

Mon	Tue	Wed	Thu	Fri
<b>October 2024</b>  	1 8a <b>Indoor Walking</b> (G) 9:30a <b>Chair Yoga</b> (MP) 9:30a <b>Cornhole</b> (G) 10a <b>Spades</b> (CA) 11:30a <b>Lunch</b> (MP) 12:30p <b>Samba Cards</b> (CL) 12:30p <b>Mahjong</b> (CA)	2  <i>Senior Hall of Fame</i>  <i>No Activities</i>	3  8a <b>Indoor Walking</b> (G) 9a <b>Mex. Train Dominoes</b> (CA) 9:30a <b>Gentle Yoga</b> (MP) 11:30a <b>Lunch &amp; Bingo</b> (MP) 12:30p <b>Samba Cards</b> (CL) 12:30p <b>Pinochle</b> (CA)	4  9:30a <b>Chair Yoga</b> (MP) 9:30a <b>Open Studio</b> (CR) 10a <b>Paper Craft Class</b> (CA) 10:30a <b>Spades</b> (CL) 12:30p <b>Mahjong</b> (CA) 12:30p <b>Chess Club</b> (CR)
	7  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)	8 8a <b>Indoor Walking</b> (G) 9:30a <b>Chair Yoga</b> (MP) 9:30a <b>Cornhole</b> (G) 10a <b>Spades</b> (CA) 10:30a <b>Book Club</b> (CL) 11:30a <b>Lunch</b> (MP) 12:30p <b>Samba Cards</b> (CL) 12:30p <b>Mahjong</b> (CA)	9  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) 12:30p <b>Scrabble</b> (CA)	10  8a <b>Indoor Walking</b> (G) 9a <b>Mex. Train Dominoes</b> (CA) 9:30a <b>Gentle Yoga</b> (MP) 11:30a <b>Lunch &amp; Bingo</b> (MP) 12:30p <b>Samba Cards</b> (CL) 12:30p <b>Pinochle</b> (CA)
14  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)	15  8a <b>Indoor Walking</b> (G) 9:30a <b>Chair Yoga</b> (MP) 9:30a <b>Cornhole</b> (G) 10a <b>Spades</b> (CA) 11:30a <b>Lunch</b> (MP) 12:30p <b>Samba Cards</b> (CL) 12:30p <b>Mahjong</b> (CA)	16  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) 12:30p <b>Scrabble</b> (CA)	17  8a <b>Indoor Walking</b> (G) 9a <b>Mex. Train Dominoes</b> (CA) 9:30a <b>Gentle Yoga</b> (MP) 11:30a <b>Lunch &amp; Bingo</b> (MP) 12:30p <b>Samba Cards</b> (CL) 12:30p <b>Pinochle</b> (CA) 2:30p <b>Euchre Party</b> (MP)	18 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) 10a <b>Paper Craft Class</b> (CA) 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)
21  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)	22  8a <b>Indoor Walking</b> (G) 9a <b>Hearing Tests</b> (L) 9:30a <b>Cornhole</b> (G) 10a <b>Health &amp; Wellness Fair</b> 12:30p <b>Samba Cards</b> (CL) 12:30p <b>Mahjong</b> (CA) <i>*No Chair Yoga or Spades</i>	23  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) 12:30p <b>Scrabble</b> (CA)	24 8a <b>Indoor Walking</b> (G) 9a <b>Mex. Train Dominoes</b> (CA) 9:30a <b>Gentle Yoga</b> (MP) 10a <b>WOT Trip Pres</b> (CL) 11:30a <b>Lunch &amp; Bingo</b> (MP) 12:30p <b>Samba Cards</b> (CL) 12:30p <b>Pinochle</b> (CA) 1p <b>OSHIIP</b> (CR)	25  9:30a <b>Chair Yoga</b> (MP) 9:30a <b>Open Studio</b> (CR) 10:30a <b>Spades</b> (CL) 11:30a <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)
28  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)	29 8a <b>Indoor Walking</b> (G) 9:30a <b>Chair Yoga</b> (MP) 9:30a <b>Cornhole</b> (G) 10a <b>Spades</b> (CA) 11:30a <b>Lunch</b> (MP) 12:30p <b>Samba Cards</b> (CL) 12:30p <b>Mahjong</b> (CA)	30  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) 12:30p <b>Scrabble</b> (CA)	31 8a <b>Indoor Walking</b> (G) 9a <b>Mex. Train Dominoes</b> (CA) 9:30a <b>Gentle Yoga</b> (MP) 11:30a <b>Halloween Lunch</b> 12:30p <b>Bingo</b> (MP) 12:30p <b>Samba Cards</b> (CL) 12:30p <b>Pinochle</b> (CA)	(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, 12:30 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.)**

October Title: *The Incredible Winston Browne* by Sean Dietrich

**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.*) \*No Class 8/2

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, 11:30 a.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 (11:30 a.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.

**OSHIP (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.

**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.

**Prayer Luncheon (4th Friday, 11:30 a.m.)**

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

**Scrabble (Wednesdays, 12:30 p.m.)**

Bring your Scrabble board with you if you have it! One is available here.

**Health & Wellness Fair (October 22, 10 a.m. —12 p.m.)**

Everyone in attendance has a chance to win raffle prizes! This free event connects seniors with resources. Organizations will include rehab, Medicare reps, assisted living, senior living communities, home healthcare, hospice, senior services, volunteer opportunities, a Kroger vaccine clinic, and more.

**World of Travel Trip Presentation (October 24, 10:30 a.m.)**

Learn about WOT upcoming trips. Register by day prior.

**Friday Fun Days (October 25, 4:30—6:30 p.m.)**

On Friday Fun Days, the HSC stays open later for a pizza and pop dinner paired with a fun activity! In October, join for Wii Bowling! \$8 HSC Member / \$10 Non-Member. Register by day prior.

**Halloween Lunch (October 31, 11:30 a.m.—12:30 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.

Hilliard Senior Center

Monday-Friday, 8 am-4 pm