



MARCH &
APRIL

2025

SENIOR SPOTLIGHT



Gahanna Senior Center
480 Rocky Fork Blvd.
Gahanna, OH 43230
PARKS & RECREATION

Special Events

Mardi Gras

Join us for a Cajun-inspired meal complete with King Cake. Wear your green, purple, and gold!

Date: Tue Mar 4 **Time:** 11 a.m.

St. Patrick's Day Party

Get out your green and celebrate St. Patty's Day with the Gahanna Senior Center. Activities and a light lunch will be provided. **Date:** Mon Mar 17 **Time:** 12 p.m.

Casino Night

Test your luck at the **Gahanna Senior Center Casino Night**. Join us for a full casino experience. You will receive "play money" for casino games and can use your winnings for a variety of prizes. **Date:** Thu Apr 17 **Time:** 4:30 p.m. **Cost:** \$4

Save the Date: Senior Prom

Get ready to boogie at the Annual Gahanna "Senior" Prom. Grab a friend and your favorite dress and get ready to dance the night away. Enjoy a full meal, dancing, and a night full of fun!

Date: May 29 **Time:** 5 p.m. **Cost:** \$10



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.

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	9:00 a.m. Zumba Gold (\$5)	9 a.m. Open Crafts	9 a.m. Needle Craft Group
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	12:00 p.m. Euchre			10 a.m. Wii Bowling
2:15 p.m. Table Tennis	1 p.m. Ceramics			1 p.m. Mahjong

Activity Highlights

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 Mar 10, Apr 14 **Time:** 12 p.m.

Movie Thursday

Cozy up and enjoy a movie at the Gahanna Senior Center. Popcorn and other refreshments will be provided. Watch *Wicked* in March or *Gentleman Prefer Blondes* in April

Dates: Thu Mar 13, Apr 10 **Time:** 11 a.m.

Book Club

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

Dates: Mon Mar 17, Apr 21 **Time:** 3 p.m.

Meet with the Mayor

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

Dates: Tue, Mar 18, Apr 15 **Time:** 2 p.m.

Morning Bingo

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

Dates: Wed Mar 19, Apr 16 **Time:** 10 a.m.

Board Game Bonanza

Play your favorite board games or discover a new one! Spend time with friends playing fun classic board games. While we have some available, please bring any games you would like to play.

Dates: Thu Mar 20, Apr 10 **Time:** 10 a.m.

Get Crafty

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.

March Session Dates: Mondays , Mar 3 – Mar 24 **Time:** 10:30 a.m. **Cost:** \$31

April Session Dates: Mondays , Apr 7 – Apr 28 **Time:** 10:30 a.m. **Cost:** \$28

Let's Create

Join Marlee from My Medicare Network for a morning filled with crafts! Learn something new and socialize with friends.

Date: Tue Mar 11 **Time:** 11 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, Mar 21, Apr 18 **Time:** 1 p.m.

Rock Painting

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

Dates: Wed Mar 26, Apr 30 **Time:** 9:30 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.

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.

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.



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.

March GASAC Meeting

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

Date: Mar 18 **Time:** 3 p.m.

2025 GASAC Elections

There are 3 positions open this year and we are seeking volunteers to run. Information and an application to apply to run for the Committee are available in the office and should be submitted by the end of March.

Educational Programs

CRASE Active Shooter Training

Civilian Response to Active Shooter Event, provides strategies, guidance, and a proven plan for surviving an active shooter event. Learn how to be taught by Gahanna Community Liaison Officer Blair Thomas and Lieutenant Matt Kissel from the Gahanna Police Department.

Date: Thu Mar 20 **Time:** 1 p.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, tablet, or laptop.

Date: Mon Mar 24 **Time:** 12 p.m.

Ohio Attorney General Presentation: Consumer Scams

Scammers use a variety of tactics to make their offers seem legitimate. Learn to recognize the signs of a scam to protect yourself and those you care about. Find out some of the common types of scams faced by consumers as well as how to reduce your risk of identity theft.

Date: Mon Apr 7 **Time:** 1 p.m.

The Vision Workshop: 3 Keys to Mastering Your Results

Do you want to discover your dream or life's purpose, eliminate fear, and move toward your goals? Join certified Life Coach, Helen Bullock, for this 1 hour workshop to help you set goals, reignite your passion, and re-discover your purpose.

Date: Tue Apr 8 **Time:** 11 a.m.

Meet with the City: Gahanna Forestry Team

Meet with the Gahanna Forestry Team to learn about current programs and projects in the city.

Date: Mon Apr 28 **Time:** 1 p.m.

Meal Programs

Lunch Wednesday!

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

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

Thank you to our lunch sponsors! Interim Healthcare, Debbie McNichols with ReMAX Connection, Humana and Rittenhouse Village of Gahanna.



Mar 12 - Italian Wedding Soup and Salad

Mar 26 - Sandwiches and Salad

Apr 9 - Chicken Noodle Soup and Salad

Apr 23 - Chili Mac and Cornbread

Baking with Lauren

Learn to make hummingbird cake in the March class or lemon crinkle cookies in the April class.

Dates: Thu Mar 6, Apr 3 **Time:** 10 a.m. **Cost:** \$5 per class

Meals for One

Learn new techniques for cooking a variety of low-effort, delicious meals for one! We will learn new seasonal recipes each month.

Dates: Thu Mar 13, Apr 10 **Time:** 2 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.

March - Pies and Pints (Easton)

Date: Wed Mar 5

Time: Varies

Cost: \$4 (if using transportation)

April - The Point on Main

Date: Wed Apr 2

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.

March - Marcellas (Polaris)

Date: Tue Mar 18

Time: Varies

Cost: \$4 (if using transportation)

April - Brio (Easton)

Date: Tue Apr 15

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

Table Tennis

Enjoy a fun and exciting activity that includes aerobic activity, balance training, and weight control in one!

Dates: Mondays **Time:** 2:15 p.m.

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 Mar 12, Mar 26, Apr 9, and Apr 23 **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 to schedule your appointment

Dates: Wed Mar 19, Apr 16 **Times:** 9 a.m. – 3 p.m. **Cost:** \$40

Travel Presentations

World of Travel Presentation

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

Date: Tue Apr 15 **Time:** 9:30 a.m.

World of Travel – Pennsylvania Americana Trip Pre-Departure Meeting

This meeting is ONLY for those signed up for the Pennsylvania Americana Trip. Learn more about the details of trip in the pre-departure meeting.

Date: Tue Apr 15 **Time:** 11 a.m.

Day Trips

Important Registration Dates

Registration Opens Mar 4

- Ohio State Baseball
- Cocktails at the Conservatory
- A Beautiful Noise

Registration Opens Apr 1

- Columbus Clippers vs Iowa Cubs
- Ballet Met – Sleeping Beauty

Werner House Tour

The Werner House is a unique and innovative aging-in-place technology showcase located in Ohio. Tour this home that was created with the mission of creating a safe, comfortable, and accessible living environment for aging individuals.

Date: Tue Mar 25 **Time:** 10 a.m. **Cost:** \$15 **Activity Level:** Medium

Cocktails at the Conservatory

Experience one of the most beautiful cocktail parties in Columbus. Each themed event features a rotating cast of drink vendors, food trucks, entertainment, live music and more.

Date: Thu Apr 10 **Time:** 4:30 p.m. **Cost:** \$50 **Activity Level:** High

Ohio State Baseball Game

Kick off the baseball season by cheering on the Ohio State Buckeyes as they take on the Wright State Raiders.

Date: Tue Apr 14 **Time:** 2 p.m. **Cost:** \$25 **Activity Level:** Low

A Beautiful Noise, The Neil Diamond Musical

Created in collaboration with Neil Diamond himself, A Beautiful Noise is the uplifting true story of how a kid from Brooklyn became a chartbusting, show-stopping American rock icon.

Date: Wed Apr 23 **Time:** 4:30 p.m. **Cost:** \$80 **Activity Level:** Low

Ballet Met Senior Dress Rehearsal – Sleeping Beauty

Enjoy a special senior-only dress rehearsal of Sleeping Beauty which tells the story of a princess 100-year slumber which can only be broken by a prince's kiss.

Date: Fri May 2 **Time:** 10:30 a.m. **Cost:** \$40

Columbus Clipper vs Iowa Cubs

Kick off the summer with America's favorite pastime. The Columbus Clippers take on the Iowa Cubs. We will be eating lunch at the ballpark.

Date: Thu May 22 **Time:** 11 a.m. **Cost:** \$40 **Activity Level:** Low

March 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03	04 11 a.m. Mardi Gras	05 Lunch Bunch <i>Pies and Pints (Easton)</i>	06 10 a.m. Baking with Lauren 12 p.m. Lunch and Learn	07
10 12 p.m. March Birthday Bash	11 11 a.m. Let's Create!	12 12 p.m. Wednesday Lunch 1 p.m. Beanbag Baseball	13 11 a.m. <i>Movie Day</i> <i>Wicked</i> 2 p.m. Meals for One	14
17 12 p.m. St. Patrick's Day Party 3 p.m. Book Club	18 2 p.m. Meet with the Mayor 3 p.m. GASAC Supper Club <i>Marcella's (Polaris)</i>	19 9 a.m. - 3 p.m. Footcare Clinic 10 a.m. Morning Bingo	20 10 a.m. Board Game Bonanza 1 p.m. Active Shooter Training	21 1 p.m. Jewelry with Jean
24 12 p.m. Tech Support	25 Werner House Trip	26 12 p.m. Wednesday Lunch 1 p.m. Beanbag Baseball	27 1 p.m. Afternoon Bingo	28
31	01	02	03	04

Registration for March and April programs and activities will open **Thursday, February 20**

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

Registration must be completed in person at the Senior Center.