

# Senior Spotlight

GAHANNA ACTIVE SENIOR NEWSLETTER

January 2020



## Senior Center Craft Group Donates to Children's, Receives "Lead By Example" Award from Mayor

In December, the craft group submitted a check to the Children's Hospital Foundation in the amount of \$1,400. The craft group meets weekly, year-round, to create items for sale with proceeds benefitting a local charity. In recognition of their extraordinary community service, Mayor Kneeland presented the group with a "Lead by Example" award. Thank you to the group for their gifts of time, talent and materials!

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

# Upcoming Events

## Happy New Year!

Center closed Fri, Dec 20, 2019 -  
Wed, Jan 1, 2020

## Lunch & Learn

*"Attaining Optimal Oral Health"*

Wed, Jan 8, 11:30am

## NEW! Meal & Armchair Travel

*Featured Country: India*

Thu, Jan 9, 11am

## Lunch Social

Tue, Jan 14, 11:30am

## Martin Luther King Jr. Day

Center Closed  
Mon, Jan 20

## Senior Living Truth Empowerment Seminar

*"The Truth on Living to 100"*

Tue, Jan 21, 10am

## Travel Preview Party

Wed, Jan 22, 10am

## Sauce & Song

Thu, Feb 13, 4:30pm

## Senior Golf League Meeting

Thu, Mar 26, 9:30am

# Announcements

## Welcome to the New Year!

From all of the staff at Gahanna  
Parks & Recreation, we wish  
you a happy and healthy 2020.

Special Thanks to Ginny Williams and Jan  
Del Col for helping to decorate The Center for the holiday season!

Thank you also to our "special elves" who personally responded to over 100  
"Letters to Santa" from local children.



## Staffing Updates

Sarah Mill joined the Senior Center as Recreation Supervisor in fall 2019. Sarah has worked with the Recreation Division since May, 2018 and previously served on the Gahanna Parks & Recreation Foundation and the Gahanna Parks Board. Past employment includes Education Director at The Dawes Arboretum and Program Manager for Girl Scouts of Ohio's Heartland.

Sarah lives in Gahanna with her husband, Nick, and two children. Her hobbies include gardening, camping and spending time with family and friends. Please stop in and say hello!

The Department of Parks & Recreation anticipates adding three Recreation Coordinators to the team in early 2020. This includes a full-time Senior Recreation Coordinator and a part-time Recreation Coordinator to support senior center programming and other department events. You will see some changes to the office space in the new year to accommodate these additional team members and current staff, as well as our desk volunteers. Stay tuned for updates!

## Save the Date: Sauce & Song

Thursday, February 13, 4:30pm

Now an annual tradition, Sauce & Song features a delicious Italian dinner and a sing-a-long concert with Gahanna's own Joe Hebdo. Dinner will be served between 4:30 - 6pm with the performance beginning at 5:30pm. This event is open to the public, so bring your friends and family. Tickets will be on sale beginning on January 13 and includes a pasta dinner, drinks & dessert. \$10/person.





## AARP Tax Aide

Gahanna AARP tax aide begins on Thursday, February 6th, and runs through Monday, April 13th.

Location:

Mifflin Township Meeting Hall  
155 Olde Ridenour Road



Taxes will be prepared on the following days & times:

- Mondays from 11am until 3pm
- Thursdays from 9am until 3pm
- Tuesdays (March 3rd & April 7th only) from 11am - 3pm

Appointments will be scheduled beginning on Monday, January 27th and Thursday, January 30th from 9am - 3pm. Call **614-713-9097**. Please do not leave a voice message.

### *Don't forget to renew!*

Membership is an easy way to support the Gahanna Senior Center! Membership is required for participation in most activities and events.

#### **Early Bird Registration**

#### **Prize Basket Winners:**

Paula Young  
Barbara Eastwood  
Slava Khidekel  
Julie Johnston  
Steve Ayres

## 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, Jan 14, 11:30am Cream of Potato Soup (vegetarian)

Tue, Feb 11, 11:30am Chicken Noodle Soup

### **Microwave Meals with Patti**

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

Mon, Jan 13\*, 11am

Chicken enchiladas, festive zucchini, mocha cake

*\*note date change from Jan 20*



### **Lunch Bunch**

Join us as we visit local restaurants while enjoying each other's company! \$4/person if riding the Senior Center van (depart at 10:45am) or meet at the restaurant. Attendees responsible for their lunch costs. Register in advance.

Wed, Jan 15, 11am Miller's Ale House

Wed, Feb 19, 11am Milano's Italian Restaurant

### **Lunch & Bingo**

Register by the prior Monday (\$3/Bingo + \$5/Lunch).

**Wed, Jan 29, New Years Party Bingo Blowout!**

Celebrate the new year with friends and dress in your best snowman outfit for a chance to win a prize. Please note the Bingo fee is \$3 on this day.

Lunch: Chicken Noodle Soup

### **Lunch & Learn: "Attaining Optimal Oral Health"**

Wed, Jan 8, 11:30 am

Join 161 Dental Studio to learn the most up-to-date tips on oral hygiene, dental insurance and oral health.

### **Lunch & Learn: "The Best Way to a Healthy Heart"**

Wed, Feb 12, 11:30am

Dedicated Senior Medical Center (in partnership with OhioHealth) will be presenting information on their new senior medical center and cardiovascular health.

*Free lunch follows Lunch & Learn presentations. Must register in advance.*





## Foot Care Clinic

Everyday Divinity provides nurse-delivered foot care at the Senior Center on select dates.

The \$35 service fee includes:

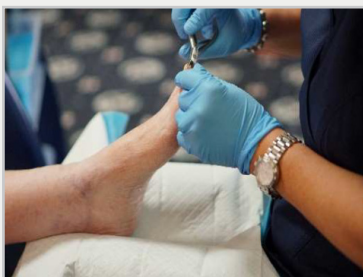
- general foot assessment
- nail trimming & thinning
- filing corns/calluses and rough skin
- foot care education & recommendations

Next Clinic: **Wednesday, Jan 22**

30 minute appointments are available from 9:30am - 2:00pm. Please call the Senior Center at 614-342-4265 or visit the desk to schedule.

Payment is due at the time of service. Cash or check accepted. No insurance or Medicare is accepted.

No Show Policy - 24 hours' notice is required to cancel an appointment. Failure to notify may result in you being billed for the full service amount.



## Learn to Play Mahjong

**Wednesdays, 3pm or 6pm**

**Jan 15, 22, 29, & Feb 5**

Mahjong is a tile-based game developed in China during the Quing 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 is \$12 for 4 classes. Open to members and non-members.



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## Learn to Play Euchre (or play Euchre better!)

**Thursdays, 3pm**

**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.



## New Program Highlight: Meal & Armchair Travel

### *Hosted by The Ashford on Broad*

In this new meal and travel program, you'll explore the world without ever leaving the Senior Center. Learn about different countries and cultures through video and enjoy the tastes of traditional cuisine. All programs begin at 11am. Participate each month and receive a gift each time!

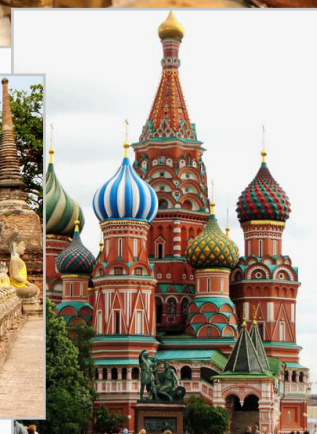
**Thu, Jan 9 - India**

**Thu, Feb 13 - Thailand**

**Thu, Mar 12 - Russia**

**Thu, Apr 9 - Poland**

*The Ashford on Broad is an independent and assisted living community located on the corner of East Broad Street and Hamilton Road. To learn more, call 614-304-3600.*



# JANUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>01</b>  <b>Happy New Year!</b>  <b>SENIOR CENTER CLOSED</b>	<b>02</b>  No Garden Club (resumes in March) No Ukulele 12:15pm Poker	<b>03</b>  
<b>06</b>  3pm Book Review Group	<b>07</b>  10am Game Day! Tripoley (bring pennies) No Kitchen Band (resumes in March)	<b>08</b>  11:30am Lunch & Learn <i>"Attaining Optimal Oral Health"</i>	<b>09</b>  11am NEW! Meal & Armchair Travel - <i>India</i>  12:15pm Pinochle	<b>10</b>  
<b>13</b>  11am Microwave Meals (\$5, register) 1pm Jewelry with Jean	<b>14</b>  10 am Game Day! Bunco (bring \$2) 11:30am Lunch Social (\$5, register)	<b>15</b>  11am Lunch Bunch 2pm Poker 3pm or 6pm Learn to Play Mahjong	<b>16</b>  12:15pm Poker 1:30pm Ukulele (new students come at 1pm) 3pm Learn to Play Euchre	<b>17</b>  
<b>20</b>  <b>Martin Luther King Jr. Day</b>  <b>SENIOR CENTER CLOSED</b>	<b>21</b>  10am Senior Living Truth Empowerment Series <i>"The Truth on Living to 100"</i>  10am Game Day! Tripoley (bring pennies)	<b>22</b>  9:30am - 2pm Foot Care Clinic (call for appt.) 10am Travel Preview 3pm or 6pm Learn to Play Mahjong	<b>23</b>  12 - 3pm Red Hat Club 12:15pm Poker 3pm Learn to Play Euchre	<b>24</b>  
<b>27</b>  	<b>28</b>  10am Game Day! Bunco (bring \$2)	<b>29</b>  9 - 10:30am Hearing Screenings (call for appt.) 11:30am Lunch & Bingo 3pm or 6pm Learn to Play Mahjong	<b>30</b>  3pm Learn to Play Euchre	<b>31</b>  

## TYPICAL DAILY SCHEDULE

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:15 Yoga Gold	9:00 Forever Fit	9:00 Quilting Guild	9:00 Scrapbooking & Zumba Gold	10:15 Yoga Gold
10:00 Crafts/Sewing	9:30 Open Art	9:30 Tai Chi for Arthritis & Fall Prevention	10:00 Tai Chi	10:00 Wii Bowling League
10:30 Line Dancing	10:00 Game Day	TBD Special Events	12:15 Pinochle & Blackjack or Poker	12:30 Duplicate Bridge
11:45 Bridge & Beginning Table Tennis	10:30 Kitchen Band	2:00 Art with Amber	1:00 Adv. Calligraphy	1:00 Mahjong
1:00 Tai Chi for Arthritis & Fall Prevention	12:30 Euchre	3:00 Bridge	1:30 Beginning Ukulele (1st&3rd)	
3:00 Table Tennis	1:00 Ceramics		3:00 Table Tennis	
	3:00 Bean Bag Baseball			

## Clubs & Leagues

### Golf League 2020 Kick-Off

**Thu, Mar 26, 9:30am**

Meet to discuss days and times for play and scheduled golf outings. Please stop into the Senior Center to renew your membership before the league meeting. Dues are \$10 for the season.

Thank you to the Wesley Communities for their continued support of the Senior Golf League!

### Beginning Ukulele

**1st & 3rd Thursdays of each month  
(no class on Jan 2)**

Join Renee Waun to learn the art of ukulele. New beginners should come at 1pm with the full group gathering at 1:30pm.

### Wii Bowling Winter League

**Thu, Jan 2, 10am** - Winter 2020 league signup, first come basis

**Fri, Jan 3, 10am** - 1st practice of 2020

**Fri, Jan 10, 10am** - Select team partners and review rules, followed by practice

**Week of Jan 13** - Pick up schedule & rules on the cabinet counter under the TV

**Fri, Jan 24, 10am** - Winter league begins

### Garden Club

Our gardens are resting and we are too! The Garden Club will begin meeting again in March. Until then, think warm and sunny thoughts!

## Senior Wii Bowlers Clinch Title

On December 13, 2019, the Senior Wii Bowling League was victorious over the Gahanna Department of Parks & Recreation staff to claim another title in the Wii Bowling Challenge. The staff improved their play over the course of the tournament, winning the final of 3 games. The Senior Wii Bowlers won by a total of 31 pins. **Interested in playing Wii Bowling? The Winter League will begin in January, 2020. New players are invited on Friday, January 3 at 10am to learn more about league play and practice.**



## INCLEMENT WEATHER INFORMATION



### 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 Party

**Wed, Jan 22, 10am**

#### 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. \$3,295 (double occupancy) or \$4,279 (single occupancy). Deposit of \$750/person is due upon booking; final payment is due on or before March 1.

#### 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®. \$1,315 per person double occupancy. Deposit of \$250/person is due upon booking.

#### 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.

#### Heart of Texas

**Anticipated Fall 2020**

Visit Dallas, Ft. Worth, & Waco on this tour to the heart of Texas! Highlights include the Bush Presidential Library & Museum, Fort Worth's historic Stockyard District, and Southfork Ranch. Also visit three HGTV hotspots: Harp Design Co., Magnolia Market, and the Silos owned by Chip & Joanna Gaines. A cattle drive and a delicious BBQ dinner are also part of this incredible package! More information to come soon.

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

## Lincoln High School Theatre Performs "All of Us"

On November 21, 2019, students from the Gahanna Lincoln High School Theatre Appreciation class presented "All of Us: A Life Project." Students told the story of six individuals, including five Senior Center members. Students interviewed participants and wrote original scripts. Stories reminisced of moments of love, tragedy, and even a collegiate prank involving a donkey. The cast of students was directed by Cynthia Skunza Macioce.

"Why Spend Friday Night Alone?" - Donna's Story

"Dancin' Through Life" - Meghan's Story

"History Lesson" - Renee's Story

"The Donkey" - Bruce's Story

"Forgotten" - Paul's Story

"Jean's Snapshots" - Jean's Story

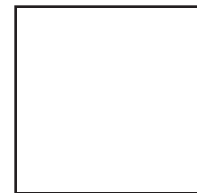


The students wish to offer their special thanks to the staff at Gahanna Parks & Recreation, the Gahanna Lincoln High School staff & administration, and their new-found friends at the Gahanna Senior Center who were brave enough to share their stories.





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



## Photo Gallery



### Ho, Ho, Ho!

Members and guests enjoyed a holiday performance by the High School Chorale, a sing-a-long with our Kitchen Band, a visit from the jolly old elf himself and, of course - lots of cookies! - at our holiday open house in December. Thank you to our event sponsors Wesley Woods, Otterbein SeniorLife, The Laurels of Gahanna, Sage Park Memory Care and Mill Run Senior Living.