



JANUARY &  
FEBRUARY

2025

# 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 Wed Jan 1 for New Year's Day and Mon Jan 20 in observation of MLK Day.**

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

## Special Events

### 90th Birthday Party

Are you turning 90 or older this year? Come celebrate with the Gahanna Senior Center! Receive a full meal and birthday treat to celebrate your milestone of a birthday. Event is open to everyone, but only those turning 90 or older will receive a full meal.

**Date:** Mon Jan 27   **Time:** 12 p.m.

### Souper Bowl

Do you have a favorite soup recipe? Show it off at the 2025 "Souper" Bowl party. In celebration of the 2025 Super Bowl, fellow seniors will judge and vote on their favorite soups. Participants: drop off your soup (preferably in a crockpot) at 11:30 a.m.

**Date:** Fri Feb 7   **Time:** 12 p.m.

### Winter Pajama Party

Spend the afternoon cozied up at the Senior Center! Enjoy light snacks, a hot chocolate bar, a movie, and more! Pajamas and slippers are welcome.

**Date:** Wed Jan 29   **Time:** 1 p.m.



### Weekly Drop - In Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:30 a.m.</b> Yoga Gold \$5	<b>9:30 a.m.</b> Hand and Foot	<b>9 a.m.</b> Zumba Gold \$5	<b>9 a.m.</b> Open Crafts	<b>9 a.m.</b> Needle Craft Group
<b>12 p.m.</b> Bridge	<b>10 a.m.</b> Game Day	<b>10 a.m.</b> Texas Hold 'Em	<b>12 p.m.</b> Blackjack	<b>10 a.m.</b> Duplicate Bridge
<b>1 p.m.</b> Art Group	<b>12 p.m.</b> Euchre			<b>10 a.m.</b> Wii Bowling
<b>2:15 p.m.</b> Table Tennis	<b>1 p.m.</b> Ceramics			<b>1 p.m.</b> Mahjong

## Sauce and Song

Sponsored by Taylor Springs Health Campus

A favorite annual tradition, Sauce and Song features a delicious Italian dinner and a sing-along concert with Gahanna's own Joe Hebdo. This event is open to the public so bring your friends and family.

**Date:** Thu Feb 13 **Time:** 4:30 p.m. **Cost:** \$12



## Activity Highlights

### Afternoon Bingo

Join sponsor Maddy from ProCore Health Brokers for an afternoon of fun and bingo!

**Dates:** Thu Jan 23, Feb 27 **Time:** 1 p.m.



### Birthday Bash

Celebrate your birthday at the Senior Center. Sponsor Sunrise Senior Living will provide a light lunch and dessert for everyone who turns a year older that month. This event is open to everyone; however, only those with a birthday that month will receive a meal.

**Dates:** Mon Jan 13, Feb 10 **Time:** 12 p.m.

### Book Club

Read a great book then discuss it with friends at the Senior Center!

**Dates:** Mon Feb 17 **Time:** 3 p.m.



### Meet with the Mayor

Meet with Mayor Laurie Jadwin to discuss current events in Gahanna.

**Dates:** Tue Jan 14, Feb 11 **Time:** 2 p.m.

### Morning Bingo

Join Woodlands of Columbus for a morning filled with fun and bingo!

**Date:** Wed Jan 15, Feb 19 **Time:** 10 a.m.



### Movie Thursday

Cozy up and enjoy a movie at the Gahanna Senior Center. Popcorn and other refreshments will be provided. January's movie will be [Fly Me to the Moon](#). February's movie will be [Here](#).

**Dates:** Thu Jan 9, Feb 13 **Time:** 11 a.m.

## 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.

**Date:** 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.

### Mahjong

Join friends and play this fun tile game.

**Date:** Fridays **Time:** 1 p.m.



## Get Crafty

### Cookie Decorating Class

Learn 5 new seasonal cookie designs! Instructor Lauren will teach you in this easy to follow class.

**Date:** Mon Feb 24 **Time:** 11 a.m. **Cost:** \$10

### Decoupage Eggs

Learn fun new ways to decorate eggs with decoupage.

**Date:** Wed Feb 26 **Time:** 9:30 a.m.

### Jewelry with Jean

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

**Dates:** Fri Jan 17, Feb 21 **Time:** 1 p.m.

### Rock Painting

Join fellow senior Elizabeth Jeffries to learn new techniques for painting rocks.

**Date:** Wed Jan 22 **Time:** 9:30 a.m.

### Zentangle

Learn and practice the art of Zentangle, a meditative form of drawing. Each month-long course will introduce you to the basics of Zentangle and explore more patterns. Fee covers 1 month-long session.

**January Session** Dates: Mondays Jan 6 – Jan 27 Time: 10:30 a.m. Cost: \$28

**February Session** Dates: Mondays Feb 3 – Feb 24 Time: 10:30 a.m. Cost: \$28

# Gahanna Active Senior Advisory Committee

The Gahanna Active Senior Advisory Committee (GASAC) serves the Gahanna Senior Center Community by helping to plan, promote, and volunteer for special events and activities while also welcoming and supporting new and existing Senior Center members.

## January GASAC Meeting

GASAC will meet and discuss their regular business. Meetings are open to the public.

**Date:** Tue Jan 21 **Time:** 3 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:** Tue Jan 14, Feb 11 **Time:** 11 a.m.

### Tech Support

Do you have questions about your technology or need help figuring something out? Meet with staff as they help you troubleshoot common problems on your phone or other technology.

**Dates:** Thu Jan 30 **Time:** 11 a.m.

### Senior Self Defense

Learn the basics of self defense in this class taught by Gahanna Community Liaison Officer Blair Thomas and Lieutenant Matt Kissel from the Gahanna Police Department.

**Date:** Thu Feb 20 **Time:** 1 p.m.

## Travel Presentations

### Prime Tours Presentation

Representatives from Prime Tours will be in to discuss 2025 trips.

**Date:** Wed Feb 5 **Time:** 1 p.m.

### World of Travel Presentation

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

**Date:** Wed Feb 19 **Time:** 10:30 a.m.



## Meal Programs

### Lunch Wednesday!

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

**Dates:** Wed Jan 8, Jan 22, Feb 12, Feb 26

**Time:** 12 p.m. **Cost:** \$2 per lunch

Thank you to our lunch sponsors! Interim Healthcare, OASIS Senior Living, Debbie McNichols with ReMAX Connection.



### 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 white chocolate raspberry cheesecake bars in the January class or chocolate covered strawberry cupcakes in the February class.

**Dates:** Thu Jan 2, Feb 6

**Time:** 10 a.m. **Cost:** \$5 per class

### Lunch and Learn

Join representatives from Sage Park as they serve lunch and present on a senior related topic.

**Date:** Thu Feb 6 **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.

#### January – Cap City

**Date:** Fri Jan 3

**Time:** Varies

**Cost:** \$4 (if using transportation)

#### February – Gahanna Grill

**Date:** Wed Feb 17

**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.

#### January – Cooper's Hawk

**Date:** Tue Jan 21

**Time:** Varies

**Cost:** \$4 (If using transportation)

#### February – Hickory House

**Date:** Tue Feb 18

**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

## **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. No cost, instructions provided, and socialize with other Wii bowlers. 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:** Wed Jan 8, Jan 22, Feb 12, Feb 26 **Time:** 1:00 p.m.

# Health and Wellness

## **Foot Care Clinic**

Anchor Foot Care, LLC provides nurse-delivered foot care at the Senior Center. 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](http://www.anchorfootcare.com) to schedule your appointment**

**Dates:** Wed Jan 15, Feb 19 **Times:** 9 a.m. – 3 p.m. **Cost:** \$40

## **Orthopedic One**

Representative from Orthopedic One will be in to present on senior health and wellness.

**Date:** Tue Jan 7 **Time:** 2 p.m.

## **OSU Walk with a Doc**

Meet with professionals from OSU as they discuss different topics relating to senior health.

**January – Topic: Balance and Fall Prevention**

**Date:** Tue, Jan 21 **Time:** 12 p.m.

# Day Trips

## **Important Registration Dates**

### **Registration Opens Tue Jan 7**

Hollywood Casino  
Worthington Candle Works



### **Registration Opens Tue Feb 4**

Werner House Tour

### **Columbus Symphony Coffee Dress Rehearsal**

Observe a working rehearsal as the musicians and conductor put the finishing touches on the weekend's concert program. Coffee and donuts will be available during the show.

**Date:** Fri Jan 31 **Time:** 9 a.m. – 3 p.m. **Cost:** \$28 **Activity Level:** Low

## **Escape Room**

In this fun game, you and your team are heroes on a mission. You'll enter a highly immersive, multiroom set where you'll crack codes, uncover clues, and solve puzzles. The games are collaborative, tactile, story-driven, and about more than just escaping, they are adventures.

**Date:** Mon Jan 13 **Time:** 10 a.m. – 3 p.m. **Cost:** \$55 **Activity Level:** High

## **Hollywood Casino**

Test your luck at this Vegas-style casino. Hollywood Casino offers both slots and table games. Try your hand at a variety of table games.

**Date:** Tue Feb 11 **Time:** 11 a.m. – 4 p.m. **Cost:** \$15 **Activity Level:** Medium

## **Worthington Candle Works**

Discover Worthington Candle Works - a locally owned and operated shop nestled in historic downtown Worthington. Experience the joy of pouring your own candles from start to finish as you pick your scent, create your own custom blend, and pour your candle.

**Date:** TBD **Time:** 10 a.m. – 3 p.m. **Cost:** \$55 **Activity Level:** Low

## **Werner House Tour**

The Werner House is a unique and innovative aging-in-place technology showcase located in Ohio. Discover the new and innovative ways that the team of designers has used to create a safe, comfortable, and accessible living environment for aging individuals.

**Date:** TBD **Time:** TBD **Cost:** TBD **Activity Level:** Medium

