

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.
(January 6, 13, 20 & 27)

Card Play: 1 - 3:30 p.m.
(January 6, 13, 20 & 27)

WEDNESDAY

Mahjong/Dominoes: 1 - 3:30 p.m.
(January 7, 14, 21 & 28)

Book Club: 1 - 3 p.m.
(January 21)

THURSDAY

Thursday Connections: 10 - 11:30 a.m.
(January 8, 15, 22 & 29)

FRIDAY FUN

Craft Club: 1 - 3 p.m.
(January 16)

Lunch & Learn: 12 - 1 p.m.
(January 23)

Knitting Group: 1 - 3 p.m.
(November 16 & 30)



Members during the Annual Holiday Party

THURSDAY CONNECTIONS

January 8 - We've missed you and can't wait to reconnect at our 2026 New Year's Party! We will celebrate with lots of snacks, set our new year goals and enjoy catching up with friends.

January 15 - Join us for an engaging and informative program with Neil from Innovate New Albany, who will share an overview of what Innovate New Albany and Tiger Talks are. Learn how these programs and initiatives help strengthen New Albany, support local talent, and create opportunities for individuals and businesses to thrive.

January 22 - Ohio Park Ranger Lindsey joins us to talk all things Ohio snakes! Learn about native and non-native species to the Ohio Valley.

January 29 - Alex from the OSU Fitness Center joins us to talk about how to stay active in 2026 and lead the group through some stretches you can do at home!

Time: 10 - 11:30 a.m.

Location: Philip Heit Center

Fee: Included in SC Membership

New Year, New Software System!

Beginning in March, Senior Connections will be operating under a new software system. What does this mean for you? As a 2025 member, your membership will remain valid through March 2026 — January and February are on us this year! Paid enrollment will begin once the software transition is complete sometime in March so keep an eye out for more information to come!

Senior Connections Membership Update

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, January 6, 13, 20 & 27

Time: 12 - 1 p.m.

Location: Philip Heit Center - Lounge

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, January 6, 13, 20 & 27

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, January 7, 14, 21 & 28

Time: 1 - 3:30 p.m.

Location: Philip Heit Center - Lounge

Fee: Included in SC Membership

BOOK CLUB

We are reading *Pachinko* by Min Jin Lee (fiction). Join us for discussion and reflection. Participants may bring gently used books to swap with other participants.

Date: Wednesday, January 21

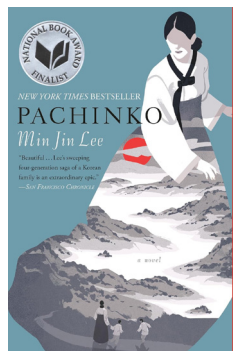
Time: 1 p.m.

Location: Philip Heit Center

Fee: Included in SC Membership

Upcoming Selections:

The group will be making future selections at the January meeting.



HEALTH & SAFETY UPDATE

It's cold and flu season, and your health is our priority. We are maintaining enhanced cleaning and social distancing, with spaced seating during games and hand sanitizer available when food is present. If you arrive before staff, please be ready to pause play and adjust seating as needed. Thank you for helping keep everyone safe and healthy!

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, January 16 & 30

Time: 1 - 3 p.m.

Location: Philip Heit Center - Lounge

Fee: Included in SC Membership

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.

Date: Friday, January 16

Time: 1 - 3 p.m.

Location: Philip Heit Center - Classroom

Fee: Included in SC Membership

SC GAME "NIGHT"

Join us for Senior Connections Game Night with the High Schoolers—an intergenerational afternoon of fun, games, and connection with plenty of laughs and friendly competition. All are welcome!

Date: Sunday, January 25, 12 - 2 p.m.

Location: Philip Heit Center

Fee: Included in SC Membership

CHOIR GROUP

Choir practice will resume in the spring. Kate will be reaching out to participants in the coming weeks to connect with everyone and determine goals for the next session. If interested in joining the group, please reach out to Kate at ksmith@newalbanyohio.org

Date: TBD

Location: Philip Heit Center

Fee: Included in SC Membership

WINTER FUN IN NEW ALBANY

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: February 3

Time: 3 - 4 p.m.

Location: Philip Heit Center - Lounge

SC AT NIGHT

SC at Night! Kick off the New Year with our favorite Chef, Sharon Dunn! She will join us to show you how to warm up those cold winter days with a few cast iron dishes. A “go to” cooking vessel - stove to oven with the same cast iron! Let’s make some dishes you might not immediately think of for your cast iron skillet. Cozy dishes for breakfast, lunch or dinner will get you through the cold winter months.

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

Schedule: Thursday, January 29, 5:30 - 7:00 p.m.

Location: Philip Heit Center

Fee: \$10 for Senior Connections Members
\$20 for non-members

MEN’S CLUB

Kick off the New Year with the Senior Connections Men’s Group at Elliott’s Pizza! Join us for a relaxed evening of great conversation, camaraderie, and delicious pizza as we ring in the year ahead together. Pizza will be provided—drinks are on you. Come hungry and enjoy starting the New Year with good food and even better company.

Pre-registration is required as a reservation for a large group is mandatory.

Date: Wednesday, January 21, 6 p.m.

Location: Elliot’s Woodfire Pizza, 266 E Main St, New Albany, OH 43054

Fee: Included in SC Membership

BRUNCH AND 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, January 11

Time: 11 - 12:30 p.m.

Location: Philip Heit Center

Fee: \$10 for Senior Connections Members,
\$15 for non-members

EXPLORING WATERCOLOR

Longtime artist and teacher Lavonne Suwalski joins Senior Connections for a Watercolor 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. Whether you’re picking up a brush for the first time or have years of experience, this watercolor class is for you! Each session includes a short demonstration from the instructor, along with guided painting instruction for beginners.

Each monthly session will feature an array of painting themes designed to help participants hone their skills and explore different techniques. Come express your creativity in a fun, relaxed, and encouraging environment!

New participants are required to purchase the Watercolors 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.

Schedule: Mondays, January 5, 12 & 26

Time: 1-3 p.m.

Location: Philip Heit Center - Classroom

Fee: \$30 for Senior Connections Members,
\$55 for non-members

WELLNESS PROGRAMS

SC CARDIO GOLD

New Year, New Fitness Journey! Come trial our Senior Connections fitness class for the month of January! 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, January 6, 13, 20, 27

4 weeks, 4 classes

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

Fee: Trial Month Class - Senior Connection Member
 Trial Month Class - SC Member & NA Resident
 Free - OSU Fitness Center & SC Member
 Free - OSU Fitness & SC Member & NA Res

*please note this is not a membership to the gym

Location: OSU Fitness Center

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 2026 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, January 23

Time: 12 - 1 p.m.

Location: Philip Heit Center - Classroom

Fee: Included in SC Membership

Thanks to our sponsor!



THE AVALON

of New Albany

newalbanyohio.org/senior-connections

SC BODY FIT

New Year, New Fitness Journey! Come trial our Senior Connections fitness class for the month of January! 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, January 8, 15, 22, 29

4 weeks, 4 classes

Time: 12 - 1 p.m.

Fee: Trial Month Class - Senior Connection Member
 Trial Month Class - SC Member & NA Resident
 Free - OSU Fitness Center & SC Member
 Free - OSU Fitness & SC Member & NA Res

*please note this is not a membership to the gym

Location: OSU Fitness Center



December Open Craft Projects

January

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
4	5 Exploring Watercolors	6 SC Cardio Gold Office Hours Card Play Tech Tuesday	7 Mahjong & Dominoes	8 Thursday Connections SC Body Fit	9	10
11 Brunch & Bingo	12 Exploring Watercolors	13 Office Hours SC Cardio Gold Card Play	14 Mahjong & Dominoes	15 Thursday Connections SC Body Fit	16 Knitting Group Craft Club	17
18	19 Martin Luther King Day	20 SC Cardio Gold Office Hours Card Play	21 Mahjong & Dominoes Book Club Men's Club	22 Thursday Connections SC Body Fit	23 Health & Wellness Lunch & Learn	24
25 Game "Night"	26 Exploring Watercolors	27 Card Play	28 Mahjong & Dominoes	29 Thursday Connections SC Body Fit SC at Night	30 Knitting Group	31

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