



# 2019 Senior Newsletter

Vol. 41, No. 3  
June - August 2019



Real People. Real Possibilities.



# NOTES & RESOURCES

## Center Closings/Programs Cancelled

The center is closed and programs will be cancelled Tuesday, July 4, and during our annual shutdown Saturday, Aug. 31, through Sunday, Sept. 8.

## Library

We have a library with a wide selection of books, movies, audio books, and puzzles for our members. Computers and printers are available for your use. Thank you to everyone who has donated books!

## Membership Renewal

Memberships are valid for 12 months. A renewal form is available in the office. Memberships are \$15. Complementary memberships are provided to those 90 and older.

## OSHIIP

The Ohio Senior Health Insurance Information Program provides free information and other health insurance services to Ohioans covered by Medicare. Schedule a one-on-one appointment at the Senior Center office for the fourth Thursday of each month.

## PLAY! Program and Activity Guide

For additional information on daily programs and cancellation policies, pick up our current program and activity sheets or go online at [www.hilliardohio.gov](http://www.hilliardohio.gov).

## Senior Hall of Fame

Honored for a lifetime of service, personal achievement and a positive image of aging, one or two senior citizens are inducted to the Hilliard Senior Citizen Hall of Fame each year. Nominees may be living or deceased. They should exemplify how senior citizens contribute to their communities and respond creatively to retirement.

Requirements for nomination:

- 65 or older
- An individual or couple
- Nominated between April 1 and June 1 of the current year
- Not currently holding an elected public office
- Nominees must be one of the three:
  1. A current resident in the Hilliard City School District
  2. A resident of the Hilliard City School District

for the last five years who currently lives in an assisted living facility outside the District for reasons of health or income

3. A former Hilliard resident for more than 20 years who had a significant impact in the community

Nomination forms are available online at [hilliardohio.gov/senior-citizen-hall-of-fame](http://hilliardohio.gov/senior-citizen-hall-of-fame).

You can also fill out a form in person at the Phyllis A. Ernst Senior Center, Hilliard Community Center or Hilliard Municipal Building. Completed forms must be returned to the Phyllis A. Ernst Senior Center on or before June 1.

## Support Services

The Senior Center can provide information about independent living facilities, residential care, nursing, rehabilitation and contact information for local and national resources.

### AARP

[www.aarp.org](http://www.aarp.org)  
1-800-687-2277

### Alzheimer's Association

[www.alz.org/centralohio](http://www.alz.org/centralohio)  
1-800-272-3900

### Central Ohio Area Agency on Aging (COAAA)

[www.coaaa.org](http://www.coaaa.org)  
1-800-589-7277

### Ohio Department of Aging

[www.aging.ohio.gov](http://www.aging.ohio.gov)  
1-800-266-4346



# WHAT ELSE CAN YOU TELL US?

## What has been your greatest professional accomplishment?

**Jim Morgan:** Served six years in the U.S. Army from 1958-1964. Graduated in 1973 from The Ohio State University in Business Administration (Accounting)

**Mary Brady:** Retirement!

**Phil Gano:** Served in the U.S. Marine Corps for four years and seven months. 1961-1966. Guarded President Lyndon B. Johnson.

**Ginny Mumaw:** In 1974, a fire burned down The Imperial House North Restaurant & Bar where I was employed as the banquet manager. Because of my efforts, we reopened without losing a single client or employee.

## What has been your greatest personal accomplishment?

**Jim Morgan:** My family. I was married to my wife, Beverly, for 52 years. I have one daughter and son-in-law, one grandson, his wife, and four great-grandkids

**Mary Brady:** Staying married to my husband, Larry, for 56 years!

**Phil Gano:** Guarding President Johnson.

**Ginny Mumaw:** I was a lifelong Girl Scout and was product sales manager for Hilliard for more than 20 years. My first year of sales, I stored cookies in my garage. By the second year, I needed a warehouse.

## If you had to change something about yourself, what would it be?

**Jim Morgan:** Nothing!

**Mary Brady:** I wish I was more social and a dancer.

**Phil Gano:** Nothing!

**Ginny Mumaw:** I would have gone to grad school to be a MedTech.

## If you won the lottery, what would you do with the money?

**Jim Morgan:** Share the money with family and friends. Donate money to charity (church, Senior Center, etc.)

**Mary Brady:** Donate to many charities and buy a new house.

**Phil Gano:** Spend it!

**Ginny Mumaw:** Pay off children's college loans. Donate to charity. Take care of grandson's education.

# ACTIVITIES

## Aspiring Writers Support Group

**Mondays, 9-11 a.m.**

**Cost: Free**

## Bible Study

**Mondays, 10:15 a.m.**

**Cost: Free**

## Craft Club

**Wednesdays, 9:30 a.m.**

**Cost: Free**

This group works on various projects for fundraisers and donations. Supplies are provided.

## Jewelry Making Class

**First and third Wednesdays of the month, 1 p.m.**

**Cost: Free**

## Po-Ke-No

**Thursdays June 27, July 25 and Aug. 29 at 10 a.m.**

**Cost: Free**

Sponsored by Mayfair Village.

# DAY TRIPS

## Activity Levels

**Mild:** May require some leisurely walking. There may be minimal steps or uneven surfaces and some standing.

**Moderate:** May require moderate walking and extended standing. There may be steps or uneven surfaces.

**Strenuous:** May require extended periods of walking and standing. There may be numerous steps or uneven terrain.

## Excursion/Trip Chaperones

The duty of the trip chaperone is to take a head count, distribute tickets and assist in case of an emergency. Chaperones cannot provide one-on-one assistance. Trip participants are expected to be able to function independently, both physically and mentally. If you require individual assistance you may bring someone to help you. All participants must register and buy a ticket.

## Refunds

Day trip refunds will only be provided if you cancel at least seven days in advance of the trip. If your trip or activity required advance purchase of tickets, we will issue a refund only if we are able to re-sell your reservation to a patron on the waiting list. If we are unable to re-sell your ticket, you will be responsible for the cost.



## Local Shop

**Cost: Free (reservations required)**

**Activity level: Moderate**

The Senior Center bus picks you up at your home if you live in the City of Hilliard. The bus leaves the center at 11 a.m. Please call in advance to make a reservation.

**Friday, June 7, 11 a.m. (Kroger)**

**Friday, June 28, 11 a.m. (Meijer)**

**Friday, July 5, 11 a.m. (Wal-Mart)**

**Friday, July 19, 11 a.m. (Kroger)**

**Friday, Aug. 2, 11 a.m. (Meijer)**

**Friday, Aug. 16, 11 a.m. (Wal-Mart)**

**Friday, Aug. 30, 11 a.m. (Kroger)**

## Dickens Cattle Ranch Tour and Mehlman's Cafeteria (Barnesville, Ohio)

**Tuesday, June 4, 8:15 a.m.**

**Cost: \$7 at sign up, \$12 cash day of tour**

**Lunch: On your own at Mehlman's**

**Activity level: Moderate**

The 75-minute interpretive Longhorn Ranch Tour includes close-up viewing of Buelingo, Texas Longhorn and African Watusi cattle herds. The rugged ranch buses bounce across rough Appalachian foothill pastures and go where the cattle roam. Guests receive special cow-candy to hand feed the cast members. Cameras and videos are welcomed.

## Hollywood Casino

**Wednesday, June 5**

**Cost: \$3 (\$5 free play)**

**Activity level: Mild**

Lunch is on your own at the casino. You must be registered by the Friday before the trip to receive the free play credit.

## Grove City Evans Center Play, "Here Comes the Judge!"

**Thursday, June 6, 10:30 a.m.**

**Cost: \$4 at sign up and a canned food donation day of performance**

**Lunch: On your own**

**Activity level: Mild**

Judge Judy has never been this entertaining! Uncontrollable laughs abound when the zany Judge Knott presides over two cases. Before the judge can rule, his courtroom is taken hostage by Weasel, a dognapper, and his girlfriend, Delores, who have fled from an adjoining courtroom. In this crisis, some of the feuding factions put their differences aside to defeat their zany captors.

## Dum-Dum Lollipop Factory Tour and Four Seasons Diner (Bryan, Ohio)

**Monday, June 10, 9:30 a.m.**

**Cost: \$7 at sign up and \$4 cash day of**

**Lunch: On your own**

Dum-Dums Trolley passengers enjoy a live, guided tour through the receiving warehouse, past the lollipop wrapping room, in and around the candy packing area, and out into the warehouse. Videos during short trolley stops provide a close-up view of the candy kitchens.

## Marblehead Lighthouse Tour and Lunch at Marblehead Galley I (Lake Erie)

**Wednesday, June 10, 7:45 a.m.**

**Cost: \$7 at sign up plus \$5 cash day of tour**

**Lunch: On your own at Marblehead Galley**

**Activity level: Moderate/Strenuous**

Resting on the Marblehead Peninsula, a rocky headland of Columbus limestone that juts into Lake Erie, Marblehead Lighthouse is one of Lake Erie's best-known and most-photographed landmarks. The grounds surrounding the lighthouse offer excellent picnicking and views of Lake Erie, Sandusky Bay, Kelley's Island and South Bass Island. The Marblehead Lighthouse Historical Society assists in staffing the keeper's house, which serves as a museum and the replica of the 1876 U.S. Lifesaving Station.

## Cleveland Indians vs. Cincinnati Reds (Cleveland)

**Wednesday, June 12, 8:15 a.m.**

**Cost: \$55 at sign up**

**Lunch: On your own at the ballpark**

**Activity level: Moderate**

In-state rivals face off in this interleague battle for the State of Ohio! Enjoy a 12:35 p.m. game at Progressive Field with your favorite Ohio baseball teams.

## Schnormeier Gardens Walking Tour I (Mount Vernon, Ohio)

Friday, June 14, 8:30 a.m.

Cost: \$7 at sign up

Lunch: On your own at local restaurant

Activity level: Moderate/Strenuous

Schnormeier Gardens are in the gentle, rolling hills of central Ohio. They began building the gardens in 1996 and have grown to include 50 acres of manicured lawns, 10 lakes, a variety of discrete garden areas, and several waterfalls. The property's focal point is a spectacular Frank Lloyd Wright-inspired home. Other attractions include a Japanese teahouse, garden house, Chinese pavilion, arched bridge, and an ever-growing collection of unique sculptures.

## Zoar Village Tour and Lunch at Firehouse Café (Zoar Ohio)

Tuesday, June 18, 8 a.m.

Cost: \$7 at sign up and \$8 cash day of tour

Lunch: On your own

Zoar Village was founded in 1817 by a group of more than 200 German Separatists seeking escape from religious persecution in their homeland. These Separatists thrived as a unique society for more than 80 years, making Zoar Village one of the most successful communal settlements in American history. Tour the museum buildings, see early American architecture, and enjoy the quaint village scenery.

## Columbus Clippers

Thursday, June 20, 9:45 a.m.

Cost: Free to first 50 sign ups

Lunch: Free boxed lunch at the game

Sponsor: Heartland of Dublin

Activity level: Moderate

The Columbus Clippers host the Rochester Red Wings. Fans ages 60 and older receive a boxed lunch and chance for special door prizes.

## Jazz Under the Stars at Dublin Retirement Village

Friday, June 21, 5 p.m.

Cost: \$3 at sign up, \$10 cash day of performance

Enjoy an evening of great music, fantastic food, spirits and beer. Place a bid at the silent auction. All proceeds from the auction and registration benefit the Alzheimer's Association. Entertainment will be provided by the soulful sounds of the Russell Blue Band.

## Scioto Downs Racino

Wednesday, June 26, 9:30 a.m.

Cost: \$4 (\$10 free play and \$5 dining credit)

Activity level: Mild

Lunch is on your own at the racino. You must be registered by the Friday before the trip to receive the free play and lunch credit.

## Schnormeier Gardens Walking Tour II (Mount Vernon, Ohio)

Thursday, June 27, 9:15 a.m.

Cost: \$7 at sign up

Lunch: On your own at local restaurant

Activity level: Moderate/Strenuous

Schnormeier Gardens are in the gentle, rolling hills of central Ohio. They began building the gardens in 1996 and have grown to include 50 acres of manicured lawns, 10 lakes, a variety of discrete garden areas, and several waterfalls. The property's focal point is a spectacular Frank Lloyd Wright-inspired home. Other attractions include a Japanese teahouse, garden house, Chinese pavilion, arched bridge, and an ever-growing collection of unique sculptures.

## Hilliard Arts Council presents "Shrek, The Musical" (Hilliard)

Sunday, July 14, 2 p.m.

Cost: \$3 at sign up, \$10 cash day of performance

Dinner: On your own at local restaurant after performance

Activity level: Mild

"Shrek, The Musical," based on the Oscar®-winning DreamWorks film that started it all, brings the hilarious story of everyone's favorite ogre to life on stage. Dine at local restaurant after the performance.

## Franklin County Fair Senior Day

Monday, July 15, and Tuesday, July 16, 9 a.m.-2:30 p.m.

Activity level: Moderate

Sign up for the free shuttle to and from Senior Day at the Franklin County Fair. Participants must buy a ticket to the fair before entering the fairgrounds.

## Central Ohio Firehouse Museum (Columbus)

Thursday, July 18, 9:30 a.m.

Cost: \$4 at sign up plus \$7 cash day of tour

Lunch: On your own

Activity level: Moderate

The Central Ohio Fire Museum and Learning Center pays tribute to past, present, and future firefighters and the rich legacy they have left us. Through a collection of hand-drawn, horse-drawn, and motorized fire equipment, visitors can retrace the steps of firefighters and learn about their day-to-day lives in the engine house.

## The Age of Steam Roundhouse and Der Dutchman Restaurant I (Sugar Creek, Ohio)

Tuesday, July 23, 8:15 a.m.

Cost: \$7 at sign up, \$15 cash day of tour

Lunch: On your own at Der Dutchman

Activity level: Moderate/Strenuous

Visitors to the Age of Steam Roundhouse will experience an immersive trip back into the heyday of steam locomotives and travel. Guided tour highlights include an 18-stall, accurately reconstructed brick roundhouse surrounding a 115-foot turntable; the largest private

collection of steam locomotives in the world; and a fully functioning, working back shop where skilled Age of Steam Roundhouse staff actively continue to restore and repair steam locomotives. Closed-toe shoes are required.

### **Hollywood Casino**

**Wednesday, July 24**

**Cost: \$3 (\$5 free play)**

**Activity level: Mild**

Lunch is on your own at the casino. You must be registered by the Friday before the trip to receive the free play credit.

### **Senior Day at the Ohio State Fair**

**Tuesday, July 30, 9 a.m.**

**Cost: \$7 at sign up**

**Lunch: On your own**

**Activity level: Moderate**

Get ready for the Ohio State Fair, a family favorite tradition since 1850! Enjoy a variety of activities and exhibits including interactive educational displays, sporting competitions, fine arts show, and free stages with amazing entertainment. Enjoy a free John Denver tribute concert.

### **Rosary Cathedral and Lunch at Tony Packo's (Toledo)**

**Wednesday, July 31, 8 a.m.**

**Cost: \$7 at sign up plus \$3 cash day of tour**

**Lunch: On your own at Tony Packo's**

**Activity level: Moderate**

Our Lady, Queen of the Most Holy Rosary Cathedral is a Roman Catholic church in the Old West End of Toledo. The cathedral is the mother church of the 122 parishes in the Roman Catholic Diocese of Toledo. This cathedral is unique architecturally in that it was designed in the Spanish Plateresque style. It was designed with Toledo's Sister City, Toledo, Spain, in mind.

### **Scioto Downs Racino**

**Wednesday, Aug. 7, 9:30 a.m.**

**Cost: \$4 (\$10 free play and \$5 dining credit)**

**Activity level: Mild**

Lunch is on your own at the racino. You must be registered by the Friday before the trip to receive the free play and lunch credit.

### **American Sign Museum Guided Tour (Cincinnati)**

**Thursday, Aug. 8, 9 a.m.**

**Cost: \$7 at sign up and \$10 cash day of tour**

**Lunch: On your own**

**Activity level: Moderate**

The American Sign Museum is 20,000 square feet of more than a century of American signage. From early, pre-electric signs adorned in gold leaf to the earliest electric signs, beautiful art-deco neon, and modern plastic-faced signs, the museum covers it all.

### **"Trumpet In The Land" Outdoor Theater (New Philadelphia)**

**Monday, Aug. 12, 3 p.m.**

**Cost: \$7 at sign up plus \$15 cash day of performance**

**Dinner: On your own**

**Activity level: Moderate/Strenuous**

Ohio's longest-running outdoor theater production brings to life the tragic but inspiring story of David Zeisberger and his Christian Indian followers as they struggled to preserve their peaceful settlement despite the growing violence of the Revolutionary War. The story begins in 1772 in the heart of the Ohio wilderness. Ziesberger, a Moravian minister, has just arrived in the Ohio Valley with dreams of building the first settlement in the wilderness, Schoenbrunn. Meanwhile, tempers between the British and Americans flair, eventually leading to the start of the Revolutionary War.

### **The Age of Steam Roundhouse and Der Dutchman Restaurant II (Sugar Creek, Ohio)**

**Wednesday, Aug. 14, 8:15 a.m.**

**Cost: \$7 at sign up, \$15 cash day of tour**

**Lunch: On your own at Der Dutchman**

**Activity level: Moderate/Strenuous**

Visitors to the Age of Steam Roundhouse will experience an immersive trip back into the heyday of steam locomotives and travel. Guided tour highlights include an 18-stall, accurately reconstructed brick roundhouse surrounding a 115-foot turntable; the largest private collection of steam locomotives in the world; and a fully functioning, working back shop where skilled Age of Steam Roundhouse staff actively continue to restore and repair steam locomotives. Closed-toe shoes are required.

### **Flower Child Vintage Shop and Museum Tour and Goody Boy Diner (Columbus)**

**Thursday, Aug. 15, 10:30 a.m.**

**Cost: \$4 at sign up**

**Lunch: On your own at Goody Boy Diner**

**Activity level: Moderate**

Flower Child has been keeping Cleveland and Columbus cool with great 20th century gear, with items from the 1930s to the 1980s. Great vintage items are around every corner, hand selected and displayed as they would have been when originally sold. This is a true vintage department store and museum.

### **Marblehead Lighthouse Tour & Lunch at Marblehead Galley II – Lake Erie**

**Tuesday, Aug. 20, 7:45 a.m.**

**Cost: \$7 at sign up plus \$5 cash day of tour**

**Lunch: On your own at Marblehead Galley**

**Activity level: Moderate/Strenuous**

Resting on the Marblehead Peninsula, a rocky headland of Columbus limestone that juts into Lake Erie, Marblehead Lighthouse is one of Lake Erie's best-known and most-photographed landmarks. The grounds surrounding the lighthouse offer excellent picnicking and views of Lake Erie, Sandusky Bay, Kelley's Island and South Bass Island. The

Marblehead Lighthouse Historical Society assists in staffing the on-site keeper's house, which serves as a museum and the replica of the 1876 U.S. Lifesaving Station.

### Tailgate Party (Dublin Retirement)

Thursday, Aug. 22, 12:30 p.m.

Cost: \$3 at sign up and \$5 cash day of party

Activity level: Mild

Dress in your favorite team's jersey and enjoy food, games and prizes with Christoffer Welen of Dublin Retirement.

### Hollywood Casino

Wednesday, Aug. 28, 9:30 a.m.

Cost: \$3 (\$5 free play)

Activity level: Mild

Lunch is on your own at the casino. You must be registered by the Friday before the trip to receive the free play credit.

# SEMINARS

### Outlook and Opportunities: Investing in the Late Innings of the Bull Market

Michael Marcano of Edward Jones

Wednesday, June 5, 10:30 a.m.

Cost: Lunch is free to those attending this session.

The program explores today's stock market, the importance of asset allocation, preparation for volatile markets and opportunities in the current environment.

### Beat Diabetes Without Harmful Prescriptions

Dr. Dan Jurus, DC

Monday, June 10, 2019, 11:30 a.m.

Cost: Free (Must attend seminar to receive the free lunch)

Have you been diagnosed with Type 2 diabetes and want to improve your health without medications? Are you suffering from numbness, burning, throbbing, or electric pains in your feet or hands that is not relieved with prescriptions? Do you have balance problems? Are you looking for an alternative way to take charge of your health? Learn how to improve your symptoms through our non-pharmaceutical approach to achieve long-lasting health.

### Tackling Pain

Dryer Physical Therapy

Tuesday, June 25, 10:30 a.m.

Cost: Free (Must attend seminar to receive the free lunch)

Senior Wellness Series: Tackling pain in your back, hip and knee

### Pre-Planning for Cremation

Neptune Society

Wednesday, June 26, 10:30 a.m.

Cost: Free (Must attend seminar to receive the free lunch)

### Simple Steps to Getting Better Balance

Dr. Halle Bensen, DC

Monday, July 8, 11:30 a.m.

Cost: Free (Must attend seminar to receive the free lunch)

Is your balance declining to the point you need to use a cane? Feeling unsteady on your feet and worried about falling? Learn about the latest strategies for improving your balance without the use of drugs or surgery.

### Pre-Planning for Cremation

Neptune Society

Thursday, July 25, 10:30 a.m.

Cost: Free (Must attend seminar to receive the free lunch)

### Strength and Flexibility

Dryer Physical Therapy

Tuesday, Aug. 6, 10:30 a.m.

Cost: Free (Must attend seminar to receive the free lunch)

Senior Wellness Series: Finding new strength and flexibility for better living.

### Standing Guard: Protect What You've Worked For

Michael Marcano of Edward Jones

Wednesday, Aug. 7, 10:30 a.m.

Cost: Lunch is free to those attending this session.

Learn strategies to help guard valuable assets and protect pre- and post-retirement income. This session covers the impact of longevity, withdrawal strategies, anticipating rising costs, reviewing insurance/long term care protection, and healthcare cost concerns.

### From Back Pain to No Pain

Dr. Halle Bensen, DC

Monday, Aug. 12, 11:30 a.m.

Cost: Free (Must attend seminar to receive the free lunch)

Do you suffer from debilitating low back pain that worsens with movement? Having difficulty sitting, standing, bending, or picking up objects? Learn about the latest methods for lasting relief from your condition without harmful drugs or dangerous surgery for your back pain.

### Pre-Planning for Cremation

Neptune Society

Thursday, Aug. 29, 10:30 a.m.

Cost: Free (Must attend seminar to receive the free lunch)



# HEALTH & WELLNESS

## Alzheimer's Support Group

Third Friday of the month, 9:30 a.m.

Cost: Free

A support group for family members, caregivers, and friends of people with Alzheimer's disease or related disorders meets at the Senior Center. This session is facilitated by a trained professional. This group lets participants discuss caregiving challenges and share helpful tips while receiving support from others who are in similar situations.

## Bowling

Instructor: Bill Lobuzzetta

Mondays, 9 a.m.

Location: Sawmill Lanes

Cost: \$8

Meet Bill Lobuzzetta for weekly bowling.

## Get Fit

Instructors: Jo Hughes, Maggie Schmidt

Tuesdays and Fridays, 9:15-10 a.m.

Activity card only

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.

## Indoor Walking Schedule

Weekdays 8-9 a.m.

## Pickleball

Mondays and Fridays, 9 a.m.-12:30 a.m.

Wednesdays, 12:30-3:30 p.m.

Cost: Free with senior membership

Pickleball is a court game slower than tennis, with strategies similar to tennis and table tennis. Pickleball is played with wood or composite paddles and perforated plastic balls similar to Wiffle balls.

## Strength Training

Cost: \$5 per month

Fitness equipment, treadmills, free weights and stationery bikes are available in the weight room.

## Tai Chi

Thursdays, 9 a.m.

Cost: Free with membership

## The New Lifestyle

Instructor: Jane Stauffer

Mondays and Thursdays, 10:15-11 a.m.

Saturdays, 9:45-10:30 a.m.

Cost: \$8 drop-in fee (first class is free)

Enjoy fantastic fitness that empowers you to embrace a healthier lifestyle by increasing strength, endurance, balance, and flexibility in a fun and encouraging atmosphere.

## Zumba

Instructor: Doreen Woodard

Sundays, 5-6 p.m.

Wednesdays and Thursdays, 6-7 p.m.

Cost: \$5

Ditch the workout and join the party! Zumba uses interval training, combining fast and slow rhythms for an effective aerobic workout. Watch and follow along. Zumba is great for the body and mind. The class is designed for all abilities.

## REMEMBER

You can download a digital copy of the newsletter and menus online at:  
[hilliardohio.gov/senior-center/](http://hilliardohio.gov/senior-center/)





# LUNCHEON

## Happiness Club

Friday, June 14, 11:30 a.m.

Cost: \$6

Your reservation is due by 4 p.m. the Wednesday before the lunch. Register at the center or online.

## Mill Run Luncheon

Friday, June 21, noon

Cost: Free

Mill Run hosts this meal on the third Friday of the month. Mill Run provides an informative speaker after lunch.

## Prayer Luncheon

Friday, June 28, 11:30 a.m.

Cost: \$5

Join us for the Prayer Luncheon. An area minister presents a short message after the meal. Your reservation is due the day before the luncheon.

## Kindercare Kids Lunch

Tuesday July 9, 11:30 a.m.

The kids from Kindercare Hilliard will join us for lunch and listen to all your stories about “walking uphill both ways to school” and what life was like before cell phones!

## Kindercare Kids Lunch

Thursday July 11, 11:30 a.m.

The kids from Kindercare Hilliard will join us for lunch and listen to all your stories about “walking uphill both ways to school” and what life was like before cell phones!

## Happiness Club

Friday, July 12, 11:30 a.m.

Cost: \$6

Your reservation is due by 4 p.m. the Wednesday before the lunch. Register at the center or online.

## Mill Run Luncheon

Friday, July 19, noon

Cost: Free

Mill Run hosts this meal on the third Friday of the month. Mill Run provides an informative speaker after lunch.

## Prayer Luncheon

Friday, July 26, 11:30 a.m.

Cost: \$5

Join us for the Prayer Luncheon. An area minister presents a short message after the meal. Your reservation is due the day before the luncheon.

## Happiness Club

Friday, Aug. 9, 11:30 a.m.

Cost: \$6

Your reservation is due by 4 p.m. the Wednesday before the lunch. Register at the center or online.

## Mill Run Luncheon

Friday, Aug. 16, noon

Cost: Free

Mill Run hosts this meal on the third Friday of the month. Mill Run provides an informative speaker after lunch.

## Prayer Luncheon

Friday, Aug. 30, 11:30 a.m.

Cost: \$5

Join us for the Prayer Luncheon. An area minister presents a short message after the meal. Your reservation is due the day before the luncheon.



## FOLLOW US

Connect with us on Facebook at “City of Hilliard, Ohio”, on Twitter at @HilliardGov, and on Instagram at @HilliardGov.

# JUNE



Tuesday	Wednesday	Thursday	Friday
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<ul style="list-style-type: none"> <li>•Hot Dogs</li> <li>•Baked Beans</li> <li>•Potato Salad</li> <li>•Ice Cream Sundae</li> </ul>	<ul style="list-style-type: none"> <li>•Cabbage Rolls</li> <li>•Mashed Potatoes</li> <li>•California Blend Vegetables</li> <li>•Dump Cake</li> </ul>	<ul style="list-style-type: none"> <li>•Beef &amp; Noodles</li> <li>•Mashed Potatoes</li> <li>•Corn</li> <li>•Cherry Cheese Cake</li> </ul>	<b>No Lunch</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<ul style="list-style-type: none"> <li>•Parmesan Chicken</li> <li>•Cheesy Potatoes</li> <li>•Peas</li> <li>•Apple Pie</li> </ul>	<ul style="list-style-type: none"> <li>•Veal Cutlets</li> <li>•Scalloped Potatoes</li> <li>•Cauliflower</li> <li>•Peach Crisp</li> </ul>	<ul style="list-style-type: none"> <li>•Meat Loaf</li> <li>•Buttered Potatoes</li> <li>•Green Beans</li> <li>•Cherry Pie Bars</li> </ul>	<b>Happiness Club</b> <ul style="list-style-type: none"> <li>•Pork Roast</li> <li>•Parsley Buttered Potatoes</li> <li>•Succotash</li> <li>•Perfection Salad</li> <li>•Dessert</li> </ul>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<ul style="list-style-type: none"> <li>•Cheese Ravioli with Meat Sauce</li> <li>•Tossed Salad</li> <li>•Garlic Bread</li> <li>•Cookie/Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>•Apricot Chicken</li> <li>•Over Rice</li> <li>•Broccoli</li> <li>•Chocolate Dessert</li> </ul>	<ul style="list-style-type: none"> <li>•City Chicken</li> <li>•Au Gratin Potatoes</li> <li>•Glazed Carrots</li> <li>•Cherry Pie</li> </ul>	<b>Mill Run Luncheon</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<ul style="list-style-type: none"> <li>•Creamed Chipped</li> <li>•Beef over Biscuits</li> <li>•California Blend Vegetables</li> <li>•Vanilla Pudding</li> </ul>	<ul style="list-style-type: none"> <li>•Italian Sausage Sandwich with Peppers &amp; Onions</li> <li>•Macaroni &amp; Cheese</li> <li>•Applesauce</li> <li>•Brownie</li> </ul>	<ul style="list-style-type: none"> <li>•Pork Chops</li> <li>•Fried Potatoes</li> <li>•Mixed Vegetables</li> <li>•Peanut Butter Cake</li> </ul>	<b>Prayer Luncheon</b> <ul style="list-style-type: none"> <li>•Cheddar Chicken</li> <li>•Wild Rice</li> <li>•Succotash</li> <li>•Blueberry Crisp</li> </ul>

Please make a reservation by 4 p.m. the preceding day. Meal tickets are available in the Senior Center office as an alternative to paying the \$5 meal charge each day. A meal ticket may be purchased for six (6) meals for \$29 or 12 meals for \$58 with check, VISA, Discover or MasterCard.

Meals are served at 11:30 a.m. The cost is \$5. Happiness Club is \$6. Special event lunches may be more.

*Menu is subject to change*

# JULY



Tuesday	Wednesday	Thursday	Friday
2	3	4	5
<ul style="list-style-type: none"> <li>•Broccoli Cheese Soup</li> <li>•Hot Dogs</li> <li>•Chips</li> <li>•Chocolate Pudding</li> </ul>	<ul style="list-style-type: none"> <li>•Taco Salad</li> <li>•Muffin</li> <li>•Fruit Cup</li> <li>•Peanut Butter Ice Cream Pie</li> </ul>	<b>CLOSED</b>	<b>No lunch</b>
9	10	11	12
<ul style="list-style-type: none"> <li>•Vegetable Beef Soup</li> <li>•Grilled Cheese</li> <li>•Cottage Cheese</li> <li>•Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>•Country Fried Steak</li> <li>•Mashed Potatoes</li> <li>•Green Beans</li> <li>•Texas Sheet Cake</li> </ul>	<ul style="list-style-type: none"> <li>•Chicken &amp; Noodles</li> <li>•Mashed Potatoes</li> <li>•Succotash</li> <li>•Butterscotch Pudding</li> </ul>	<b>Happiness Club</b> <ul style="list-style-type: none"> <li>•Roast Beef</li> <li>•Mashed Potatoes</li> <li>•Broccoli</li> <li>•Applesauce</li> <li>•Dessert</li> </ul>
16	17	18	19
<ul style="list-style-type: none"> <li>•Stuffed Peppers</li> <li>•Mashed Potatoes</li> <li>•California Blend Vegetables</li> <li>•Cherry Crisp</li> </ul>	<ul style="list-style-type: none"> <li>•Lasagna</li> <li>•Tossed Salad</li> <li>•Garlic Bread</li> <li>•Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>•Baked Ham</li> <li>•Baked Sweet Potatoes</li> <li>•Mixed Vegetables</li> <li>•Apple Pie</li> </ul>	<b>Mill Run Luncheon</b>
23	24	25	26
<ul style="list-style-type: none"> <li>•Cheddar Chicken</li> <li>•Scalloped Potatoes</li> <li>•Peas</li> <li>•Blueberry Crisp</li> </ul>	<ul style="list-style-type: none"> <li>•Pork Chops</li> <li>•Stuffing</li> <li>•Baked Beans</li> <li>•Honey Bun Cake</li> </ul>	<ul style="list-style-type: none"> <li>•Baked Steak</li> <li>•Mashed Potatoes</li> <li>•Corn Casserole</li> <li>•Butterfinger Pie</li> </ul>	<b>Prayer Luncheon</b> <ul style="list-style-type: none"> <li>•Bacon Quiche</li> <li>•Muffin</li> <li>•Fresh Fruit</li> <li>•Wacky Cake</li> </ul>
30	31		
<ul style="list-style-type: none"> <li>•Potato Soup</li> <li>•Sloppy Joe Sandwich</li> <li>•Cole Slaw</li> <li>•Vanilla Pudding</li> </ul>	<ul style="list-style-type: none"> <li>•Oven Fried Chicken</li> <li>•Mashed Potatoes</li> <li>•Glazed Carrots</li> <li>•Cherry Pie</li> </ul>		

Please make a reservation by 4 p.m. the preceding day. Meal tickets are available in the Senior Center office as an alternative to paying the \$5 meal charge each day. A meal ticket may be purchased for six (6) meals for \$29 or 12 meals for \$58 with check, VISA, Discover or MasterCard.

Meals are served at 11:30 a.m. The cost is \$5. Happiness Club is \$6. Special event lunches may be more.

*Menu is subject to change*

# AUGUST



Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>
		<ul style="list-style-type: none"> <li>•Chicken Salad on Pretzel Bun</li> <li>•Spinach &amp; Strawberry Salad</li> <li>•Lemonade Pie</li> </ul>	<b>No Lunch</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<ul style="list-style-type: none"> <li>•Chicken Cordon Bleu</li> <li>•Au Gratin Potatoes</li> <li>•Mixed Vegetables</li> <li>•Vanilla Pudding</li> </ul>	<ul style="list-style-type: none"> <li>•Ham Loaf</li> <li>•Parsley Buttered Potatoes</li> <li>•California Blend Vegetables</li> <li>•Cherry Cheesecake</li> </ul>	<ul style="list-style-type: none"> <li>•Shepherd's Pie</li> <li>•Tossed Salad</li> <li>•Cottage Cheese</li> <li>•Irish Dessert Squares</li> </ul>	<b>Happiness Club</b> <ul style="list-style-type: none"> <li>•Lasagna</li> <li>•Tossed Salad</li> <li>•Garlic Bread</li> <li>•Dessert</li> </ul>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<ul style="list-style-type: none"> <li>•Hamburger</li> <li>•Macaroni &amp; Cheese</li> <li>•Baked Beans</li> <li>•Chocolate Pudding</li> </ul>	<ul style="list-style-type: none"> <li>•Chef Salad</li> <li>•Fruit Cup</li> <li>•Cottage Cheese</li> <li>•Apple Pie</li> </ul>	<ul style="list-style-type: none"> <li>•Pork Chops</li> <li>•Parsley Buttered Potatoes</li> <li>•Green Beans</li> <li>•Pineapple Cake</li> </ul>	<b>Millrun Luncheon</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<ul style="list-style-type: none"> <li>•Salmon Patties</li> <li>•Buttered Potatoes</li> <li>•Creamed Peas</li> <li>•Peach Crisp</li> </ul>	<ul style="list-style-type: none"> <li>•Parmesan Chicken</li> <li>•Wild Rice</li> <li>•Cauliflower</li> <li>•Poke Cake</li> </ul>	<ul style="list-style-type: none"> <li>•Pot Roast with Potatoes &amp; Carrots</li> <li>•Cole Slaw</li> <li>•Cherry Pie</li> </ul>	<b>No Lunch</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<ul style="list-style-type: none"> <li>•BBQ Beef Sandwich</li> <li>•Pasta Salad</li> <li>•Chips</li> <li>•Pistachio Pudding</li> </ul>	<ul style="list-style-type: none"> <li>•Pork Roast</li> <li>•Mashed Potatoes</li> <li>•Glazed Carrots</li> <li>•Buckeye Bars</li> </ul>	<ul style="list-style-type: none"> <li>•Spaghetti with Meat Sauce</li> <li>•Tossed Salad</li> <li>•Garlic Bread</li> <li>•Orange Sherbet</li> </ul>	<b>Prayer Luncheon</b> <ul style="list-style-type: none"> <li>•Veal Cutlets</li> <li>•Scalloped Potatoes</li> <li>•Green Beans</li> <li>•Brownie</li> </ul>

Please make a reservation by 4 p.m. the preceding day. Meal tickets are available in the Senior Center office as an alternative to paying the \$5 meal charge each day. A meal ticket may be purchased for six (6) meals for \$29 or 12 meals for \$58 with check, VISA, Discover or MasterCard.

Meals are served at 11:30 a.m. The cost is \$5. Happiness Club is \$6. Special event lunches may be more.

*Menu is subject to change*

Phyllis A. Ernst Senior Center  
 Recreation & Parks Department  
 3810 Veterans Memorial Drive • Hilliard, Ohio 43026  
 8 a.m. - 4 p.m.  
 (614)876-0747 • hilliardohio.gov/senior-center

