

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: 12:15 - 1 p.m.
(August 4, 11, 18 & 25)

Card Play: 1 - 3:30 p.m.
(August 4, 11, 18 & 25)

Tech Help: 1 - 3:30 p.m.
(August 4)

WEDNESDAY

Mahjong/Dominoes: 1 - 3:30 p.m.
(August 5, 12, 19 & 26)

Book Club: 1 - 3 p.m.
(August 19)

THURSDAY

Thursday Connections: 10 - 11:30 a.m.
(August 6, 13, 20 & 27)

FRIDAY FUN

Craft Club: 1 - 3 p.m.
(August 14)

Lunch & Learn: 12 - 1 p.m.
(August 21)

Knitting Group: 1 - 3 p.m.
(August 14 & 28)



Members after a Summer Concert

THURSDAY CONNECTIONS

August 6 - Discover how New Albany Neighborhood Bridges is making a meaningful difference in our community! Learn how the volunteer based organization connects families with resources to meet real needs. From school supplies, clothing, holiday gifts and emergency assistance - find out how you can support their mission and help spread kindness right here in New Albany.

August 13 - Hop on the New Albany Shuttle for a trip to The Great Circle, part of the Newark Earthworks. Explore this architectural wonder of ancient America, the largest set of geometric earthen enclosures in the world, right in our backyard. Registration is required to ride the shuttle. If you plan to drive yourself, please reach out to Kate.

August 20 - Discover the incredible wildlife that calls Ohio home! Ohio Wildlife join us to explore the state's diverse birds, mammals, reptiles, and other native species. Come meet a new furry friend or two, hear stories from the field, and gain a greater appreciation for the wildlife found here in the Buckeye State.

August 27 - Good hearing plays an important role in staying connected, active, and independent. Join Dr. Baxter and his team from The Ohio State University Audiology program to learn about age-related hearing and swallowing changes, hearing loss prevention, the latest hearing technologies, and tips for improving communication in everyday life. Dr. Baxter will be conducting hearing screenings for anyone interested after the presentation.

Time: 10 - 11:30 a.m.

Location: Philip Heit Center

Fee: Included in SC Membership

CHOIR GROUP

The Senior Connections Choir is back in action! Whether you're a longtime singer or simply enjoy making music and having fun, this welcoming group is a wonderful way to connect with others through song. Under the direction of new choir leader Maryn Hoyt, participants will enjoy learning a variety of music in a relaxed and encouraging environment.

No formal singing experience is required—just bring your enthusiasm and love of music! Join us as we make new friendships, build confidence, and bring the joy of singing back to Senior Connections this summer.

Date: Mondays, August 3 & 17, Wednesday, August 26

Time: 4 - 5 p.m.

Location: Philip Heit Center - Conference Room

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, August 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: Wednesdays, August 5, 12, 19 & 26

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, August 14 & 28

Time: 1 - 3 p.m.

Location: Philip Heit Center - Lounge

Fee: Included in SC Membership



Rita D. assisting Chef Sharon Dunn during Thursday Connections

OFFICE HOURS WITH KATE

Kate will be hosting open office hours on Tuesdays of each month from 12:15 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, August 4, 11, 18 & 25

Time: 12:15 - 1 p.m.

Location: Philip Heit Center - Lounge



Members at Lunch & Learn: Summer Skin Care

IN THE KNOW

BOOK CLUB

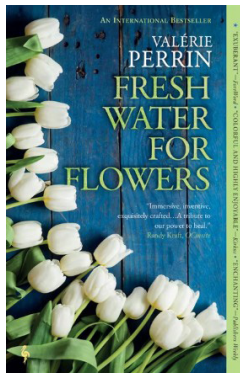
We are reading *Fresh Water for Flowers* by Valerie Perrin (fiction). Join the group for discussion and the love of reading. Participants may bring gently used books to swap with other participants.

Date: Wednesday, August 19

Time: 1:30 p.m.

Location: Philip Heit Center Conference Room

Fee: Included in SC Membership



Upcoming Selections:

September - *The Third Plate* by Dan Barber (nonfiction)

October - *Kitchen Confidential* by Anthony Bourdain (nonfiction)

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, August 21

Time: 12 - 1 p.m.

Location: Philip Heit Center - Classroom

Fee: Included in SC Membership

Thanks to our sponsor!



THE AVALON



Members after a Summer Concert

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.

August Craft: Polymer Clay Magnets

Date: Friday, August 14

Time: 1 - 3 p.m.

Location: Philip Heit Center - Classroom

Fee: Included in SC Membership

TECH TUESDAY

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: Tuesday, August 4

Time: 1 - 3 p.m.

Location: Philip Heit Center - Lounge

Fee: Included in SC Membership

WELLNESS PROGRAMS

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.

Schedule: Tuesdays, August 4, 11, 18 & 25
4 weeks, 4 classes

Time: 11:15 - 12:00 p.m.

Fee: \$40 - Senior Connection Member
\$32 - SC Member & NA Resident

Free - OSU Fitness Center & SC Member

*please note this is not a membership to the gym

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.

Schedule: Thursdays, August 6, 13, 20 & 27
4 weeks, 4 classes

Time: 12 - 1 p.m.

Fee: \$40 - Senior Connection Member
\$32 - SC Member & NA Resident

Free - OSU Fitness Center & SC Member

*please note this is not a membership to the gym

Location: OSU Fitness Center

SUMMER ART PROGRAMS



ACRYLIC BAG PAINTING

Get creative in this beginner-friendly painting workshop! You'll learn to paint a beautiful folk-inspired floral wreath on a canvas tote bag using acrylic paints specially formulated for fabric. With step-by-step instruction and all supplies provided, you'll leave with a unique, hand-painted tote that's perfect for everyday use. No painting experience necessary!

Pre-registration is required.

Date: Monday, July 13

Time: 4:30 - 6 p.m.

Fee: \$25 - SC Member
\$35 - non-member



Members riding in the Independence Day Parade



SUMMER CONCERTS

Join us for another exciting season of the 2026 Free Concert Series, packed with crowd-pleasing hits and high-energy performances. Reserve your seat with Senior Connections and get ready to jam!

August 6 - The Winnie Cooper Project

Join us for our final Free Summer Concert! Get ready to rock out with The Winnie Cooper Project! This 90s Rap & Hip Hop group will have you Jumpin' Around all night long. From Ice Ice Baby to Baby Got Back, This Is How We Do It in New Albany!

Pre-registration is required for table seats.

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

Location: Hinson Amphitheater

Fee: Included in SC Membership

August 16 - Songs at the Center

Celebrate America 250 with an unforgettable afternoon of live music. Enjoy Songs at the Center – LIVE!, a nationally recognized PBS concert series featuring talented Ohio musicians, inspiring storytelling, and a celebration of Ohio's rich musical heritage.

Pre-registration is required for table seats.

Time: 4 - 5:30 p.m. Gates open at 3:30 p.m.

Location: Hinson Amphitheater

Fee: Included in SC Membership



Jeff S. and Dave B. during Thursday Connections

BACK FOR FALL

SUNDAY BRUNCH & BINGO

Bingo is BACK!

Fall Brunch and Bingo returns on Sunday, September 20. 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!

Date: Sunday, September 20, 11 - 12:30 p.m.

Location: The Philip Heit Center

Fee: \$10 SC Membership

\$15 non-member

MEN'S GROUP

COFFEE & CONNECTIONS

NEW FOR FALL

Pull up a chair, grab a cup of coffee, and enjoy good conversation with good company. Coffee & Connections is a casual gathering where the men of Senior Connections can connect with one another while getting to know members of our community. Each month we will welcome a special guest to join us in conversations that matters to men—including topics like New Albany Life, Health, Finance, Travel, Technology, Community, Hobbies, Current Events and more.

Whether you're swapping stories, sharing experiences, or simply enjoying the camaraderie, this is a great way to start your day. Coffee and light pastries will be provided.

September Special Guest: Phil Heit

Date: Wednesday, September 16, 8 - 9 a.m.

Location: The Philip Heit Center

Fee: Included in SC Membership

NEW ALBANY FARMERS MARKET

Farmers Market season kicks off June 4! Enjoy the variety of vendors from fresh produce and flowers to hand-made artisan breads and jams, there is something for everyone. Stop by before one of our summer concerts and grab a bite to eat and enjoy the expanded market all summer long.

Date: Thursdays, June - August

Time: 4 - 7 p.m.

Location: Village Center

August

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
2	3 Choir Group	4 SC Cardio Gold Office Hours Card Play	5 Mahjong & Dominoes	6 Thursday Connections SC Body Fit 90s Rap & Hip Hop Summer Concert	7	8
9	10	11 SC Cardio Gold Office Hours Card Play	12 Mahjong & Dominoes	13 Thursday Connections Field Trip SC Body Fit	14 Craft Club Knitting Group	15
16 Songs at the Center Summer Concert	17 Choir Group	18 SC Cardio Gold Office Hours Card Play	19 Mahjong & Dominoes Book Club	20 Thursday Connections SC Body Fit	21 Health & Wellness Lunch & Learn	22
23	24	25 SC Cardio Gold Office Hours Card Play	26 Mahjong & Dominoes Choir Group	27 Thursday Connections SC Body Fit	28 Knitting Group	29
30	31 Acrylic Bag Painting Art Class	1	2	3	4	5

All programs are held at the Philip Heit Center located at
150 W. Main St. New Albany, Ohio 43054

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