

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: 12 - 1 p.m.

(October 1, 15, 22 & 29)

Card Play: 1 - 3:30 p.m.

(October 1, 8, 15, 22 & 29)

Tech Tutorial: 3 - 4 p.m.

(October 1, November 4)

WEDNESDAY

Mahjong/Dominoes: 1 - 3:30 p.m.

(October 2, 9, 16, 23 & 30)

Book Club: 1 - 3 p.m.

(October 16)

THURSDAY

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

(October 3, 10, 17, 24 & 31)

FRIDAY FUN

Craft Club: 1 - 3 p.m.

(October 11)

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

(October 18)

Knitting Group: 1 - 3 p.m.

(October 11 & 25)



Thursday Connections - Mindful Nature Walk with Kevin

THURSDAY CONNECTIONS

October 3 - Ghost stories and booooooze! Kick off the spookiest month of the year with haunted stories about Ohio told by storyteller Teri Lott.

October 10 - October is Fire Prevention Month. Plain Township Fire Department joins us to talk about the importance of having a fire plan for your home, checking your smoke alarms, and fire safety tips.

October 17 - It's Kate's birthday so that means it is everyone's birthday! Birthdays are so fun to celebrate so we're celebrating them all. Bring your birthday cheer and we'll provide the cake!

October 24 - Lions, tigers, and bears... Oh MY! But don't fret, it's just the Columbus Zoo and their furry friends joining us for a visit.

October 31 - Calling all Ghosts and Ghouls, join us for a scary good time as we celebrate All Hallows' Eve! Costumes encouraged but not required.

Time: 10 - 11:30 a.m.

Location: Philip Heit Center

Fee: Included in SC Membership



September Bingo Winners

TUESDAY CARD PLAY

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: October 1, 8, 15, 22 & 29 at 1 - 3:30 p.m.

Location: Philip Heit Center - Lounge

Fee: Included in SC Membership

WEDNESDAY MAHJONG/DOMINOES

Join us for Mahjong and Mexican Train Dominoes every 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: October 2, 9, 16, 23 & 30, 1 - 3:30 p.m.

Location: Philip Heit Center - Lounge

Fee: Included in SC Membership

OCTOBER WATERCOLOR CLASS

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, October 7, 14, 21 & 28

Time: 1 - 3 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: October 11 & 25, 1 - 3 p.m.

Location: Philip Heit Center - Lounge

Fee: Included in SC Membership



September Craft Club

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.

October Craft: Yarn Pumpkins with Wendy R.

Date: October 11, 1 - 3 p.m.

Location: Philip Heit Center - Classroom

Fee: Included in SC Membership

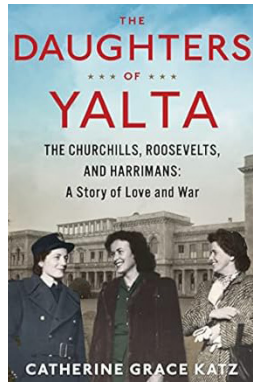
BOOK CLUB

We are reading *The Daughters of Yalta* by Catherine Grace Katz. 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: October 16 at 1 p.m.

Location: Philip Heit Center

Fee: Included in SC Membership



Upcoming Selections:

November - *In Search of Satisfaction*

by J. California Cooper

December - No Meeting



Trip to Lynd's Fruit Farm for 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: October 18, 12 - 1 p.m.

Location: Philip Heit Center - Classroom

Fee: Included in SC Membership

Thanks to our sponsor!



Chet M. disguised as the Eagle at Thursday Connections

IN THE KNOW

OFFICE HOURS WITH KATE

Kate will be offering open office hours from 12 p.m. to 1 p.m. 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, October 1, 15, 22 & 29

Time: 12 - 1 p.m.

Location: Philip Heit Center - Lounge

Class Fee: Included in SC Membership

TECH TUTORIALS

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 volunteers are ready to help! They 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: First Tuesday of each month, next: October 1

Time: 3 - 4 p.m.

Location: Philip Heit Center - Lounge

Class Fee: Included in SC Membership

WELLNESS PROGRAMS

SENIOR CONNECTIONS DANCE CLASS

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

Dates: Tuesdays, October 1 - 22 (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



Hayley Gallery Trip ft. artist Joe Anastasi for 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, October 2 - 23 (4 weeks, 4 classes)

Time: 12:15 - 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



Cancer Support Community at Thursday Connections

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, October 3 - 24 (4 weeks, 4 classes)

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



Snacks at Thursday Connections

MONTHLY PROGRAMS

MEN'S CLUB

Chef Sharon Dunn is back to teach us how to make flatbread pizzas on the grill. Bring your appetite and by the end of the evening you will be able to show off your newfound culinary skills to family and friends. Non-alcoholic beverages will be provided. Pre-registration is required.

Dates Wednesday, October 16

Time: 6:30 - 8 p.m.

Location: Philip Heit Center - Kitchen

Fee: \$10 - Senior Connections Member



Gail C. and Arline W. at Thursday Connections

SC AT NIGHT: HOLIDAY FLOWER ARRANGING

Calling all flower lovers! Oberer's Flowers joins us for a floral workshop. Two expert florists will teach you valuable skills you can use to make your own stunning, professional-level floral arrangement. All materials, including the vase or vessel, are included in the cost of the workshop and you get to take your beautiful creation home with you!

Pre-registration is required. Registration will close 1 week before the event.

Date: Wednesday, November 6

Time: 5:30 - 7 p.m.

Location: Philip Heit Center

Fee: \$15 - Senior Connections Member
\$25 - Non-Member



Karen B. and Karen M. with their pinecone baskets from Craft Club

SUNDAY BRUNCH & BINGO

Sunday Brunch and Bingo is a monthly chance to socialize, enjoy a meal together and play a few rounds of Bingo. In October, we will be enjoying catering from El Vaquero! Jaelyn Spalding from Smith's Mill will be joining us to call Bingo.

Pre-registration is required.

Date: Sunday, October 20

Time: 11 - 12:30 p.m.

Location: Philip Heit Center

Fee: \$10 - Senior Connections Member
\$15 - Non-Member



Members dancing at the September Concert - Yumbambe

Th

October

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

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