



EVANS SENIOR CENTER

AUGUST-
SEPTEMBER
2022
NEWSLETTER

4330 Dudley Ave.
Grove City, OH 43123

614-277-1060

GroveCityOhio.gov

Monday-Friday,
8 a.m.-5 p.m.

IMPORTANT DATES

MONDAY, AUG. 22

Senior Fun Day

SATURDAY, SEP. 10

Tailgate Party

THURSDAY, SEP. 15

Snooty Fox

FRIDAY, SEP. 23

Senior Living Expo

THURSDAY, SEP. 1

Craft Bazaar Vendor
Registration Opens

MONDAY, SEP. 5

Labor Day Holiday*

***Center Closed for
Holiday**



REGISTRATION
IS OPEN



**Daily
Activities**
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Day Trips
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DAILY ACTIVITIES

MONDAY

- 9 a.m. Senior Exercise
- 9 a.m. Bead Artwork
- 12:30 p.m. Bridge
- 1 p.m. Chair Volleyball
- 7 p.m. Western Squares

TUESDAY

- 9 a.m. Chair Exercise
- 10 a.m. Tai Chi
- 1 p.m. S.A.L.T. Meeting (2nd Tue.)
- 6 p.m. Yoga
- 7 p.m. Alzheimer's Support Group (3rd Tue.)

WEDNESDAY

- 9 a.m. Senior Exercise
- 10 a.m. Loss Support (2nd Wed.)
- 12 p.m. Talks with Tammy (1st Wed.)
- 12:30 p.m. Club Meeting (1st Wed. August)
- 1 p.m. Chair Volleyball
- 6 p.m. Workout with Weights

THURSDAY

- 10 a.m. Chair Exercise
- 11 a.m. Senior Yoga
- 1 p.m. Bingo
- 6 p.m. Line Dance

FRIDAY

- 9 a.m. Art Studio
- 12:30 p.m. Bridge
- 1 p.m. Center Movies
- 1 p.m. Game Day Fun



SEEKING VENDORS: CRAFT BAZAAR

Reserve an eight-foot table and two chairs to sell or promote your products for our event on Saturday, Oct. 15 in the Evans Center auditorium. Space is limited and all reservations are first-come, first-served, so don't wait! Maximum of two tables per reservation. Proceeds benefit the Grove City Area Senior Citizens Club.

Reservations open Thursday, Sep. 1.

Event is Saturday, Oct. 15 • 9 a.m.-3 p.m.

Rent a table for \$25.

Applications available in the Evans Center.

AUTUMN CRAFT BAZAAR

Calling all arts and craft enthusiasts! Aching to attend an exciting craft fair? We've got you covered! Browse a variety of handmade crafts and works of art from local vendors, and purchase items from a food truck. Save money, support the community, and find your next big item!

Saturday, Oct. 15 • 9 a.m.-3 p.m.

Free admission

Evans Center Auditorium

OUR MISSION:

To provide a safe, comfortable space for those 55 years and older to engage in enriching activities, social interaction, volunteerism and education.

FOOTBALL TAILGATE PARTY

Kick off college football season with a tailgate party Evans Center style! Come watch a local team (wink, wink) dominate a team from northwestern Ohio on the BIG screen.

Partake in a fish fry with all the fixin's provided by Juan Taylor with Fishen With a Mission. Enjoy good food and good friends!

Fee: \$10

Saturday, Sep. 10 • 11 a.m.-game end

Evans Center Auditorium

Act. #: 4082209_03



SENIOR LIVING EXPO

Grove City is one of the fastest growing communities for senior citizens. Speak with representatives from several local senior facilities and communities to discover what they have to offer. Get answers to your questions, receive information and learn about the great amenities that will have you downsizing to a new home in no time.

Fee: Free

Friday, Sep. 23 • 9 a.m.-noon

Act. #: 4082209_02



PANCAKE BREAKFAST

Rise and shine for some tasty fun! Head to the Evans Center for breakfast with staff featuring pancakes and coffee.

Fee: Free

Friday, Sep. 9 • 9-10:30 a.m.

Act. #: 4122209_04

DAY TRIPS

SNOOTY FOX

Cincinnati's Snooty Fox Consignment Shops offer discounted shopping with plentiful choices of gently used designer clothing from thousands of consignors. Find stylish jewelry, handbags and other accessories. Includes morning drinks, snacks, boxed lunches and dessert.

Fee: \$30

Thursday, Sep. 15 • 7:45 a.m.-5 p.m.

Act. #: 4122209_04

GROVE CITY BREWING & PLUM RUN WINERY TOUR

Go on a tour to see behind the scenes of crafting locally made wine and beer right here in our hometown. Immediately following the tour, enjoy a wonderful lunch from their delicious menu on your own.

Fee: \$5

Friday, Aug. 12 • 11 a.m.-2 p.m.

Act. #: 4122208_03

SUMMERTIME HOP

Grove City is a hopping place for senior living, join us as we hop from one senior living facility to another to see what they have to offer. Breakfast, snacks and games provided at each stop.

Fee: \$5

Monday, Aug. 8 • 9 a.m.-3 p.m.

Act. #: 4122208_10

NATIONAL VETERANS MEMORIAL AND MUSEUM

Only one museum in America honors ALL veterans - every branch of service and all eras of our nation's proud history of military service in both peace and wartime, and it is in Columbus. What a way to give a powerful and personal experience to give voice to every man and woman who answered the call for our country! Visitor go on a narrative journey, hearing individual stories from throughout history. Veterans enter for FREE!

Fee: \$17; FREE for veterans

Friday, Sep. 9 • 10:30 a.m.-1 p.m.

Act. #: 4122209_03

ELDORADO CASINO

Sign up to try your luck at the slots and enjoy lunch at the café or Brew Brothers (on your own).

Fee: \$5

Wednesday, Aug. 18 • 10 a.m.-2 p.m.

Act. #: 4122208_02

Wednesday, Sep. 22 • 10 a.m.-2 p.m.

Act. #: 4122209_02

SHOPPING & LUNCH

It's time to shop until you drop! Browse the stores in the Easton Town Center then head to the Cheesecake Factory for lunch on your own.

Fee: \$5

Monday, Aug. 19 • 9 a.m.-3 p.m.

Act. #: 4122208_04



Franklin County
Board of Commissioners
OFFICE ON AGING
1803
www.officeonaging.org
Senior Options 614-525-6200
Adult Protective Services 614-525-4348

GROVE CITY AREA SENIOR CLUB

Supporting the Evans Center

Dues accepted starting October 15 for 2023.

\$5 for residents • \$10 for non-residents

Please stop by the Evans Center to renew your membership!



Your dues help offset costs for entertainment and other items that make the center welcoming!

Evans Center is open 8 a.m. - 5 p.m., Monday - Friday.

Senior Club meetings are at 1 p.m., first Wednesday of every other month.



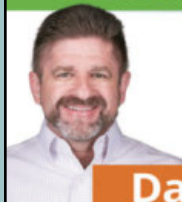
Evans Center • Grove City Parks & Recreation

4330 Dudley Ave., Grove City, OH 43123

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4-D-5-5

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your RIDE, SIMPLIFIED

GROVE CITY RIDES ON DEMAND

COTA//PLUS
GROVE CITY

WHAT IS COTA//PLUS?

COTA//Plus is a point-to-point mobility service. With the COTA//Plus mobile app, customers request affordable, on-demand rides within their service zone. Using COTA//Plus is safe — masks are required to ride, vehicles are sanitized after every trip and operators get daily health screenings.



HOURS OF OPERATION:
5:30AM TO 8:00PM
MONDAY - FRIDAY



**NO SMART PHONE?
NO WORRIES.**
You can also book rides by calling (614) 308-4400

HOW TO RIDE WITH COTA//PLUS:

- 1 Download the COTA//Plus app.
- 2 Request a ride through the app or by calling (614) 308-4400 while in the service area.
- 3 Your vehicle will arrive within 15 minutes.
- 4 Enjoy your ride!

RIDES ARE ONLY

\$3 ONE WAY
\$2 FOR SENIORS
No Fare for Students

There is **NO FARE** for first or last mile rides taking customers to or from a COTA transit stop.



LET'S GET MOVING!

Download today on the App Store & Google Play



**YOUR FIRST RIDE IS
NO FARE**

Use code: **FIRSTRIDE**



AS WE PREPARED TO OPEN MOUNT CARMEL GROVE CITY, TRANSPORTATION TO THE NEW HOSPITAL WAS MISSION CRITICAL. THROUGH OUR INNOVATIVE PARTNERSHIP WITH COTA, THE CITY OF GROVE CITY, THE COTA//PLUS GROVE CITY PILOT ACHIEVED THAT GOAL. IN DOING SO, COTA//PLUS GROVE CITY PROVIDES ACCESS TO ESSENTIAL HEALTH CARE SERVICES TO OUR PATIENTS AND OFFERS AN ADDITIONAL TRANSPORTATION OPTION TO OUR COLLEAGUES.

— **Jason Koma**, Regional Director of Government Affairs at Mount Carmel Health System



4.9/5 RATING

COTA//Plus Grove City links up with COTA Bus lines: **3, 8 & 61**

NEED HELP? CALL (614) 308-4400 OR VISIT COTA.COM/COTAPLUS

SENIOR FUN DAY

National Senior Citizens Day is Sunday, Aug. 21. Celebrate this important occasion Monday, Aug. 22 at the Evans Center!

We are taking this opportunity to show our appreciation for your accomplishments, dedication and contributions to our community. Your wealth of knowledge, skill and experience offer, so much towards the next generation.

Let us celebrate you! Come to enjoy a day of fun filled with amusing games, exciting prizes and tasty food.

Monday, Aug. 22 • 9 a.m.-2 p.m.

Act. #: 4082208_02



The NEW Ashford of Grove City checks every box!

- ✓ All-inclusive pricing
- ✓ 24/7 licensed nursing support
- ✓ Resident-focused care
- ✓ Chef prepared meals
- ✓ Maintenance-free living
- ✓ Social activities
- ✓ Beauty salon

Put a virtual tour or COVID-19 safe visit on your check list.

Don't miss out! Premium spaces are going fast.

614-618-4637

TheAshfordGroveCity.com

3197 Southwest Blvd, Grove City, OH 43123

Mention this ad by 1/31/21 and receive \$1,000 off your deposit



The
Ashford
of Grove City
Independent Living | Assisted Living
Memory Care

Life is good at



Ohio Living
Westminster-Thurber

717 Neil Avenue | Columbus, OH | **614-228-8888** | ohioliving.org
Independent Living | Assisted Living | Memory Care | Long-Term Nursing | Rehabilitation



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

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FITNESS CLASSES

SENIOR EXERCISE

Low-impact aerobics in a group class are perfect for more physically active seniors. A 10-minute warm-up session is followed by 20 minutes of aerobic exercise, 20 minutes of progressive resistance strength training lifting weights, and a 10-minute cool-down and stretching session. Please bring an exercise mat and hand weights. Increase strength, gain flexibility and range of motion, produce better mobility and gait, and improve balance in a fun, motivating and camaraderie-based class.

Mondays & Wednesdays
9 a.m.

Fee: \$15

Aug. 1-31

No class Aug. 22

Act. #: 4032208_04

Sep. 7-28

Act. #: 4032209_04

CHAIR EXERCISE

This video-based program provides a group-exercise experience for social interaction and motivation to get you moving! Seated fitness routines for people with mobility, endurance, and balance issues increase overall body strengthening, stretching, and relaxing. Low-impact workouts also help to lower blood pressure and increase stamina all while improving muscle tone, flexibility, coordination, and a sense of wellbeing.

Thursdays • 10 a.m.

Fee: Free

Aug. 2-30

Act. #: 4032208_03

Sep. 6-29

Act. #: 4032209_03

TAI CHI

Yang-style Tai Chi creates a peaceful mental space and builds a calm, balancing energy. Slow,

mindful movements leave you feeling energized and more flexible physically and mentally, as well as more positive and confident.

Tuesdays • 10 a.m.

Fee: \$18

Aug. 2-23

Act. #: 4032208_06

Sep. 6-27

Act. #: 4032209_06

SENIOR YOGA

Move through yoga poses designed to increase flexibility, balance and range of movement while you enjoy restorative breathing exercises that promote stress reduction and mental clarity.

Thursdays • 11 a.m.

Fee: \$15

Aug. 4-25

Act. #: 4032208_05

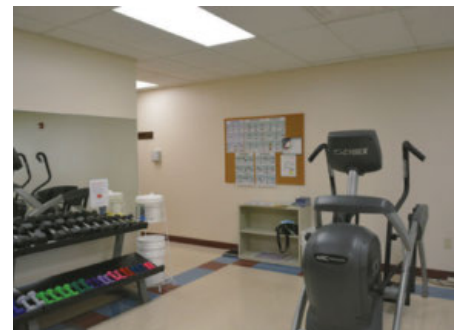
Sep. 1-22

Act. #: 4032209_05

EVANS FITNESS ROOM

It is normal for life events and setbacks to interfere with staying active. Get back on track and reach your goals by using the Evans Center fitness room to make physical activity a regular part of your life. Exercise at your own pace on elliptical machines, treadmills, NuStep, recumbent and upright bikes, hydraulic weight machines and free weights. Registration required; participants are assigned a work-out time slot. Contact the Evans Center Front Desk for available times.

\$15 per month; No long-term commitment



CHAIR VOLLEYBALL

Indoor Chair Volleyball played with a light-weight beach ball and net fosters physical wellness, social interaction, competition, and, most of all, lots of laughs!

Reduce stress while boosting self-esteem and confidence. It is an enjoyable way to meet new friends, strengthen upper-body mobility and have fun while staying seated. Registration is required.

Mondays and Wednesdays • 1 p.m.

August

Act. #: 4032208_02

September

Act. #: 4032209_02



ADULT CLASSES

YOGA

Melt away tension and stress: combine Hatha yoga posture with breathing techniques and deep relaxation. Wear loose, comfortable clothing, bring a towel or mat and come with an empty stomach.

Fee: \$22 (NR \$24)

Tuesdays • 6-7 p.m.

Aug. 2-23

Act. #: 3032208_01

Sep. 6-27

Act. #: 3032209_01

WORKOUT WITH WEIGHTS

Complete a different series of simple, effective exercises anyone can do each session! Learn a new 45-minute strength workout each week that you can also do at home throughout the week. Bring a yoga mat and five-pound or heavier weights.

Wednesdays • 6 p.m.

Res. \$23 (NR \$25)

Sep. 7-28

Act. #: 3032209_02

LINE DANCE

Have fun learning dance routines aimed to get you moving and grooving at your next party. This instructor-lead class set to fun, uplifting music will have you knowing exactly what to do. Meet other people who love dancing as much as you do!

Thursdays, 6 p.m.

Res \$22 (NR \$24)

Aug. 4-25

Act. #: 3022208_02

Sep. 1-22

Act. #: 4032209_02

S.A.L.T.

Seniors and Law Enforcement Together allows the Grove City Division of Police to be a resource and advocate for elderly citizens in our community. Seniors are often targeted for crimes, due to high levels of trust and other vulnerabilities. The goal of this program is to bring awareness and prevention to lessen chances of victimization.

Join monthly discussions led by Grove City Police.

2nd Tuesdays • 1 p.m.

June 7

July 12



Contact Teri Ruslander for questions about scams, identity theft and other schemes targeting seniors.

Elder Services Coordinator

Phone: 614-277-1741

LIFECARE ALLIANCE LUNCH PROGRAM

Ages 60+ enjoy a nutritious lunch at the Evans Center twice weekly. It is a great way to connect and make new friends. There are no financial guidelines, but you must be at least 60 years old to participate. Leave a message at 614-277-1067 one week in advance to reserve a meal.

Tuesdays & Thursdays

TALKS WITH TAMMY

Meet with Evans Center Director Tammy each month to ask questions about center activities or share suggestions.

MEETINGS

First Wednesday • Noon

June 1

July 6

SENIOR CLUB

Attention club members! The Grove City Area Senior Citizens Club meets every other month at the Evans Center.

The club is currently accepting membership for 2022.

Fee: \$5 per year (\$10 NR)

MEETINGS

First Wednesday of even numbered months • 1 p.m.

June 1



COMPUTER LAB

The Evans Center has desktop computers available to assist you.

Come in today to use one.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT

The daily challenges faced by those with Alzheimer's and related diseases can be overwhelming. If you are a caregiver for someone suffering from dementia, help them and yourself: participate in a group by sharing experiences and receiving support, creating a sense of belonging among those facing similar challenges.

3rd Tuesdays • 7 p.m.



LOSS SUPPORT GROUP

There is no normal way to experience grief. It can be healthy to lean on others rather than isolating. Interacting with friends, family and others with similar experiences can help when you feel low or overwhelmed. Join in discussions or just listen.

2nd Wednesdays • 10 a.m.

Now Open
and welcoming residents!

Come and see us!

Located in the Beulah Park neighborhood!

Schedule a tour to see our bright, spacious apartments in the new, walkable Beulah Park neighborhood. Visit our beautifully designed community featuring a Chef-inspired dining experience, fitness room, pub, bistro and so much more! We invite you to be a part of the Winner's Circle and Experience the Danbury Difference!

Call Katie to schedule your tour!

Danbury 614.957.0029
SENIOR LIVING 3615 Glacial Lane
Grove City Grove City, OH 43123



Villas | Independent Living | Assisted Living | Memory Care



Visit DanburySeniorLiving.com or Scan the QR Code



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

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EDUCATIONAL CLASSES

DISPATCH HEALTH

Dispatch Health partners with The Ohio State University Wexner Medical Center to bring convenient and affordable same-day medical care to your home for urgent, but non-life-threatening health issues. Come hear what services they offer!

Thursday, June 16 • 1 p.m.

Act. #: 112206.03

NUTRITION 101: THE BASICS

Learn which foods are healthy choices and how to include them in your daily diet. Food is provided so you can taste how healthy meets delicious!

Wednesday, Aug. 17 • 11 a.m.,

Act. #: 4112208_01

DIABETES EDUCATION INTRODUCTION

Discover what is happening inside your body when you have diabetes, understand how food impacts your blood sugar and learn the optimal diet for diabetes management! Diabetic-friendly food that also tastes delicious is provided!

Wednesday, Sep. 14 • 11 a.m.

Act. #: 4112209_01

LUNCH & LEARN: HEALTHY CHOICES

Do you want to live a healthy lifestyle but don't know where to start? Join us to learn tips on eating healthy, connecting socially and being comfortable asking for help. Lunch provided.

Wednesday, Sep. 28 • 11 a.m.

Act. #: 4112209_03

OSHIIP EDUCATION

Are you on Medicare and looking for objective information about Open Enrollment? Get tips on selecting a '23 Medicare Part D or Medicare Advantage plan to see if you qualify to save an average of \$5,000 on your prescriptions. OSHIIP is a program of the Ohio Department of Insurance and does not sell or recommend insurance products.

Wednesday, Sep. 21 • 11 a.m.

Act. #: 4112209_02

MEDICARE OPTIONS ICE CREAM SOCIAL

During this educational event, instructors review the options for Medicare, and explain how the different parts of Medicare work together to provide the coverage you need.

Wednesday, Aug. 10 • 11 a.m.

Act. #: 4112208_02



LUNCH & LEARN: FOUR BUCKETS OF MEDICARE

Do you ever wonder what exactly you pay into Medicare for? We will share the four main types of care covered by Medicare. Lunch provided.

Wednesday, Sep. 31 • 11 a.m.

Act. #: 4112208_03



CORNHOLE

Cornhole challenges teams of two to toss 16-ounce fabric bean bags through the hole of a raised platform, earning three points for tossing it through the hole and one for each bag left on the board. First team to 21 wins the match.

Evans Center Auditorium
Fridays • 10 a.m.

BINGO

Compete against others to be the first with a winning arrangement and earn a prize. Play for different patterns like classic, X, T, postage stamp and full card. Games are 25¢ per card.

Thursdays • 1 p.m.

August

Act. #: 4082208_01

September



Find Balanced Living at Carriage Court of Grove City



ASSISTED LIVING & MEMORY SUPPORT



Our Assisted Living and Memory Support community welcomes you

- Art Programs ▪ Gardening ▪ Fitness Classes
- Dining by SenseSations ▪ Monthly Calendar of Events
 - Dog, Cat & Bird-Friendly Homes
- Aging in Place Health & Wellness Programs

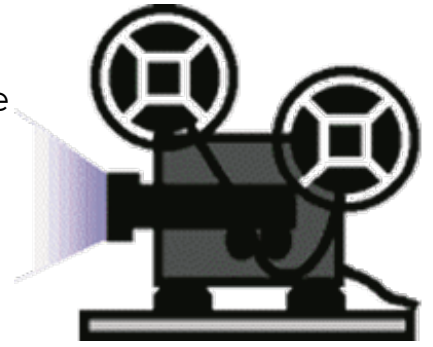
Innovative and ahead-of-the-curve, Pathway to Living has developed a variety of comprehensive programs that elevate the quality of life for seniors. Visit www.pathwaytoliving.com and learn more about how Pathway to Living and Carriage Court of Grove City are changing the way society thinks about aging and senior living.

614-594-8833



EVANS CENTER MOVIES

Join us for movie day in our very own movie theater in the Evans Center auditorium. Sit and watch the flicker of the film surrounded by people who are laughing, gasping, covering their eyes or crying. The shared experience changes the way you see the movie. Registration is required.

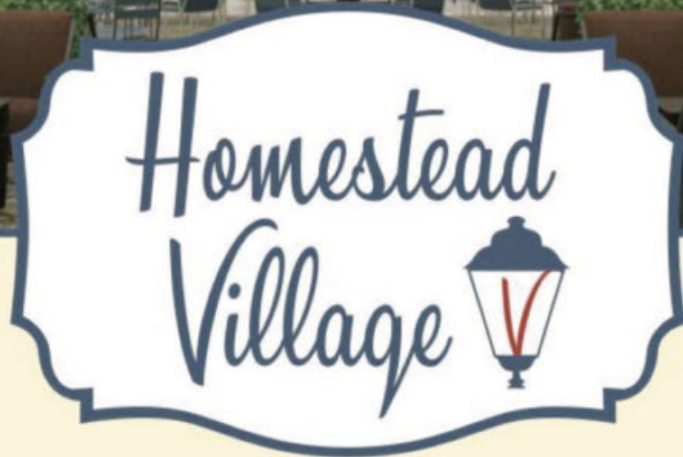
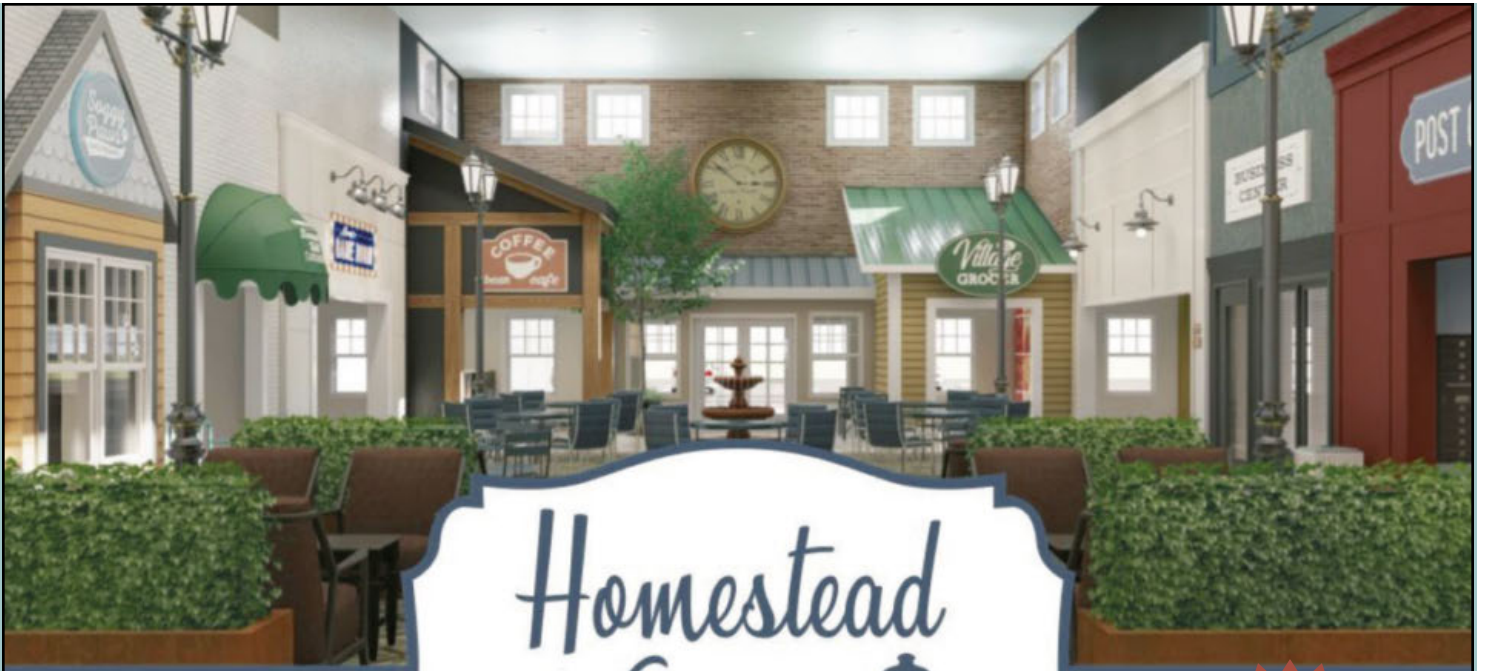


HIDDEN FIGURES

(2016; PG) Three brilliant African-American women working at NASA — Katherine Johnson, Dorothy Vaughn and Mary Jackson — are among the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, changed the course of the Space Race and galvanized the world.

Friday, Aug. 5 • 1 p.m.

Act. #: 4082208_03



NOW LEASING

**A Social, Comfortable lifestyle
that's affordable and convenient**

We provide communal spaces and places to connect. It's a social experience, unlike any other independent, active 55+ community.

Our Village full of amenities is where neighbors come together to build new friendships and enjoy The Village lifestyle.

**CALL TODAY TO LEARN MORE ABOUT
OUR 1 & 2 BEDROOM APARTMENTS!**

Homestead-Village | 1-833-455-PLUS
4990 Hoover Road, Grove City, OH 43123



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

14-1713

DINING OUT

Ready to enjoy time away with others for conversations over a good meal (on your own) at popular regional dining destinations? Hop on the Evans Center bus to enjoy door-to-door drop-off and pickup service at the door.



BREAKFAST CLUB

9 a.m.-Noon

Fee: \$5

Perkins Restaurant

Tuesday, Aug. 2

Act. #: 4122208_05

Sunny Street Cafe

Tuesday, Sep. 6

Act. #: 4122209_05

LUNCH BUNCH

11 a.m.-2 p.m.

Fee: \$5

Firebirds Woodfire Grill

Tuesday, Aug. 16

Act. #: 4122208_06

Rafters Restaurant

Thursday, Aug. 25

Act. #: 4122208_07

Tres Potrillos

Thursday, Sep. 8

Act. #: 4122209_06

J. Alexander

Tuesday, Sep. 20

Act. #: 4122209_07

SUPPER CLUB

4-7 p.m.

Fee: \$5

Red Lobster

Thursday, Aug. 11

Act. #: 4122208_08

Matt & Tony's

Tuesday, Aug. 30

Act. #: 4122208_09

The Nutcracker

Tuesday, Sep. 13

Act. #: 4122209_08

Outback Steakhouse

Thursday, Sep. 29

Act. #: 4122209_09

THIS SPACE IS
AVAILABLE

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Support our Community!

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purchase an ad with

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