

Senior Spotlight

GAHANNA ACTIVE SENIOR NEWSLETTER

November/December 2019



Holiday Open House & Chorale Performance

Wed, December 11, 1 pm

This event is open to members and non-members as we celebrate the season with a spectacular performance from the Gahanna Lincoln High School Chorale! Holiday sing-a-longs by our Kitchen Band, cookies, punch, and a visit from Santa anticipated. You don't want to miss this! Register in advance.

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

Upcoming Events

Emergency Preparedness for iPhone

November 6

Outlet Shopping Trip

November 8

Veterans Day Center Closed

November 11

Shop the Fox

November 15

Travel Preview Party

November 18

Happy Thanksgiving Center Closed

November 28-29

2020 Senior Center Early Bird Membership Drive

December 1-20

A Charming Charleston Christmas

December 2-7

Holiday Open House

December 11

"Elf" The Musical at La Comedia

December 12

Closed for Winter Break

Dec 20, 2019 - Jan 1, 2020

Martin Luther King Day Center Closed

January 20

Travel Preview Party

January 22

Sauce and Song

February 13

Announcements

Featured Instructors

Renee (short for Maurine) Waun moved to Gahanna last year after living in Pittsburgh for 50 years. She studied and traveled in Europe during college and then had several careers which included teaching French at PITT, becoming a Montessori teacher, getting her doctorate in counseling and then working extensively with individuals, couples, non-profits and ecumenical organizations. Other ventures include serving in the Army Reserve for 10 years (chaplain captain), becoming the founding sponsor of a school for AIDS orphans in Uganda (which took her there annually



with volunteers for 15 years), directing a small choir and advocating for social justice. She has done extensive study of world religions and she travels widely. Now retired, Renee serves on the Sycamore Woods Condo Board, the All We Are Charity Advisory Board and the GAdventures Advisory Board, teaches beginning ukulele class here at the center and plays flute in the New Horizons Band. She has two daughters (one in Bexley; one in Pittsburgh) and five grandchildren.

Galina Khaikin came as a refugee from the Leningrad (now St.



Petersburg), Soviet Union with her family in November of 1990. She worked for 27 years in outpatient children's psychiatric care as a speech therapist in Leningrad. Even though her knowledge of English was limited, Galina worked as a teacher's aid at a preschool, a resettlement case worker for Jewish Family Services, and retired after 18 years of working at the Central Ohio Area Agency on Aging (COAAA) as a Supportive Services Medicaid Advisor.

She currently teaches beginning Russian at noon on Thursdays and participates in the ceramics group at the center.

Paint with a Grandparent

Thu, Dec 5, 6 pm

Children and adults will have so much fun painting with Amber! Join us for a special step by step paint class designed to encourage grandchildren and grandparents to craft together. No crafting or painting experience needed. Canvas and all supplies are included for \$8 per participant. Minimum age 3 years old. Register today!



Learn to Play Mahjong

Wednesdays, 3 pm & 6 pm

Jan 15, 22, 29, & Feb 5

Mahjong is a tile-based game developed in China during the Qing dynasty. Played with four players, it is a game of strategy, skill and calculation. Register today to learn this unique game played all around the world!

Cost \$10, please register



Learn to Play Euchre (or play Euchre better)

Thursdays, 3 pm

Jan 16, 23, 30, & Feb 6

Played with four people in two partnerships, Euchre is a trick taking card game played with a standard deck of cards. Once regarded as the national card game, the game has declined in popularity, but still remains strong in the Midwest. Register today to learn all about this national pastime. For beginners and those that want to improve their play. Free, please register

**Don't forget
to renew your
membership!**

**Membership drive
begins
December 1, 2019**

Meal Programs

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

Lunch Socials

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

Tue, Nov 12 Meatball Soup with Pasta

Tue, Dec 10 Chicken Noodle 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, Nov 20, 11 am McCormick & Schmick's, 3965 New Bond St. (Easton)

Wed, Jan 15, 2020 11 am Miller's Ale House, 3884 Morse Rd



Lunch & Bingo

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

Wed, Oct 30, 11:30 am Halloween Party!

Wed, Nov 27, 11:30 am Meatball Soup w/ pasta

Wed, Jan 29, 2020 11:30 am Chicken Noodle soup w/ 2 sides

Microwave Meals

Learn delicious and easy no-stove recipes. Must register in advance. Cost is \$5/person.

Mon, Nov 18 Sweet & Sour Chicken, Parsleyed Rice, German Chocolate Cake

Mon, Dec 16 TBD

Lunch and Learn

Free lunch will follow each presentation. Must register in advance.

Total Joint Replacements

Wed, Nov 13, 11:30 am

Total joint replacements are a common surgical procedure used to help improve the quality of life in people with arthritis. Join us for a lunch with Nova Care and learn to discuss the development of arthritis, learn about total joint replacements for hips and knees, and explain how physical therapy can improve results after surgery.

NOVEMBER 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| | | | | 01 |
| 04 3 pm Book Review Group | 05 Election Day- Kitchen Band, Forever Fit, BBB Cancelled 10 am Game Day! Bunco -bring \$2 | 06 1:30 pm Emergency Preparedness for iPhone Users | 07 11 am Garden Club 12:15 pm Poker | 08 9 am Polaris Shopping Day (\$4, register) |
| 11 Center Closed | 12 10 am Game Day! Tripoley-bring pennies 11:30 am Lunch Social (\$5, register) | 13 10 am This is Us: A Life's Project , GLHS BlackboxTheater 11:30 am Lunch and Learn, free, register | 14 12:15 pm Pinochle | 15 8 am Shop the Fox (\$45, register) |
| 18 9 am Pre-departure meeting Charleston 10 am Travel Preview Party, please register 11 am Mic. Meals, \$5 3 pm Book Rev. Group | 19 10 am Game Day! Bunco -bring \$2 | 20 9:30 am Everyday Divinity Foot Clinic (\$30, register) 11 am Lunch Bunch, register 2 pm Poker | 21 12:15 pm Poker | 22 |
| 25 | 26 10 am Game Day! Tripoley-bring pennies | 27 11:30 am Lunch and Bingo (\$5 lunch, \$2 Bingo, register) | 28 Center Closed Happy Thanksgiving! | 29 Center Closed |

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

9:00 Forever Fit
9:30 Open Art
10:00 Game Day
10:30 Kitchen Band
12:30 Euchre
1:00 Ceramics
3:00 BB Baseball
4:45 Yoga Gold

Wednesdays

9:00 Quilting Guild
9:30 Tai Chi for Arthritis & Fall Prevention
TBD Special Events
3:00 Bridge

Thursdays

9:00 Scrapbooking & Zumba Gold
10:00 Tai Chi
12:15 Pinochle & Blackjack or Poker
1:00 Adv. Calligraphy
1:30 Beginning Ukulele (1st&3rd)
3:00 Table Tennis

Fridays

10:15 Yoga Gold
10:15 Wii Bowling League
12:30 Duplicate Bridge
1:00 Mahjonn

DECEMBER 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| 02 3 pm Book Review Group | 03 10 am Game Day! Bunco-bring \$2 10 am Senior Living Truth Empowerment Series | 04 | 05 11 am Garden Club Meeting 12:15 pm Poker | 05 |
| 09 | 10 10 am Game Day! Tripoley- bring pennies 11:30 am Lunch Social (\$5, register) | 11 1 pm Holiday Open House (free, register) Open to the public | 12 La Comedia presents "Elf" the Musical, register 12:15 pm Pinochle | 13 10 am Wii Bowling Challenge vs Parks & Rec |
| 16 11 am Microwave Meals, (\$5, register) 3 pm Book Review Group | 17 10 am Game Day! Bunco-bring \$2 | 18 2 pm Poker | 19 12:15 pm Poker | 20 <div>SENIOR CENTER CLOSED</div> |
| 23 | 24 | 25 | 26 | 27 |
| SENIOR CENTER CLOSED - HAPPY HOLIDAYS | | | | |
| 30 <div>SENIOR CENTER CLOSED</div> | | | | |

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Clubs & League



2019 Golf League Season Winners

| Men's | | Women's |
|-------|--------------|---------------|
| 1st | Dan Marvin | Sue Egler |
| 2nd | William Cole | Sara Stanley |
| 3rd | Al Taynor | Karen Bennett |

Beginning Ukulele

For the remainder of the year, beginning Ukulele will meet on the first and third Thursday of the month only.

Wii Bowling

Fri, Nov 8, 10 am Wii Bowling Meeting and Pizza Party

Fri, Dec 13, 10 am Wii Bowling Challenge vs Parks and Rec

Garden Club

MINI Terrariums & Planters for Holiday gifts
Thu, Nov 7, 11 am

Bring your own soup bowl or other small ceramic container to use to make a delightful holiday gift for yourself or another lucky one! Cost \$10, register
Thu, Dec 12 No meeting this month



Special Events

Emergency Preparedness for iPhone

Wed, Nov 6, 1:30 pm

Join Smiths Mill Health Campus to learn about key features of your iPhone that can help in medical emergencies. Together we walk through a step by step guide to set up iPhone Medical ID & emergency contacts, features that can be lifesaving!

This is Us: A Life's Project

Wed, Nov 13, 10 am

GLHS Theatre Appreciation Class Presents "This is Us: A Life's Project" Back by popular demand, the Gahanna Lincoln High School Theatre Appreciation class will perform screenplays based on the lives of our members. Please meet at the Senior Center at 9:45 am.



Inclement Weather Cancellation Policy

Please watch Columbus' major television networks for Gahanna Jefferson Local School closures and delays. Dependent upon changing weather conditions, last minute cancellations are possible.

School Closures:

Day classes - All Senior programs starting before 4:30 pm are cancelled when Gahanna schools are closed for the day.

Evening classes - Senior programs occurring at or after 4:30 pm will be held as usual unless there is a level 2 or 3 snow emergency, or if the Department of Parks & Recreation determines weather conditions to be hazardous.

School Delays: During school delays, ALL MORNING Senior programs will be cancelled. Programs normally starting at 11:30 am or later will not be affected, and will run as scheduled unless otherwise noted.

Evening Programs: School closures or delays will not affect evening classes. All evening classes will run as scheduled unless there is a level 2 or 3 snow emergency, or if the Department of Parks & Recreation determines weather conditions to be hazardous.

Decisions regarding evening class cancellations will be made by 3 pm. When in doubt, you may call the Senior Center desk at 614-342-4265 or our Parks & Rec desk at 614-342-4250 to confirm if your class is being conducted.

Trip & Travel

Travel Preview Parties

Mon, November 18, at 10 am

Wed, January 22, at 10 am

"Elf" the Musical at La Comedia Dinner Theatre Decemember 12, 2019

Start celebrating the holiday season early with the enchanting tale of Buddy, the young orphan, raised as an elf in the North Pole who embarks on a journey to discover his identity. Tailored to fit each show, La Comedia's lunch buffet is sure to please every taste and palate. Travelers can shop the State Left Gift Shop before the show and enjoy a tasty treat at Young's Jersey Dairy on the way home. Must register in advance, \$99 per person.

Western Carribean February 22-29, 2020

Rhapsody of the Seas® delivers an unforgettable experience! Soak up the sun at one of the ship's pools, relax at the Vitality Spa, or watch movies under the stars on your way to paradise. From ancient ruins, tropical rainforests with hidden waterfalls to colonial towns, each port provides breathtaking views and new adventures. Escape the cold of Central Ohio and step into the warmth and beauty of the Cozumel, Mexico, Belize City, Belize and Roatan, Honduras. Starts at \$1143 per person double occupancy (travel protection extra).

California Coastal Cruise April 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 but highly recommended). Starts at \$2995 per person double occupancy (travel protection extra).

Wonders of the West May 28-June 5, 2020

Experience the wonders of the West through its best known National Parks and gold-mining towns on this colorful trip. Get back to nature and allow a sense of peace to surround you as you take in the stunning scenery of three National Parks: Badlands, Yellowstone, and Grand Teton. Witness Old Faithful as it explodes into the air. Admire the herds of bison, elk, and other wildlife. \$3295 double occupancy, \$4,279 Single Occupancy.

Cruise: Canada & New England September 30- October 10, 2020

Whether you're a history buff, nature lover, adventurer or foodie, this tour of New England has got you covered. Wind your way through cobblestone streets, hike through Acadia National Park, Walk the Freedom Trail or jump aboard a boat in Nova Scotia and spend the day whale watching. The possibilities are endless on this nine night Royal Caribbean Cruise on Grandeur of the Seas®. \$1315 per person double occupancy.

Iceland and Northern Lights October 17-24, 2020

A short flight (much closer than mainland Europe), mild temperatures (40-45°F), and peak viewing season for the Northern Lights make Iceland an ideal destination for October! After arriving in Reykjavik, transfer directly to the Blue Lagoon and experience the luxurious comfort of the warm lagoon water. Spend two days at an upscale hotel in Reykjavik before transitioning south for three nights. Filled with stunning natural beauty, the South Shore is the country's most breathtaking region. \$3995 double occupancy, \$4,895 single occupancy.

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

Sponsor Highlight

Smith's Mill Health Campus
A Trilogy Senior Living Community
7320 Smith's Mill Road, New Albany
614.245.1060
www.trilogyhs.com



Our living options at Smith's Mill Health Campus are each unique, and come with the level of support that perfectly suits you. After all, your needs are different than the next person's. This means that your lifestyle should be, too. Bid farewell to salting the driveway and sign up for a lifestyle of comfort and excitement in our Independent Living apartments. Or find peace-of-mind thanks to the everyday assistance we offer in our Assisted Living neighborhood. And if you or a member of your family have more acute care needs, we offer Skilled Nursing, Short-Term Care, and Memory Care services.

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

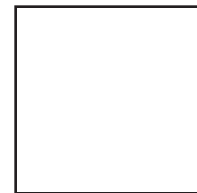


Photo Gallery



Special Thanks

Our members enjoyed a lovely afternoon at Hannah Park on October 9 at the annual Fall Fireside Feast sponsored by The Laurels of Gahanna.