


| Mon | | Tue | | Wed | | Thu | | Fri | |
|--|--|--|--|--|--|---|--|---|--|
| March 2023 Hilliard Senior Center Hours Monday—Friday 8 a.m.—4 p.m. | |  | | 1 | | 2 | | 3 | |
| | | | | 8a AARP Taxes (CL & L) 9:30a Zumba Gold (MP) 9:30a Bridge (CA) 10a Craft Club (CR) 12:30p Euchre (CA) | | 8a Indoor Walking (G) 9a Mex. Train Dominoes (CA) 9:30a Gentle Yoga (MP) 11a Blood Pressure Check (L) 11a OSU WITS Workout (CL) 12p Lunch & 1p Bingo (MP) 12:30p Samba Cards (CL) 1p Pinochle (CA) | | TRIP 9:30a Chair Yoga (MP) 10a Paper Craft Class (CA) 10a Open Studio (CR) 11a Indoor Walking (G) 12:30p Mahjong (CA) 1p Chess Club (CR) | |
| 6 | | 7 | | 8 | | 9 | | 10 | |
| 8a AARP Taxes (CL & L) 9a Writers Group (CA) 9:30a Gone not Forgotten (MP) 11a Indoor Walking (G) 12:30p Duplicate Bridge (MP) 12:30p Pinochle (CA) | | 8a AARP Taxes (CL & L) 8a Indoor Walking (G) 9a Cornhole (G) 9:30a Chair Yoga (MP) 12p Lunch (MP) 12:30p Samba Cards (CR) 12:30p Mahjong (CA) | | TRIP 8a AARP Taxes (CL & L) 9:30a Zumba Gold (MP) 9:30a Bridge (CA) 10a Craft Club (CR) 12:30p Euchre (CA) | | 8a Indoor Walking (G) 9a Mex. Train Dominoes (CA) 9:30a Gentle Yoga (MP) 12p Lunch & 1p Bingo (MP) 12:30p Samba Cards (CL) 1p Pinochle (CA) | | 10a Open Studio (CR) 11a Indoor Walking (G) 12p Happiness Club (MP) 12:30p Mahjong (CA) 1p Chess Club (CR) | |
| 13 | | 14 | | 15 | | 16 | | 17 | |
| 8a AARP Taxes (CL & L) 9a Writers Group (CA) 11a Indoor Walking (G) 12:30p Duplicate Bridge (MP) 12:30p Pinochle (CA) | | 8a AARP Taxes (CL & L) 8a Indoor Walking (G) 9a Cornhole (G) 10:30a Book Club (CA) 12p March Madness Lunch (MP) 12:30p Samba Cards (MP) 12:30p Mahjong (CA) | | TRIP 8a AARP Taxes (CL & L) 9:30a Zumba Gold (MP) 9:30a Bridge (CA) 10a Craft Club (CR) 12:30p Euchre (CA) | | 8a Indoor Walking (G) 9a Mex. Train Dominoes (CA) 9:30 Gentle Yoga (MP) 12p St. Patrick's Day Lunch 1p Bingo (MP) 12:30p Samba Cards (CL) 1p Pinochle (CA) | | 9a Alz Care Consult (L) 9:30a Alz Support Gr (CL) 10a Paper Craft Class (CA) 10a Open Studio (CR) 11a Indoor Walking (G) 12p Blood Drive (MP) 12:30p Mahjong (CA) 1p Chess Club (CR) | |
| 20 | | 21 | | 22 | | 23 | | 24 | |
| 8a AARP Taxes (CL & L) 9a Writers Group (CA) 10a Coffee Talks (MP) 11a Indoor Walking (G) 12:30p Duplicate Bridge (MP) 12:30p Pinochle (CA) | | 8a AARP Taxes (CL & L) 8a Indoor Walking (G) 9a Cornhole (G) 9:30a Chair Yoga (MP) 9:30a Gone not Forgotten (CR) 12p Lunch (MP) 12:30p Samba Cards (MP) 12:30p Mahjong (CA) | | TRIP 8a AARP Taxes (CL & L) 9:30a Zumba Gold (MP) 9:30a Bridge (CA) 10a Craft Club (CR) 10:15a WOT Trip Pres. (CA) 12:30p Euchre (CA) | | TRIP 8a Indoor Walking (G) 9a Mex. Train Dominoes (CA) 9:30 Gentle Yoga (MP) 10:30a Po-Ke-No (CR) 12p Lunch & 1p Bingo (MP) 12:30p Samba Cards (CL) 1p Pinochle (CA) 1p OSHIP (CR) | | TRIP 9:30a Chair Yoga (MP) 10a Open Studio (CR) 11a Indoor Walking (G) 12p Prayer Lunch (MP) 12:30p Mahjong (CA) 1p Chess Club (CR) | |
| 27 | | 28 | | 29 | | 30 | | 31 | |
| TRIP 8a AARP Taxes (CL & L) 9a Writers Group (CA) 10a Bible Study (MP) 11a Indoor Walking (G) 12:30p Duplicate Bridge (MP) 12:30p Pinochle (CA) | | 8a AARP Taxes (CL & L) 8a Indoor Walking (G) 9a Cornhole (G) 9a Hearing Tests (PS Rm) 9:30a Chair Yoga (MP) 12p Lunch (MP) 12:30p Samba Cards (MP) 12:30p Mahjong (CA) | | 8a AARP Taxes (CL & L) 9:30a Zumba Gold (MP) 9:30a Bridge (CA) 10a Craft Club (CR) 12:30p Euchre (CA) | | 8a Indoor Walking (G) 9a Mex. Train Dominoes (CA) 9:30 Gentle Yoga (MP) 12p Lunch & 1p Bingo (MP) 12:30p Samba Cards (CL) 1p Pinochle (CA) | | 9:30a Chair Yoga (MP) 10a Open Studio (CR) 11a Indoor Walking (G) 12:30p Mahjong (CA) 1p Chess Club (CR) | |

(MP) = Multipurpose Room (CR) = Craft Room (CA) = Card Room (CL) = Classroom (LO) = Lobby (L) = Library (G) = Gym (PS Rm) = Preschool Room

Aspiring Writers Group (Mondays, 9 a.m.)

Each person works on their own project on their own time and shares with the group.

Bible Study (2nd & 4th Monday, 10 a.m.)

Bring your own bible and join this discussion!

Bingo (Thursdays, 1 p.m.)

Sponsored by Dedicated Senior Medical Center, Norwich Springs Health Campus, VITAS Healthcare, Glenwood Memory Care, and Darby Glenn Nursing & Rehab.

Blood Pressure Checks Norwich Township FD (1st Thursday, 11 a.m. - 12 p.m.)

Book Club (2nd Tuesday, 10:30 a.m.)

March Title: *The Maid* by Nita Prose

Chess Club (Fridays, 1 p.m.)

Beginners and experienced players are welcome to join this group!

Cornhole (Tuesdays, 9 a.m.—12 p.m.)

Craft Club (Wednesdays, 10 a.m.)

Work on various projects for donations. Supplies provided.

Gone not Forgotten Coffee & Donuts (1st M & 3rd TU, 9:30 a.m.)

This is an informal group gathering for widows & widowers. Enjoy coffee & donuts with others who have experienced the loss of their partner. Register by day prior.

Happiness Club (2nd Friday, 12 p.m.)

Join for lunch, a business meeting, and entertainment. \$7 check, card, or meal ticket, plus \$1 cash to Happiness Club. Register by day prior.

Hilliard Express—Free Transportation for Hilliard Residents 55+

Call 1-833-742-7333 or visit SHAREMobility.com/hilliard to schedule.

Hilliard Café Lunches (12 p.m.)

Register by day prior. See menu for prices & dates.

Indoor Walking (M,F 11a.m.-1p.m. and T,TH 8-9 a.m.)

Walk laps around the gymnasium.

Mahjong (Tuesdays and Fridays, 12:30 p.m.)

Beginners, join at 12:30 p.m. to learn the rules. Play begins at 1 p.m.

Mexican Train Dominoes (Thursdays, 9 a.m.)

Be the first player to lay down all your dominoes. Tiles left in your hand count against you, so play strategically to get rid of the high tiles.

Open Studio (Fridays, 10 a.m.)

Artists can work on drawings or paintings & meet other artists. BYO supplies.

OSHIIP (4th Thursday, 1 p.m.)

The Ohio Senior Health Insurance Information Program provides free info and health insurance services to Medicare recipients. Schedule an appointment at the front desk.

Po-Ke-No (4th Thursday, 10:30 a.m.)

Sponsored by Bluebird Retirement Community.

Prayer Luncheon (4th Friday, 12 p.m.)

An area minister presents a short message after meal. Register by day prior.

Hilliard Hikes (Wednesdays, 10 a.m.)

Free weekly hike! See full schedule at hilliardohio.gov or in *Your Hilliard*.

Chair Yoga—Melanie Ross (Tuesdays and Fridays, 9:30-10:15 a.m.)

No class 3/10, 3/14, 3/17. \$5 per class. Register by day prior.

Zumba Gold—Doreen Woodward (Wednesdays, 9:30-10:15 a.m.)

Zumba Gold is designed with low impact movements for older adults. \$5 per class. Register by day prior.

Gentle Yoga—Cindy Brewer (Thursdays, 9:30-10:15 a.m.)

\$5 per class. Register by day prior.

Alzheimer Care Consultation (3rd Friday, 9 a.m.-1 p.m.)

Alzheimer's Association Care Consultation Program is a free personalized service addressing the issues that arise from Alzheimer's Disease or other related dementias.

Alzheimer Caregiver Support Group (3rd Friday, 9:30-11 a.m.)

Alzheimer's Association support groups, conducted by trained facilitators, are a safe place for caregivers to develop a support system, exchange practical information, talk through issues and ways of coping, and learn about community resources.

Hearing Tests (4th Tuesday, 9 a.m.-3 p.m.)

Appointment required. Columbus Speech & Hearing and Franklin County Senior Options are offering free hearing evaluations, hearing aid fittings and maintenance, and follow-up hearing aid services. Must be 60 or older, Franklin County resident, and meet financial guidelines. Call 614-263-5151 to schedule an appointment.

AARP Tax Appointments

Free tax prep for simple returns. Must schedule an appointment.

WITS Workout: An Interactive Brain Health Program (March 2, 11 a.m.)

Join this OSU Extension series, offering one class per month through April! Each program encourages social connectedness and intellectual engagement, both of which contribute to your brain's health. Each program has four activities and features educational topics on memory, brain health, or aging. Register by day prior.

Paper Craft Class (March 3 & 17, 10-11:30 a.m.)

Create 4 different greeting cards with volunteer instructor Janet Hambleton. Limit of 5, may only register for one class per month. Register by day prior.

St. Patrick's Day Lunch (March 16, 12 p.m.)

Enjoy a fun St. Patrick's Day lunch including green mocktails, door prizes, and more! Pre-paid registration required. No to-go lunches.

Coffee Talks Sponsored by Ohio Living (March 20, 10-11:30 a.m.)

Join Ohio Living Westminster-Thurber for coffee and breakfast snacks, followed by guest speaker Teresa Woodward presenting *American Roots*. Follow her journey across the US and take a closer look at gardens from RI to CA. Register by Fri. prior.

World of Travel Presentation (March 22, 10:15 a.m.)

Learn about WOT upcoming trips. Register by day prior.