

ACTIVE ADULTS



Yoga

Join our very experienced teachers who have studied with many great yoga teachers, including Rodney Yee, Colleen Seidman Yee, Doug Keller, Tim Miller, Cyndi Lee, Angela Farmer, Swami Ramananda and more to provide students with a "true" yoga experience."

Sue Johnson, RYT 500, RMT, Certified Yoga on High Instructor
Lori Bower, RYT 500, RMT, Certified Yoga on High Instructor

Hatha Yoga For Every Body

Feel better, stronger, and relieve stress as you experience the mind/body connection in this class. Explore the benefits of ASANA (yoga postures) to gently stretch and strengthen the body. Breathing techniques quietly relax the mind and emotions and take you into a deeper level of consciousness. You will become more aware of patterns that facilitate a healthy spine, and a more relaxed and easeful body, mind and spirit.

Ages: 15+

Beginners

Activity Day	Date	Time	RDR/SR
410102A Tue	Sep 8-Oct 13	5:45-6:55pm	\$80/\$90

Location: Golf Course Clubhouse, 220 Olde Ridenour Rd.

Experienced

Activity Day	Date	Time	RDR/SR
410102B Tue	Sep 8-Oct 13	7-8:15pm	\$80/\$90

Location: Golf Course Clubhouse, 220 Olde Ridenour Rd.

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NEW!

Multi-Level

Modifications will be given for different levels. We will explore more gentle asana to restore the body from the busy holiday season.

Activity Day	Date	Time	RDR/SR
410102C Tue*	Nov 3 – Dec 15	6:30-7:45pm	\$80/\$90

*Skip Nov 24

Slow Flow Hatha Yoga

Gentle, slow flowing warm-ups get the body and mind ready to move into a variety of more challenging flow series, including sun salutations and other creative flow movements. Meditation and breath work incorporated. Modifications provided for all student levels. This class will leave you feeling refreshed, relaxed and energized. To enjoy your yoga experience, please bring a yoga "sticky" mat and 2 firm blankets.

Activity Day	Date	Time	RDR/SR
410101A Wed	Sep 9-Oct 14	10:30-11:45am	\$80/\$90
410101B Wed*	Nov 4-Dec 16	10:30-11:45am	\$80/\$90

Location: Golf Course Clubhouse, 220 Olde Ridenour Rd.

*Skip Nov 25

Gahanna Get Moving Team

The Gahanna Get Moving Team has walked thousands of miles over the past few years, training and talking their way to fun and fitness. Liz Plott leads this group and will share her wisdom on walking and healthy lifestyles. The group meets at Creekside Park every Saturday morning at 8 am, rain or shine. Registration is required prior to participation.

Ages: 18+

Activity Day	Date	Time	RDR/SR
760000 Sat	Year round	8am	Free

Location: Creekside Park, 117 Mill St.

Basketball & Volleyball Open Gyms

Open gym participants must be 18 years of age and bring a valid driver's license. If a license or State ID is not presented, participants will be charged the standard rate. Passes may be purchased at the Parks & Recreation office and are valid for volleyball or basketball.

Open gyms will run October 2015 - April 2016. A schedule including start date and skip dates will be posted at Gahanna.gov, all information listed below is subject to change.

Basketball: 18+

Age: 18+

Day	Time	Season Pass RDR/SR*
Tue	8:30-10:30pm	\$70/\$80

Location: Middle School South, 349 Shady Spring Dr.

*No Single Visits - Season Pass only

Basketball (30 and over):

Ages: 30 and over

Day	Time	Single Visit RDR/SR*	Season Pass RDR/SR
Thu	8:30-10:30pm	\$5/\$8	\$70/\$80

Location: Middle School South, 349 Shady Spring Dr.

Volleyball (18 and over):

Ages: 18+

Day	Time	Single Visit RDR/SR*	Season Pass RDR/SR
Tu&Th	8:45-10:30pm	\$5/\$8	\$70/\$80

Location: Middle School East, 730 Clotts Rd.

NEW!

Mark the Spot (MTS) Mom's Fitness

If you are looking for a child friendly fitness class and to meet other mom's, then this is the perfect class for you! Certified Personal Trainer Mark Caraway, of Mark The Spot Fitness & Nutrition will coach you through a full body workout, while your child (0-5) plays and socializes with other children or even joins in on the fun with you! The workout is formatted for all fitness levels and can be modified to your ability.

These go at your own pace workouts are designed to challenge you at your level. You DO NOT need to have a child to join our class; however, this is a child friendly class!

Activity Day	Date	Time	RDR/SR
412801A Mon	Sep 14 – Nov 16	10-11am	\$75/\$85

Location: Gahanna Municipal Golf Course Clubhouse, 220 Olde Ridenour Rd.

NEW!

Active Adults Fitness Class

Here's a new way to maintain or retain strength, balance and mobility. Join Certified Personal Trainer Mark Caraway in this group training class that is designed specifically for adults that are looking to maintain their youth and overall fitness. Come work up a sweat while listening to classic upbeat 70s & 80s music. This class will provide a 45 minute fitness routine and a short educational component. You'll leave feeling energetic and youthful!

Ages: Active Adults / Active Seniors

Activity Day	Date	Time	RDR/SR
410707A Thu	Sep 17-Nov 19	7:30-8:30pm	\$60 / \$70

Location: The Center, 480 Rocky Fork Blvd.



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Scrapbook Crop

We are pleased to have the ever popular Scrapbook Crop back with a new location! Grab a friend and bring all your scrapping supplies with you - stay all day or just a couple of hours. Door prizes are offered throughout the day and scrapbook/stamping vendors are on-site if you need supplies. Lunch and dinner are on your own, this new location provides many food opportunities within walking distance. Snacks and bottled water provided. Space is limited so register early. No walk in registration.

Ages: 16+

Activity Day	Date	Time	RDR/SR
411201A Sat	Oct 24	9am-9pm	\$15/\$20

Location: Clark Hall, 380 Granville St.

NEW!

Picture Books 101: Hard Work but Lots of Fun!

Have you always dreamed of writing a picture book for children? This beginning writers' workshop will touch on the basics of picture book writing. You'll learn about genres, story structure, plot, setting, character development and more. Writing resources plus an optional Facebook group for participants are included. Come prepared with your favorite writing tools (laptop or electronic notebook preferred but not required).

Ages: Active Adult/Active Senior

Activity Day	Date	Time	RDR/SR
410601A Wed	Sep 9- Nov 11	6:30-8pm	\$60/\$70

Location: The Center (Art Room), 480 Rocky Fork Blvd.

NEW!

Date Night Art Class: Picasso Your Love!

Couples Date Night never looked so amazing! Guided by a professional artist, you and your friend or significant other will paint a vibrant and humorous version of each other's portrait, Picasso-style. Each month, various themes may be taught for return artists! Couples are welcome to bring their own bottle of wine to enjoy during the art class. No previous art experience is needed. Select Fridays or Saturdays, Monthly. Cost is per couple.

Ages: Active Adults/Active Senior

Activity Day	Date	Time	RDR/SR
410602A Fri	Sep 25	7-9:30pm	\$70/\$80
410602B Fri	Oct 23	7-9:30pm	\$70/\$80
410602C Sat	Nov 21	7-9:30pm	\$70/\$80
410602D Fri	Dec 11	7-9:30pm	\$70/\$80
410602E Sat	Jan 16	7-9:30pm	\$70/\$80

Location: Ohio Herb Education Center, 110 Mill St.

NEW!

Gram, Gramps, & Me! (Grandparent's Day Art Class)

Create a memorable family tree with Acrylic paint and your hands! This creative adventure for grandparents and grandchildren will make you and your family smile for years to come! Cost is per grandparent & child. \$5 for each additional child with same grandparent.

Ages: All ages welcome!

Activity Day	Date	Time	RDR/SR
421701A Sun	Sep 13	2:30-4:30pm	\$30/\$40

(For additional children with same grandparent, add \$5 per additional child)

Location: The Center, 480 Rocky Fork Blvd.

NEW!

Paint the Parks

Our first series of acrylic paint classes will take place outdoors in a various Gahanna Park settings ("Outdoor Parks Series"). Our second series ("Indoor Landscapes") will take place at The Center - Art Room. Under the guidance of your instructor, you will paint beautiful landscapes worthy of exhibition! Beginner-Intermediate artists welcome and all supplies are included in class fee. Intermediate artists are welcome to bring additional art supplies at their choosing. Cost includes all supplies.

Session I: Outdoor Parks Series

Activity Day	Time	RDR/SR
410603A Sat	9:30am-12pm	\$120/\$135

Location:

- Sep 12 Creekside Rotary Stage, 117 Mill St.
- Sep 26 Gahanna Woods Park, 1501 Taylor Station Rd.
- Oct 10 Friendship Park Gazebo, 150 Oklahoma Ave.
- Oct 24 Creekside Rotary Stage, 117 Mill St.

Session II: Indoor Landscapes

Activity Day	Time	RDR/SR
410603B Sat	9:30am-12pm	\$120/\$135

Location:

- Nov 7 & 21 The Center, 480 Rocky Fork Blvd.
- Dec 5 & 19 The Center, 480 Rocky Fork Blvd.

NEW!

Western Square Dancing

Fun, Fitness, Friendship! This informal dance class provides great social and physical fitness benefits for those looking to do something new, fun, and exciting. Dancers will easily move through a pattern of basic dance steps directed by the "Caller" in a manner which is entertaining, mentally stimulating and easy to learn. Don't miss out on this timeless dance style which is as fun today as it was in the 18th century! 13 weeks.

Activity Day	Date	Time	RDR/SR
411003A Tue	Sep 8-Dec 8*	7-9pm	\$50/\$60

Location: The Center, 480 Rocky Fork Blvd.

*skip Nov 3

Drying Days at Geroux Herb Garden

Join the Herb Center staff for a hands-on experience as herbs are harvested and prepared for drying in our drying shed. Proper harvesting, cleaning and drying techniques will be taught as herbs are processed. Individuals interested are to meet at the outdoor Geroux Herb Garden (next to City Hall). This is a hands on experience. Register at the Center.

Day	Date	Time	RDR/SR
Wed	Sep 2	10am-12pm	Free

Location: Geroux Herb Garden, 206 S. Hamilton Rd.

Pressed Flower Ornaments

In this class, we will use our dried pressed flowers along with a simple salt dough to create lovely hanging disks. Pressed Flowers will be suitable for display among your ornament collection or as a great holiday gift for that special someone. Class will be led by Herb Center staff. Individuals must pre-register.

Activity Day	Date	Time	RDR/SR
411403A Wed	Oct 7	7-8pm	\$25/\$30

Location: The Center, 480 Rocky Fork Blvd.

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NEW!

Holiday Herb Crafts at the Center

Celebrate the holiday season with herb crafts and music. For two hours on Thursday, the Herb Center staff will bring a variety of crafts to create. Give them away as gifts or enjoy as keepsakes.

Activity Day	Date	Time	RDR/SR
410604A Thu	Dec 10	6-8pm	\$5/craft

Location: The Center, 480 Rocky Fork Blvd.

NEW!

Guided Nature Trail Walks

Come join us in the great outdoors! Gahanna Woods is a special place snuggled amongst the sprawling urban landscape. Comprised of both a city park and state nature preserve, the woods offer a peaceful and somewhat wild environment for a leisurely walk. Large trees, autumn blooming wildflowers, migrating birds and extensive wooded marshlands all await the visitor on this casual naturalist led program. Drop-ins accepted.

Ages: all ages welcome

Activity Day	Date	Time	RDR/SR
431003A Sun	Sep 13	2-4pm	Free
431003B Sat	Oct 10	9-11am	Free

Location: Gahanna Woods, 1501 Taylor Station Rd.

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NEW!

Active Adult Canoe Trip

It's an adventure in your back yard! Join us for a relaxing and fun-filled canoe tour of Gahanna's own Big Walnut Creek. Our two hour canoe trip will begin at Woodside Green Park and conclude at Friendship Park where you will be shuttled back to your vehicle. The tour will be guided by a certified American Canoe Association Instructor. Life vests and paddles will also be provided (and must be worn). Enjoy nature at its best in the often undiscovered Big Walnut Creek! Meet at Woodside Green Park.

Activity Day	Date	Time	RDR/SR
431002A Wed	Sep 2	12:30-3:30pm	\$10/\$15

Location: Woodside Green Park, 213 Camrose Ct.

Don't Wait to Register!

Sometimes classes are canceled due to low enrollment. Please register early and encourage your friends to do so to avoid disappointment.

Art w/ Heather Reese

Local artist Heather Reese has over 10 years of experience and specializes in programming for all ages. Mediums includes acrylic, mixed media, installation art and illustration. *You do not need to be a member of the Gahanna Senior Center to participate. Supplies included in cost.*

Zentangle

The most enjoyable way to create beautiful, breathtaking images with patterns...the art of doodling! This amazing, therapeutic art form is perfect for beginners through advanced.

Activity Day	Date	Time	RDR/SR
410605A Fri	Sep 4-25	1-2:30pm	\$28/\$38 4 weeks
410605B Fri	Oct 2-30	1-2:30pm	\$35/\$45 5 weeks
410605C Fri	Nov 6-20	1-2:30pm	\$22/\$31 3 weeks
410605D Fri	Jan 8-29	1-2:30pm	\$28/\$38 4 weeks
410605E Fri	Feb 5-26	1-2:30pm	\$28/\$38 4 weeks

"Autumn Shadows" Acrylic class

Create a stunning, 11"x14" vibrant autumn landscape.

Activity Day	Date	Time	RDR/SR
410606A Mon	Sep 21 & 28	1-2:30pm	\$30/\$40

Leaf Bowl

Turn a life-like autumn leaf into a beautiful bowl from recycled materials.

Activity Day	Date	Time	RDR/SR
410608A Mon	Oct 19 & 26	1-2:30pm	\$28/\$38

Abstract Stained Glass

Create an abstract stained glass masterpiece ready to hang using framed glass!

Activity Day	Date	Time	RDR/SR
410607A Mon	Nov 2	1-2:30pm	\$22/\$32

"Serengeti" Acrylic class

Create this visually stunning African sunset landscape, filled with African wildlife!

Activity Day	Date	Time	RDR/SR
410606B Mon	Nov 16	1-3pm	\$20/\$30

"Northern Lights" Acrylic class

Paint this breathtaking, 12"x20" panoramic piece with glowing northern lights!

Activity Day	Date	Time	RDR/SR
410606C Mon	Nov 23 & 30	1-2:30pm	\$30/\$40

"Bonsai Sky" Acrylic class

Paint this gorgeous, serene silhouette of the mountains of Japan. 11"x14" on acrylic paper.

Activity Day	Date	Time	RDR/SR
410606D Mon	Jan 11 & 25	1-2:30pm	\$26/\$36

"Heaven's Birch" Acrylic class

You will paint a beautiful birch tree that stretches to the sky! Class will be painting on 2 frame-able acrylic notecards, (frame included!)

Activity Day	Date	Time	RDR/SR
410606E Mon	Feb 1 & 8	1-2:30pm	\$26/\$36

"Birds of a Feather, Flock Together" Acrylic class

Don't miss this memorable class! You will be painting your family tree on 8"x10" acrylic paper, with birds! You can choose you and a spouse, or branch out and put all the kids and grandkids on branches as well. Included in the fee are 8 print copies of your painting that you can share with family.

Activity Day	Date	Time	RDR/SR
410606F Mon	Feb 22 & 29	1-3pm	\$32/\$42