

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**



# May 2024

Hilliard Senior Center  
Monday-Friday 8 am-4 pm

		1 9:30a <b>Zumba Gold</b> (MP) 9:30a <b>Bridge</b> (CA) 10a <b>Craft Club</b> (CR) 10:30a <b>Coffee Chat</b> (CL) 12:30p <b>Euchre</b> (MP)	2 8a <b>Indoor Walking</b> (G) 9a <b>Mex. Train Dominoes</b> (CA) 9:30a <b>Gentle Yoga</b> (MP) 11a <b>Blood Pressure</b> (LO) 11:30a <b>Prom Fashion Show</b> 1p <b>Bingo</b> (MP) 12:30p <b>Samba Cards</b> (CL) 12:30p <b>Pinochle</b> (CA)	3 9:30a <b>Chair Yoga</b> (MP) 9:30a <b>Open Studio</b> (CR) 10:30a <b>Spades</b> (CL) 12p <b>Kentucky Derby Party</b> 12:30p <b>Mahjong</b> (CA) 12:30p <b>Chess Club</b> (CR)
6 9a <b>Writers Group</b> (CL) 9:30a <b>Gone not Forgot</b> (CR) 10a <b>Euchre</b> (CA) 12:30p <b>Duplicate Bridge</b> (MP) 12:30p <b>Pinochle</b> (CA)	7 8a <b>Indoor Walking</b> (G) 9:30a <b>Chair Yoga</b> (MP) 9:30a <b>Cornhole</b> (G) 12p <b>Lunch</b> (MP) 12:30p <b>Samba Cards</b> (CL) 12:30p <b>Mahjong</b> (CA)	8 9a <b>Technology Help</b> (CL) 9:30a <b>Zumba Gold</b> (MP) 9:30a <b>Bridge</b> (CA) 10a <b>Craft Club</b> (CR) 10:30a <b>Coffee Chat</b> (MP) 12:30p <b>Euchre</b> (MP)	9 8a <b>Indoor Walking</b> (G) 9a <b>Mex. Train Dominoes</b> (CA) 9:30a <b>Gentle Yoga</b> (MP) 11a <b>Blood Pressure</b> (LO) 12p <b>Lunch &amp; Bingo</b> (MP) 12:30p <b>Samba Cards</b> (CL) 12:30p <b>Pinochle</b> (CA)	10 9:30a <b>Chair Yoga</b> (MP) 9:30a <b>Open Studio</b> (CR) 10:30a <b>Spades</b> (CL) 12p <b>Happiness Club</b> (MP) 12:30p <b>Mahjong</b> (CA) 12:30p <b>Chess Club</b> (CR)
13 9a <b>Writers Group</b> (CL) 10a <b>Bible Study</b> (MP) 10a <b>Euchre</b> (CA) 12:30p <b>Duplicate Bridge</b> (MP) 12:30p <b>Pinochle</b> (CA)	14 8a <b>Indoor Walking</b> (G) 9:30a <b>Chair Yoga</b> (MP) 9:30a <b>Cornhole</b> (G) 10:30a <b>Book Club</b> (CL) 12p <b>Lunch</b> (MP) 12:30p <b>Samba Cards</b> (CL) 12:30p <b>Mahjong</b> (CA)	15 9:30a <b>Zumba Gold</b> (MP) 9:30a <b>Bridge</b> (CA) 10a <b>Craft Club</b> (CR) 10:30a <b>Coffee Chat</b> (CL) 12:30p <b>Euchre</b> (MP)	16 8a <b>Indoor Walking</b> (G) 9a <b>Mex. Train Dominoes</b> (CA) 9:30a <b>Gentle Yoga</b> (MP) 12p <b>Lunch &amp; Bingo</b> 12:30p <b>Samba Cards</b> (CL) 12:30p <b>Pinochle</b> (CA)	17 9:30a <b>Chair Yoga</b> (MP) 9a <b>Alz Care Consult</b> (L) 9:30a <b>Alz Support Gr</b> (CL) 9:30a <b>Open Studio</b> (CR) 10:30a <b>Spades</b> (LO) 12p <b>Blood Drive</b> (MP) 12:30p <b>Mahjong</b> (CA) 12:30p <b>Chess Club</b> (CR)
20 9a <b>Writers Group</b> (CL) 9:30a <b>Gone not Forgot</b> (CR) 10a <b>Euchre</b> (CA) 12:30p <b>Duplicate Bridge</b> (MP) 12:30p <b>Pinochle</b> (CA)	21 8a <b>Indoor Walking</b> (G) 9:30a <b>Chair Yoga</b> (MP) 9:30a <b>Cornhole</b> (G) 12p <b>Lunch</b> (MP) 12:30p <b>Samba Cards</b> (CL) 12:30p <b>Mahjong</b> (CA)	22 9:30a <b>Zumba Gold</b> (MP) 9:30a <b>Bridge</b> (CA) 10a <b>Craft Club</b> (CR) 10:30a <b>Coffee Chat</b> (CL) 12:30p <b>Euchre</b> (MP)	23 8a <b>Indoor Walking</b> (G) 9a <b>Mex. Train Dominoes</b> (CA) 9:30a <b>Gentle Yoga</b> (MP) 10:30a <b>FCOA Presentation</b> (CL) 12p <b>Lunch &amp; Bingo</b> (MP) 12:30p <b>Samba Cards</b> (CL) 12:30p <b>Pinochle</b> (CA) 1p <b>OSHIIP</b> (CR)	24 9:30a <b>Chair Yoga</b> (MP) 9:30a <b>Open Studio</b> (CR) 10:30a <b>Spades</b> (CL) 12p <b>Prayer Lunch</b> (MP) 12:30p <b>Mahjong</b> (CA) 12:30p <b>Chess Club</b> (CR) 4:30p <b>Friday Fun Day</b> (MP)
27  FACILITY CLOSED  Happy Memorial Day!	28 9a <b>Hearing Tests</b> (L) 9:30a <b>Chair Yoga</b> (MP) 12p <b>Lunch</b> (MP) 12:30p <b>Samba Cards</b> (CL) 12:30p <b>Mahjong</b> (CA)	29 9:30a <b>Zumba Gold</b> (MP) 9:30a <b>Bridge</b> (CA) 10a <b>Craft Club</b> (CR) 10:30a <b>Coffee Chat</b> (CL) 12:30p <b>Euchre</b> (MP)	30 9a <b>Mex. Train Dominoes</b> (CA) 9:30a <b>Gentle Yoga</b> (MP) 10:30a <b>WOT Trips</b> (CL) 12p <b>Lunch &amp; Bingo</b> (MP) 12:30p <b>Samba Cards</b> (CL) 12:30p <b>Pinochle</b> (CA)	31 9:30a <b>Chair Yoga</b> (MP) 9:30a <b>Open Studio</b> (CR) 10:30a <b>Spades</b> (CL) 12:30p <b>Mahjong</b> (CA) 12:30p <b>Chess Club</b> (CR)

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

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

Alzheimer's Association offers this 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.

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

Work on your own project on your 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, VITAS Healthcare, Glenwood Memory Care, and ClearCaptions.

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

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

May Title: *One Thousand White Women* by Jim Fergus

**Bridge (Wednesdays, 9:30 a.m.)**

**Chess Club (Fridays, 12:30 p.m.)**

Beginners and experienced players are welcome to join this group!

**Coffee Chat (Wednesdays, 10:30 a.m.)**

An informal gathering to connect with other older adults and meet some new friends!

**Cornhole (Tuesdays, 9:30 a.m.—12 p.m.)**

Labor Day—Memorial Day

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

Bring your own craft to work on.

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

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

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

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

**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.

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

Call 614-263-5151 to schedule an appointment. 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.

**Hilliard Café Lunches (12 p.m.)**

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

**Hilliard Express—Free Transportation for Hilliard Residents 55+**

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

**Hilliard Hikes (Wednesdays, 10 a.m.)**

Free weekly hike! See full schedule in Your Hilliard.

**Indoor Walking (Tuesday & Thursday, 8-9 a.m.)**

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

**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)**

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

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

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

**Prom Fashion Show (May 2, 11:30 a.m.)**

The popular Prom Fashion Show is back! Come see the high school students dressed in their prom best. Register by day prior (regular lunch prices and meal tickets accepted). No to-go meals. Bingo afterwards.

**Kentucky Derby Lunch (May 3, 12:00 p.m.)**

We're off to the races once again! Place a friendly wager on a horse, then watch the race as we roll the dice to make the horses maneuver down the track! Sip on a virgin Mint Julep, eat lunch, and finish with a Kentucky Blue Grass pie. Don't forget to wear your favorite hat! Pre-paid registration required. No meal tickets or to-go meals.

**Technology Help (May 8, 9 a.m. - 12 p.m.)**

The City of Hilliard's IT Department will be on hand to assist with your technology needs, including phones, laptops, and tablets! Register by day prior.

**Franklin County Office on Aging (May 23, 10:30 a.m.)**

Join this presentation to learn about the resources and services provided by FCOA. Register by day prior.

**Friday Fun Days - Puzzle Competition (May 24, 4:30 p.m.—6:30 p.m.)**

On Friday Fun Days, the Hilliard Senior Center stays open later for a pizza and pop dinner paired with a fun activity! In May, join for an exciting evening of competitive puzzling! Teams consisting of up to four people receive the same 500-piece puzzle, then the race is on to see who can finish first! \$8 HSC Member / \$10 Non-Member.

**World of Travel Presentation (May 30, 10:30 a.m.)**

Learn about WOT upcoming trips. Register by day prior.