

# 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.**  
(July 8, 15, 22 & 29)

**Card Play: 1 - 3:30 p.m.**  
(July 8, 15, 22 & 29)

### WEDNESDAY

**Mahjong/Dominoes: 1 - 3:30 p.m.**  
(July 9, 16, 23 & 30)

**Book Club: 1 - 3 p.m.**  
(July 16)

### THURSDAY

**Thursday Connections: 10 - 11:30 a.m.**  
(July 10, 17, 24 & 31)

**Summer Concerts: 7 - 8:30 p.m.**  
(July 10 & 24)

### FRIDAY FUN

**Craft Club: 1 - 3 p.m.**  
(July 11)

**Lunch & Learn: 12 - 1 p.m.**  
(July 18)

**Knitting Group: 1 - 3 p.m.**  
(July 18)



*Members at the McGuffey Lane Concert*

## THURSDAY CONNECTIONS

**July 4** - Let's make this year's parade the most spirited and stylish one yet by showing off our Senior Connections pride! Join us as we walk or ride in the New Albany Independence Day Parade.

**July 10** - Protect yourself and your finances by learning how to spot and avoid common banking scams targeting older adults. This informative session will cover the latest scam tactics, red flags to watch for, and practical steps you can take to stay safe.

**July 17** - Join us for a special visit from Jennifer from The New Albany Foundation as she shares about the Foundation's work in our community. Learn more about their mission, upcoming events, and how they support local programs and initiatives in the New Albany community.

**July 24** - Traveling soon? Join Senior Connections very own, Joyce Cantisano, for a fun and practical session on how to pack like a pro! Learn helpful tips for organizing your suitcase to make your next getaway stress-free.

**July 31** - Don't miss this exciting opportunity to meet Officer Jason Ayres from the Columbus Police Department and his K9 partner, Jagger! Officer Ayres will share insights into the important work of police K9s, followed by a live demonstration and Q&A session. Come learn how these incredible dogs help keep our communities safe!

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

**Location:** Philip Heit Center

**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, July 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, July 9, 16, 23 & 30

**Time:** 1 - 3:30 p.m.

**Location:** Philip Heit Center - Lounge

**Fee:** Included in SC Membership



*Archery at Thursday Connections*

## 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, July 18

**Time:** 1 - 3 p.m.

**Location:** Philip Heit Center - Lounge

**Fee:** Included in SC Membership



*June Craft Class*



*Karen M. at Buddy Up*

## 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.

**July Craft:** Gift Bags

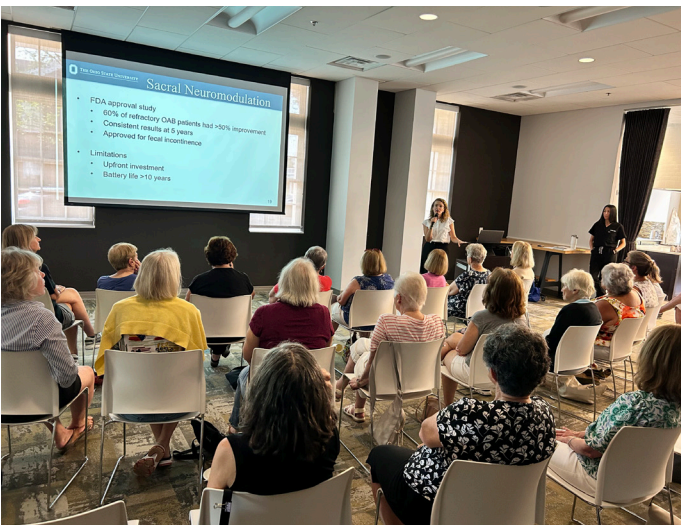
**Date:** Friday, July 11

**Time:** 1 - 3 p.m.

**Location:** Philip Heit Center - Classroom

**Fee:** Included in SC Membership





*Dr. Crescenze at Thursday Connections*

## WATERCOLOR GROUP MEET-UP

Watercolor class is on summer break but we know how much you all enjoyed getting together each week! We're excited to invite all previous watercolor students to a special Senior Connections Watercolor summer meet-up just for you! This will be a fun, casual opportunity to mingle, catch up, and reconnect with fellow watercolor classmates.

Feel free to bring snacks to share, and if you'd like to paint, you're more than welcome to bring your materials and get creative. **Please note:** there will be no formal instruction during this time—it's simply a chance to gather, relax, and enjoy each other's company.

**Date:** Monday, July 14

**Time:** 1 - 3 p.m.

**Location:** Philip Heit Center - Classroom



*Members enjoying Grassinine at the Summer Concert*

## 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, July 8, 15, 22 & 29

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

**Location:** Philip Heit Center - Lounge



*Faye C. at Buddy Up*

### BOOK CLUB

We are reading *The Final Case* by David Guterson (fiction). 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, July 16

**Time:** 1 p.m.

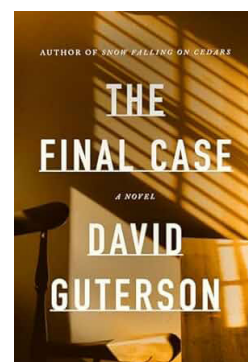
**Location:** Philip Heit Center

**Fee:** Included in SC Membership

#### Upcoming Selections:

**August** - *The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness* by Jonathan Haidt (nonfiction)

**September** - *The American Way* by Helene Stapinski and Bonnie Siegler (nonfiction)





## 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, July 8 - 29 (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



*Members at Craft Club*

### 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, July 18

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

**Location:** Philip Heit Center - Classroom

**Fee:** Included in SC Membership

**Thanks to our sponsor!**



**THE AVALON**  
of New Albany



*Snacks 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, July 10 - 31 (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



## Summer Fun in New Albany

### JUNE SUMMER CONCERTS

Join us for another exciting season of the 2025 Free Concert Series, packed with crowd-pleasing hits and high-energy performances. Reserve your seat and get ready to jam all season long!

#### July 10 - Buzz Bin

90's music rocks...and Buzz Bin will take you there! Playing everything from the alt-rock of Third Eye Blind and the Gin Blossoms to the pop hits of the Spice Girls and the Backstreet Boys with some one-hit-wonders like "No Rain" and "Closing Time" sprinkled in along the way.

#### July 24 - Yumbambe

Yumbambe's lush sounds of jazz harmony paired with the vibrant rhythms of Afro-Cuban drumming make this Latin Jazz band one of the hottest acts in town! The band includes some of Columbus' most prominent Jazz musicians, male and female vocals and an eclectic mix of authentic percussion instruments. .

#### August 7 - Fleetwood Gold

This tribute act is more than a show, it is an experience and it's all about the music. The band's tightly fused vocal harmonies, lead vocals and instrumental excellence have made them the most followed Fleetwood Mac tribute band in the Midwest.

**Pre-registration is required.**

**Time:** 7 - 8:30 p.m. Gates open at 6:30 p.m.

**Location:** Hinson Amphitheater

**Fee:** Included in SC Membership



*Members at Grassinine Summer Concert*

## SUMMER SCHEDULE CHANGES

### SENIOR CONNECTIONS CLOSED FOR INDEPENDENCE DAY

Senior Connections activities will be taking a summer break with no activities the week of June 30 - July 4 for Independence Day. All weekly programs will resume July 7.

### THE FOLLOWING PROGRAMS ARE ON SUMMER BREAK:

**Sunday Brunch & Bingo**  
**SC at Night**  
**Men's Club**

Fall events will be announced later this summer

### INDEPENDENCE DAY PARADE & FIREWORKS

Mark your calendars for New Albany's annual Independence Day Parade and fireworks display. Interested in representing Reminder that the City of New Albany Offices are closed on July 4.

**Date:** Friday, July 4

**Time:** Parade 11 a.m., Fireworks 10 p.m.



*Members with Bonnie B. at Thursday Connections*

### NEW ALBANY FARMERS MARKET

Farmers Market season is in full swing! Stop by to pick up your local favorites and grab a bite to eat at one of the yummy food trucks.

**Date:** Thursdays, July 3, 10, 17, 24 & 31

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

**Location:** Village Center



# July

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	1 S U M	2 M E R	3 B R	4 E A K Independence Day Parade	5
6	7	8 Office Hours SC Dance Class Card Play	9 Mahjong & Dominoes	10 Thursday Connections SC Fit Class Buzz Bin Summer Concert	11 Craft Club	12
13	14 Watercolor Meet-Up	15 Office Hours SC Dance Class Card Play	16 Mahjong & Dominoes Book Club	17 Thursday Connections SC Fit Class	18 Health & Wellness Lunch & Learn Knitting Group	19
20	21	22 Office Hours SC Dance Class Card Play	23 Mahjong & Dominoes	24 Thursday Connections SC Fit Class Yumbambe Summer Concert	25	26
27	28	29 Office Hours SC Dance Class Card Play	30 Mahjong & Dominoes	31 Thursday Connections SC Fit Class	1	2

## CONTACT US

**Abbey Brooks,**  
Community Program Administrator  
abrooks@newalbanyohio.org  
(614) 245-8800

**Kate Smith,**  
Community Program Specialist  
ksmith@newalbanyohio.org  
(614) 245-7218

**Dave Beckman,**  
Senior Connections Program Assistant  
dbeckman@newalbanyohio.org

**Allison Meslow,**  
Senior Connections Program Assistant  
ameslow@newalbanyohio.org

**Holly Smith,**  
Senior Connections Program Assistant  
hsmith@newalbanyohio.org