

ACTIVE SENIORS

The Senior Center
480 Rocky Fork Blvd.
614.342.4265



General Information

Please register for all Active Senior Programs in person at The Senior Center.

Registration Day is Monday, September 14.

The Center's 2015 Active Senior annual membership fee is \$20 for residents and \$30 for non-residents. **Membership is required for participation in all programs for Active Seniors.**

The primary goal of the Active Senior activities is to provide programs and services to senior adults to help them remain active, independent and contributing citizens within the community. For further information on programs and services, you may contact The Center at 342-4265 or stop by Monday-Friday between the hours of 8:30am-4:30pm.

A variety of information about services offered to senior adults is available at The Center.

Recurring Weekly Activities

MONDAYS

Yoga
8:45am Monday
Instructor: Lori Bauer
Cost: \$20 each 4 week session.
Also Fridays

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

Line Dance
Performance group
10am

Party Bridge
12pm
Cost: .50
Also Wednesday

Table Tennis
Advanced and Beginner players welcome.
3:30pm
Also Thursday

TUESDAYS

Open Art
9:30am
Cost: \$2

Kitchen Band
No talent needed – Just have fun!
10:30am

Ceramics
Complete the project of your choice
12:30pm

Euchre
12:30pm
Cost: .25

Bean Bag Baseball
Come and join the fun!
3:15pm

WEDNESDAYS
Quilting Guild
Hand quilting on frame
9am

Zumba Gold
Instructor: Carolyn Strayer
9am
Cost: \$20, 4 weeks

Party Bridge
6:30pm
Cost: .50
Also Mondays

THURSDAYS
Wii Bowling Practice
10am
League play Fridays

Table Tennis
Advanced and beginner players welcome
3:30pm
Also Mondays

Tai Chi
Chang Style
10am
Begins Sep 17

Calligraphy
Join instructor Sandy Mundy
12:45pm
Begins Sep 17
Cost: \$20, 4 weeks

FRIDAYS

Yoga
9:15am
Instructor: Lori Bauer
Cost: \$20, 4 Weeks
Also Mondays

Wii Bowling League
10:15am
Practice Thursdays
Duplicate Bridge
12:30pm
Cost: .50

Mahjong
1pm

The Center will be closed December 21-January 1 for Winter Break!

Registration Day for Active Senior programs is Monday, Sept 14!

Recurring Monthly Activities

MONDAYS

Book Review Group
3pm
1st & 3rd Monday
Space limited, please call

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

TUESDAYS

Soup Tuesday
Warm up with homemade soup & crackers. First come, first serve
2nd Tuesday
11:30am – 12:30pm
Cost: \$1
Begins Fall

WEDNESDAYS

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

Lite Lunch
Cook's Choice
12 noon
Last Wednesday
Cost: \$4, must register

Poker
2pm
3rd Wednesday
Cost: \$3

THURSDAYS

Poker
12:15pm
Check Calendar
Every other Thursday
Cost: \$3

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

Program Reservation Policy

1. Residents of Gahanna who are members of The Center have the opportunity to register for programs before nonresident members.
2. All trips and programs are filled on a first-come, first-serve basis.
3. NO reservations will be accepted by phone for trips or programs. Reservations MUST be made at the Center.
4. 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.
5. A reservation is a firm agreement. Refunds may be made ONLY if your vacancy is filled.
6. If you cancel your reservations, call as soon as possible. You may NOT fill the reservation yourself. Cancelled reservations are filled from the waiting list.
7. You must sign up for yourself and/or your spouse.

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Activities & Events

Pizza and Cards

Meet at the Center for pizza, salad and pop. \$5 per person to be paid by Aug 29. Sign up for Bridge or Euchre at the time of registration.

Day	Date	Time
Wed	Sep 2	11:30am

Wine Down Wednesday

Join your friends at Otterbein Senior Lifestyle at Gahanna for an afternoon of refreshments snacks and entertainment. No cost. Please register. Limited transportation.

Day	Date	Time
Wed	Sep 23	2pm

Gahanna Golf League End of the Year Banquet

Lunch and awards following golf play. Senior Golf League members only. Must register.

Day	Date	Time
Thu	Oct 1	following golf play

Fall Fireside Feast

Enjoy a box lunch, entertainment, hayride and loads of fun at Hannah Park (limited transportation). Please register; limited to 40 people. No charge. Sponsored by Sunrise of Gahanna Assisted Living.

Day	Date	Time
Wed	Oct 14	1pm

Halloween Party & Bingo

Chili lunch, best Cowboy costume (prizes), bingo and craft sale. Registration required. Cost \$3. The Halloween party is sponsored by Kensington and National Church Residences.

Day	Date	Time
Wed	Oct 28	12pm

Outlet Shopping

Stop for Breakfast on your own. Enjoy a day of shopping at Tanger Outlet Mall. Return at 4:30 pm. Transportation \$4.00.

Day	Date	Time
Fri	Nov 6	8:30am

Winterfair Christmas Market

Limited transportation provided to Ohio State fairgrounds \$2. Admission \$7.

Day	Date	Time
Fri	Dec 4	10am

Lunch Bunch

Day	Date	Location
Wed	Sep 16	Rosa and Rosco's Italian Restaurant - New Albany
Wed	Oct 21	Hofbrauhaus - Columbus
Wed	Dec 16	Hilton - Easton
Wed	Jan 20	Wine Guy Kitchen & Bar - Gahanna
Wed	Feb 17	101 Beer Kitchen - Gahanna

LUNCH BUNCH DEPARTS AT 10:45am.

You are responsible for the cost of your lunch once a reservation is made.

Christmas Extravaganza

The Extravaganza is a presentation by the Pinnell Dance Center with a special appearance by "The Headliners," the Senior Citizen Line Dancers at the Gahanna Lincoln High School. Admission is a can of food.

Day	Date	Time
Sun	Dec 6	1pm & 4pm

Christmas Open House

Entertainment provided by the Gahanna Lincoln High School Chorale. Enjoy an afternoon of holiday music, dance, a sing along and refreshments.

Day	Date	Time
Wed	Dec 9	1pm

AARP 55 Alive Driving Training

Sharpen your driving skills and maintain your independence through this important class. Cost is \$15 AARP members and \$20 nonmembers (CHECK ONLY TO AARP) Register at the center

Day	Date	Time
Sat	Sep 19	9am-1pm

Pot Luck and Project Interact

Plan now to join us for a delightful and educational program presented by Gahanna-Jefferson school-aged students, and enjoy a delicious pot luck feast prepared by the senior citizens. This program is truly a rewarding experience for everyone. Please register.

Day	Date	Time
Wed	Oct 7	11:30am
Wed	Nov 4	11:30am
Wed	Dec 2	11:30am
Wed	Feb 3	11:30am

Senior Flu Shots and Wellness Clinic

National Church Residences will provide Flu Shots for Senior Citizens only. Call for an appointment 342-4265.

Day	Date	Time
Thu	Oct 15	1-3pm

Income Tax Assistance Program

This program will begin in February. Call 342-4267 for more information and/or appointments beginning January 25.

Gahanna Garnet Gems

Check the registration book at The Center for all details on all activities. Wear your RED HAT and PURPLE DRESS and join the fun!

Sep 10	Morgan House
Oct 6	Nutcracker and Lynn's Fruit Farm
Nov 4	Pot Luck and Kids at the Center
Dec 7	Christmas Lunch
Jan 13	PJ Party
Feb 10	Queens Tea
Mar 9	Pot Luck and Elections
Apr 29	Tour Governor's Residence and Lunch



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2015 & 2016 Travel Planner

Payment must accompany reservation! Trip reservations may be made as soon as travel brochures are available at The Center.

Washington, D.C. & Gettysburg, The Best of America

October 29-November 2

Cost: \$999

Motor coach transportation, 4 nights' hotel, 4 breakfasts, 2 dinners, Admissions and tours (see brochure) escort/guide, gratuities and taxes. *Waiting List only on this trip.*

A Dickens of a Christmas, Cambridge, Ohio

December 3

Cost: \$89

Motor coach transportation to Cambridge, tour of Dickens Displays, visit welcome center and Village. Holiday Lunch Buffet, visit National Museum of Glass, English Tea at St. John's Church, downtown shopping and tour of Christmas lights display.

The Magic of Hawaii

January 28- February 7, 2016

Cost: \$3995

Round trip airfare, 2 night accommodations in Waikiki with breakfast, welcome dinner, Honolulu/ Pearl Harbor Tour, Oahu Island tour, 7 nights onboard "The Pride of America", all gratuities, taxes and travel insurance included.

Australia, New Zealand and Fiji

February 9-23, 2016

Cost: \$7398

Roundtrip airfare, 20 meals, fully escorted, travel insurance. Cairns, Great Barrier Reef, Sydney, Australia, Christchurch, Queenstown, Mt. Cook region, Milford Sound, Arrowtown, New Zealand.

Optional Post Tour Nadi, Fiji (additional \$899). Check at the Center for further details on this tour.

Adriatic Tour

April 16-30, 2016

Cost: \$5,796

Roundtrip airfare to Rome, 11 night cruise aboard Holland America "Osterdam" to Naples, Crete, Turkey, Croatia, Venice. Gratuities, taxes and insurance included.

TRAVEL PRESENTATION

World of Travel
January 6
1pm

Please register 342-4265

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Open House Active Adult & Senior Programs

Tour The Center to learn about our year-round program offerings. New visitors will receive information on programs and special events, a chance to win a gift card for attending, and are welcome to enjoy refreshments with our New Welcome Team and Program Supervisor. If Open House times are not conducive to your schedule, please contact the Senior Center to coordinate a tour during business hours.

Who: Active Adults 55+

When: Every 1st Monday (except on holidays)
Sept 14 • Oct 5 • Nov 2 • Dec 7

Time: 10am to 1pm & 3pm to 6pm

Where: The Center, 480 Rocky Fork Blvd.

Check out our NEW Active Adult & Active Senior programs!

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Active Adult Fitness Class

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Picture Books 101: Hard Work but Lots of Fun!

Date Night Art Class: Picasso Your Love

Gram, Gramps & Me!

Paint the Parks

Western Square Dancing

Drying Days at Geroux Herb Garden

Pressed Flower Ornaments

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Holiday Herb Crafts

Guided Nature Trail Walks

Active Adult Canoe Trip

Art Series w/ Heather Reese