

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



Thank You to Our 2024 Sponsors!

Thank you to all of the sponsors who helped make our 2024 programs a success.









NOVEMBER
& DECEMBER

2024
SENIOR SPOTLIGHT



The Gahanna Senior Center offers a wide variety of programs for adults 55 and older. All programs are only open to Senior Center members unless otherwise noted.

The Senior Center is open **Mon – Fri: 8:30 a.m. – 4 p.m.**

The Gahanna Senior Center will be CLOSED Nov 11 for Veteran’s Day, Nov 28 – 29 for Thanksgiving and December 19 – Jan 1 for our annual winter closure.

Activities listed in this front-page section are drop-in classes and do not require registration. All other listed programs do require registration at least 1 week in advance. Please contact a staff member at 614-342-4265 with questions or to sign-up.

Weekly Drop - In Activities				
Monday	Tuesday	Wednesday	Thursday	Friday
9:30 a.m. Yoga Gold (\$5)	9:30 a.m. Hand and Foot	9 a.m. Zumba Gold (\$5)	9 a.m. Open Crafts	9 a.m. Needle Craft
12 p.m. Bridge	10 a.m. Game Day	10 a.m. Texas Hold ‘Em	12 p.m. Blackjack	10 a.m. Duplicate Bridge
1 p.m. Art Group	12 p.m. Euchre	1 p.m. Colored Pencil Journaling (\$5)	2 p.m. Table Tennis	10 a.m. Wii Bowling
2:15 p.m. Table Tennis	1 p.m. Ceramics			1 p.m. Mahjong



Weekly Card Games

Bridge

Play bridge every Monday with friends – no partner is required.
Date: Mondays **Time:** 12 p.m.

Game Day

Game day group meets every Tuesday and rotates between Bunco and Tripoley.
Dates: Tuesdays **Time:** 10 a.m.

Hand and Foot

Learn a new card game and meet new friends.
Date: Tuesdays **Time:** 9:30 a.m.

Euchre

Euchre group meets every Tuesday to play cards and have fun!
Date: Tuesdays **Time:** 12 p.m.

Texas Hold 'Em

Play this fun poker game while enjoying the company of new friends.
Date: Wednesdays **Time:** 10 a.m.

Blackjack

Test your luck every Thursday with this fun card game.
Date: Thursdays **Time:** 12 p.m.

Duplicate Bridge

Bring a partner and play bridge!
Date: Fridays **Time:** 10 a.m.



Holiday Fun



Thanksgiving Meal

Celebrate Thanksgiving with your friends at the Senior Center!
Sponsored by Sunrise Senior Living and Rittenhouse Village of Gahanna.
Date: Nov 21 **Time:** 12 p.m. **Cost:** \$5



Holiday Cookie Contest

Calling all bakers! Bring in your best Holiday Cookies for your fellow seniors to sample and vote for their favorite. Bakers: please bring at least 2 dozen cookies by 11 a.m. Judging and voting will begin at 12 p.m.
Date: Dec 6 **Time:** 12 p.m.

Holiday Brunch

Celebrate the holidays with the Gahanna Senior Center. Get in the holiday spirit with a pancake brunch, a visit from Santa, and a performance from the GLHS Jazz Band. Sponsored by Rittenhouse Village of Gahanna.
Date: Dec 11 **Time:** 10 a.m.



Gahanna Active Senior Advisory Committee

The Gahanna Active Senior Advisory Committee (GASAC) serves the Gahanna Senior Center Community by helping with special events and activities and supporting new and existing Senior Center members.



November GASAC Meeting

GASAC will meet and discuss their regular business. Meetings are open to the public.
Date: Nov 19 **Time:** 3 p.m.

Make sure to attend our first new member social on November 13!

Activity Highlights

Veteran's Day Breakfast

Enjoy a breakfast and celebrate all those who have served. Sponsored by Rittenhouse Village of Gahanna.
Date: Nov 8 **Time:** 10 a.m. **Cost:** \$2, Veterans are FREE

Fall Car Clean Out

Get your car ready for winter! City staff will check tire pressure, clean the interiors, and refill wiper fluid.
Date: Nov 12 **Time:** 10 a.m. – 2 p.m.

Meet with the Mayor

Meet with Mayor Laurie Jadwin to discuss current events in Gahanna.
Dates: Nov 12, Dec 10 **Time:** 2 p.m.

New Member Social

New to the Senior Center? Meet with other seniors and learn all about the different programs at the Senior Center, and, enjoy lunch for FREE after the social. Open to members who joined within the last 6 months.
Date: Nov 13 **Time:** 11:15 a.m.

Movie Thursdays

Cozy up and enjoy a movie at the Gahanna Senior Center. November's movie is *It Ends with Us* and December's movie is *The Holiday*.
Dates: Nov 14, Dec 12 **Time:** 11 a.m.

Book Club

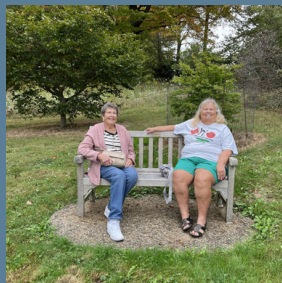
Read a great book then discuss it with friends at the Senior Center!
Dates: Nov 18, Dec 16 **Time:** 3 p.m.

Morning Bingo

Join the Woodlands of Columbus for a morning filled with fun and bingo!
Date: Nov 20 **Time:** 10 a.m.

Birthday Bash

Celebrate your birthday at the Senior Center! This event is open to everyone; however, only those with a birthday that month will receive a meal.
Dates: Nov 18, Dec 9 **Time:** 12 p.m.



Travel Presentations

World of Travel

Join representatives from World of Travel as they discuss 2024 and 2025 trips.

Date: Nov 20 **Time:** 10 a.m.



Day Trips

Important Registration Dates

Registration Opens Nov 4

- Clifton Mill Holiday Lights
- La Comedia

Registration Opens Dec 2

- Columbus Symphony Coffee Dress Rehearsal
- Escape Room Adventure

Columbus Candy Extravaganza

Get your candy shopping done in one trip! Visit and tour iconic Columbus candy companies. Start with a tour of the Anthony Thomas Candy factory and spend the day tasting all other sorts of sweet treats – maybe even get a sample or two.

Date: Nov 5 **Time:** 10 a.m. – 5 p.m. **Cost:** \$20 **Activity Level:** Medium

Mott's Military Museum

Enjoy a guided tour of Mott's Military Museum in Groveport, Ohio. The museum highlights America's military history and features a variety of artifacts. The museum has exhibits spanning from the Revolutionary War to today.

Date: Nov 14 **Time:** 11 a.m. – 4 p.m. **Cost:** \$20 **Activity Level:** High

Clifton Mill Holiday Lights

Explore the winter wonderland at Clifton Mills. Every year, they have a display with over 4 million Christmas Lights. Enjoy the lights and explore other sites like their Miniature Village, Santa Claus Museum, Toy Collection and a spectacular synchronized lights and music show that features the old Covered Bridge.

Date: Dec 5 **Time:** 3 – 8:30 p.m. **Cost:** \$45 **Activity Level:** High

Irving Berlin's Holiday Inn at La Comedia Dinner Theater

Enjoy dinner and a show at La Comedia Dinner Theater. Direct from Broadway! Irving Berlin's *Holiday Inn* tells the story of Jim, who leaves the bright lights of show business behind to settle down at his farmhouse. Jim's luck takes a turn when he meets Linda, and together they turn the farmhouse into a fabulous inn with dazzling performances to celebrate each holiday, from Thanksgiving to the Fourth of July.

Date: Dec 12 **Time:** 9 a.m. – 5 p.m. **Cost:** \$75 **Activity Level:** Low

Meal Programs

Lunch Wednesday!

Enjoy a full lunch and dessert with friends at the Senior Center!

Dates: Nov 13, Nov 27, Dec 18 **Time:** 12 p.m. **Cost:** \$2 per lunch

Thank you to our lunch sponsors!

Heather Ramsey with Interim Healthcare
Debbie McNichols with REMAX Connection
The Key Home Care
Woodlands of Columbus



Baking with Lauren

Learn a new baking skill with Senior Center Coordinator, Lauren! We will learn a new seasonal recipe every month. Learn how to make pecan pie bars in the November class or toffee sugar cookies in the December class.

Dates: Nov 7, Dec 5 **Time:** 10 a.m. **Cost:** \$5 per class

Lunch and Learn – Sage Park

Meet with representatives from Sage Park as they present on a senior related topic

Date: Dec 10 **Time:** 12 p.m.

Meal Excursions

Lunch Bunch

Enjoy lunch with friends at area restaurants. Please note: Transportation from the Senior Center will depart at 11 a.m. Participants who drive themselves can meet at the designated restaurant at 11:30 a.m.

November - Elliots' New Albany

Date: Nov 6
Time: Varies
Cost: \$4 (if using transportation)

December - Mercury Diner

Date: Dec 4
Time: Varies
Cost: \$4 (if using transportation)

Superior Supper Club

Join your friends from the Senior Center for a luxurious night out at some of Columbus's finest restaurants. Van transportation is available to those who need it. If you wish to ride in the vans, please arrive to the Senior Center by 4:30. Those driving themselves please arrive at the restaurant at 5.

November - BJ's Restaurant and

Brewhouse
Date: Nov 19
Time: Varies
Cost: \$4 (If using transportation)

December - Polaris Grill

Date: Dec 17
Time: Varies
Cost: \$4 (if using transportation)

Stay Active

Yoga Gold

Move and stretch in this senior focused yoga class. An instructor will guide you through different poses, and chairs will be available as needed.

Dates: Mondays **Time:** 9:30 a.m. **Cost:** \$5 per class

Hula Hoop Fitness

This group workout with hula hoops is a safe and fun way to burn calories and body fat, improve your balance, strengthen your core muscles, and boost your cardiovascular fitness. Instructor Tasya Lacy can teach you how to have a great time in this highly rewarding class. The fee covers the entire 6-week session of the class.

Dates: Mondays starting Nov 4 **Time:** 12 p.m. **Cost:** \$60

Zumba Gold

Dance and exercise in this Zumba class specifically designed for seniors. A certified Zumba instructor will guide you through this fun and active form of exercise.

Dates: Wednesdays **Time:** 9 a.m. **Cost:** \$5 per class

Wii Bowling League

This is a Nintendo bowling game that anyone can play either standing or sitting. More information about league dates can be found at the Senior Center.

Dates: Fridays **Time:** 10 a.m.

Beanbag Baseball

Enjoy the fun of baseball from the comfort of the indoors. The game is fun and easy to learn! New players will be taught the basics so they can join in on the fun.

Dates: Nov 13, Nov 27, Dec 18 **Time:** 1 p.m.

Educational Programs

Armchair Travel

Explore the world without leaving your chair! Join sponsor My Medicare Network to learn about the history, geography, and culture and many unique places. A light snack from each presented country will be provided

Dates: Nov 12, Dec10 **Time:** 11 a.m.

Senior Living Truth Empowerment Series

Hear from a variety of presenters and how they can help you live a more empowered life. Series presented by Regina Hill. Register at 614-561-1621.

Date: Dec 5 **Time:** 10 a.m.

The Many Faces of Ageism Presentation

Learn more about ageism and what you can do to combat it. Presented by The Key Home Care.

Date: Nov 14 **Time:** 1 p.m.

Health and Wellness

Foot Care Clinic

Anchor Foot Care, LLC provides nurse-delivered foot care at the Senior Center on select dates. The \$40 service fee includes a general foot assessment; nail trimming and thinning; filing corns, calluses, and rough skin; and footcare education and recommendations. Please call (937) 738-1761 or visit www.anchorfootcare.com to schedule your appointment

Dates: Nov 20, Dec 18 **Times:** 9:30 a.m. – 3 p.m. **Cost:** \$40

Part D Medicare Changes

Meet with Amanda from Schneider Insurance to go over all the upcoming changes to Medicare in 2025.

Date: Nov 6 **Time:** 2:30 p.m.

Medicare 101

Learn all there is to know about Medicare and the upcoming changes to Medicare in this educational presentation. Sponsored by Schneider Insurance.

Date: Nov 18 **Time:** 10 a.m.

Advanced Directives Presentation

Representatives from Luminary Hospice will present on ways to plan for your future.

Date: Nov 19 **Time:** 1 p.m.

Get the Scoop on Medicare

Have questions about Medicare or want to learn more about the changes coming in 2025? Meet with Maddy Poston from Procore Medicare to learn all about Medicare while enjoying a scoop of ice cream.

Dates: Nov 20 at 1 p.m., Dec 3 at 10 a.m.

OSU Talk with a Doc

Meet with professionals from OSU as they discuss different topics relating to senior health. November's topic is How to Advocate for Yourself at a Doctor's Visit and December's topic is Dementia and Dementia Prevention.

Dates: Nov 22 at 12 p.m. , Dec 12 at 3 p.m

Get Crafty

Colored Pencil Journaling

Learn to master new colored pencil techniques in this instructor led class. Examples of what will be taught in the class include color studies, drawing basic forms and shapes, and using artistic composition. Each class will build on the next and it is recommended that you attend each session.

Dates: Every Wed starting Sep 18 **Time:** 1 p.m. **Cost:** \$5

Jewelry with Jean

You'll receive so many compliments on the jewelry you can create and wear in this unique class.

Dates: Nov 15, Dec 6 **Time:** 1 p.m.

Let's Create

Join representatives from Oak Street Health for an afternoon of crafting and fun! Class is free and all supplies are included.

Dates: Nov 26, Dec 17 **Time:** 11 a.m.

November 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	01
04	05 Columbus Candy Extravaganza Trip	06 Lunch Bunch <i>Elliot's (New Albany)</i> 2:30 p.m. Medicare Part D Changes	07 10 a.m. Baking with Lauren	08 10 a.m. Veteran's Day Breakfast
11 Senior Center CLOSED	12 10 a.m. Fall Car Clean Out 11 a.m. Armchair Travel 2 p.m. Meet with the Mayor	13 11:15 a.m. New Member Social 12 p.m. Wednesday Lunch 1 p.m. Beanbag Baseball	14 Mott's Museum Trip 11 a.m. Movie Thursday 1 p.m. The Many Faces of Ageism Presentation	15 1 p.m. Jewelry with Jean
18 10 a.m. Medicare 101 12 p.m. November Birthday Bash 3 p.m. Book Club	19 1 p.m. Advanced Directives Presentation 3 p.m. GASAC Supper Club <i>BJ's Restaurant and Brewhouse</i>	20 9:30 a.m. - 3 p.m. Footcare Clinic 10 a.m. World of Travel Presentation 10 a.m. Morning Bingo 1 p.m. Get the Scoop on Medicare	21 12 p.m. Thanksgiving Meal	22 12 p.m. OSU Talk with a Doc: How to Advocate for Yourself
25	26 11 a.m. Let's Create	27 12 p.m. Wednesday Lunch 1 p.m. Beanbag Baseball	28 Senior Center CLOSED Happy Thanksgiving!	29 Senior Center CLOSED

Registration for November and December programs and activities will open Thursday, October 24

All activities listed on this calendar require registration at least 1 week in advance.

Registration must be completed in person at the Senior Center.

December 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02	03 10 a.m. Get the Scoop on Medicare	04 Lunch Bunch <i>Mercury Diner</i>	05 10 a.m. Baking with Lauren 10 a.m. Senior Truth Empowerment Series Clifton Mill Trip	06 12 p.m. Holiday Cookie Contest 1 p.m. Jewelry with Jean
09 12 p.m. December Birthday Bash	10 11 a.m. Armchair Travel 12 p.m. Lunch and Learn 2 p.m. Meet with the Mayor	11 10 a.m. Holiday Brunch	12 La Comedia Trip 11 a.m. Movie Thursday 3 p.m. OSU Talk with a Doc	13
16 3 p.m. Book Club	17 11 a.m. Let's Create! Supper Club <i>Polaris Grill</i>	18 9:30 a.m. - 3 p.m. Footcare Clinic 12 p.m. Wednesday Lunch 1 p.m. Beanbag Baseball	19 Senior Center CLOSED	20 Senior Center CLOSED
23 Senior Center CLOSED	24 Senior Center CLOSED	25 Senior Center CLOSED	26 Senior Center CLOSED	27 Senior Center CLOSED
30 Senior Center CLOSED	31 Senior Center CLOSED	02	03	04

Registration for November and December programs and activities will open Thursday, October 24

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