

PHYLLIS A. ERNST  
**Senior  
Center**

Recreation & Parks  
Department  
3810 Veterans Memorial Drive  
Hilliard, Ohio 43026  
(614) 876-0747  
8 a.m. – 4 p.m.

# PLAY!

## Newsletter

VOLUME 33, NO. 11  
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[www.hilliardohio.gov](http://www.hilliardohio.gov)

# HAPPY HOLIDAYS!



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## Catch intern Kari Sheahan before she swims away!

A lifelong resident of the city, Kari Sheahan is Hilliard “blue” through and through. The 22-year-old who joins our staff as an intern has worked for both Hilliard’s pools and swam for Hilliard Marlins and YMCA. She attended Norwich Elementary, was the first class through Hilliard Tharp Sixth Grade, then was on to Hilliard Weaver Middle School and Hilliard Davidson High School, from which she graduated in 2005.

An avid athlete, Kari was a competitive dancer from age 10-17 and also played soccer, lacrosse, ran for track and field and participated in marching band. But it was water where Kari soared most. She swam for Edinboro University in Pennsylvania for four years and was voted co-captain her senior year. A decorated swimmer, she is a recipient of the all Pennsylvania State Athletic

Conference award, PSAC Sportsmanship award and Scholar All-American Accolades award from the College Swimmer Coaches Association of America.

Kari attributes much of her success to her Hilliard YMCA coach who was able to develop her into a competitive swimmer. In just two short years as a member of the team (which was founded just two years before), she qualified for the YMCA National meet.

She hit the beach the past two summers and worked for the Beach Patrol in Ocean City, Md. Kari will graduate in December 2012, shortly after her time with us concludes. Please be sure to say hello. She might swim away quickly...

She’s not been “landlocked,” as she is now in Ohio, for more than three years.



### WHAT ELSE CAN YOU TELL US?

#### Summer or winter?

Kari Sheahan, intern: Summer  
George Faulkenbach, member: Winter  
Barb Zimmerman, volunteer: Summer

#### Ability to be invisible or fly?

Kari: Fly  
George: Fly  
Barb: Invisible

#### California or East Coast?

Kari: California  
George: California  
Barb: California, love the weather but not the earthquakes!

#### Christmas or Birthday?

Kari: Christmas  
George: Christmas  
Barb: Christmas, family get togethers

### Membership Renewal

Memberships are valid for a period of 12 months. A renewal form is available in the office. Memberships are \$15. Complimentary memberships are provided to those 90 years of age and older.

### Registration

Sign up for all new programs listed in this newsletter in person beginning at 9 a.m. on Tuesday, Nov. 13. We begin taking call in reservations at 1 p.m. You may also register and renew your membership online at [hilliardohio.gov](http://hilliardohio.gov). Let us know if you need us to email you your username and password.

### Center Closings

The center is closed on Monday, Dec. 24, Tuesday, Dec. 25 and Tuesday, Jan. 1. The center closes at 2 p.m. on Monday, Dec. 31. No lunch is being served on Wednesday, Dec. 26 and Thursday, Dec. 27.

### Community Center Carpeting

During the week of Dec. 17 new carpet is being installed in the Community Center. Everything from the offices and lobby at the Community Center is going to be stored in the gym. This affects a few of our programs. Corn Hole is canceled on Wednesday, Dec. 19 and indoor walking is canceled the week of Dec. 17. The Hilliard Rec Preschool is meeting on the stage side of the multipurpose room on Monday, Dec. 17 and Tuesday, Dec. 18; parents will drop off their children in the Senior Center those two days so be prepared for little ones between 9 a.m.-3 p.m.. Thank you for your understanding and assistance.

### Winter Weather Policy

If Hilliard City Schools is canceled due to the weather, all of the programs and activities at the Recreation and Parks Department are canceled. Please don't risk driving or walking in poor or hazardous weather conditions. Remember, side streets and parking lots are often the last to be cleared!

### Letters To Santa Volunteers

We are looking for Elves to assist Santa with response letters to the children of Hilliard who drop off their letters in Santa's mailbox. No specific time is set to write responses. Volunteers are invited stop in at their convenience from Dec. 6-16 to pick up the notes and reply using the provided form letter by inserting the child's name and a small post script.



### Congratulations!!

- **Groovin' Grannies:** The trophy is back! The Groovin' Grannies won the 2012 Wii Bowling Tournament sponsored by Aetna.
- **Happiness Entertainers:** They tied for second place at the first Senior Idol contest in October at the Trillium!

### Holiday Mailbox

Our holiday mailbox, through which you can share holiday wishes with your friends at the center to save on postage, opens Dec. 1. Put a recipient's name on the envelope, arrange them alphabetically and drop them off at the office. From there, the Elves sort and make the cards available for pick up by folks who attend functions at the center (we do not mail cards). We'll keep cards until Jan. 15; then recycle the left-behinds.

### Crafts for Sale

Please take the time to browse the many wonderful creative crafts for sale Dec. 5 from 10 a.m.-1 p.m in the Multi Purpose Room. The Wednesday crafters have been busy creating all kinds of items and they make nice holiday gifts!

### OSHIIP

Have a Medicare or Health insurance question? A counselor helps explain and sort out problems with Medicare, Medicaid, Medicare supplemental insurance policies, long-term care insurance, retirement health plans and other health insurance. The Ohio Senior Health Insurance Information Program provides free information and other health insurance services to people in Ohio covered by Medicare. Schedule a one-on-one appointment at the Center office for the fourth Thursday of the month.

### Euchre, Pinochle, Crafts and Bridge Canceled

Due to the special meal euchre is canceled on Dec. 12. Pinochle and Bridge are canceled on Dec. 31. Bridge and crafts are canceled on Dec. 19.

## COMPUTER COURSES

### Microsoft Power Point

Microsoft PowerPoint enables users to create exciting slide show presentations that can be used personally or for business. The programs can be used to accent a presentation in business meetings, family reunions, weddings or in school. Participants learn to create, save and edit their own slide show using text, graphics, pictures and animation.

- Tuesday, Jan. 8 and 15, 10 a.m.- noon, \$44. Advance registration required.
- Taught by Body & Brain Train, LLC Janeene Vargas.

### Digital Cameras

Participants learn how to zoom, take quality pictures, and transfer pictures to a computer. The instructor also teaches attendees how to download the free Picasa photo editing program and use it to edit, crop, print and email photos.

- Tuesdays, Feb. 12 and 26, 10 a.m.-noon; \$44. Advance registration required.

# ACTIVITIES & SPECIAL EVENTS



HAPPY NEW YEAR

## Christmas Luncheon

Celebrate the season with us at our annual Christmas luncheon.

- Wednesday, Dec. 12, 11 a.m. hors d' oeuvres, noon lunch; \$8. Advanced registration required.

## Noon Year's Eve Party

Get ready to celebrate the New Year at our Noon Year's Eve Party! The day begins with bingo at 11 a.m., pizza at noon, and then enjoy the showing of the movie New Years Eve.

- Monday, Dec. 31, 11- a.m-2 p.m.; \$5 Register in advance.

## Carriage Court Dine & Discover

Carriage Court hosts this luncheon on the third Friday of the month and provides an informative speaker after lunch.

- No December luncheon
- Friday, Jan. 18, noon; free.

## Hilliard Community Assistance Council

We have a basket for food donations in the lounge if you would like to make a contribution. Nancy and John Bryner deliver the food to the Council.

## Po-Ke-No by Mayfair Village

Mayfair Village is sponsoring Po-ke-No. There is no charge but please register in advance.

- Thursday, Dec. 27 and Jan. 31, 10 a.m.

## Game Night

Get together for snacks, cards, puzzles, games and other social activities the first and third Thursday.

- Thursdays, Dec. 20, Jan. 3 and 17, 5:30-8 p.m.; \$2. No Game Night Dec. 6 (tree lighting).

## 22nd Annual City of Hilliard Tree Lighting

Begin the holiday season with the lighting of the Historical Village and the City tree by Mayor Don Schonhardt. Enjoy musical selections by the Scioto Darby Elementary 1st-grade choir under the direction of Joyce Brandt. This festive evening also includes a visit by Santa, ice sculpting demonstrations, reindeer, cookie decorating, hot chocolate and more at Historical Village in Weaver Park.

- Thursday, Dec. 6, 6-8 p.m.

## Jim Collins Presents...

Jim Collins, Ph.D., has developed and presented continuing education seminars and workshops for more than 18 years and has taught college courses in sociology, psychology, anthropology and gerontology for more than 15 years. Enjoy his signature high-energy, motivational style as he entertains us.

- Wednesday, Dec. 12, 1 p.m.: Psychology of Happiness; free.

## Prayer Luncheon

An area minister presents a short message after the lunch. Reservations due the day before. No luncheon in December.

- Friday, Jan. 25, noon; \$4

## Lunch and Learn Ameriprise Seminar

Learn ways to find opportunities in today's economy

Find investing opportunities in today's markets, keep emotions from affecting your financial decisions, get back on track toward reaching your financial goals. There's no cost or obligation and this seminar will not sell you any specific products or services. Must attend seminar to receive free lunch.

- Thursday, Jan 16, 11 a.m.-noon

## Happiness Club

Reservations due by noon the Thursday prior. Call Bev Burkitt at 876-7900 to reserve, cancel or if you have a question. The cost of the meal is \$5, for which you are responsible if you register.

- Friday, Dec. 14, noon. Committee members are: Peggy Hines Chairperson, Gary Hines, Ron & Mary Graham, Ruth Miller, Ed Wackerman, Bea Friesen, Jan Peters, Jeanette Wilson, Joan Mace
- Friday, Jan. 11, noon: Committee members are: Lois Donley, Chairperson, Paul Donely, Jan Fitz, Wayne Fitz, Chuck Fisher, Gloria Fisher, Carol Reeves, Dixie Dixon, Linda Wisely, Maureen Vostatek

## Edward Jones Lunch & Learn

Come see what these fun, informative sessions presented by Tim Payne, financial advisor, are all about. Be sure to reserve your spot. Must attend seminar to receive the free lunch.

- Thursday, Dec. 13, 11 a.m. **How Do Long-Term Investors Fare?** Join us for a presentation of how long-term investors fare in the markets. We give away some prizes in this informal discussion about investing.
- Thursday, Jan. 17, 11 a.m.: **Taxes and Finances.** Get tips and advice for filing your tax return this year as Mike Hanagan, CPA from Jones, Cochenour & Co. joins the discussion about new tax laws and what you need before you file.

# FILMS & FLICKS



## 12 Dogs of Christmas

The dogs of Doverville are in trouble again... but Emma O'Conner is back to save them in a song-filled, seasonal extravaganza. Mean-spirited mogul Finneas James plots to shut down the local puppy orphanage, unless Emma can come up with the money to save it. With the help of some friends, she races against time to put together a musical holiday event that just might save the day. Rated PG.

- Friday, Dec. 14, 1:30 p.m.

## Christmas with a Capitol C

Christmas has always been an exceptional time of love and tradition in the small town of Trapper Falls, Alaska. Hometown Mayor, Dan Reed looks forward each year with enthusiasm to all the events, friends and family. When Dan's old high school rival Mitch Bright returns home after 20 years, Dan is immediately suspicious, but Dan's wife and daughter, wanting to show the true meaning of Christmas, are inspired to launch a "Christmas with a Capital C" campaign as an effort to keep the town together. Not Rated by the Motion Picture Association of America.

- Friday, Dec. 28, 1:30 p.m.

## Five Year Engagement

When Tom and Violet become engaged to be married, their trip to the altar is delayed by an unexpected job opportunity for Violet that requires the couple to temporarily relocate to Michigan. Rated R.

- Friday, Jan. 11, 1:30 p.m.

## The Artist

Over the moon about starting a family, TV fitness guru Jules and dance show star Evan find that their high-octane celebrity lives don't stand a chance against the surprise demands of pregnancy. Baby-crazy author and advocate Wendy gets a taste of her own militant mommy advice when pregnancy hormones ravage her body all the while Wendy's husband, Gary, struggles not to be outdone by his alpha-Dad, who's expecting twins with his much younger trophy wife, Skyler. Photographer Holly is prepared to travel the globe to adopt a child, but her husband Alex isn't so sure, and tries to quiet his panic by attending a "dudes" support group, where new fathers get to tell it like it really is. Rosie and Marco's surprise hook-up results in a quandary: what to do when your first child comes before your first date? Rated PG-13.

- Friday, Jan. 25, 1:30 p.m.

# ACTIVITIES & SPECIAL EVENTS, CON'T

## Norwich Township Fire Fighter's Lunch & Learn

Look for a flyer for future dates.

## Euchre Party

Register for an afternoon of progressive euchre, light dinner, snacks and prizes.

- Thursday, Jan. 24, 3-6 p.m.; \$6

## Taxes

AARP tax assistance begins the week of Feb. 4. Signup for an appointment beginning Jan. 2.

# EXCURSIONS



## Local Shop

The center bus picks you up at your home if you live in the City of Hilliard and departs from the center at 11 a.m. on Fridays; \$2. Please call in advance to make a reservation.

- Dec. 7: Meijer
- Dec. 21: Kroger
- Jan. 4: Wal-Mart
- Jan. 18: Meijer

## LaComedia: It's a Wonderful Life

- Thursday, Dec. 13, 9:15 a.m. for those registered

## Dignified Diners: Mary Kelleys

After lunch do a little Christmas shopping at the Morgan House and Bakers Garden Center.

- Monday, Dec. 10, 10:30 a.m.-3 p.m.; \$4, plus lunch OYO

## Dignified Diners: Mimi's Cafe

Enjoy the after Christmas sales at Polaris after lunch.

- Wednesday, Jan. 23, 10:30 a.m.-3 p.m.; \$4, plus lunch OYO

## Girls Just Want To Have Fun!

rePurpose, reUse, rePair! Were going thrifting before and after lunch. Visit the Ohio Thrift Shop, Volunteers of America Thrift Shop, TJ Maxx and more. We love bargain shopping!

- Monday, Jan. 7, 9:45 a.m., return about 3 p.m.; \$5, plus lunch OYO at Cementos Italian Restaurant, 11 a.m.

## E.L. Evans Christmas Show Christmas Unwrapped

Get in a festive state of mind with a holiday play that shows there is more to Christmas than what is sold in a store. Bob and his unconventional employees at Bob's Christmas Emporium take on the disgruntled Dec. 26 crowds with complaints both expected and surprising. After a bewildering and exhausting day, Bob encounters Mary, owner of the neighboring Meaning of Christmas Store, who helps him learn that the spirit of Christmas does not come wrapped in a box.

- Thursday, Dec. 6, 10:45 a.m., plus lunch OYO at Spageddies at 11:15; show at 1 p.m.; \$5 plus 1 food item for shelter.

## Wheeling Downs and Olgebay Festival of Lights

- Tuesday, Dec. 4, 8:30 a.m.; \$54

## Mid-Ohio Food bank Tour

The Mid-Ohio Food bank is dedicated to feeding hungry people by collecting and distributing food and grocery products, educating the community about hunger, advocating for hunger-relief programs, and collaborating with others who address basic human needs. Take a tour of this facility.

- Monday, Jan. 14, 9:15 a.m.; \$5 and canned or boxed food donation, plus lunch OYO.

## SWACO

Did you ever want to see where your trash ends up? Join us as we tour the Franklin County Sanitary Landfill. The presentation consists of a preliminary discussion and slide show that outlines the engineering, regulations and monitoring of a modern day sanitary landfill. Visitors also learn about diversion, beneficial use of closed landfill sites, the difficulty of a sanitary landfill and the future outlook for waste disposal in Franklin County.

- Wednesday, Jan. 9, 11 a.m.; \$4, plus lunch OYO.

## Great Trains & Grand Canyons

Pick up a flyer with all the information on this trip or attend an informational meeting on Tuesday, Dec. 11 at 10 a.m.

- April 28-May 3, \$1,999/per person, double occupancy

## New Hampshire & Maine

Pick up a flyer with all the information.

- Sept. 25-Oct. 5, 2013; \$1,195/per person, double occupancy

## Branson, Mo. at Christmas Time

Pick up a flyer with all the information.

- Dec. 1-7, 2013, \$799/per person, double occupancy

# HEALTH & WELLNESS



## Mt. Carmel Student Nurses

Learn about holistic therapies.

- Wednesday, Dec. 5, 11:30 a.m.-2 p.m.

## Katherine M. Cyran MD, Breast Care and Imaging Specialist: Bones and Breasts

Learn the basics of bone health including lifestyle strategies, screenings and sneakers! Have a burning issue you've always wondered about? Now's your chance for "Everything you've always wanted to know about your breasts but were afraid to ask (with audience-supplied questions anonymously if preferred). Join Dr. Cyran for an hour of informal, informative discussion of two topics that can change your life... for good! Attend the seminar and receive a free lunch!

- Wednesday, Jan. 30 at 11 a.m.

## Wellness Wednesday Lunch

Staying active, maintaining spiritual well-being and eating well are keys to living a longer, healthier life no matter how old you are. Nurture your mind, body and spirit through lunch and educational programs on the third Wednesday of the month.

- Wednesday, Dec. 19 and Jan. 16
- 11:45 a.m., \$4

## Hearing Screening

Is it time to have your ears checked? A clinical audiologist offers a monthly clinic for screenings and hearing aid cleanings. Evaluations include auditory testing and an otoscope ear inspection. Hearing aid consultation and demonstration of the newest digital technology are provided. Sign up for your 30-minute, one-on-one appointment.

- Thursday, Dec. 27 and  
Wednesday, Jan. 30

## Chair Volleyball

Play this fun version of volleyball with a 20-inch beach ball, smaller court and lower net. Instructor: Linda Hoover.

- First and third Fridays,  
10:15 a.m.; free

## Get Fit

This class is a complete full-body workout. Some exercises are done while seated and some while standing. All students work at their own pace. Free weights are used. Instructors: Tony Johnson and Maggie Schmidt.

- Tuesdays and Fridays, 9:15-10 a.m.; \$2 a class or an activity card

## Tai Chi

Come give Tai Chi a try! Tai Chi is gentle exercise that incorporates meditation and movement that increases your strength, flexibility, balance and overall level of fitness. Instructor: Jim Long.

- Wednesdays, 2 p.m.; \$2 or an activity card; no classes in December

## Line Dancing

Line dancing is a great way to exercise and have fun! Special clothing is not needed but best not to wear athletic shoes. Instructor: Nancy Bryner.

- Tuesdays, 1:15 p.m.; \$2 or an activity card

## Strength Training

Cam II fitness equipment and motorized treadmills and stationery bikes are available in the weight room; \$5 a month. This room is closed Dec. 10-31, there is no charge for December.

## Zumba

Ditch the workout and join the party! Zumba uses interval training combining fast and slow rhythms for an effective aerobic workout. It is basically watch and follow. Zumba is good for the body and great for the mind. The class is designed so all abilities are welcome to attend. Instructor: Doreen Woodard.

- Mondays and Wednesdays  
9:15-9:45 a.m.; \$3

## Bowling

Meet Bill Lobuzetta at Sawmill Lanes on Monday mornings at 9 a.m.

- \$6.50 for 3 games; free on  
Tuesdays and Sundays from 10  
a.m.-noon

## Indoor Walking

Indoor walking is available in the gym.

- Monday-Friday, 8-9 a.m.
- Canceled week of Dec. 17

## Choir

Looking to volunteer and enjoy singing? Then our Happiness Entertainers are for you! This lively group performs at area nursing homes, retirement communities and local events.

- Tuesdays, 10:30 a.m.; free

# SENIOR CENTER DAILY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	<p><b>8 a.m.:</b> Indoor Walking</p> <p><b>9 a.m.:</b> Bowling at Sawmill Lanes</p> <p><b>9:15 a.m.:</b> Zumba</p> <p><b>10:30 a.m.:</b> Bible Study</p>	<p><b>8 a.m.:</b> Indoor Walking</p> <p><b>9:15 a.m.:</b> Get Fit Exercise Class</p> <p><b>10 a.m.:</b> Beginner Bridge</p> <p><b>10:30 a.m.:</b> Choir</p>	<p><b>8 a.m.:</b> Indoor Walking</p> <p><b>9:15 a.m.:</b> Zumba</p> <p><b>9:30 a.m.:</b> Corn Hole; Refresher Bridge</p> <p><b>10 a.m.:</b> Craft Club</p>	<p><b>8 a.m.:</b> Indoor Walking</p> <p><b>9-11:30:</b> Chair Massage (fourth)</p> <p><b>10 a.m.:</b></p> <ul style="list-style-type: none"> <li>• Beginner Bridge</li> <li>• Wii Bowling</li> <li>• Po-Ke-No (fourth)</li> </ul>	<p><b>8 a.m.:</b> Indoor Walking (Canceled week of Dec. 17)</p> <p><b>9:15 a.m.:</b> Get Fit Exercise Class</p> <p><b>9:30 a.m.:</b></p> <ul style="list-style-type: none"> <li>• Open Studio</li> <li>• Alzheimer's Support Group (third)</li> </ul> <p><b>10:15 a.m.:</b> Chair Volleyball (first and third)</p> <p><b>11 a.m.:</b> Local Shopping (first and third)</p>
<b>Lunch</b>		Noon	Noon	Noon	<ul style="list-style-type: none"> <li>• Happiness Club (second)</li> <li>• Carriage Court Dine &amp; Discover (third)</li> <li>• Prayer Luncheon (fourth)</li> </ul>
<b>Afternoon</b>	<p><b>12:30 p.m.:</b></p> <ul style="list-style-type: none"> <li>• Duplicate Bridge</li> <li>• Pinochle</li> </ul> <p><b>1 p.m.:</b> Bingo</p>	<p><b>1 p.m.:</b> Euchre</p> <p><b>2 p.m.:</b> Tai Chi</p>		<p><b>1 p.m.:</b></p> <ul style="list-style-type: none"> <li>• Bridge</li> <li>• Pinochle</li> <li>• Bingo</li> </ul> <p><b>5:30 p.m.:</b> Game Night (first and third)</p>	<p><b>1:30 p.m.:</b> Friday Flick (second and last)</p>

# HILLIARD PARK CAFE: MONTHLY MENUS

## DECEMBER 2012

Tuesday	Wednesday	Thursday	Friday
4 Chicken Rice & Broccoli Casserole Tossed Salad White Cake	5 <b>Craft Bazaar</b> Ham Loaf Parsley Buttered Potatoes Peas & Carrots Sherbet & Cookies	6 Sweet & Sour Beef over Rice Tossed Salad Fruit Jell-O Pumpkin Pie	7
11 Vegetable Beef Soup Grilled Cheese Pickle Cherry pie a la mode	12 <b>Christmas Party</b> Roast Pork Parsley Potatoes Mixed Veggies Cinnamon Jello Salad Chocolate Mousse	13 Baked Fish Mac & Cheese Stewed Tomatoes Peas Pistachio Pudding	14 <b>Happiness Club</b> Baked Chicken Mashed Potatoes Cinnamon Applesauce Salad  Call Bev to Register, 876-7900
18 Ham & Bean Soup Cole Slaw Corn Bread Pineapple Upside Down Cake	19 <b>Wellness Wednesday</b> Broccoli & Cheese Soup Deli Turkey Sandwich Fruit Cup	20 Spaghetti w/ Meat Sauce Tossed Salad Garlic Bread Strawberry Ice Cream & Cookie	21 <b>No Carriage Court</b>
25 <b>No Lunch Closed for Christmas</b>	26 <b>No Lunch</b>	27 <b>No Lunch</b>	28

## JANUARY 2013

Tuesday	Wednesday	Thursday	Friday
1 <b>CLOSED</b>	2 BBQ Pork Sandwich Carrots/Celery Macaroni Salad Chips Apple Crisp	3 Stuffed Peppers Mashed Potatoes Mixed Veggies Cherry Cheesecake	4
8 Crispy Chicken Wild Rice California Blend Veggies Cherry Pie	9 Salmon Patties Red Parsley Potatoes Creamed Peas Lemon Dessert	10 Vegetable Beef Soup Grilled Cheese Pickle Ice Cream Sundae	11 <b>Happiness Club</b> Salisbury Steak Mashed Potatoes Green Beans Jell-O Salad Dessert Call Bev to register, 876-7900
15 Chili Baked Potato Bar Banana Cream Pie	16 <b>Wellness Wednesday</b> Chicken Salad Croissant Carrots/Celery Sticks Chips, Fruit Cup	17 Liver & Onions Mashed Potatoes Green Beans Red Velvet Cake	18 <b>Carriage Court</b>
22 Beef Tips over Noodles Broccoli Brownies	23 Pork Chops Stuffing Baby Carrots Applesauce Spice Cake	24 Chicken Parmesan w/ Side of Spaghetti Tossed Salad Garlic Bread Ice Cream	25 <b>Prayer Luncheon</b> Meat Loaf Au gratin Potatoes Mixed Veggies Poke Cake
29 Baked Ham Sweet Potatoes California Blend Veggies Caramel Pears w/ Vanilla Ice Cream	30 Johnny Marzetti Tossed Salad Garlic Bread Cherry Crisp	31 <b>German Day</b> Brats Cucumber & Onion Salad Cooked Cabbage Cream Puffs	

Meals are served at Non-members \$6. Meal price for \$4.

## Hilliard Park Cafe

614-876-0747

- Meal Tickets are available in the Senior Center office as an alternative to paying the \$4 meal charge each day.
- A meal ticket may be purchased for six (6) meals for \$23 or 12 meals for \$46 with cash, check, VISA or MasterCard.



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Hilliard, OH

**PLAY!**

**Newsletter**

VOLUME 33, NO. 11  
DECEMBER 2012-  
JANUARY 2013

**Special Holiday Hours**

The center is closed on Monday, Dec. 24, Tuesday, Dec. 25 and Tuesday, Jan. 1. The center closes at 2 p.m. on Monday, Dec. 31. No lunch on Dec. 26-27.

## SHOUT FROM THE ROOFTOP!

**A round of applause!**

The Ohio Parks and Recreation Association (OPRA) has announced its 2012 Annual Awards of Excellence winners. The Hilliard Recreation and Parks Department won a 1st place award in the Senior and Active Adult category for the Hilliard Park Cafe.

The OPRA Annual Awards of Excellence will be presented at a banquet hosted by the association on February 26, 2013 at Battelle Hall North at the Columbus Convention Center in Columbus, Ohio. One first place award winner will be presented with the 2012 Governor's Award for Parks and Recreation, a "best-in-show" award which includes a \$500 contribution to the parks and recreation foundation of the agency winner.

The awards are judged in a two-tiered process, which includes a panel of

parks and recreation professionals from around Ohio, as well as, the association's Board of Directors.

**Gift yourself to a healthier you**

Come interact with professionals and volunteers of all ages to learn about how to make this year healthier than the last 30!

Learn how to use the equipment in our new fitness center coming in 2013. Learn how to make healthy and quick holiday snacks for all guests. Become fitness and health educated through understanding how the body works and what food does inside your body.

Through different hands-on stations you have the opportunity to ask questions, create and test different healthy snacks, learn all about activities for seniors including biking, take part in health test games, enjoy a delicious healthy lunch



**9:15 a.m.-3:30 p.m.  
Wednesday, Dec. 19**

while also learning about the nutritional value, try out a free zumba dance class, and much more! Get a jump start on the new year by staying healthy through the holidays! Pick up a flyer at the Senior Center with all the details and schedule of events. All of the regular Wednesday programs are canceled for this event. Please join us as We Wake up Wednesday!