

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 34, NO. 1
FEBRUARY – MARCH 2013
www.hilliardohio.gov

CURE YOUR CABIN FEVER WITH US!



Wishing long-time staffer well in her retirement

LuAnn Dougherty has brightened the hallways of the Hilliard community center for years with her energy and smile. She spent 22 years with the Hilliard preschool where she touched many children's hearts. The past four years she has spent her time at the center working to organize rentals and assisting at the front desk.

LuAnn and her husband Dan of 34 years, have two grown children, Dani and Rob. They now grandparent their children's offspring Connor, Brooke, Gwen and

Evan. When LuAnn isn't helping at the community center, spending time with her husband, children, or family, she enjoys some arts and crafts time and

walking in her neighborhood.

LuAnn's husband retired from the Upper Arlington police department about a year ago after 30-plus years of serving the city.



Table of Contents

News & Notes Page 2

Excursions Pages 2-3

Activities & Events Page 4

Computer Classes Page 5

Health & Wellness Page 6

Daily Schedule Page 7

Program Registration Insert

Hilliard Park Café Insert

WHAT ELSE CAN YOU TELL US?

Favorite dessert?

LuAnn Dougherty, Staff: Reese Cups

Mel Shaver, Volunteer: Anything sweet!

Minnie Shaver, Member: Butterscotch pie, of course!

Sweats or work clothes?

LuAnn: Sweats

Mel: Work is a bad 4-letter word!

Minnie: Whatever is comfortable

Raking leaves or shoveling snow?

LuAnn: Both

Mel: Rather ride my tractor!

Minnie: Rather make a snowman

Liver and onions or cow tongue?

LuAnn: Liver

Mel: Neither

Minnie: Liver, of course; never tongue.

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.

NEWS & NOTES

Senior Center Newsletter

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Registration

Sign up for all new programs in listed in this newsletter begins in person at 9 a.m. on Tuesday, Jan. 15. We begin taking call in reservations at 1 p.m. You may also register and renew your membership online at hilliardohio.gov. Let us know if you need us to email you your username and password.

Center Closings

The center is closed on Monday, Feb. 18 in honor of President's Day and Friday, March 29 for Good Friday.

HEAP

The Home Energy Assistance Program (HEAP) is a federally funded program administered by the Ohio Department of Development's Office of Community Service (OCS). It is designed to help eligible low-income Ohioans meet the high costs of home heating. If you are eligible for assistance, the amount of your one-time HEAP benefit will depend on federal funding levels, how many people live with you, total household income, and the primary fuel you use to heat your home. In most cases, the one-time benefit will be a credit applied to your energy bill by your utility company (or fuel vendor). Call HEAP (614) 752-8808 during regular business hours (7 a.m.-5 p.m.) Monday through Friday for more information or to see if you are eligible.

Play! Program Guide

For additional information on daily programs pick up a Spring/Summer Program & Activity Guide.

Friday Flicks

Pick up a schedule in the Center office.



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!

Blue Splash Special

Pool memberships are on sale for a discounted rate through March 16. Purchase your pass online if you had one in the past or at the Phyllis A. Ernst Senior Center or community center. The Blue Splash Special ends March 16.

Taxes

AARP tax assistance begins Monday, Feb. 4. The volunteers from AARP are here on Mondays, Tuesdays and Wednesdays from 9 a.m.-3 p.m. Please call (614) 876-0747 to schedule an appointment.

Coupon Clippers

Volunteers clip donated coupons and file them in a box located at the center on the coffee bar. Please feel free to stop in and select coupons that are of use to you. A second box is available for depositing coupons you are not going to use. Thank you coupon clippers!

CRC Kinship Care Program

We have openings for families who need Kinship Care services. If you, or anyone you know, is raising relative children (without support of the child's biological parents), and live in Franklin County, you are most likely eligible for our program. We support each family's unique goals and can link you with resources, referrals, programs, events, and more. Let us help you navigate the challenges of parenting! For details call Luanne Zipfel at 614-268-3539.

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.

- Feb. 1, Kroger
- Feb. 15, WalMart
- March 1, Meijers
- March 15, Kroger

Dignified Diners: Shaw's Restaurant

Enjoy the charms of Shaw's featuring American and Global cuisine with a reputation for aged in-house steaks and fresh seafood.

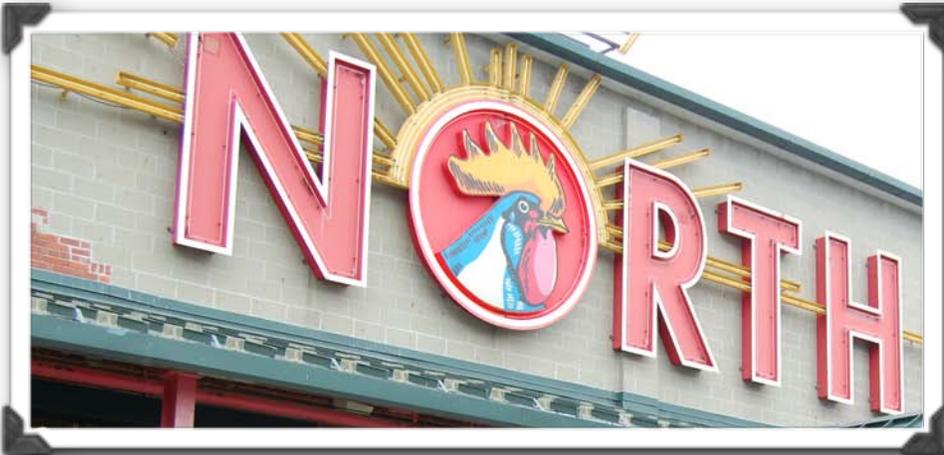
- Wednesday, March 6, 10 a.m., \$6, plus lunch OYO

Dignified Diners: 101 Beer Kitchen

101 Beer Kitchen opened October 2012, introducing Columbus to an exceptional pub experience sure to redefine what food and craft beer lovers expect of their neighborhood eateries. With a focus on fresh, quality ingredients, the restaurant's bedrock is scratch-made food, a convivial environment and design simplicity.

- Tuesday, Feb. 19, 10:45 a.m., \$3, plus lunch OYO

EXCURSIONS



Westminster Thurber with Joe Blundo

The Columbus Dispatch's well-known columnist Joe Blundo talks about his "BIG List of Lists," a compilation of Columbus' favorites. Hear about our city's history, buildings, people and personalities. Enjoy fresh-baked breakfast refreshments and coffee at 10 a.m. and then move to the auditorium at 10:30 a.m. for the scheduled speaker.

- Tuesday, Feb. 5, 9:30 a.m., \$3, lunch OYO TBA

Al's Popcorn

The tour starts with a short and entertaining video describing how they make their gourmet popcorn then a question-and-answer session. Of course, they save the best for last when with samples of lip-smacking flavors such as Cookies & Cream, Pizza, Bubblegum, and everybody's favorite, Jelly Bean! You're sure to have a smile on your face!

- Monday, Feb. 11, 11 a.m., \$3, lunch OYO at restaurant TBA

Columbus Airport Tour

There is a lot of walking on this tour as we see some of the behind the scenes' of the Columbus airport

- Thursday, Feb. 21, 10 a.m.; \$4, lunch OYO at Airport food court

Girls Just Want To Have Fun!

We're traveling to Plain City for an afternoon of shopping and dining. We begin with lunch and shopping at Der Dutchman. We explore the new Tique-Tock Clock Antique, Collectables and Gift Shop afterward then we are off to Yutzy's and the Cheese House.

- Monday, March 4, 10:45 a.m., \$3, lunch OYO

Amazing Tastes of North Market

Walking around the North Market is a sensory and gustatory occasion...but we'll do you one better on the Tasting tour! Learn the history of the public markets in Columbus, meet some North market merchants who are the backbone of this establishment, taste a few fabulous local foods and get your own mini-North Market shopping spree.

- Monday, Feb. 25, 10:30 a.m.; \$18

Rumpke Recycle Center Tour

The tour includes an explanation of acceptable recyclables and the collection of materials through curbside, commercial and drop-off box programs. Visitors also walk through the facility to learn about single stream sorting technology and see materials baled before they are sent to market.

- Monday, March 18, 9:30 a.m., (10 a.m. tour); \$3, lunch TBA OYO

Airstream Factory Tour

Founder Wally Byam developed Airstream's revolutionary low, rounded shape – making towing easier and more stable. Using aluminum he also made trailers light as possible. After 80 years, the Airstream concept is still relevant today. A lot of walking on this tour, eye protection and hearing protection required (provided on tour) no sandals or open toe shoes, please.

- Wednesday, March 20, 9:30 a.m., \$6 lunch OYO at Belfountain Restaurant

Great Trains & Grand Canyons

Pick up a flyer with all the information.

- April 28-May 1, \$1999 per person/double occupancy

LaComedia 9 to 5: The Musical

Don't miss this new musical comedy based on the classic hit movie! 9 to 5: The Musical featuring a brand-new score by seven-time Grammy Award winner Dolly Parton that includes the blockbuster title song, plus a book by original screenwriter Patricia Resnick and direction by two-time Tony Award®-winner Joe Mantello. In a hilarious turn of events, Violet, Judy and Doralee live out their wildest fantasy - giving their boss the boot! While Hart remains "otherwise engaged," the women give their workplace a dream makeover and rise to the top of the company that once looked at them as second-class citizens... A girl can scheme can't she?

- Wednesday, April 3, \$45, 9 a.m.

Ohio Theater Broadway Columbus War Horse

War Horse tells the story of young Albert and his beloved horse, Joey. At the outbreak of World War I, Joey is sold to the cavalry and shipped to France, where he's soon caught up in enemy fire and on an extraordinary odyssey, serving on both sides before finding himself in no man's land. But Albert cannot forget Joey and, still not old enough to enlist, he embarks on a mission to find him and bring him home.

- Thursday, April 25, 1 p.m. show, bus leaves at 11:45 a.m., \$49.50

Wicked

Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One, born with emerald green skin, is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good makes for "the most complete—and completely satisfying—new musical in a long time (USA Today)."

- Tickets go on sale in April; please let Dave or Linda know if you are interested so we can reserve seats.
- 2 p.m., June 6 at 2 p.m., \$69.50

Washington, D.C.

Pick up a flyer with all the information on this trip.

- June 7-10, \$495 per person/double occupancy

ACTIVITIES & SPECIAL EVENTS



Game Night

Get together for snacks, cards, puzzles, games and other social activities the first and third Thursday from 5:30-8 p.m. Please register by 4 p.m. the day before.

- Thursdays, Feb. 7 & 21 and March 7 & 21; \$2

Happiness Club

Reservations due by noon the Thursday prior. Call Jan Hoffman at 876-6694 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, Feb. 8
Committee members: Margie Johnson Chairperson, Evelyn Compton, Sue Watkins, Rob Sanders, Barb Sulanis, Sue Parks, Ruth Nester, Shirley Carpenter, Dixie Sampson, Susan Workman
- Friday, March 8
Committee members: Lena Clark Chairperson, Carol Curnutte, Helen Johnson, Bill Logston, Sonder McKensie, Sue Parks, Barb Salanis, Barb McCutcheon, Jeff & Adele Leininger

PJ Party and Chris Cakes

Chase away the winter blahs and catch your breakfast (lunch) at this fun PJ Party sponsored by Darby Glenn. Wear your PJ's if you like and enjoy pancakes, sausage and orange juice.

- Thursday, Feb. 28, noon, free

Valentine's Day Luncheon

Celebrate Valentine's Day today at lunch with games and prizes.

- Thursday, Feb. 14, noon, \$4

Carriage Court Dine & Discover

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

- Fridays, Feb. 15, March 15, noon; free.

Prayer Luncheon

An area minister presents a short message after the lunch. Reservations due the day before.

- Friday, Feb. 22 and Friday, March 22, (a week early due to Good Friday); \$4

Po-Ke-No by Mayfair Village

There is no charge but please register in advance.

- Thursdays, Feb. 28, March 28, 10 a.m.

Italian Day

Were hosting an Italian Party today, just for the fun of it!

- Wednesday, Feb. 13, noon, \$4

Lunch and Learn

Attend the seminar enjoy a free lunch, 11 a.m.

- **Estate Planning:** Wednesday, Feb. 6, Stephanie Dailey, Esq., Dailey Law Offices. Learn about wills, Living Wills, Financial and Health Care Power of Attorneys, Probate, Guardianships, and Simple Family Trusts.
- **Q & A:** Wednesday, Feb. 13, Tim Payne, Financial Advisor of Edward Jones. Get answers to all your financial questions today.
- **Gardening and Finance Planting Seeds That Grow:** Wednesday, March 13, Tim Payne, Financial Advisor of Edward Jones. Whether it's money or plants, the concept is the same. A horticultural expert is here to discuss some gardening tips for the springtime. And Tim talks finance too.

COMPUTER CLASSES

Basic Computers

Sessions: Consists of two separate two-hour sessions.

Prerequisite: No previous computer knowledge is required.

Computers: Bring your own laptop or work on one of ours.

Handout Provided: All participants receive a booklet outlining class materials.

Class Description: The first session provides hands-on practice in turning a computer on and off and moving the mouse efficiently (or using the laptop touchpad). Participants learn the crucial foundation of the Windows operating system and also learn to start exploring on a computer. The second session includes a review and progresses to understanding the functions of the keys on the keyboard. Participants learn how to input information into a document or email, correct typing errors, insert and delete text and more. This class is perfect for the person who has been hesitant to get started.

Optional Textbook: Basic Computers for Beginners, available for purchase from instructor for \$25. (The textbook covers The Foundation – Computer Basics class and the Saving and Organizing Your File class).

- Feb. 5 and 12

Saving & Organizing Your Files

Sessions: Consists of two separate two-hour sessions.

Prerequisite: Basic Computers

Computers: Bring your own laptop and/or flash drive or work one of ours.

Handout Provided: All participants receive a booklet outlining class materials.

Class Description: The purpose of this class is to learn how to save files effectively, find them, and organize them on your computer. Participants also learn to save and back up information onto an external flash drive. Participants learn how to install new programs (software) and customize a computer using the control panel.

Optional Textbook: Basic Computers for Beginners, available for purchase from instructor for \$25. (The textbook covers The Foundation – Computer Basics class and the Saving and Organizing Your File class).

- Feb. 19 and 26

Just Browsing: Internet Basics & Internet Explorer

Sessions: Consists of two separate two-hour sessions.

Prerequisite: Basic Computers

Computers: Bring your own laptop or work on one of ours.

Handout Provided: All participants receive a booklet outlining class materials.

Class Description: The first session explains the basics of search engines and the basic functions of a browser. Participants learn how to connect to the Internet and how to browse through websites efficiently. While learning, participants visit some of the most unique places on the Internet. The second class provides time for review and progress to saving favorites and viewing web history. Participants also learn to download and install programs and avoid viruses.

Optional Textbook: Internet for Beginners – available for purchase from instructor for \$25.

- March 5 and 12

Emailing FUN-damentals using Gmail

Sessions: Consists of two separate two-hour sessions

Prerequisite: Internet Basics or equivalent knowledge.

Computers: Bring your own laptop or work on one of ours.

Handout Provided: All participants receive a booklet outlining class materials.

Class Description: This class provides hands-on experience while you learn the basics of e-mail. Find out how e-mail works and learn to read, write, send, forward and reply to messages. The second class provides time for review, explore setting up your address book, sending to multiple recipients, sending and downloading attachments, and more. This class is taught using Gmail, although other web-based email accounts (Yahoo, AOL, Live, etc.) are demonstrated as needed for participants.

Optional Textbook: Email for Beginners, available for purchase from instructor for \$25.

- March 19 and 26



All classes meet from
10 a.m.–noon
and are \$44.

Learn to 'Like It on Facebook'

Sessions: Consists of two separate two-hour sessions

Computers: Bring your own laptop or work on our computers.

Prerequisite: Internet Basics or equivalent knowledge.

Handout Provided: All participants will receive a booklet outlining class materials.

Class Description: Facebook allows users to connect with family and friends in lots of fun and exciting ways. Participants will learn to create an account, find and add friends and family members, share photos, post messages, and join (or “like”) groups of interest. The first session includes a brief history and overview of the Facebook organization. Make sure to sign up quickly for this new class.

- April 2 and 9



HEALTH & WELLNESS



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, Feb. 20, March 20
- 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.

- Feb. 28, March 28, afternoon

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

Indoor Walking

Indoor walking is available in the gym.

- Monday-Friday, 8-9 a.m.

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

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.

Line Dancing—New Beginner Class

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

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

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

Fitness Room

Stop by and check out the new exercise machines in our fitness room. The Cam II machines were from the early '80s and needed replaced. Check the schedule on the bulletin board in the fitness room for training session dates on how to use the new machines.

Strength Training

Fitness equipment, treadmills and stationary bikes are available in the weight room. \$5 a month.

SENIOR CENTER DAILY SCHEDULE

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

HILLIARD PARK CAFE: MONTHLY MENUS

Meals are served at
 Nonm. Cost is \$4.
 Meal price for
 non-members is \$6.

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.

MARCH 2013

Tuesday	Wednesday	Thursday	Friday
5 Stuffed Peppers Mashed Potatoes Corn Cherry Cheesecake	6 Baked Ham Sweet Potatoes California Blend Veggies Angel Food Cake w/ Pineapple	7 Beef Tips over Noodles Mashed Potatoes Broccoli Peach Cobbler	8 Happiness Club Spaghetti & Meatballs Tossed Salad Garlic Bread Dessert Call Joy to Register at 876-6694
12 City Chicken Parsley Potatoes Mixed Veggies Pineapple Sheet Cake	13 Chicken Parmesan w/ Spaghetti Green Beans Garlic Bread Chocolate Chip Cookie & Vanilla Ice Cream	14 St. Patrick's Day Corn Beef Cabbage, potatoes, carrots Lime Pear Jello Green Poke Cake	15 Carriage Court
19 Broccoli Soup Ham & Cheese Sandwich Chips Butterscotch Pudding	20 Wellness Wednesday Tuna Salad w/ Lettuce Fruit Cup Angel Food Cake w/ Strawberries	21 Liver & Onions Mashed Potatoes Dilled Carrots Chocolate Cake	22 Prayer Luncheon Crispy Chicken Wild Rice California Blend Veggies Apple Pie a La Mode
26 Bacon Quiche Fruit Muffin Cookie/Sherbet	27 Pork Chops Baked Beans Dilled Carrots Apple Sauce Brownies	28 British Isle Day Fish and Chips Cole Slaw Bread Pudding	29 CLOSED

FEBRUARY 2013

Tuesday	Wednesday	Thursday	Friday
5 Cabbage Rolls Mashed Potatoes Dilled Carrots Cherry Cheesecake	6 Crispy Chicken Wild Rice California Blend Veggies Apple Pie	7 Brats Macaroni Salad Baked Beans Ice Cream Sundae	8 Happiness Club Meat Loaf Buttered Potatoes Broccoli Tossed Salad Dessert Call Joy to Register at 876-6694
12 Potato Soup Sloppy Joes Celery/Carrots Cookies	13 Italian Day Spaghetti with meat sauce Tossed Salad Garlic Bread Peanut Butter Ice Cream Pie	14 Valentines Lunch Baked Steak Mashed Potatoes Green Beans Cinnamon Apple Sauce Salad Red Velvet Cake	15 Carriage Court
19 Parmesan Chicken Cheesy Potatoes Broccoli Brownie Sundae	20 Wellness Wednesday Salad and Baked Potato Bar Fruit Cup Muffins	21 Ham Loaf Red Parsley Buttered Potatoes Mixed Veggies Pineapple Sheet Cake	22 Prayer Luncheon Baked Fish Cheesy Potatoes Peas & Carrots Angel Food Cake w/ Strawberries
26 Salmon Patties Mac & Cheese Peas Lemon Dessert	27 Liver & Onions Mashed Potatoes Succotash Marble Cake	28 Breakfast Chris Cakes By Darby Glenn	29

Name:

Phone:

SENIOR CENTER ACTIVITY REGISTRATION: FEBRUARY / MARCH 2013						
✓	Date	Day	Time	Activity	Fee	
	702222-17	W	10:30 a.m.	Mimi's & Polaris	\$5; lunch on your own	
	715122-04	Th	3 p.m.	Euchre Party	\$6; includes dinner	
	29-Jan	Tues	1 p.m.	Freedom Home Series	Kick Fear & Denial to the Side; Free	
	30-Jan	W	11 a.m.-noon	Dr Cyan; basics of bone health	FREE; Must attend seminar to receive free lunch	
	31-Jan	Th	10 a.m.	Po-ke-no	FREE	
	Feb 5 & 12	Tues	10 a.m.-noon	Basic Computers	\$44	
	Feb 5	Tues	9:30 a.m.	Joe Blundo; Coffee	\$3; lunch on your own	
	Feb 5	Tues	1 p.m.	Freedom Home Series	The Language of Discrimination; Free	
	Feb 6	Wed	11-noon	Estate Planning; Stephanie Dailey	Lunch and Learn; Free lunch	
	Feb 7	Th	5:30 p.m.	Game Night	\$2; payable the day of event	
	Feb 11	Mon	11 a.m.	All's Popcorn Store tour/sampling	\$3; lunch on your own	
	Feb 12	Tues	1 p.m.	Freedom Home Series	The Dispelling the Myths about Aging; Free	
	Feb 13	Wed	11-noon	Edward Jones; Open Q & A forum	FREE; Must attend seminar to receive free lunch	
	Feb 19 & 26	Tues	10 a.m.-noon	Saving & Organizing Your Files	\$44	
	Feb 19	Tues	10:45am	Dignified Diners; 101 Beer Kitchen	\$3; Lunch on your own	
	Feb 19	Tues	1 p.m.	Freedom Home Series	Mindset Matters; Free	
	Feb 21	Th	10 a.m.	Columbus Airport Tour	\$4; Lunch on your own	
	Feb 21	Th	5:30 p.m.	Game Night	\$2; payable the day of event	
	25-Feb	Mon	10:30 a.m.	Short North Sample/Tour	\$18	
	26-Feb	Tues	1 p.m.	Freedom Home Series	The Benefits of Aging; Free	
	28-Feb	Th	10 a.m.	Po-Ke-No	FREE	
	4-Mar	Mon	10:45 a.m.	Girls Want to Have Fun; PlainCity	\$3; Lunch on your own	
	Mar 5 & 12	Tues	10 a.m.-noon	Internet Basics using Internet Explorer	\$44	
	6-Mar	Wed	10 a.m.	Dignified Diners; Shaw's Lancaster	\$6; Lunch on your own	
	Mar 7	Th	5:30 p.m.	Game Night	\$2; payable the day of event	
	12-Mar	Tues	1 p.m.	Freedom Home Series	Senior Bullying; Free	
	13-Mar	Wed	11 a.m.	Edward Jones; Gardening & Finance	FREE; Must attend seminar to receive free lunch	
	14-Mar	Th	1 p.m.	Jim Collins	FREE	
	18-Mar	Mon	9:30 a.m.	Rumpke Recycle Center Tour	\$3; Lunch on your own	
	Mar 19 & 26	Tues	10 a.m.-noon	Emailing FUN-damentals using Gmail	\$44	
	19-Mar	Tues	1 p.m.	Freedom Home Series	How to Deal with Mean People; Free	
	20-Mar	Wed	9:30 a.m.	Airstream Factory Tour	\$6; Lunch on your own	
	Mar 21	Th	5:30 p.m.	Game Night	\$; payable the day of event	
	28-Mar	Th	10 a.m.	Po-Ke-No	FREE	
	Apr 2 & 9	Tues	10 a.m.-noon	Learn to 'Like It on Facebook'		
	3-Apr	Wed	9 a.m.	Lacomedea; 9-5 Musical	\$45 per person	
	25-Apr	Th	11:45 a.m.	War Horse; Ohio Theatre	\$49.50 per person	
UPCOMING EXCURSIONS						
	See Flyer	April 28-May 1	6 Days	Sedona; Grand Canyon	\$1,999 per person	
	See Flyer	Jun 7- 10	4 Days	Washington DC	\$495 per person	
	See Flyer	Sept 28-Oct 5	8 Days	Vermont, New Hampshire & Maine	\$1,195 per person	
	See Flyer	Dec 1- Dec 7	7 Days	Branson at Christmas	\$799 per person	

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**Senior
Center**

Recreation & Parks Department
3810 Veterans Memorial Drive
Hilliard, Ohio 43026
(614) 876-0747
www.hilliardohio.gov

PRESORT STD
US Postage Paid
Permit No. 37
Hilliard, OH

PLAY!

Newsletter

VOLUME 34, NO. 1
FEBRUARY-
MARCH 2013

Center Closings

The center is closed
on Monday, Feb. 18 in honor of
President's Day
and Friday, March 29
for Good Friday.

FREEDOM HOME SENIOR PRIDE SERIES

Please register in advance for each class you are attending. This is a free program.

Kick Fear & Denial to the Side: This intro class provides an overview to the Senior Pride Series. We begin by examining popular perceptions and/or misconceptions about aging. We also address the actual hardships of aging and provide helpful tips for healthy aging. The goal is to empower seniors by raising awareness and providing education so that we can begin to change negative attitudes about growing older. Refreshments provided.

- Tuesday, Jan. 29, 1 p.m.

The Language of Discrimination: We kick off the Senior Pride Series by discussing ageism or discrimination based on age with special attention to the stereotypical language reserved for seniors and aging. We discuss the dangers of stereotyping & labeling. We also begin to explore what we can do to expose discriminatory practices against seniors and discuss how to begin to fight back.

- Tuesday, Feb. 5, 1 p.m.

Dispelling the Myths about Aging: We take an honest look at many popular misconceptions about aging and also discuss the implications of all this misinformation. You might be surprised to find that many seniors buy into many of these misconceptions, the goal is to provide education so that we can separate fact from fiction.

- Tuesday, Feb. 12, 1 p.m.

Mindset Matters: We examine a number of research findings that suggest that a positive mental attitude makes for a happier, healthier, longer life. We also provide a number of strategies to help you be more mindful of your own tendencies and shift to a more positive mindset.

- Tuesday, Feb. 19, 1 p.m.

The Benefits of Aging: We take a look back at what we have learned over the past several weeks and share our discoveries. We discuss the benefits of getting older and what we can do to make it even better. Lunch is provided.

- Tuesday, Feb. 26, 1p.m.

Senior Bullying: Did you know bullying is common among seniors in retirement communities, assisted living communities, long term care settings, and senior centers? Why are seniors behaving poorly? The answer is probably not what you think. Do you know the difference between a mean person and a bully? Please join us as we examine types of bullying and reasons for bullying among seniors. Refreshments provided.

- Tuesday, March 12, 1 p.m.

How to Deal with Mean People: Please join us as we expand upon last week's discussion about bullying. Here we engage in role playing and discussion to identify and practice successful strategies for dealing with mean people or bullies. The answer is never aggression but instead we focus on how to be assertive without being aggressive. Refreshments provided.

- Tuesday, March 19, 1 p.m.