

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.

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

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

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

Tech Tutorial: 3 - 4 p.m.

(April 1, May 6)

WEDNESDAY

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

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

Book Club: 1 - 3 p.m.

(April 16)

THURSDAY

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

(April 3, 10, 17 & 24)

FRIDAY FUN

Craft Club: 1 - 3 p.m.

(April 11)

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

(April 25)

Knitting Group: 1 - 3 p.m.

(April 11 & 25)



Members at Thursday Connections: St. Patrick's Day

THURSDAY CONNECTIONS

April 3 - Hop on the New Albany Shuttle and take a trip down to the SWACO Landfill to learn about the landfill operations. Tour the working site to see the various systems in place that help the landfill run safely all while enjoying great views of the surrounding countryside.

April 10 - Experience an inspiring tour of the Canine Companions facility located right in our backyard. Learn all about where these highly trained, and highly adorable service dogs are prepared to enhance the lives of individuals with disabilities. Witness the training process firsthand and see how these remarkable dogs make a life-changing impact. We will meet at their facility located at 7480 New Albany-Condit Rd, New Albany, Ohio 43054

April 17 - Join us for a presentation by the Ohio Department of Natural Resources, where experts will share insights on Ohio's wildlife, conservation efforts, and outdoor recreation opportunities. Learn about the state's natural resources and how we can help protect them for future generations!

April 24 - Join us for an insightful talk on artificial intelligence with Buckeye Innovation! Discover how AI is shaping the future, its real-world applications, and what it means for businesses and everyday life. Don't miss this opportunity to learn from industry experts and explore the possibilities of AI!

Time: 10 - 11:30 a.m.

Location: Philip Heit Center

Fee: Included in SC Membership



Knitting Group Members Showing Off Completed Knitting Projects

APRIL 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, April 7, 14, 21 & 28 (4 weeks, 4 classes)

Time: 1 - 3 p.m.

Location: Philip Heit Center - Classroom

Class Fees: \$50 - Senior Connections Member
\$75 - 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, April 11 & 25

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: Tuesdays, April 1, 8, 15, 22 & 29

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: Wednesdays, April 2, 9, 16, 23 & 30

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.

April Craft with Susan M.

Date: Friday, April 11

Time: 1 - 3 p.m.

Location: Philip Heit Center - Classroom

Fee: Included in SC Membership



Members meeting with OSU Pharmacists at Thursday Connections

BOOK CLUB

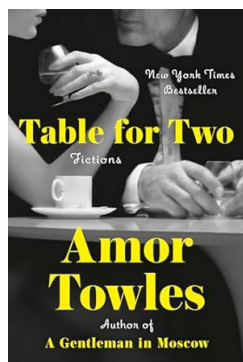
We are reading *Table for Two* by Amor Towles. Join us for discussion and reflection. Participants may bring gently used books to swap with other participants. Bring your own snacks and drinks to enjoy.

Date: Wednesday, April 16

Time: 1 p.m.

Location: Philip Heit Center

Fee: Included in SC Membership



Upcoming Selections:

May - *The Day the World Came to Town: 9/11 in Gander, New Foundland* by Jim DeFede (nonfiction)

June - *All The Light We Cannot See* by Anthony Doerr (fiction)



Brunch & Bingo Winners

IN THE KNOW

OFFICE HOURS WITH KATE

Kate will be hosting open office hours every Tuesday from 12 p.m. to 1 p.m. Stop by for assistance with Senior Connections membership, program registration, or any general questions you may have. This is also a great opportunity to share your ideas and suggestions for the program. Feel free to drop in—we'd love to hear from you!

Dates: Tuesdays, April 1, 8, 15, 22 & 29

Time: 12 - 1 p.m.

Location: Philip Heit Center - Lounge



New Albany Business Park Tour with Community Development

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: April 1, May 6

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, April 1 - 22 (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



Craft Club



St. Patrick's Day Celebration at 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 of speakers in 2025 for a different topics 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, pre-registration is required.

Date: Friday, April 25

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, April 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



Members at SC at Night: Trivia!

MONTHLY PROGRAMS

MEN'S CLUB

Fellas, it's time to raise a glass (or a slice)! Join us for a laid-back evening of great wine, a private winery tour, and hot, fresh out of the oven pizzas—all in the company of good friends. Whether you're a wine aficionado or just here for the camaraderie, this is your chance to kick back, swap stories, and enjoy a night out with the guys. No wine expertise required—just a taste for good times. **Please note:** You will be responsible for the cost your individual wine tasting. Wyandotte does also offer soda and mocktails.

Pre-Registration is required.

Date: April 17, 6:30 - 8:30 p.m.

Location: Wyndotte Winery, 4640 Wyandotte Dr. Columbus, Ohio 43230

Fee: Pizza Included in SC Membership

SC AT NIGHT: COMEDY MAGIC SHOW

Looking for a magical way to brighten up your Wednesday evening? Step into a world of wonder and laughter with the incredible magician Carroll Baker! Prepare to be amazed as he dazzles with mind-bending illusions and side-splitting comedy, creating an unforgettable night of mystery and fun. Bring a friend, sit back, and get ready for an evening filled with jaw-dropping tricks and endless entertainment!

Pre-registration is required.

Date: Wednesday, April 23

Time: 5:30 - 7 p.m.

Location: Philip Heit Center

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



Game "Night" with NA High School National Honors Society

SUNDAY BRUNCH & BINGO

Kick off your Sunday with a delightful morning of good food and great fun at Sunday Brunch & Bingo! Enjoy a delicious meal while mingling with friends, then test your luck with a few rounds of bingo. Whether you're here for the tasty bites, the friendly competition, or just a relaxing way to spend your Sunday, this event is the perfect blend of food, fun, and community. Don't miss out on a fantastic way to start your day!

Pre-registration is required.

Date: Sunday, April 13

Time: 11 - 12:30 p.m.

Location: Philip Heit Center

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



Thursday Connections: Pie Day

April

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

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