






JANUARY 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|--|--|--|--|---|
| | | | 1 Happy New Year (Goodwill Closed)  | 2 Movie/Boneless Wings 5:30-7:30p | 3 | 4 |
| 5 | 6 Fitness 5-6p or 6-7p Cooking Dinner Class 6-8p | 7 Cooking Demo & Lunch – 10:30-1p Bell Choir Practice 6-7p | 8 Countries of the World 5:30-6:30p | 9 Self Defense Class 9:30-11:30a OSU Woman's Basketball vs. Michigan – 5-9:30p | 10 T.G.I. F – Birthday Celebration 6-7:30p | 11 Happiness Class 10:30-12p Story Adventures: Famous American Artists/Visit William H. Thomas Gallery 12:30-3:30p |
| 12 | 13 Cooking Lunch Class 11-1p Fitness 5-6p or 6-7p Basic Cooking Class 6-8p | 14 Dinner/Movie at Lennox 5:30-9:30p | 15 Skyline Chili/Dave & Busters – 5:30-8:30p | 16 Clever Eater Class 2:30-4:30p Dinner/Hollywood Casino – 5:30-8:30p | 17 | 18 OSU Men's Hockey vs. Notre Dame – 4-8p |
| 19 | 20 Martin Luther King Jr. Day (Goodwill Closed)  | 21 Fitness 5-6p or 6-7p | 22 | 23 Clever Eater Class 2:30-4:30p Dinner at Zoup/Swimming at Worthington indoor pool 6-9p | 24 Self Defense Class 11:30-1:30p Bowling 5:30-8:45p | 25 |
| 26 | 27 Dinner/Mystery Movie at the Library 5:30-8:30p | 28 Fitness 5-6p or 6-7p | 29 Health Matters/Chair Exercising 5:30-6:30p Game Night 6:30-8p | 30 Clever Eater Class 2:30-4:30p Valentine Day Craft 5:30-7p | 31 Yoga Class 10-12p | |

FEBRUARY 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|--|--|
| | | | | | | 1 Happiness Class 10:30-12p |
| 2 Lunch/Winter Hike: Scioto Grove Park 12:30-4:30p | 3 Fitness 5-6p or 6-7p Basic Cooking Class 6-8p | 4 Cooking Lunch Class 11-1p Bell Choir Practice 6-7p | 5 Countries of the World 5:30-6:30p Nutrition Class 6:30-8p | 6 Social Committee 5:15-5:45p Movie/Tacos 6-8p | 7 Self Defense Class 11:30-1:30p | 8 Story Adventures: Man's Best Friends/Visit Humane Society 12:30-3:30p |
| 9 | 10 Fitness 5-6p or 6-7p Cooking Dinner Class 6-8p | 11 Dinner/Scene 75 5:30-9p | 12 | 13 Valentine Day Party 5:30-7p | 14 Valentine's Day  | 15 |
| 16 | 17 President's Day (Goodwill Closed)  | 18 Fitness 5-6p or 6-7p | 19 Canvas Art Night 5:30-7p | 20 Self Defense Class 9:30-11:30a | 21 Bowling 5:30-8:45p | 22 |
| 23 | 24 Dinner/Movie: A Raisin in The Sun, at the library 5-8:30p | 25 Fitness 5-6p or 6-7p | 26 Health Matters/Chair Exercising 5:30-6:30p Game Night 6:30-8p | 27 CHEFS Class 2-4:30p Dinner/Pleasant Twp. Fire Dept. Tour 5:30-9p | 28 Yoga Class 10-12p OSU Men's Hockey vs. Wisconsin 5-9p | 29 |

MARCH 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|--|--|
| 1 OSU Men's Basketball vs. Michigan – 3-7:30p | 2 Fitness 5-6p or 6-7p Cooking Dinner Class 6-8p | 3 Cooking Demo & Lunch – 10:30-1p | 4 Healthy Connections Class – 10-12:30p Countries of the World 5:30-6:30p | 5 Movie/Hotdogs 5:30-7:30p | 6 | 7 |
| 8 | 9 Fitness 5-6p or 6-7p | 10 Bell Choir Practice 6-7p | 11 Dinner/Paint a Mug at Clay Café 5:30-8:30p | 12 St. Patrick Day Craft 5:30-7p | 13 Yoga Class 10-12p | 14 Happiness Class 10:30-12p Story Adventures: Classic Cars/Visit Wagner-Hagens Auto Museum 12:30-3:30p |
| 15 | 16 Cooking Lunch Class 11-1 Fitness 5-6p or 6-7p Basic Cooking Class 6-8p | 17 St. Patrick's Day  | 18 Healthy Connections Class – 10-12:30p Rapid Fire Pizza/Dave & Buster's 5:30-8:30p | 19 Blue jackets vs. Washington Capitals 6-10p | 20 Great Wolf Lodge Leave at 3p | 21 Great Wolf Lodge |
| 22 Great Wolf Lodge Return at 12:30p | 23 Healthy U, Chronic Pain Self Mgmt. Program 12:30-3:30p Fitness 5-6p or 6-7p | 24 Dinner/Dublin Arts Council, Earth and Sky Exhibit 5:30-8:30p | 25 CHEFS Class 9:30-12p Health Matters/Chair Exercising 5:30-6:30p Game Night 6:30-8p | 26 Social gathering at Chic-Fil-A – 5:30-7p | 27 Self Defense Class 11:30-1:30p Bowling 5:30-8:45p | 28 |
| 29 | 30 Fitness 5-6p or 6-7p | 31 No Gym? No Problem! 1-3:30p | | | | |

More to Know

New Adventure

We are excited to announce we are starting “Story Adventures.”

What is it? We will meet once a month read/discuss a story then visit a place that it relates to.

For example: In February the Story is, Man’s Best Friend. What better place to visit than the Humane Society!



Make sure you pay close attention to the registration sheet for the meeting places!!!!!!

Sunday Supper for January is T.G.I.F. Birthday Celebration!!!!!!

Note: It is on Friday!!!!!!!

January

1/9 – OSU Woman’s Basketball Game – 6 tickets

1/16, 23 and 30 – The Clever Eater (3-class series)

- *Deciphering Food Labels and Tricky Food Marketing*
 - *Staying on track when eating out*
 - *Eat this, not that*

1/18 – OSU Men’s Hockey – 6 tickets

February

2/28 – OSU Men’s Hockey Game – 6 tickets

March

3/1 – OSU Men’s Basketball – 6 tickets

3/4 and 3/18 – Healthy Connections Series (8 Classes thru June)

- Complete 6 topics and receive a certificate of completion.

3/19 – Blue Jackets Game – 5 tickets