place in OPRA's (Ohio Parks & Recreation Association) category for Historical and Cultural Arts. The program, "All of Us: A Life Project" is part of our ongoing program "Project Interact", which is a partnership between our Senior Center and Gahanna-Jefferson School District.
- We started a direct mail campaign to all members of our "Senior Spotlight". This has been a huge success and is printed at no cost to our Center due to sponsorship ads.
- We completed several facility & program enhancements: replaced kitchen cabinets and appliances; enhanced outdoor courtyard including commercial grade benches & picnic tables with shade umbrellas; added safe concrete walkways at rear entrance; installed outdoor floral hanging baskets and planters through efforts of our Garden Club; acquired new tables for our card groups and table tennis league; and acquired new touch screen kiosk monitor for membership check-in.

It would be impossible to highlight all the great things we experienced together in 2018, but just know we are grateful for another year of memories with each of you. To commemorate our fantastic year together, we have dedicated our centerfold to a collage of memories. Thank you for making our Senior Center a great place for the senior community to gather.

Sincerely,

Patrick Monaghan

Senior Services Supervisor

Updates

Director's Note

Happy New Year!

As some of you may be aware and as this newsletter goes to print, the City is currently working with a temporary budget for the month of January.

Since December, Council and City Administration have been meeting regularly to identify reductions to make up for the financial deficit the city is facing in 2019 as a result of the November ballot initiative (Issue 29) not passing.

We will continue to provide updates as they become available to us. If you have any questions, please do not hesitate to contact us at 614.342.4250.

Jeff Barr, Parks & Recreation Director

Congratulations to our 2019 Membership Drive Winners!

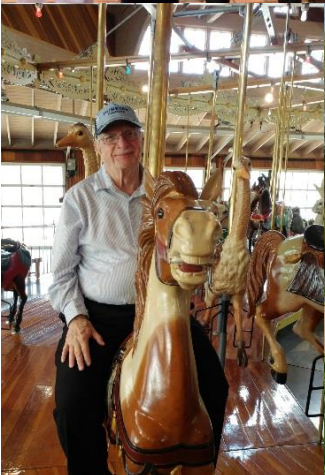
Congratulations to Anna Brehm, Sara Callahan, Judy Cockburn, Betty Hersch, Joy Marcum, Adelina McCarty, Elaine McWhirter and Grace Tanner. These members and a guest of their choice all won a free catered steak dinner hosted by The Worthington.

Martha Huss and Marilyn Shie both won a gift basket donated by Sage Park and Brookdale at Chestnut Hill.

Senior Center Project Wins OPRA Award

The Senior Center's intergenerational program Oral History Project: All of Us, a collaboration between the GLHS Theater Appreciation class and the Senior Center won second place in the Historical & Cultural Arts division of the OPRA (Ohio Parks and Recreation Association) Awards of Excellence. During the project students wrote and performed stories from the lives of the local seniors they interviewed during a potluck lunch at the Senior Center.

Memories 2018





Clubs & Leagues

Garden Club

February's Garden Club meeting will discuss the success and problem areas from last year's garden and begin planning the 2019 garden. Join the Senior Center Garden Club and help plan the spring garden and summer/fall planters. The meeting in March will focus on planting spring cool crop plants, lettuces, spinach, snow/sugar peas, broccoli, and more. Not a Garden Club member, but have interest in getting involved? Please join us one day to share your feedback and suggestions! Garden Club meets the first Thursday of the month at 11 am.

Thank you!

Duplicate Bridge Players

Thank you to the Duplicate Bridge group for their donation of \$175 to the Mid-Ohio food bank on November 21.

Senior Craft Group

Our Craft Group once again placed a lot of work into 2018 crafts and fundraising efforts. The group raised \$1,400 through craft sales. A check was presented to Nationwide Children's Hospital as the charity designee. Thank you Craft Group!

Kitchen Band, GJHS Chorale & Santa



On December 12, the Senior Center again hosted our annual Christmas Open House in which a wonderful afternoon was shared by performances of our Center's Kitchen Band, as well as the Gahanna Lincoln High School

Chorale! Over 120 people enjoyed the event, and Santa made a special appearance as he delivered Cheryl's cookies to all. Special thanks to Santa's helper Tom Woolum for his ongoing support and sharing in the Christmas spirit with us!

NEW Tuesday Trivia

Hosted by Africa Thomas from the Wesley Communities, come test your knowledge of current events, music, history, movies, etc! Every second Tuesday of the month at 2 pm.

AARP Tax Aid Service

Gahanna AARP tax aide will run **Thu, February 7 - Thu, April 8** at Mifflin Township Meeting Hall, 155 Old Ridenour Rd. For appointments or more information please call AARP tax service at 614-713-9097. Voicemails will not be returned.



Travel Preview Party

Join us as our travel guides walk us through an informative pictorial presentation of the various destinations we will visit. Ask questions and obtain trip brochures to obtain more information. Some trips we will highlight include Alaskan Voyage, Pennsylvania Rail & Amish Adventure, Ohio's Native American Heritage, Mystery Trip, LaComedia and more! Beginning at 10 am, our guide from World of Travel will feature overnight trips and from 11:15-12:15, our guide from Destinations, Travel & Tours will highlight day trips through Spring 2019.

Day	Date	Time
Tue	Feb 12	10 am

Inclement Weather



Cancellation Policy

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

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

School Delays: During Gahanna Jefferson school delays, all morning Senior programs will be cancelled. Programs normally starting at 11:30 am or later will run as scheduled.

Evening Programs: The Senior Center will make a decision by 2 pm 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. You may also check our website for decisions on evening class cancellations.

FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				01
04 3 pm Book Review Group	05 10 am Game Day! Tripoley- bring pennies	06 11:30 am Potluck & Project Interact, register	07 12:15 pm Pinochle/ Blackjack	08
11	12 10 am Game Day! Bunco-bring \$2 10 am Travel Presentation, register 11:30 am Lunch Social (\$5, register)	13 11:30 Lunch and Learn "Personal Safety", register	14 12:15 pm Poker	15
18 11 am Microwave Meals, \$5 register 3 pm Book Review Group	19 10 am Game Day! Tripoley-bring pennies 10 am Truth Empowerment Series	20 9:30 am Donuts and Coffee with Red Cross 11 am Lunch Bunch, \$4 register 2 pm Poker	21 12:15 pm Pinochle/ Blackjack Sauce & Song 4:30-7 pm \$12/person or \$20/couple	22
25	26 10 am Game Day! Bunco- bring \$2	27 12 pm Lunch and Bingo, \$5 lunch, \$2 Bingo, register 3:30 pm Gahanna ASAC meeting	28 12 pm Red Hat Roaring 20s 12:15 pm Poker	

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
12:30 Duplicate Bridge
1:00 Mahjongg
1:00 Zentangle (adv)

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

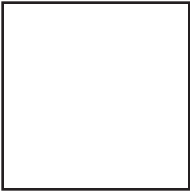


Photo Gallery

