

# SENIOR CONNECTIONS MONTHLY NEWSLETTER



## MONTHLY SOCIAL CALENDAR

Our regularly scheduled programs, at a glance. More details about each of these programs are available in this newsletter.

### TUESDAY

**Office Hours: 11 - 1 p.m.**

(June 4, 11 & 18)

**Card Play: 1 - 3 p.m.**

(June 4, 11, 18 & 25)

### WEDNESDAY

**Mahjong/Dominoes: 1 - 3 p.m.**

(June 5, 12 & 26)

**Book Club: 1 - 3 p.m.**

(June 19)

### THURSDAY

**Tech Toturials: 9 - 10 a.m.**

(June 6, 13, 20 & 27)

**Thursday Connections: 10 - 11:30 a.m.**

(June 6, 13, 20 & 27)

### FRIDAY FUN

**Craft Club: 1 - 3 p.m.**

(June 14)

**Memory Care Lunch & Learn: 12 - 1 p.m.**

(June 21)

**Knitting Group: 1 - 3 p.m.**

(June 7 & 21)



*Trip to Ohio Village*

## THURSDAY CONNECTIONS

**June 6** - Kick off Pride month with our speaker June Gutterman! A resident of New Albany and Board Member of Pride! New Albany, June will be sharing her story of being a member of the LGBTQ+ community, what is happening in New Albany for Pride month, as well as ways we can be better allies for our friends, families and neighbors.

**June 13** - Jennifer Chrysler, New Albany's Economic Development Director, joins us to share updates about the business park and other new developments in our community.

**June 20** - When the bocce ball rolls, the good times follow! Join us for a morning of camaraderie and competition playing Bocce Ball while enjoying Italian snacks on the lawn of the Heit Center.

**June 27** - Q&A with Kate! Get to know your new Senior Connections leader a little better. We'll be featuring her favorite snacks and a special furry friend will be in attendance.

**Time:** 10 - 11:30 a.m.

**Location:** Philip Heit Center

**Fee:** Included in SC Membership

## CARD PLAY TUESDAYS

Join us for Senior Connections Tuesday Card Play! Bridge, Euchre and Hand & Foot are always played, with other games added at the request of members. Card play is open to all members and we ask that everyone rotate players, if necessary, to give all participants a chance to play. Beginners and advanced players welcome.

**Dates:** June 4, 11, 18 & 25 at 1 - 3 p.m.

**Location:** Philip Heit Center - Lounge

**Fee:** Included in SC Membership

## WEDNESDAY MAHJONG/DOMINOES

Join us for Mahjong and Mexican Train Dominoes on the first, second and fourth Wednesday of each month. Both games are always played and tables are open to new participants. All supplies are provided EXCEPT the annual Mahjong card which must be purchased on your own. Beginners and advanced players welcome.

**Dates:** June 5, 12 & 26, 1 - 3 p.m.

**Location:** Philip Heit Center - Lounge

**Fee:** Included in SC Membership



*May Craft Club led by Wendy R.*

## CRAFT CLUB

Join us for a monthly craft selected by our very own members! We will provide all of the supplies and you just need to bring your creativity. This program is included in your annual membership, but pre-registration is required to ensure that we have enough supplies.

**May Craft:** Paint Chip Butterflies with Melissa T.

**Date:** June 14, 1 - 3 p.m.

**Location:** Philip Heit Center - Classroom

**Fee:** Included in SC Membership



*Watercolor Instructor Lavonne Teaching Color Mixing*

## WATERCOLOR WORKSHOP

Longtime artist and teacher Lavonne Suwalski joins Senior Connections for a Beginning Watercolors class. Lavonne's style is colorful and fun, and has encouraged painters of all ages. With her enthusiasm she creates a wonderful experience to be enjoyed by all. Participants will begin learning basic watercolor technique and finish the four-week series with a completed painting.

Participants are required to purchase the Watercolor Kit (\$25) prior to the first class. Kits will be passed out on the first day of class and can be used for future watercolor classes.

**Dates:** Mondays, June 10 & 17

**Time:** 1 - 4 p.m.

**Location:** Philip Heit Center - Classroom

**Class Fee:** \$40 - Senior Connections Member

\$65 - Non-member

## KNITTING GROUP

Looking for friends to knit with? Join our Knitting Group that meets every other Friday in the Lounge. Knitting instruction is not provided, but a group of highly skilled knitters are available to help fix mistakes or walk you through a tricky pattern.

**Dates:** June 7 & 21, 1 - 3 p.m.

**Location:** Philip Heit Center - Lounge

**Fee:** Included in SC Membership



## BOOK CLUB

We are reading *THE GIRLS WHO WENT AWAY: The Hidden History of Women Who Surrendered Children for Adoption in the Decades Before Roe v. Wade* by Ann Fessler in June. Join us for discussion and reflection. Participants may bring gently used books to swap with other participants. Bring your own snacks and drinks to enjoy.

**Date:** June 19 at 1 p.m.

**Location:** Philip Heit Center

**Fee:** Included in SC Membership

### Upcoming Selections:

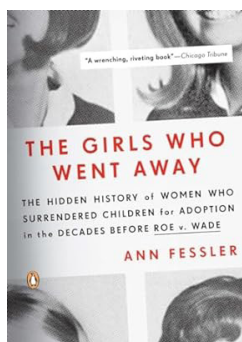
July - *The Heaven and Earth*

*Grocery Store* by James McBride

August - *Our Town* play by

Thornton Wilder and *Tom Lake*

by Ann Patchett



*Tuesday Cards*

## NEW FOR JUNE

### OFFICE HOURS WITH KATE

Starting in June, Kate will be offering open office hours from 11am to 1pm on Tuesdays. She will be able to answer any and all questions pertaining to how to become a Senior Connections member, program registration help and any general Senior Connections questions you may have. Please feel free to stop by and share suggestions or ideas for the program during this time as well.

**Dates:** Tuesdays, June 4, 11 & 18

**Time:** 11 - 1 p.m.

**Location:** Philip Heit Center - Lounge

**Class Fee:** Included in SC Membership

### TECH TUTORIALS

Back for the summer! Do you ever wish you had your very own teenager to show you tips and tricks for using your smart phone or other devices? Our New Albany High School volunteer, Katie, is ready to help! She will work one-on-one with attendees so start making a list of everything you want to know about social media sites, helpful apps, video calls, etc..

**Dates:** Thursdays, June 6, 13 & 27

**Time:** 9 - 10 a.m.

**Location:** Philip Heit Center - Lounge

**Class Fee:** Included in SC Membership



*Cinco De Mayo Celebration Thursday Connections*

### MEMORY CARE LUNCH & LEARN

Join the Avalon of New Albany for a monthly discussion about memory care. Lunch is provided, and pre-registration is required.

**Dates:** June 21, 12 - 1 p.m.

**Location:** Philip Heit Center - Classroom

**Fee:** Included in SC Membership

**Thanks to our sponsor!**





## WELLNESS PROGRAMS

### SENIOR CONNECTIONS DANCE CLASS

SC Dance is a low impact dance workout for all to try. Joint friendly and fun where we will work on improving cardiovascular health and muscular endurance through dance and helping to increase your daily step intake.

**Dates:** Tuesdays, June 4 - 25 (4 weeks, 4 classes)

**Times:** 11:45 a.m. - 12:45 p.m.

**Location:** OSU Fitness Center

**Fees:** \$40 - Senior Connection Member

\$32 - SC Member & NA Resident

\$20 - OSU Fitness Center & SC Member

\$16 - OSU Fitness & SC Member & NA Res



*Sam's Egyptian Street Food Thursday Connections*

### STRETCH & STRENGTHEN

Elevate your fitness journey with Stretch & Strengthen – a dynamic full-body workout for people 55+ that integrates prop-supported exercises to enhance strength and boost flexibility. Experience a harmonious fusion of yoga, Pilates, and Barre techniques, expertly curated to sculpt and sustain muscle tone. Engage with chairs, blocks, straps, and a bar for comprehensive support, harmonizing breath and movement to propel you towards your fitness aspirations.

**Dates:** Wednesdays, June 5 - 26

**Time:** 12 - 12:45 p.m.

**Location:** OSU Fitness Center

**Fees:** \$40 - Senior Connection Member

\$32 - SC Member & NA Resident

\$20 - OSU Fitness Center & SC Member

\$16 - OSU Fitness & SC Member & NA Res



*Bingo Callers Alonna and Kate*

### SENIOR CONNECTIONS FIT CLASS

Join the OSU Fitness Staff in a class designed specifically for Senior Connections members. The 4-week program utilizes various exercise formats including: strength, cardio, dance and martial arts. All classes are low impact and include modifications like using a chair.

**Dates:** Thursdays, June 6 - 27

**Time:** 12 - 1 p.m.

**Location:** OSU Fitness Center

**Fees:** \$40 - Senior Connection Member

\$32 - SC Member & NA Resident

\$20 - OSU Fitness Center & SC Member

\$16 - OSU Fitness & SC Member & NA Res



*Mimosas and Marigolds Thursday Connections*



## SUMMER SCHEDULE CHANGES

### SENIOR CONNECTIONS CLOSED FOR INDEPENDENCE DAY

Senior Connections activities will be closed the week of July 1-5 for Independence Day. All weekly programs will resume July 8.

### BRUNCH & BINGO

Sunday Brunch and Bingo is on summer break! Fall dates and meals will be announced later this summer.

### SC AT NIGHT

SC at Night is on summer break! Fall events will be announced later this summer.

### MEN'S CLUB

Men's Club is on summer break! Fall events will be announced later this summer.

## Summer Fun in New Albany

### NEW ALBANY FARMERS MARKET

Farmers Market season kicks off June 6! This year will be an expanded market with vendors stretching from Market Square to Raines Crossing.

**Dates:** Thursdays, June 6, 13, 20 & 27

**Time:** 4 - 7 p.m.

**Location:** Village Center



2023 Juneteenth Celebration

### JUNETEENTH CELEBRATION

Mark your calendars to join us for our second community Juneteenth celebration! Enjoy dance/drumming, spoken word, music, kids activities, food trucks, and more! This celebration is an initiative of the New Albany IDEA Implementation Panel.

**Dates:** Wednesday, June 19

**Time:** 3 - 8 p.m.

**Location:** Hinson Amphitheater

### ROSE RUN FEST

#### Summer in Italy

The 3rd annual Rose Run Fest is heading to Italy! Check out the event schedule at [roserunfest.com](http://roserunfest.com)

**Dates:** June 20-23

**Time:** Check Schedule of Events

**Location:** Check Schedule of Events

### JUNE CONCERT

#### Parrots of the Caribbean

A blend of Zydeco, Rock & Country and Jimmy Buffett's biggest songs.

**Dates:** Thursday, June 27

**Time:** 7 - 8:30 p.m.

**Location:** Hinson Amphitheater

**Fee:** Included in SC Membership



May Bingo Winners



"My Story" Arline Weston

Th

## June

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
2	3	4 Office Hours Card Play SC Dance Class	5 Stretch & Strengthen Mahjong & Dominoes	6 Tech Tutorials Thursday Connections SC Fit Class	7 Knitting Group	8
9	10 Watercolor Class	11 Office Hours Card Play SC Dance Class	12 Stretch & Strengthen Mahjong & Dominoes	13 Tech Tutorials Thursday Connections SC Fit Class	14 Craft Club	15
16	17 Watercolor Class	18 Office Hours Card Play SC Dance Class	19 Stretch & Strengthen Book Club Juneteenth Celebration	20 Thursday Connections SC Fit Class	21 Memory Care Lunch & Learn Knitting Group	22
23	24	25 Card Play SC Dance Class	26 Stretch & Strengthen Mahjong & Dominoes	27 Tech Tutorials Thursday Connections SC Fit Class June Concert	28	29
30	1	2	3	4	5	6

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