

Our Senior Center is a multi-purpose facility open to all adults ages 55+. We offer diverse programs in core areas such as recreation, physical fitness, nature/outdoor programs, day trip and travel programs, education, health and human services, community programs and volunteer opportunities. Please visit our Active Senior page at Gahanna.gov for additional program information.

Membership - Annual Senior Memberships for individuals ages 55+ are \$20 for Gahanna residents and \$30 for non-residents. Please stop by our office to register and learn of the many ways our programs may enrich your life!

Open House! - Looking to get more involved and meet new people? Come visit us during our monthly Open House events held every first Monday (except holidays) from 10am-6pm (May 2, June 6, July 11, August 1). If our Open House times are not conducive to your schedule, stop by anytime during our normal business hours for a tour.

Senior Center Facility Rentals - Facility rental opportunities also exist for special events. For information you may contact us at 614.342.4265 or stop by Monday-Friday between the hours of 8:30am-4:30pm. **Please also see page 4 for rates.**

Recurring Weekly Activities

MONDAYS

Yoga Gold
9:15am
Instructor: Kristi Bryan
Cost: \$5 (also Fridays)

Craft/Sewing Projects
Work on craft/sewing projects. New ideas welcome.
10am

Line Dancing
10:30am
Instructor:
Robin Lawrence Poses
Enjoy fun exercise to some "hip" music
Cost: \$5

Bridge card group
12pm
Cost: .50 (also Wed)

Table Tennis
Advanced and Beginner players welcome.
3:30pm (also Thursdays)

TUESDAYS

Open Art
9:30am
Cost: \$2 per class

Instrument Group
Make some music in a fun and relaxed setting
10:15am

Euchre
12:30pm
Cost: .25

Ceramics
Complete the project of your choice
1pm

Bean Bag Baseball
3:15pm

WEDNESDAYS

Quilting Guild
Hand quilting on frame
9am

Bridge card group
6:30pm
Cost: .50
(Also Mondays)

THURSDAYS

Zumba Gold
Instructor: Carolyn Strayer
9am
Cost: \$5

Wii Bowling practice
10am
(League on Fridays)

Tai Chi
Chang style
10 am

Calligraphy
Instructor: Sandy Mundy
12:45pm
Cost: \$20, 4 weeks

Table Tennis
Advanced and Beginner players welcome.
3:30pm
(Also Mondays)

FRIDAYS

Yoga Gold
9:15am
Instructor: Kristi Bryan
Cost: \$5

Wii Bowling league
10:15am
(Practice on Thursdays)

Duplicate Bridge
12:30pm
Cost: .50

Mahjong
1pm

Zentangle Art Class
1 pm
Cost: varies

**Program
Registration
Day
March 7**

Recurring Monthly Activities

MONDAYS

Creative Cards
Join artist Jean Langkamp to create your own cards.
11am
3rd Monday
Cost: \$1

Book Review Group
1st Monday at 3pm
3rd Monday at 3:15pm
Space Limited. Please call.

TUESDAYS

2nd Tuesday
Soup/Sandwich Social
Enjoy some great eats with your friends. Hurry in-first come, first serve.
Cost: \$5

WEDNESDAYS

Lunch
Cook's choice (See us for monthly menu!)
12pm
Last Wednesday
Cost: \$5, Must Register

Bingo
12:45pm
Last Wednesday
Cost: \$2 must register

Poker
2pm
3rd Wednesday (check calendar)
Cost: \$3

THURSDAYS

Poker
12:15pm
Every other Thursday (check calendar)
Cost: \$3

Pinochle
Check calendar
12:15pm
Every other Thursday (check calendar)
Cost: .50

Creekside Paddle Boats

**Opening Day
May 7.
See page 10 for
schedule.**



NEW programs on the Horizon 2016! – Bocce league, Walking program, Garden Club, Pickle ball, Cooking classes, Intro to Computers/I-pads, Line Dance, Instrumental Music Group, and more!

Active Seniors

Activities & Events

55+ Golf League

For golfers age 55+ we host Thursday morning league play! Come out and enjoy a round of golf and a cup of coffee while chatting with other local golfers. In addition, once a month the league travels to another area course. Enjoy group events throughout the season such as lunches, tournaments, end of season outing and picnic. To join the league, contact the Gahanna Senior Center at 614.342.4265 or attend the informational meeting at the Senior Center on April 21st at 10am.

Soup/Salad & Sandwich Socials

Second Tuesday of each month 11:30am – 1 pm (April 12, May 10, June 14, July 12, August 9)

Enjoy friends and fellowship over a bowl of homemade soup or salad, a tasty sandwich, a side, and a drink. First come first serve. Cost \$5/person

Hearing Screenings

Last Wednesday each month at The Senior Center; Individuals 55+ may schedule a free appointment to have your hearing and/or hearing aids checked. Receive assistance and advice from professional hearing specialists. Call the Senior Center for appointment times.

AARP 55 Alive Driving Training

Select Saturdays, 9am-1pm, call our office for dates

Sharpen your driving skills and maintain your independence through this important class. Cost \$15/person for AARP members; \$20 non-members (CHECK ONLY TO AARP). Register in advance at the Senior Center.

Pot Luck and Project Interact

First Wednesday each month when school is in-session, 11:30am - 1pm (May 4) Join us for a delightful and educational program presented by Gahanna-Jefferson school-aged students, and enjoy a delicious pot luck feast prepared by our Active Seniors. This program is truly a rewarding experience for everyone. Please register in advance at the Senior Center.

Lunch Bunch

Every 3rd Wednesday 10:45am -2pm (April 20, May 18, June 15, July 20, August 17) Come join us for a day out to lunch with our Active Seniors. We frequent some great regional restaurants while enjoying each other's company! \$2/person if riding the Senior Center van. Register in advance.

Program Reservation Policy

All active members of the Gahanna Senior Center have the opportunity to register for programs at the same time, regardless of residency.

All trips and programs are filled on a first-come, first-serve basis.

No reservations will be accepted by phone for trips or programs. Reservations must be made at the Senior Center.

All checks are to be made out to the City of Gahanna (unless otherwise noted). If you are paying in cash, please bring the exact amount.

A reservation is a firm agreement. Refunds may be made only if your vacancy is filled.

If you need to cancel your reservations, call as soon as possible. You may not fill the reservation yourself. Cancelled reservations are filled from the waiting list.

You may only sign up for yourself and/or your spouse.

Lunch & Bingo

Last Wednesday each month 12pm – 3pm (April 27, May 25, June 29, July 27, August 31) If you like BINGO and food, you'll LOVE this! \$7/person (\$2/Bingo + \$5/Lunch) Register in advance.

Spaghetti Social

Enjoy a delicious pasta dinner, including salad, rolls and dessert.

Live musical entertainment and sing-a-long to follow!

Must register. \$6.

Day	Date	Time
Wed	Apr 6	5:30pm

Ice Cream Social and Active Senior Celebration

Join us for live musical entertainment. Art work displayed by the Gahanna Art League and Ice Cream Sundaes. Includes a brief annual membership meeting and election of officers. Please register.

Day	Date	Time
Wed	May 11	1pm

Summer Picnic and Pot Luck

Fun at Creekside! Bring a dish to share and your own drink. Plates, napkins and plastic ware will be provided. Paddleboats, trail hikes, and some fun group games also planned! Let us know what you plan to bring when you register.

Location: Creekside Plaza, 117 Mill St.

Day	Date	Time
Wed	Jun 8	11:30am

Grandparents and Golf

This program encourages grandparents to get their grandkids out on the course for a fun and active experience. We'll play some golf and enjoy games.

Cost per person. Register through Gahanna Parks & Recreation at City Hall or by calling 614.342.4250.

Activity	Day	Date	Time	RDR/SR
321701D	Fri	Jul 29	10am-12pm	\$5/\$10



Program Registration Day for our Spring-Summer programs is Monday, March 7, 2016 from 8:30am – 4:30 pm at the Gahanna Senior Center.

Active Seniors

2016 Trip & Travel Programs

Our Active Senior Program has many exciting day excursions and international trips throughout the year! Come join us as we discover some great places both near and far! Our travel program is open to all individuals 55+ who hold an active membership at the Senior Center. Trip reservations must be made in person at the Senior Center along with payment at time of reservation.

Day Excursions

Bucking Ohio

Thursday, June 23

\$103/Person

Trip highlights in and around Burbank, Ohio include a "behind the scenes" visit to Bucking Bull Ranch, a Cowboy legend buffet style BBQ with entertainment, an authentic ranch-style hay ride, a stop at the Creek Bend General Store, and a stop at Grandpa's Cheesebarn and Village featuring homemade sweets, meats, and cheeses.

Springing over to Springfield

Friday, September 30

\$93/Person

Trip highlights in and around Springfield, Ohio include the Wescott House, lunch at Young's Dairy Golden Jersey Inn, visiting the Johnny Appleseed Museum, and a stop at the Piatt Castles.

An Amish Christmas

Thursday, December 1

\$101/Person

Trip highlights around Berlin, Ohio include a unique and educational experience at the "Behalt" Amish/Mennonite Heritage Center, a delicious buffet lunch at the Farmstead Restaurant, street shopping within downtown Berlin, and stops at "Tis the Season" Christmas Center, Heini's Cheese Chalet, and Kauffman's Country Amish Bakery.

A Tour of Biblical Proportions

Tour details being coordinated. Look for additional details soon at our Senior Center! This overnight tour will include round trip transportation and lodging. Stops include Williamsburg, KY where we will visit the new attraction "The Ark", a full-sized replica of Noah's Ark! Visit the 70,000 square foot Creation Museum, Garden of Hope, the Cincinnati Zoo and Botanical Gardens, Newport Aquarium, River cruise, and a dining experience in a historic landmark church.

International Trips

A Transatlantic Odyssey Fire & Ice

September 3-22

\$4,998 - \$5,998 per person double occupancy based on cabin selection. Taxes and insurance included.

Airfare to London and return from New York. Tour includes an incredible experience of England, Netherlands, Norway, Scotland, Iceland, & Massachusetts. Stop by Senior Center for registration and additional details. Final payment due on/before April 6.

Lighthouses of the Mid-Atlantic

October 1-7

\$1,822/Person double occupancy, \$2,460 single occupancy.

Tour will highlight Inner Harbor sightseeing cruise, Baltimore, Fell's Point, Little Italy, Mount Vernon Historic District, Federal Hill, Annapolis, Chesapeake Bay, Outer Banks, Virginia Beach, various museums, memorials, historic districts, a winery, and of course...breathtaking Lighthouses! Tour includes round trip transportation and insurance. Taxes and gratuities included for select items in itinerary. Final payment due on/before July 1.



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Sponsorship Opportunities

For those interested, there are various ways local companies and establishments may get involved and support our Active Senior Program.

Please contact our office to speak with our Program Supervisor for details and opportunities at 614.342.4265.