2020 Senior Newsletter HILLIARD RECREATION AND PARKS

Vol. 41, No. 5 December 2019 - February 2020





Center Closing

The Senior Center is closed Tuesday, Dec. 24; Wednesday, Dec. 25; Wednesday, Jan. 1; and Monday, Feb. 17.

Library

Our library has a wide selection of books, movies, audio books and puzzles. A computer and printer is also available for your use. Thanks to all who have donated books!

Membership

An annual fee of just \$15 gives members access to special events, educational speakers, exciting trips and regular activities including fitness and sports, arts and crafts, cards, and home-style lunch. Membership is available to seniors 55 and older. Members also get free income tax preparation from AARP, health checks and screenings. Complimentary 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.

Program and Activity Guide

For additional information on daily programs and cancellation policies, check the "Your Hilliard" newsletter and program guide, as well as activity sheets at the Senior Center.

Support Services

The Senior Center provides information about independent living facilities, residential care, nursing, rehabilitation, and contacts for local and national resources.

Registration

Online registration begins Friday, Nov. 8, and in person at 9 a.m. on Tuesday, Nov. 12.

Winter Weather Policy

If Hilliard City Schools are closed due to weather, all Recreation and Parks Department programs and activities 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 areas to be cleared!

Important Links & Numbers

AARP www.aarp.org 1-800-687-2277

Alzheimer's Association

www.alz.org/centralohio 1-800-272-3900

Central Ohio Area Agency on Aging (COAAA) www.coaaa.org 1-800-589-7277

Franklin County Office on Aging www.officeonaging.org (614) 525-5230

Ohio Department of Aging www.aging.ohio.gov 1-800-266-4346

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FOLLOW US Connect with us on Facebook

at "City of Hilliard, Ohio", on Twitter and Instagram at @HilliardGov.

ACTIVITIES

Alzheimer's Support Group

Time 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.

Aspiring Writers Support Group

Time Mondays, 10 a.m. - noon Cost Free

Bible Study

Time Mondays, 10:15 - 11:30 a.m. Cost Free

Bowling

Instructor Bill Lobuzzetta Location Sawmill Lanes Time Mondays, 9 a.m. Cost \$8

Craft Club

Time Wednesdays, 9:30 a.m. **Cost** Free This group works on various projects for fundraisers and donations. Supplies are provided.

Corn Hole

Time Wednesdays, 9:30 - 11 a.m. Cost Free

Get Fit

Instructor Jo Hughes, Maggie Schmidt **Time** Tuesdays and Fridays, 9:15 - 10 a.m. **Cost** \$2

Indoor Walking

Time Weekdays, 8 - 9 a.m. Cost Free

Jewelry Making Class

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

Pickleball

Time Mondays and Fridays, 9 - 11:30 a.m., Wednesdays, 12:30 - 3:30 p.m. Cost Free

Po-Ke-No

Time Thursdays, Jan. 30 and Feb. 27. Nothing in Dec. **Cost** Free Sponsored by Mayfair Village

Strength Training

Cost \$5 per month

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

Tai Chi

Time Thursdays, 9 a.m. Cost Free

The New Lifestyle

Instructor Jane Stauffer
Time 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.

Zumba

Instructor Doreen Woodard Time Sundays, 5 - 6 p.m.

Wednesdays and Thursdays, 6 - 7 p.m.

Cost \$5

Zumba uses interval training, combining fast and slow rhythms for an effective aerobic workout. Watch and follow along. The class is designed for all abilities.

DAY TRIPS

ACTIVITY LEVELS

Mild: Some walking

Moderate: Walking with limited seating and steps

Strenuous: Walking on incline or uneven surfaces; no seating available

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 and helpers must register and buy a ticket.

REFUNDS

Day trip refunds are provided if you cancel at least seven days in advance of the trip. If your trip or activity required advance purchase of tickets, we 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 are responsible for the cost.

A Christmas Carol

This celebrated Charles Jones adaptation of Charles Dickens' *A Christmas Carol* from Nebraska Theatre Caravan is rich with thrilling ensemble music, alive with color and movement, and tells this great and enduring tale in a way all ages will enjoy. The performance includes beautiful new arrangements of *God Rest Ye Merry Gentlemen, Wassail Wassail, Good Christian Men Rejoice, Away in a Manger, Greensleeves, The Boar's Head Carol,* and other songs. Features a cast of 23 performers, live musicians, and Broadway-style scenery and costumes.

Location Ohio Theatre, Columbus

Cost \$4 at sign up plus \$6 cash day of performance **Activity Level** Mild/Moderate

Activity No.	Date	Time	Day(s)
156070 01	12/2	9 a.m.	М

Grove City Showstoppers: The Showstoppers Christmas Follies

This year's performance is a collection of funny skits and musical presentations.

Day(s)

Th

Location Grove City

Cost \$5 at sign up plus canned food donation day of performance

Activity Level Mild

4

 Activity No.
 Date
 Time

 156070 02
 12/5
 10:30 a.m.

Vaud-Villities Holiday Tea and Show: Finding Christmas

Artistic Director Cabot Rea and Vaud-Villities presents "Finding Christmas," written and directed by Cabot Rea. The show addresses the distracting stresses and challenges in our lives while reminding us of the meaning and joys of Christmas. Join the cast for tea sandwiches, cookies, and tea before the show.

Location Columbus

Cost \$5 at sign up plus \$15 cash day of performance **Activity Level** Moderate

Activity No.	Date	Time		Day(s)
156070 03	12/6	Noon	F	

Tanger Outlets and Delaware Antiques

Enjoy a day of holiday shopping at Tanger Outlets and Delaware antique shops. Eat lunch on your own at the famous Buns restaurant or try one of the many eclectic restaurants in downtown Delaware.

Location Delaware

Cost \$7 at sign up

Activity Level Moderate/Strenuous

Activity No.	Date	Time	Day(s)
156070 04	12/9	9 a.m.	М

Zoo Christmas Lights

Central Ohio's favorite family holiday tradition! Enjoy millions of LED lights, animated musical light shows, Santa, reindeer, and other holiday festivities that can only be found at the Columbus Zoo and Aquarium. Location Columbus Zoo and Aquarium Cost \$5 at sign up plus \$9 cash day of (zoo members free)

Activity Level Strenuous

Activity No.	Date	Time		Day(s)
156070 05	12/10	4:30 p.m.	Tu	
156070 10	12/18	4:30 p.m.	W	

REMEMBER

Download a digital copy of the newsletter and menus online at: hilliardohio.gov/senior-center



Scioto Downs Racino

Take the bus or drive on your own! Lunch is on your own at the Racino. You must register by the Friday before the trip to receive the free play and lunch credit.

Location Scioto Downs

Cost \$4 at signup for bus trips; you must register if driving yourself

Activity Level Mild

Activity No.	Date	Time	Day(s)
156070 06	12/11	9:30 a.m.	W
156070 07*	12/11	9:30 a.m.	W
156070 12	1/8	9:30 a.m.	W
156070 13*	1/8	9:30 a.m.	W
156070 22	2/12	9:30 a.m.	W
156070 23*	2/12	9:30 a.m.	W

*Drive on your own

ProMusica Sounds of The Season: Open Rehearsal Performance

Percussion master Colin Currie returns to ProMusica for the Ohio premiere of Helen Grime's *Percussion Concerto*. Music Director David Danzmayr taps into his Austrian roots with one of Mozart's best-known works, his *Great G Minor Symphony No. 40*. Sparkling gems by Corelli (*Christmas Concerto*) and Traetta (*Armida Overture*) balance the program for a joyful evening of brilliance and delight.

Location Southern Theater, Columbus Cost \$5 at sign up (concert is free) Activity Level Moderate

Activity No.	Date	Time		Day(s)
156070 08	12/13	9 a.m.	F	

Grandpa's Cheese House, Buehler's and Lyn-Way Restaurant

Lyn-Way Restaurant was recognized in the Best Local Restaurant, Best Pie, and Best Desserts categories in the Ashland Times-Gazette's "Best of the Best" competition. At Grandpa's Cheese House, savor home-smoked meats, specialty cheeses, local honey and maple syrup, our homemade chocolates and candies, and Amish country jams, jellies, and pickles. And check out Buehler's Fresh Foods grocery store, founded in 1929 by E.L. Buehler and his wife, Helen.

Location Ashland

Cost \$7 at sign up

Activity Level Moderate/Strenuous

Activity No.	Date	Time		Day(s)
156070 09	12/16	9 a.m.	М	

BalletMet: The Nutcracker

Witness magic in the making at *The Nutcracker*, a beloved holiday tradition that has stood the test of time. Co-created by Gerard Charles and Robert Post, this spellbinding production invites you inside the earnest and imaginative dreams of young Clara as she journeys with her Nutcracker Prince to meet the Sugar Plum Fairy. Set to Tchaikovsky's extraordinary arrangement, *The Nutcracker* is an adventure for all who believe in holiday enchantment.

Location Ohio Theatre, Columbus Cost \$5 at sign up plus \$19 cash day of Activity Level Moderate/Strenuous

Activity No.	Date	Time		Day(s)
156070 11	12/23	11:45 a.m.	Μ	



ProMusica: Tchaikovsky's Violin Concerto Esther Yoo Violin, Open Rehearsal Performance

Acclaimed for her grace and sparkling expression, Esther Yoo makes her ProMusica debut with Tchaikovsky's *Violin Concerto* — one of the most celebrated works of the violin repertoire. Including the early classical of Haydn's Symphony No. 75, the contemporary with Golijov's ZZ's *Dream*, and the beautiful *Elegie*, composed by the music director's father, Wolfgang Danzmayr.

Location Southern Theatre Cost \$5 at sign up (concert is free) Activity Level Moderate

Activity No.	Date	Time	Day(s)
156070 14	1/10	11 a.m.	F

Market Garden Brewery Tour and Shopping at The West Side Market

The original Market Garden Brewery, a brewpub and restaurant, is next door to the 100+ year old West Side Market and brews a deep lineup of award-winning beers like Progress Pilsner, organically hopped Citramax IPA, and its most popular beer, Prosperity Wheat. Get a behindthe-scenes guided tour of Market Garden Brewery's newly constructed Production Brewery! You will receive three samples and one beer token for the brew pub.

Location Cleveland

Cost \$7 at sign up plus \$8 cash day of tour **Activity Level** Moderate

Activity No.	Date	Time		Day(s)
156070 16	1/15	8 a.m.	W	

Anthony Thomas Tour

Walk along our comfortable, glass-enclosed suspended catwalk and watch nine lines producing 30,000 pounds of chocolates per shift. Experienced tour guides explain each process step-by-step from the kitchens to the final packaging. The tour finishes in a retail shop.

Location Columbus

Cost \$4 at sign up plus \$2 cash day of tour **Activity Level** Moderate

Activity No.	Date	Time	Day(s)
156070 15	1/13	9:30 a.m.	М

Der Dutchman, Yutzy's and Cheese House

Der Dutchman serves the simple food associated with Amish home cooking: hearty, satisfying, made-fromscratch meals that make everyone happy to pull up to the table. Yutzy's Farm Market offers a wide selection of fresh, locally grown produce, as well as an extensive deli selection, bulk foods, and more. And The Cheese House, a specialty foods market cultivating a rich tradition of homemade goodness and exceptional service, provides high-quality meats and cheeses, handmade baked goods, and specialty gourmet foods.

Location Plain City

Cost \$5 at sign up

Activity Level Mild/Moderate

Activity No.	Date	Time	Day(s)
156070 17	1/21	10:45 a.m.	Tu

The OSU Planetarium

The Arne Slettebak Planetarium is in Smith Laboratory on The Ohio State University main campus. Operated since 1968 by the Department of Astronomy, this 63-seat 30foot dome theater has a state-of-the-art Spitz SciDome XD digital projection system, giving exquisite views of the night sky. Enjoy digital journeys to the planets, stars, and distant galaxies.

Location The Ohio State University Cost \$5 at sign up plus \$6 cash day of tour Activity Level Mild/Moderate

Activity No.	Date	Time	Day(s)
156070 18	1/28	9 a.m.	Tu

Hollywood Casino

Take the bus or drive on your own to the casino! Lunch is on your own at the casino. You must register by the Friday before the trip to receive the free play and lunch credit.

Location Columbus

Cost \$3 at sign up for bus trips; you must register if driving yourself

Activity Level Mild

Activity No.	Date	Time	Day(s)
156070 19	1/29	9:30 a.m.	W
156070 20*	1/29	9:30 a.m.	W
156070 26	2/19	9:30 a.m.	W
156070 27*	2/19	9:30 a.m.	W
			*Drive on your own

Creative Art Bar

This DIY workshop studio is right here in Hilliard! They love to branch out and try different projects, then bring them to you! Sure, that requires a lot of work on their part, but when someone walks into the studio and walks out so proud of what they just accomplished, it makes all of that time priceless.

Location Hilliard

Cost \$3 at sign up plus \$15 day of tour **Activity Level** Mild

Activity No. Date 156070 21 2/10

10:30 a.m.

Time

Ballet Met: Alice

Tumble down the rabbit hole with the world premiere of Edward Liang's *Alice*, a lush and vivid production based on the later stories of author Lewis Carroll. Bursting with colorful sets, brilliant theatrics, and charming characters, *Alice* will delight you and leave you saying, "Curiouser and curiouser!"

Location Columbus

Cost \$4 at sign up plus \$19 day of performance **Activity Level** Mild

Activity No.	Date	Time		Day(s)
156070 24	2/14	10 a.m.	F	

Wexner Center Tour

Location Columbus

Cost \$4 at sign up plus \$7 day of performance **Activity Level** Mild

Activity No.	Date	Time		Day(s)
156070 25	2/18	9:15 a.m.	Tu	

Dispatch Home & Garden Show

Welcome to the annual Dispatch Spring Home & Garden Show, presented by Ohio Mulch. Get inspiration and ideas as you connect with craftsmen and gurus covering every part of your home and garden. There's also a celebration of art, non-stop how-to sessions, and demonstrations on two stages. Enjoy cooking demos, celebrity appearances, and much more.

Location Columbus

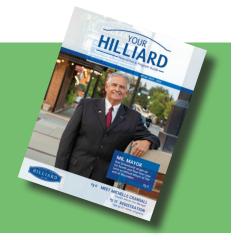
Cost \$4 at sign up plus \$10 day of tour **Activity Level** Moderate

Activity No.	Date	Time	Day(s)
156070 28	2/20	9:45 a.m.	Th

PICK UP A COPY TODAY!

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The City of Hilliard has launched a new newsletter and program guide called **YOUR HILLIARD.** Keep up with the City's news and learn more about programs, policies, and everything you need to know about the Recreation and Parks Department. Be sure to grab your copy!



LUNCH AND LEARNS

Treating Arthritic Pain

Presented By Laurels of Hilliard

Cost Free (must attend seminar for free lunch)

Activity No.	Date	Time		Day(s)
156050 0	12/5	11 a.m.	Th	

Fall Prevention

Amber Gantt will discuss best safety practices to prevent falls and do some quick balance exercises for attendees.

Presented By Amber Gantt of Vitas

Cost Free (must attend seminar for free lunch)

Activity No.	Date	Time		Day(s)
156050 02	1/16	11 a.m.	Th	

Estate Planning and Long-Term Care

Welker is an elder law attorney and Van De Water is a Seniors Real Estate Specialist[®]. Together, they will discuss different home opportunities available for seniors, including what to expect with long-term care and how to plan effectively for it.

Presented By Scott Van De Water and Ryan Welker **Cost** Free (must attend seminar for free lunch)

Activity No.	Date	Time		Day(s)
156050 03	1/23	11 a.m.	Th	

SEMINARS

Free Chair Massage

Enjoy a relaxing chair massage and learn about the health benefits of massage therapy. Chair massages are 10 minutes each.

Presented By Embody Health and Wellness **Cost** Free (sign up at front counter)

Activity No.	Date	Time		Day(s)
	1/15	11 a.m 1 p.m.	W	

Ticketless Tours: Israel Archaeological Tour

Take a tour an archaeological dig site in Israel without leaving the center! Karen Spooner will tell stories and show pictures from her tour. Snacks are provided.

Presented By Karen Spooner

Cost Free

Activity No.	Date	Time	Day(s)
156020 01	2/4	10 a.m.	Tu

CBD Oil

Use of CBD, or cannabidol, is now legal in Ohio. A natural compound in the cannabis plant, CBD has multiple health benefits for people who have chronic pain like fibromyalgia, arthritis, or even general stiffness. Most of the THC that would normally cause a "high" has been extracted. Learn how CBD can help with pain and how to choose the right product for you.

Presented By Embody Health & Wellness

Cost Free

Activity No.	Date	Time	Day(s)
156020 02	2/5	1 p.m.	W

Ask A Cop A Question

Officer Hyda Sloan will answer questions about what it's like to be a police officer, scams, traffic laws, and whatever else you want to know.

Presented By Hyda Sloan

Cost Free

Activity No.	Date	Time		Day(s)
156020 03	2/26	1 p.m.	W	



Prayer Luncheon

An area minister presents a short message after the luncheon. Your reservation is due the day before the luncheon. Sign up at the front desk.

Cost \$5

Activity No.	Date	Time	Day(s)
156053 01	12/6	Noon	F
156053 02	1/31	Noon	F
156053 03	2/28	Noon	F

Happiness Club

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

Cost \$6

Activity No.	Date	Time	Day	(s)
156052 01	12/13	Noon	F	
156052 02	1/10	Noon	F	
156052 03	2/14	Noon	F	

Christmas Lunch

Cost \$8				
Activity No.	Date	Time		Day(s)
718989 18	12/19	11:30 a.m.	Th	

Mill Run Luncheon

Cost Free ((sign up	at front	desk)
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Activity No.	Date	Time		Day(s)
156054 01	1/17	Noon	F	
156054 02	2/21	Noon	F	

Noon Year's Eve

Cost \$5, cash day of lunch

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Activity No.	Date	Time	Day(s)
156051 01	12/31	Noon	Tu

Euchre Party

Includes snacks, dinner and prizes.

Cost \$6 at signup

Activity No.	Date	Time		Day(s)
715122 23	2/6	2:30 - 5:30 p.m.	Th	



DECE	MBER		
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetable Beef Soup Grilled Cheese Applesauce	Baked Steak Mashed Potatoes Glazed Carrots	Liver and Onions Mashed Potatoes California Blend Vegetables	PRAYER LUNCH Cheddar Chicken Scalloped Potatoes
Chips Ice Cream	Poke Cake	Pineapple Cake	Corn Brownie
Potato Soup Hamburger Sandwich Fruit Cup Chocolate Pudding	Country Fried Steak Mashed Potatoes Corn Casserole Honey Bun Cake	Pork Chops Au Gratin Potatoes Cauliflower Cherry Pie	HAPPINESS CLUB Parmesan Chicken Mashed Potatoes Mixed Vegetables
Open Faced Turkey	Sloppy Joe Sandwiches	CHRISTMAS LUNCH	Cinnamon Applesauce Dessert NO MILL RUN
Sandwich Mashed Potatoes Peas Cherry Crisp	Potato Salad Cottage Cheese Chips Apple Pie	Roast Beef Mashed Potatoes Green Beans Cinnamon Applesauce Pumpkin Dump Cake	LUNCHEON
CLOSED	CLOSED	Hot Dogs Macaroni and Cheese Baked Beans Vanilla Pudding	NO LUNCH
NOON YEARS EVE LUNCHEON Prepared by Church Next DoorPlease make a reservation by 4 p.m. the preceding day. Meals are served at a Meal tickets are available in the Senior Center office as an alternative to pay \$5 meal charge each day. A meal ticket may be purchased for 3 means for \$ \$5 meals for \$29, or 12 meals for \$58 with check, VISA, Discover or MasterCard Menu is subject to change			n alternative to paying the d for 3 means for \$15, 6



ANU	ARY		
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CLOSED	Shredded Chicken Sandwich Macaroni and Cheese Pruit Cup Apple Pie	MAYFAIR LUNCHEON
Broccoli Cheese Soup Hamburger Cottage Cheese Cherry Pie	Spaghetti with Meat Sauce Tossed Salad Garlic Bread Orange Sherbet	Meat Loaf Au Gratin Potatoes California Blend Vegetables Sunshine Cake	HAPPINESS CLUB Salisbury Steak Mashed Potatoes Green Beans Jello Salad Dessert
Creamed Chipped Beef over Biscuits Cauliflower Chocolate Pudding	Liver and Onions Mashed Potatoes Mixed Vegetables Dump Cake	Apricot Chicken over Rice Broccoli 16 Cream Sundae	MILL RUN LUNCHEON
Chili Ham Salad Sandwich Cole Slaw Chips Apple Pie	Pork Chops Fried Potatoes Green Beans Buckeye Bars	Oven Fried Chicken Mashed Potatoes Glazed Carrots Peanut Butter Fudge Cake	NO LUNCH
Stuffed Peppers Mashed Potatoes Peas and Carrots Vanilla Pudding	Lasagna Tossed Salad Garlic Bread Wacky Cake	NATIONAL CROISSANT DAY Chicken Salad on Croissant Cottage Cheese with Fruit Chips Buttermilk Pie	PRAYER LUNCH Baked Steak Mashed Potatoes Corn Spice Cake with Caramel Icing



FEBRI	JARY	
TUESDAY	WEDNESDAY	THURSDAY
Parmesan Chicken Cheesy Potatoes California Blend Vegetables Chocolate Pudding	Cabbage Rolls Mashed Potatoes Cauliflower Poke Cake	Pot Roast with Potatoes and Carrots Tossed Salad Chocolate Cherry Bars
Salisbury Steak Mashed Potatoes Corn Cookies and Ice Cream	Pork Chops Stuffing Baked Beans Cherry Crisp	Italian Sausage Sandwich with Peppers and Onions Macaroni and Cheese Applesauce Raspberry Brownie

Corn Cookies and Ice Cream Chicken Cordon Bleu Au Gratin Potatoes Glazed Carrots Ice Cream Sundae	Baked Beans Cherry Crisp Ham Loaf Buttered Potatoes Peas Cherry Pie Bars	Macaroni and Cheese Applesauce Raspberry Brownie Liver and Onions Mashed Potatoes Green Beans Texas Sheet Cake	Buttered Potatoes Broccoli Tossed Salad Dessert MILL RUN LUNCHEON
Vegetable Beef Soup Grilled Cheese Chips Angel Food Cake with Strawberries	NATIONAL PISTACHIO DAY Chicken and Noodles Mashed Potatoes Succotash Pistachio Pudding	Baked Ham Baked Sweet Potatoes Mixed Vegetables Apple Pie	PRAYER LUNCHEON Parmesan Chicken Cheesy Potatoes Broccoli Pig Licking Cake

CITY OF HILLIARD SENIOR CENTER

Recreation and Parks Department 3810 Veterans Memorial Drive Hilliard, Ohio 43026 Open 8 a.m. - 4 p.m. (614) 876-0747 hilliardohio.gov/senior-center



FRIDAY

NO LUNCH

HAPPINESS CLUB

Meat Loaf