

Senior Spotlight

GAHANNA ACTIVE SENIOR NEWSLETTER

July/August 2019



Independence Day Parade Don your red, white and blue attire and join your fellow members on the Senior Center's Lions Club Parade float! Sign up at the front desk by July 1 to participate.



Let's Play Pickleball!

Tuesdays, 9-10 am (beginners), 10-11 am (advanced)

Hannah Park

Combining the elements of tennis, badminton and ping-pong, Pickleball is a fun paddle sport that is easy for beginners to learn. Tony Brown, USA Pickleball Association ambassador, will demonstrate the basic rules and techniques of play. Please call the front desk for more information or to register.

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

Upcoming Events

Independence Day Parade & Celebration Center Closed

July 4

Native American Heritage of Ohio

July 17

Community Book Sale

July 18

Metro Parks Presentation & Ice Cream Social

July 24

Senior Day at the Ohio State Fair

July 30

Bowling League Meeting

July 31

Garden Club Tour of Chadwick Arboretum

August 1

Alaskan Voyage

August 6-15

Euchre Round-up

August 7

Toledo Art and Wine Tour

August 14

Labor Day Center Closed

September 2

Active Senior Expo

September 4

Announcements

New Active Senior Advisory Committee Members and Ice Cream Social Recap

Congratulations Isobel Sherwood the newest elected member of the GASAC! Sherwood was elected during the annual elections and Ice Cream Social held on May 8. She has extensive board experience, serving as the president in Daughters of Scotland, MOSHA, and on her condo's Board of Directors. She has been a thoughtful and active member of the Gahanna Senior Center for a number of years. Special thanks to Chaz and Nicki for their exciting performance!

Welcome Andi Grever

Andi Grever, our newest yoga teacher, is a certified 200 E-RYT. She has been teaching yoga and group fitness classes for close to 20 years. Her favorite thing to do is hike with her two kids, husband, and their dog Comet in the amazing local parks in her neighborhood in Gahanna and all around Columbus. A fun fact about Andi is that her family moved to China in 2014 where they lived for 2 years!



Senior Living Truth Empowerment Series

July 16 at 10 am The Truth on Life Plan/Continuing Care Retirement Communities, CCRC's

Choosing a retirement community is not always easy. There are many sizes and amenities from which to choose. During this 90-minute panel discussion, questions about continuing care and life care options will be answered. Limited seating, please call 614-561-1621 to register.

August 20, 10 am The Truth on Staying Put/Aging in Place

You've decided to stay in your home now what? Are you prepared? Have you taken the steps to equip yourself and your residence for the long haul? Learn the pros and cons about aging in place during this lively 90-minute discussion. Our expert panelists will share with you some of the effective strategies and resources for living safely and independently in your home as you get older.

Welcome new front desk volunteers:

Judy Cockburn is an ex-Canadian who has been living in Gahanna since 1966. She was a registered nurse in the Canadian Airforce and later became a lab technician at Mount Carmel West. She's active in the Red Hats, enjoys crafts, games, lunches and travelling with her fellow Senior Center members.

Joy Marcum has lived in Gahanna for 32 years; she lives with her shih-tzu, Gracie. In her spare time she likes to walk, take line dancing (any type of dancing really), play Euchre, travel and watch her nephews play ball.

Basic Zentangle

Fri, Aug 2, 9, 16, 23
10:30 am

Zentangle® is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. 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" x 3.5" piece of art. No artistic ability is necessary. Classes begin Friday, August 2 at 10:30 am and run for 4 weeks. Cost is \$30, please register at the front desk.



Forever Fit

Every Tuesday
9 am

This 45 minute class will combine low-impact aerobics with light weight training and gentle stretching to move your body through a complete workout addressing strength, flexibility, muscular endurance, balance and coordination. Begins September 10, cost is \$5 per class.

Everyday Divinity Foot Care Clinic

Wed, July 17 & Wed, Sep 18
9 am – 2 pm

Everyday Divinity provides nail and foot care services under the direction of a State of Ohio Registered Nurse. Standard 30 minute treatment includes: complete foot assessment, trimmed, thinned and filed nails, corns and callous reduction. Appointments are needed. Cost is \$30, for questions or to make an appointment please visit the front desk.

Meal Programs

Lunch Socials

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

Tue, July 9, 11:30 am Egg salad sandwich & 2 sides

Tue, August 13, 11:30 am Chicken salad sandwich & 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, July 17, 11 am Wendell's Pub, 925 N. State St., Westerville

Wed, August 21, 11 am Asian Gourmet, 1325 Stoneridge Dr, Gahanna

Lunch & Bingo *New Time*

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

Wed, July 31, 11:30 am Italian Sub & 2 sides

Wed, August 28, 11:30 am Chicken salad sandwich & 2 sides

Microwave Meals

Microwave Meals will resume on September 30. Stay tuned for more information!

Lunch and Learn

In consideration of our Lunch and Learn sponsors no registrations will be taken after three days prior to each presentation. Please remember to call or stop by the front desk if you need to cancel your lunch registration.

Wed, July 10, 11:30 am

Senior Healthy Living: Feeding Body, Mind and Soul

Smith's Mill Health Campus, opening November, 2019, presents Senior Healthy Living: Feeding Body, Mind and Soul. Tracy Matheny will highlight healthy choices and answer questions on nutrition over the ages. Enjoy brunch as we discuss staying healthy and active.

Wed, August 14, 11:30 am I'm a Caregiver, Now What?

This presentation will help us identify the enormous physical and emotional toll it takes on the body and mind of a caregiver. We will discuss tips/strategies that keep you in shape as well as coping mechanisms to keep it going. Presentation and lunch provided by Miriam Bogard, Owner and Senior Living Expert with Assisted Living Locators.

JULY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
01 3 pm Book Review Group	02	03	04 Independence Day Senior Center Closed	05
08 1 pm Jewelry	09 10 am Game Day! Bunco-bring \$2 11:30 am Lunch Social (\$5, register)	10 11:30 am Lunch and Learn, free, register	11 11 am Garden Club 12:15 pm Pinochle	12
15 3 pm Book Review Group	16 10 am Game Day! 10 am Truth Empowerment Series Book Sale drop-off	17 9 am Everyday Divinity Foot Clinic, \$30, register N. Am. Heritage of OH 11 am Lunch Bunch 2 pm Poker Book Sale drop-off	18 10 am - 6 pm Community Book Sale 12:15 pm Poker	19
22	23 10 am Game Day! Bunco -bring pennies	24 1 pm Columbus Metro Parks Presentation 2 pm Ice Cream Social, free, register	25 12:15 pm Pinochle	26
29	30 10 am Senior Day at the Ohio State Fair, \$10 Includes transportation, register	31 9 am Hearing Screenings 10 am Bowling League Meeting 11:30 am Lunch and Bingo, \$5 lunch, \$2 Bingo, register	AUG 01 11 am Garden Club tour of Chadwick Arboretum 12:15 pm Poker	AUG 02

TYPICAL DAILY SCHEDULE

Mondays

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

Tuesdays

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

Wednesdays

9:00	Quilting Guild
TBD	Special Events
3:00	Bridge

Thursdays

7:30	Golf League
9:00	Scrapbooking & Zumba Gold
10:00	Tai Chi
12:15	Pinochle & Blackjack or Poker
1:30	Beginning Ukulele
3:00	Table Tennis

Fridays

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

AUGUST 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			01 11 am Garden Club tour of Chadwick Arboretum 12:15 pm Poker	02
05 3 pm Book Review Group	06 10 am Game Day! Tripoley-bring pennies	07	08 12:15 pm Pinochle	09
12 1 pm Jewelry	13 10 am Game Day! Bunco-bring \$2 11:30 am Lunch Social (\$5, register)	14 Toledo Art and Wine Tour 11:30 am Lunch and Learn, register	15 12:15 pm Poker	16
19 3 pm Book Review Group	20 10 am Game Day! Tripoley-bring pennies 10 am Truth Empowerment Series	21 9 am Everyday Divinity Foot Clinic 11:30 am Lunch Bunch	22 12:15 pm Pinochle	23
26	27 10 am Game Day! Bunco-bring \$2	28 11:30 am Lunch and Bingo, \$5 Lunch, \$2 Bingo, register	29 12:15 pm Poker	30 10:15 am Wii Bowling Meeting and Pizza Party

TYPICAL DAILY SCHEDULE

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:15 Yoga Gold	9:00 Pickle ball	9:00 Quilting Guild	7:30 Golf League	10:15 Yoga Gold
10:00 Crafts/Sewing	9:30 Open Art	TBD Special Events	9:00 Scrapbooking & Zumba Gold	10:15 Wii Bowling League
10:30 Line Dancing	10:00 Game Day	2:00 Art with Amber	10:00 Tai Chi	12:30 Duplicate Bridge
11:45 Bridge & Beginning Table Tennis	10:30 Kitchen Band	3:00 Bridge	12:15 Pinochle & Blackjack or Poker	1:00 Mahjongg
1:00 Tai Chi for Arthritis & Fall Prevention	12:30 Euchre		1:30 Beginning Ukulele	1:00 Zentangle (adv)
3:00 Table Tennis	1:00 Ceramics		3:00 Table Tennis	
	3:00 BB Baseball			

Clubs & Leagues

Brunch & Bingo

Special Thanks

We hope everyone who attended the Brunch and Bingo in May enjoyed the event as much as we did! Special thanks to Brookdale at Chestnut Hill and The Laurels of Gahanna for supporting the event and to the the following members:

Pat Donato	Mary Lynne Faini
Jean Langkamp	Lu and Jim Lejman
Patty Miller	Cathy Sprouse
Virginia Williams	

Wii Bowling

Summer League:

Fri, August 30, 10:15 am

Will Bowling Meeting and Pizza Party

Fall League Schedule:

Fri, September 6, 10:15 am

Wii Bowling practice

Fri, September 13, 10:15 am

League Starts

Garden Club

Thu, July 11, 11 am

Meeting, weed and harvest

Thu, August 1, 11 am

Tour of Chadwick Arboretum, free

Book Review Group

Mon, Jul 1 *The Outsiders* by S.E. Hinton

***New-Bowling League Meeting

Interested in joining a bowling league just for fun or want to get out of the house on Mondays this fall? Gahanna Senior Bowling League is just for you! Bowling league will meet on Mondays at 11 am at Gahanna Lanes. Meeting is Wed, July 31 at 10 am.

Special Events

Community Book Sale

Thur, July 18, 10 am - 6 pm

Stock up on summer reading and entertainment at the Community Book Sale! All proceeds benefit programs offered at the Gahanna Senior Center. Donations of new and used hardcover and paperback books, CDs and DVDs (NO VHS) can be dropped off at the Gahanna Senior from 10 am-4 pm on Tuesday, July 16 and Wednesday, July 17.

Columbus Metro Parks Presentation: Birds of Prey

Wed, July 24, 1 pm

Discover how Ohio's owls and hawks use their beaks, feet, eyes and feathers to hunt and survive. Ice cream social to follow. No cost for either event, please register.

Senior Day at the Ohio State Fair

Tues, July 30, 10 am

Don't miss one of the biggest events of the year! The Ohio State Fair is 360 acres packed with performances, exhibits, displays, shopping, rides, delicious food and the famous butter cow. This year fair-goers can enjoy the John Denver Tribute at 1 pm in the WCOL Celeste Center. Register today because space is limited. \$10 includes van transportation and admission to the fair. Register in advance, space is limited.

Garden Club Trip to Chadwick Arboretum

Thur, August 1, 11 am

Chadwick Arboretum & Learning Gardens is an extensive, urban, green reserve of over 60 acres located within the 1,600 acres of The Ohio State University main campus in Columbus, Ohio. Join the garden club on a guided tour of the gardens. Van departs at 10:30 am; register in advance.



Wed, Sep 4, 10 am - 2 pm

Join us for a day of everything Senior! This event will showcase guest speakers, complimentary classes, informational vendors, give-a-ways, food, music, and more! If you or a loved one are 55+ and want to learn more about services and activities offered in the area, please stop by the Senior Expo! All are welcome! This event is supported by the Gahanna Parks & Recreation Foundation.

Trip & Travel

Travel Preview Parties

Tue, Sep 10, at 10 am

Native American Heritage of Ohio

Wed, Jul 17, 9:30 am

Learn more about the history of Native American tribes on a guided tour of southern Ohio. Take a motor coach to Serpent Mound, the largest surviving example of a prehistoric effigy mound in the world. Travel from there to Chillicothe to learn about the production of the outdoor historical drama Tecumseh! Browse the grounds and gift shop, enjoy a buffet dinner and watch the show under the stars! \$119 per person. moderate activity level.

Toledo Art and Wine

Aug 14, 2019

Discover unique art and estate-grown wines in this day trip to northwest Ohio. Take a docent guided tour of Toledo Museum of Art, the collection ranks among the finest in the country. After lunch (included) tour the production facility and vineyards at Chateau Tebeau, and enjoy a wine tasting. \$108 per person, moderate activity level.

Greek Isles Cruise

Oct 4-13, 2019

Enjoy a fascinating 7-night cruise from Venice, exploring the Greek Isles! You will be stunned by the beauty of Kotor, Montenegro. Wander through the narrow, winding streets of Corfu, as well as the delightful seaside village of Argostoli on the island of Kefalonia. While in Santorini, visit the beautiful whitewashed hilltop towns of Oia and Fira and their breathtaking view of the caldera below. Starts at \$3,995 per person, double occupancy.

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

A Charming Charleston Christmas

Dec 2-7, 2019

Tour the numerous significant historic sites of Charleston, including stops at The Citadel, the Battery, the Charleston Tea Plantation, Edmundston Alston House/Museum, and Middleton Place. Celebrate the holidays with a "Sounds of Charleston" concert and experience the Holiday Festival of Lights at James Island. Price includes transportation aboard a deluxe highway motorcoach, five nights lodging, five breakfasts, one lunch, one dinner, one holiday meal, guides, tours, baggage handling, gratuities and taxes on included items. \$1,499 per person, double occupancy.

California Coastal Cruise

Apr 23-May 2, 2020

Explore the great state of California by land and by sea! Stay for two nights in Los Angeles, enjoy a tour of the city, and then depart for a leisurely seven night cruise on the Royal Princess. Trip includes stops at San Francisco, Monterey, San Diego, and finally Ensenada, Mexico (passport not required by highly recommended). Starts at \$2995 double occupancy (travel protection extra).



New Albany Rehabilitation, Skilled
Nursing & Assisted Living



Sponsor Highlight

Located on Thompson Road, New Albany Rehabilitation, Skilled Nursing & Assisted Living has been the trusted provider of the highest quality care services for over 20 years. Our post-hospital rehabilitative program offers luxurious accommodations while guests complete a comprehensive therapy program with access to a medical team to guide them to recovery. Our assisted living provides all the comforts of home with the added security of assistance from caring, compassionate staff when you need it. Accommodations include private rehab suites and spacious apartments, chef-prepared meals, beauty salon, and more.

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

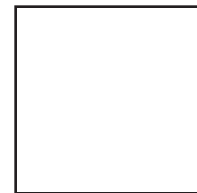


Photo Gallery



Special Thanks

Thank you to Kierstan Hinkle and Otterbein Senior Life New Albany/Gahanna for sponsoring our new member cookout in June! Special thanks to Bobby Dimofski for sharing his grilling skills!