

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.

(February 11, 18, & 25)

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

(February 4, 11, 18, & 25)

Tech Tutorial: 3 - 4 p.m.

(February 4, March 4)

WEDNESDAY

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

(February 5, 12, 19 & 26)

Book Club: 1 - 3 p.m.

(February 19)

THURSDAY

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

(February 6, 13, 20 & 27)

FRIDAY FUN

Craft Club: 1 - 3 p.m.

(February 14)

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

(February 21)

Knitting Group: 1 - 3 p.m.

(February 14 & 28)



Members at Thursday Connections: A Trip to Egypt

THURSDAY CONNECTIONS

February 6 - Are you newer to Senior Connections? Haven't been to a program in awhile? Today is your day to come and mingle with friends new and old! The new year brings lots of new and familiar faces so let's get to know one another a little better with fun conversation and snacks. You never know what you might have in common with someone!

February 13 - Who doesn't love an old fashioned Valentine's Day Party? We'll be making Valentines to donate to the New Albany Health & Rehab Center. Make one for a loved one and one to give. We will have lots of lovely snacks to go around!

February 20 - Jenny Elin is bringing her garden to us! A wealth of gardening knowledge and over 30+ years of experience, she joins us to share a beautiful presentation all will enjoy.

February 27 - Dr. Brianna Davis Johnson, PhD, Director of Diversity, Equity and Inclusion/Chief Diversity Officer at The Ohio State University joins us for a thoughtful discussion about diversity, equity, and inclusion and why now its more important than ever. *This is part of our "Conversations that Matter" program - please bring your friends and family of all ages to join us for the discussion.*

Time: 10 - 11:30 a.m.

Location: Philip Heit Center

Fee: Included in SC Membership



Friends at Tuesday Cards

FEBRUARY 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, February 3, 10 & 24

Time: 1 - 3 p.m.

Location: Philip Heit Center - Classroom

Class Fees: \$30 - Senior Connections Member
\$55 - 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: Fridays, February 14 & 28

Time: 1 - 3 p.m.

Location: Philip Heit Center - Lounge

Fee: Included in SC Membership

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: February 4, 11, 18 & 25

Time: 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: February 5, 12, 19 & 26

Time: 1 - 3:30 p.m.

Location: Philip Heit Center - Lounge

Fee: Included in SC Membership



Members During Craft Class

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.

February Craft with Melissa T.

Date: Friday, February 14

Time: 1 - 3 p.m.

Location: Philip Heit Center - Classroom

Fee: Included in SC Membership

IN THE KNOW



Members Decorating Cookies at SC at Night

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, February 11, 18 & 25

Time: 12 - 1 p.m.

Location: Philip Heit Center - Lounge



TSA at Thursday Connections

BOOK CLUB

We are reading *The Autobiography of Malcolm X* by Malcolm X and Alex Haley (nonfiction) Note: also available as a movie titled *MALCOLM X*. 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: Wednesday, February 19

Time: 1 p.m.

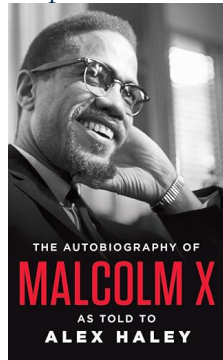
Location: Philip Heit Center

Fee: Included in SC Membership

Upcoming Selections:

March - *The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness* by Jonathan Heidt

April - *Table for Two* by Amor Towles (fiction)



Brunch & Bingo

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: February 4, March 4

Time: 3 - 4 p.m.

Location: Philip Heit Center - Lounge

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, February 4 - 25 (4 weeks, 4 classes)

Times: 11:15 a.m. - 12:15 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 Video Calling his Mom in Egypt at Thursday Connections



Thursday Connections

SENIOR HEALTH AND WELLNESS LUNCH & LEARN

Join The Avalon of New Albany for our monthly lunch and learn sessions. We will be hosting an array speakers in 2025 for a different topic related to senior health and wellness each month. Come learn more and engage in discussion about topics like heart health, meditation, nutrition, and more! Lunch is provided, and pre-registration is required.

Date: Friday, February 21

Time: 12 - 1 p.m.

Location: Philip Heit Center - Classroom

Fee: Included in SC Membership

Thanks to our sponsor!



THE AVALON
of New Albany

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, February 6 - 27 (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



Members Enjoying Lunch and Education Lecture at Monthly Lunch and Learn

MONTHLY PROGRAMS

MEN'S CLUB

Senior Connection's Men Club will be heading to BrewDog for wings and a discussion led by Dave. Unlimited wings will be provided. You will be responsible for any drinks and addition food.

Pre-registration is required.

Date: Wednesday, February 19

Time: 6:30 - 8:30 p.m.

Location: Brew Dog 97 E Dublin Granville Rd. New Albany, Ohio 43054

Fee: Wings Included in SC Membership



Valentine's Cookies from SC at Night

SUNDAY BRUNCH & BINGO

Sunday Brunch and Bingo is a monthly chance to socialize, enjoy a meal together and play a few rounds of Bingo.

Pre-registration is required.

Date: Sunday, February 9

Time: 11 - 12:30 p.m.

Location: Philip Heit Center

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

SC GAME "NIGHT"

New Albany High School National Honor Society is teaming up with Senior Connections for a Game "Night"! They will provide games hand-picked for quick turns, simple rules, strategic depth, and incredible fun. Modern board games offer clever challenges and great social interaction so beat the cold by heating up the competition! Light snacks will be provided.

Pre-registration is required.

Date: Sunday, February 16

Time: 11 - 12:30 p.m.

Location: Philip Heit Center

Fee: Included in SC Membership

SC AT NIGHT: BUCKEYE BLEND QUARTET

Already feeling the woes of college football being over? Fret no more as Buckeye Blend Quartet is back to liven up those Buckeye Battle Cries and put a little pep in your step for the off-season! Enjoy the musciality of fun and entergetic Buckeye songs for all while munching on your favorite tailgate foods!

Pre-registration is required.

Date: Wednesday, February 26

Time: 5:30 - 7 p.m.

Location: Philip Heit Center

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



**Oh come let's sing
Ohio's praise**

February

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