

October 2023



Hilliard Senior Center
Monday-Friday 8 am-4 pm

Mon	Tue	Wed	Thu	Fri
2 9a Writers Group (CL) 9:30a Gone not Forgot (CR) 10a Euchre (CA) 11a Indoor Walking (G) 12:30p Duplicate Bridge (MP) 12:30p Pinochle (CA)	3 8a Indoor Walking (G) 9a Cornhole (G) 9:30a Chair Yoga (MP) 10:30a Lunch & Learn (CL) 10:30a AARP Class (CR) 11a Car Fit (Parking Lot) 12p Lunch (MP) 12:30p Samba Cards (CL) 12:30p Mahjong (CA)	4 9:30a Zumba Gold (MP) 9:30a Bridge (CA) 10a Craft Club (CR) 12:30p Euchre (MP)	5 8a Indoor Walking (G) 9a Mex. Train Dominoes (CL) 9:30a Gentle Yoga (MP) 12p Lunch & 1p Bingo (MP) 12:30p Samba Cards (CL) 12:30p Pinochle (CA)	6 9:30a Chair Yoga (MP) 9:30a Open Studio (CR) 10a Paper Craft Class (CA) 11a Indoor Walking (G) 12:30p Mahjong (CA) 1p Chess Club (CR)
9 9a Writers Group (CL) 10a Euchre (CA) 10a Bible Study (MP) 11a Indoor Walking (G) 12:30p Duplicate Bridge (MP) 12:30p Pinochle (CA)	10 8a Indoor Walking (G) 9a Cornhole (G) 9:30a Chair Yoga (MP) 10:30a Book Club (CL) 12p Lunch (MP) 12:30p Samba Cards (CL) 12:30p Mahjong (CA)	11 9:30a Zumba Gold (MP) 9:30a Bridge (CA) 10a Craft Club (CR) 12:30p Euchre (MP)	12 8a Indoor Walking (G) 9a Mex. Train Dominoes (CA) 9:30a Gentle Yoga (MP) 10:30a Alz Warning Signs (CL) 12p Lunch & 1p Bingo (MP) 12:30p Samba Cards (CL) 12:30p Pinochle (CA)	13 9:30a Open Studio (CR) 11a Indoor Walking (G) 12p Happiness Club (MP) 12:30p Mahjong (CA) 1p Chess Club (CR) <i>*No Chair Yoga</i>
16 9a Writers Group (CL) 9:30a Gone not Forgot (CR) 10a Euchre (CA) 11a Indoor Walking (G) 12:30p Duplicate Bridge (MP) 12:30p Pinochle (CA)	17 9a Health Fair (G) 9:30a Chair Yoga (G) 12p Lunch (MP) 1:30p Samba Cards (CL) 1:30p Mahjong (CA) <i>*No Cornhole or Indoor Walk</i>	18 9:30a Zumba Gold (MP) 9:30a Bridge (CA) 10a Craft Club (CR) 12:30p Euchre (MP)	19 8a Indoor Walking (G) 9a Mex. Train Dominoes (CA) 9:30a Gentle Yoga (MP) 10:15a WOT Trips (CL) 12p Lunch & 1p Bingo (MP) 12:30p Samba Cards (CL) 12:30p Pinochle (CA)	20 9a Alz Care Consult (L) 9:30a Alz Support Gr (CL) 9:30a Chair Yoga (MP) 9:30a Open Studio (CR) 10a Paper Craft Class (CA) 11a Indoor Walking (G) 12p Blood Drive (MP) 12:30p Mahjong (CA) 1p Chess Club (CR)
23 9a Writers Group (CL) 10a Euchre (CA) 10a Bible Study (MP) 11a Indoor Walking (G) 12:30p Duplicate Bridge (MP) 12:30p Pinochle (CA)	24 8a Indoor Walking (G) 9a Cornhole (G) 9a Hearing Test (L) 12p Lunch (MP) 12:30p Samba Cards (CL) 12:30p Mahjong (CA) <i>*No Chair Yoga</i>	25 9:30a Zumba Gold (MP) 9:30a Bridge (CA) 10a Craft Club (CR) 12:30p Euchre (MP)	26 8a Indoor Walking (G) 9a Mex. Train Dominoes (CL) 9:30a Gentle Yoga (MP) 10:30a Po-Ke-No (CR) 12p Lunch & 1p Bingo (MP) 12:30p Samba Cards (CL) 12:30p Pinochle (CA) 1p OSHIIP (CR)	27 9:30a Open Studio (CR) 11a Indoor Walking (G) 12p Prayer Lunch (MP) 12:30p Mahjong (CA) 1p Chess Club (CR) <i>*No Chair Yoga</i>
30 9a Writers Group (CL) 10a Euchre (CA) 11a Indoor Walking (G) 12:30p Duplicate Bridge (MP) 12:30p Pinochle (CA)	31 8a Indoor Walking (G) 9a Cornhole (G) 9:30a Chair Yoga (MP) 12p Halloween Lunch (MP) 12:30p Samba Cards (CL) 12:30p Mahjong (CA)	(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.*)

October Title: *Under Currents* by Nora Roberts

Chess Club (*Fridays, 1 p.m.*)

Beginners and experienced players are welcome to join this group!

Cornhole (*Tuesdays, 9 a.m.—12 p.m.*)

Labor Day—Memorial Day

Craft Club (*Wednesdays, 10 a.m.*)

Work on various projects for donations. Supplies provided.

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

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](https://www.SHAREMobility.com/hilliard) to schedule.

Hilliard Café Lunches (*11:30 a.m.*)

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

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.

Paper Craft Class (*1st and 3rd Friday, 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.

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.

Fitness Classes: \$5 per class. Register by day prior.

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

**No Class 10/13, 10/24, and 10/27.*

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

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

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

Walk laps around the gymnasium. Labor Day—Memorial Day.

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 info, 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.

Volunteering w/ Gentiva Hospice Lunch & Learn, (*October 3, 10:30—11:30 a.m.*)

Looking for a fulfilling way to spend your time and use your skills to give back to others? Join us in learning about the benefits of volunteering with Gentiva Hospice, and how you can get involved! All participants will receive a free Hilliard Café lunch. Pre-registration required.

Know the Warning Signs of Alzheimer & Dementia (*Oct. 12, 10:30—11:30 a.m.*)

This education program from the Alzheimer's Association will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.

Health & Wellness Fair (*October 17, 10:00 a.m. —1:00 p.m.*)

All attendees will be entered into a raffle for prizes! This free event is designed to connect you with resources. Organizations will include rehab, Medicare reps, transportation, assisted living, home healthcare, hospice, senior services, volunteer opportunities, and more. A handout will be available at the front desk with more information. No cornhole or indoor walking. Samba, Mahjong delayed to 1:30 p.m.

World of Travel 2024 Trips Presentation (*October 19, 10:15—11:15 a.m.*)

Learn about upcoming World of Travel trips. Register by day prior.

Halloween Lunch (*October 31, 12:00—1:00 p.m.*)

Come dressed in your favorite costume and enjoy this holiday lunch with special treats and a costume contest! Prepayment required, dine-in only. \$8 Mem / \$10 Non-Mem.