

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.
(December 2 & 16)

Card Play: 1 - 3:30 p.m.
(December 2, 9 & 16)

WEDNESDAY

Mahjong/Dominoes: 1 - 3:30 p.m.
(December 3, 10 & 17)

THURSDAY

Thursday Connections: 10 - 11:30 a.m.
(December 4, 11 & 18)

FRIDAY FUN

Craft Club: 1 - 3 p.m.
(Monday, December 8)

Knitting Group: 1 - 3 p.m.
(December 5 & 19)



Gratitude Leaves during our Thanksgiving Celebrations at Thursday Connections

THURSDAY CONNECTIONS

December 4 - Join us for one of our tastiest traditions—the Senior Connections Annual Cook-Off! This year's theme invites participants to showcase their culinary creativity with either a cheesy dish or a chocolate delight. Participants will compete in a fun, friendly showdown where YOU are the judge! Vote for your favorite dish to win the Golden Spoon!

December 11 - If you haven't heard the news, it's true! Santa lives in New Albany! The nice list has been finalized, and we need your help! Step into Santa's shoes and help spread some holiday magic by answering letters. We'll provide festive letter templates and plenty of inspiration to help your creativity flow as you craft joyful, encouraging replies.

December 18 - Join us for our final gathering of the year as we celebrate with a cozy afternoon of cookies, cocoa, and crafts! Enjoy delicious treats and warm hot chocolate while creating simple, festive crafts to take home or share with loved ones.

Time: 10 - 11:30 a.m.

Location: Philip Heit Center

Fee: Included in SC Membership

2026 MEMBERSHIP RENEWAL REMINDER

A friendly reminder that Senior Connections membership renewal opens January 1. An active membership is required for all included programs. Current 2025 members have until January 31, 2026 to renew. You can renew online, or in person during Kate's office hours or at any regularly scheduled program.



HEALTH & SAFETY UPDATE

As we move into the fall and winter months, so does cold and flu season. To help keep everyone safe and healthy, we are maintaining high cleaning and social distancing standards. Tables will be spaced out during cards, mahjong, and dominoes, and hand sanitizer will be available anytime food is present.

Because keeping our members healthy is a top priority, if you arrive before a staff member, please be prepared to pause play and adjust seating as needed to allow for proper distancing. Thank you for helping us create a safe environment for all!

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, December 2, 9 & 16

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, December 3, 10 & 17

Time: 1 - 3:30 p.m.

Location: Philip Heit Center - Lounge

Fee: Included in SC Membership

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, December 5 & 19

Time: 1 - 3 p.m.

Location: Philip Heit Center - Lounge

Fee: Included in SC Membership

OFFICE HOURS WITH KATE

Kate will be hosting open office hours first and third Tuesday of each month 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, December 2 & 16

Time: 12 - 1 p.m.

Location: Philip Heit Center - Lounge

TECH TUESDAYS

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..

Date: First Tuesday of each month. Next: December 2

Time: 3 - 4 p.m.

Location: Philip Heit Center - Lounge

CRAFT CLUB

Open Craft Time! Join us for a relaxed crafting session! Bring along any project you're currently working on and enjoy a creative afternoon with friends before the holiday season begins. We'll have coffee, tea, and water available, and you're welcome to bring a snack to share with the group if you'd like.

Date: Monday, December 8

Time: 1 - 3 p.m.

Location: Philip Heit Center - Classroom

Fee: Included in SC Membership

CHOIR GROUP

Do you love to sing? Senior Connections is starting a choir group! Whether you're an experienced singer or just enjoy singing for fun, all are welcome—this is a wonderful way to connect with others, make music together, and spread some joy. Long time professional instructor, Christa Perry from G&G Music will to help guide the group and get us started on the right note.

Date: Mondays, December 1 & 8

Time: 4:00 p.m.

Location: Philip Heit Center

Fee: Included in SC Membership

WINTER FUN IN NEW ALBANY

HOUSEHOLD CREDIT REMINDER

Reminder for anyone who has a household credit in their account, the end of the year is quickly approaching and that means household credits will soon expire! You have until December 31st to use any household credits. This credit can be used toward another program registration within the calendar year it is received. Please note that if you need to cancel a program that was paid for with a credit, you are not eligible for a refund or credit regardless of the timing of the request; we do not issue credits or refunds for credits.



There are so many reasons to celebrate in December and the best one of all is good friends! Put on your holiday best for an afternoon of good food, music and fun at the Senior Connections Holiday Luncheon! Registration includes a buffet lunch, coffee, and iced tea. Alcoholic beverages are available for purchase at the cash bar. Full menu is available online.

**Pre-registration is required.
REGISTRATION IS FULL!**

Date: Tuesday, December 9

Time: 12 - 2 p.m.

Location: New Albany Country Club

Fee: \$35 for Senior Connections Members
\$45 for non-members

SC CARDIO GOLD

Stay active, energized, and heart-healthy with this fun, joint-friendly cardio class led by the OSU Fitness Instructor Imari. Designed for adults 55 and up, this low-impact workout uses rhythmic movement to boost cardiovascular health and build muscular endurance — all without the need for equipment. Come move with us in a safe, supportive environment that's as uplifting as it is effective.

Are you an OSU Fitness Gym Member? These classes are now FREE for you! Not a OSU Fitness Gym Member? Not a problem! You can enjoy these classes at a discounted rate being a Senior Connections member.

Schedule: Tuesdays, December 2, 9 & 16
3 weeks, 3 classes

Time: 11:15 - 12:15 p.m.

Fee: \$30 - Senior Connection Member

\$24 - SC Member & NA Resident

Free - OSU Fitness Center & SC Member

Free - OSU Fitness & SC Member & NA Res

Location: OSU Fitness Center

SC BODY FIT

Stay strong, mobile, and confident with this full-body fitness class designed for adults 55 and up. Led by the OSU Fitness Staff, each session blends low-impact strength training, heart-healthy cardio, and gentle flexibility work tailored to meet you where you are. With modifications like chair-based exercises, this class makes safe and effective movement accessible to everyone. Whether you're just starting out or looking to maintain your momentum, Fit & Strong is your path to lifelong wellness.

Are you an OSU Fitness Gym Member? These classes are now FREE for you! Not a OSU Fitness Gym Member? Not a problem! You can enjoy these classes at a discounted rate being a Senior Connections member.

Schedule: Thursdays, December 4, 11 & 18
3 weeks, 3 classes

Time: 12 - 1 p.m.

Fee: \$30 - Senior Connection Member

\$24 - SC Member & NA Resident

Free - OSU Fitness Center & SC Member

Free - OSU Fitness & SC Member & NA Res

Location: OSU Fitness Center

December

SUN	MON	TUE	WED	THU	FRI	SAT
30	1 Choir Group	2 SC Cardio Gold Office Hours Card Play Tech Tuesday	3 Mahjong & Dominoes	4 Thursday Connections SC Body Fit	5 Knitting Group	6
7	8 Craft Club Choir Group	9 SC Cardio Gold Holiday Luncheon	10 Mahjong & Dominoes	11 Thursday Connections SC Body Fit	12	13
14	15	16 SC Cardio Gold Card Play	17 Mahjong & Dominoes SC at Night	18 Thursday Connections SC Body Fit	19 Knitting Group	20
21	22	23	24 Christmas Eve	25 Christmas Day	26	27
28	29	30	31 New Year's Eve	1 New Year's Day	2	3

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