

Typical Daily Schedule

Mondays

9:15a Yoga Gold
10a Crafts
10:30 Line Dancing
12p Bridge
3:30p Table Tennis

Tuesdays

8-9:30a Walk program at YMCA (Register at Senior Center)
9:30a Open Art
10:30a Kitchen Band
12:30p Euchre
1p Ceramics
3p Bean Bag Baseball

Wednesdays

9a Quilting Guild
Special Events (see calendar)
6:30p Bridge

Thursdays

7:30-8:20a Tee Times for Senior Golf League (May-Sept)
9a Zumba Gold
10a Bocci
12:15p Pinochle or Poker
3:30p Table Tennis

Fridays

9:15a Yoga Gold
10:15a Wii Bowling League
12:30p Duplicate Bridge
1p Mahjongg
1p Zentangle (register)

1	1p Birthday Bash ! (register) Let's all celebrate with our July birthdays	8	No Zentangle Class	15	No Zentangle Class	22	Center Closed for new folding Wall Installation	29	10a-12p Grandparents & Golf (register in advance) No Zentangle Class 5:30p Herb Walk (register in advance)
7	12:15p Poker	6	10a Columbus Zoo Trip (Register)	13	11:30a Lunch Social ! Featuring: Chicken salad sandwich, pasta salad, chips, and dessert. (register by Monday \$5)	20	9-10a Hearing Screenings (Register in advance) 11a Lunch Bunch to TAT Italian Restaurant 2p Poker	27	12p Lunch & BINGO! Register by Monday Lunch \$5 (must register) Bingo \$2 (must register)
5	Independence Day! Center is Closed 	4		11	10a-6p OPEN HOUSE ! Tell a friend, bring a friend. 1p Jewelry with Jean	18	3:15p Book Review Club	25	
3		5		12		19	10a Day Trips Presentation by Ohio Travel Treasures 12p Senior Day at Franklin County Fair (register)	26	
2		4		10		17		24	
1		3		9		16		23	
14		13		12		21	Zumba Gold-FREE CLASS! Come try this fun form of exercise to lively music!! 12:15p Poker	28	12:15p Pinochle
11		10		14	Senior Golf League Picnic 12:15p Pinochle 2p Garden Club	23		30	

Senior Spotlight

Gahanna Active Seniors Program



July 2016



Enjoying the recent Columbus Arts Festival on June 10th!
Left to right: Ginny, Sherry, Nancy, and Judy

Gahanna Seniors Travel Program

Attend our travel presentations on **July 19th** and **August 18th** to learn more about our day and overnight excursions planned for 2016, as well as our exciting line-up of trips for 2017!

July 19th Presentation (Ohio Travel Treasures)

- Spring over to Springfield (Sept 30, 2016)
- Tour of Biblical Proportions (Nov 3-4, 2016)
- An Amish Christmas Visit (Dec 1, 2016)

August 18th Presentation (World of Travel)

- Cultural Exploration of Cuba (Jan 17-25, 2017)
- Western Caribbean Cruise (Feb 24-Mar 4, 2017)
- Christmas Cruise/Danube River (Dec 5-12, 2017)
- Chicago & Pittsburgh Trips also being planned!



Special thanks to our Garden Club for their hard work beautifying our grounds with several floral planters. They look marvelous!



Make Gahanna Yours!

In recent months, a new Committee has formed as a city beautification and civic initiative with the mission "to assist the City of Gahanna in developing and pursuing initiatives that promote the beautification of the City". The committee's focus is engaging residents to enhance our City's beauty, music & arts programs, and encouraging good ol' Gahanna Pride! To get involved, please visit their website at www.makegahannayours.com or follow on Facebook at www.facebook.com/makegahannayours.

Active Seniors Canoe Float a Great Success!

On June 22nd, a few brave adventurers enjoyed a canoe excursion down Gahanna's own Big Walnut Creek. The trip was led by Certified Canoe Instructors Zac Guthrie and Patrick Monaghan of the Gahanna Parks & Recreation department. Although we each got a little wet (part of the fun!), we all had a wonderful time enjoying the natural environment.

If interested in joining us for our next trip on August 31st 1PM, please stop by the front desk for registration details. No experience necessary. \$5 residents/\$10 non-residents.

Pictured left to right: Patrick, Karen, Zac, Donna, Mary, Xavier, Diana, and Rob.



Gahanna Senior Center 480 Rocky Fork Blvd., Gahanna, OH 43230

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Upcoming Events

Save the Date!

Birthday Bash (New!)
Fri. July 1st 1 PM

Columbus Zoo Trip
Wed. July 6th 10AM

Senior Golf League Picnic
Thu. July 14th following league play

Ohio Travel Treasures Day Excursions Presentation
Tue. July 19th 10AM

Senior Day -Franklin Co. Fair
Tue. July 19th 12 noon

Absolute Hearing Screenings
Wed. July 20th (by appointment)

Center closed for installation of new folding wall
Fri. July 22nd

Senior Day - Ohio State Fair
Tues. August 2nd

Member BBQ with Live music
Wed. August 3rd

Volunteer Appreciation Luncheon
Wed. August 10th (by invite only)

World of Travel Presentation US & International Travel
Thu. August 18th 10:30AM

Canoe Float - Active Seniors
Wed. August 31st 1PM

Springing Over to Springfield Day Excursion
Fri. September 30th

Our "Open Art" attendees enjoying Art together every Tuesday 9:30am to 12noon. Left to Right: Dennis, Dollie, Jean, Hurtha, Dorothy, Al, Esther, & Sue.



Dear Members,

I would like to share my appreciation to those who have been so actively engaged in our weekly operations and programs here at our Senior Center. Specifically, allow me to recognize several individuals who have taken time to assist us in the beautification of our landscaping and grounds. These individuals include: Jim and Lu Lejman, Virginia Williams, Ken Crissman, GG Glenn, and Herb Yamamobo.

You may have noticed several new planters located around the building, as well as additional outdoor seating our membership may enjoy each day. These individuals assisted with beautifying our Center's landscaping, including the floral planters pictured on page 1 of this newsletter. These volunteers have truly contributed to our wonderful Center which our members enjoy on a daily basis. I believe it is important to give credit when it is due.

Soooo... "Thank You" to Jim, Lu, Ginny, Ken, GG, & Herb for your extra effort!



On Wednesday August 3rd starting at 12 noon, we will have a summer BBQ with Live music for our membership. This is FREE to members, and you must register in advance by Monday August 1st. Come out and enjoy some good eats & tunes! Event Sponsored by the Neptune Society.

FREE Class!  **Thursday July 21 9AM**

KEEP CALM AND DO ZUMBA

The next Senior Advisory Board meeting will be held July 27th at 3:30

Senior Day at the Franklin County Fair
Tuesday, July 19th 12-6:30pm

\$10.00 - Riding in van (limited space)
\$6.00 - Driving self (may arrive at Fair anytime if driving self)
Price includes food, entertainment, welcome gift, and admission to the Fair.
Register at the front desk.



Our active Seniors enjoying a water balloon toss among other "flashback games" during our annual Potluck Picnic at Creekside Park on June 8th, 2016.

Wii Bowling

This is a Nintendo bowling game that anyone can play either standing or sitting. No cost, instruction is provided, and a great way to socialize with other Wii Bowlers. Sign up at the front desk if interested in learning to play! See the bulletin board for more information with current statistics and our schedule.
Coordinators: Walt Sherwood or Donna Turrin

Meal Programs



Lunch Social

Tuesday July 12th, 11:30am.
Visit with fellow members and enjoy a sandwich, two sides and dessert. \$5/person. Menu: Chicken salad sandwich, pasta salad, chips, and a dessert. Please register.

Lunch & Bingo

Wednesday July 27th, 12 noon.
Lunch is \$5.00 (Sandwich/two sides/dessert) Bingo \$2.00. Please register at the front desk by that Monday, 12 noon.

Lunch Bunch

July 20 - "TAT" Ristorante Di Famiglia
August 17 - Northstar Café Easton
Sept 21 - Sakura Japanese Steakhouse, Stelzer Rd.
Please register at the front desk.

FREE Monthly Hearing Screenings

Appointments may be made at our front desk for a free hearing screening. Hearing aids may also be checked and evaluated. Compliments of Absolute Hearing Solutions. Must register in advance. Morning appointments are being accepted for the following dates:
July 20th - August 31st - September 28th



Welcome New Members!

Janice Wolman - Suzi Carson - Marsha Meager - Robert Sterling -
Dorothy J. Shorr - Sue Rahe - Mary Varghese - Xavier Varghese

Monarch Butterflies

Enjoy a special presentation by photographer and Monarch Butterfly Enthusiast Floyd Siebert
Thursday August 12th 1PM

GAME DAY !

Starting this August, sign up to learn new games and spend time with peers enjoying fun & relaxing activities. Featuring Bunco, Tripoley, Mahjongg, Bocce, and many other games you will be sure to LOVE!
Tuesdays 10AM.



Stay Sharp with Mindful Activities ...



Bridge !

Did you know physical exercise is only one of several forms of exercise you may benefit from? Seniors also receive tremendous benefits from brain activities for cognitive health. Per the publication Bottom Line Personal, "Seniors who used computers at least once a week had a 42% decreased risk for onset of mild cognitive impairment (MCI) over a four-year period, reports Janina Kress-Rosech, PhD*. Other mentally stimulating activities that reduced risk for MCI included magazine reading, 30%, participating in social activities, 23%, doing crafts, 16%, and playing games such as cards, 14%. - Janina Kress-Rosech, research fellow in the Translational Neuroscience and Aging Program, Mayo Clinic, Scottsdale, AZ.

Here at our Gahanna Senior Center, we have many "cerebral" things for our members to do (not to mention they are FUN!). Bridge is a good example. Below is a brief summary of our weekly Bridge activities we welcome you to attend:

Monday's 12noon and also Wednesdays at 6:30PM - Party Bridge game. Single players welcome to come without a partner.

A third bridge game (Duplicate Bridge) is held each week on Friday's beginning at 12:30 pm. For this game you will need to come with a partner and call ahead to make a reservation.

Cost for all bridge games is \$.50 per person.

For more information about duplicate bridge or to inquire about bridge lessons, please stop by our front desk at the Senior Center and we will be glad to put you in touch with the appropriate bridge group coordinator.

Submitted by Linda Houchard, Bridge Enthusiast

Senior Spotlight Online!

Our monthly newsletter is now available on the City's website for reference at your home computer or I pad!
Go to www.gahanna.gov → Departments → Parks & Recreation → Senior Center → Monthly Newsletter

The Gahanna Senior Center Kitchen Band during their recent "gig" at Mill Run Gardens & Care Center. Left to right: Ivadene, Margaret, Karen, Sue, Mike, and Ruth.

