



**In July, Meet, Eat and a Little Adventure  
visited Velvet Ice Cream!**

**Thursday, August 2 at 11:30 a.m.**

***Please note LATER start time!***

**Join Elisha and Lisa for  
Meet, Eat and a Little Adventure**

We'll meet at 11:30 a.m. to eat at:

**Royal Thai, 1006 Hebron Road, Heath**

After lunch we will hit the lanes at:

**Park Lanes Bowling Alley,  
701 Hopewell Drive, Heath**

GSC will pay for ALL of your bowling needs — shoes, bowling ball, games and fun with friends!

*Lunch is on your own at Royal Thai Restaurant.*



**Acrylic Dump Art with Jay Skeese  
is Back Every Friday Through 2018!**

Pouring, puddling, dripping ... with no paint brush in hand! This acrylic painting technique uses gravity to move the paint across a canvas. The various colors of paint flow together creating a one-of-a-kind masterpiece.

Fridays: August 3, August 10, August 17 and August 24 at 12:30 p.m.

Sign up for one — or all four classes!

*12" x 12" canvas and paints are provided.*

*Limit of 6 artists*

*Free to GSC Members ~ Guests \$5*

Join us for Soup Friday at noon! Yummy!

**Wellness Corner**

**Cardio Drumming and Line Dancing  
Coming in September!**

**We've Got the Beat!**

Cardio drumming and line dancing are effective for all fitness levels. Sign up and unleash your inner drummer and dancer!

Cardio drumming and dancing connect with your rhythm by combining drumming, music, rhythm and movement. Drumsticks, fitness balls, hands, feet and drums are all you need to bring fun into fitness with these two activities.

*The best reason to drum is that anyone can do it...there is no wrong or right way to drum.*

**You won't be on the sidelines at the next  
wedding after taking line dancing!  
Think: The Electric Slide and More!**

**Cardio fitness drumming and line dancing  
will keep you up beat** — express yourself, release stress, sweat, sing and enjoy a sense of community!

Possible benefits include:

- An enhanced immune system, reduced anxiety, and depression and lower blood pressure
- Social connections and a sense of well-being
- Increased cardiovascular, muscular strength and flexibility
- Reduced blood pressure, cholesterol and blood sugar levels
- Enhanced coordination and bone strength

**WE HOPE THAT YOU  
WILL JOIN US!**

# MARK YOUR CALENDAR FOR FUN!

**Friday, August 3 at 5:30 p.m.**

## **Friday Night Potluck**

Please join in for Friday Night Potluck for good food and conversation!

Please bring a main dish, side dish or dessert.

FREE to GSC Members and Guests



*GSC member Anna Henry is 99 years YOUNG!*

**Thursday, August 9 at Noon**

**Please note new time!**

## **Birthday Luncheon with Ronnie Vickers' Famously-Delicious Birthday Cake!**

Be our guest, be our guest, put our GSC service to the test!

Relax and enjoy a wonderful "soufflé and salad" lunch with other August birthdays. We'll serve birthday cake with candles to celebrate YOU! FREE to GSC Members with birthdays and their Guest

**Tuesday, August 14 from 9-10 a.m.**

## **Men's Coffee and Conversation**

Please join this exciting new social group for coffee, savory sweets and endless conversation. Drop-by anytime during the coffee hour.

FREE to GSC Members and Guests

*Sponsored by Kendal at Granville*

**Monday, August 20 at Noon**

## **Breakfast and B-I-N-G-O!!**

Join us for a good-old fashioned delicious breakfast of scrambled, eggs, bacon, fruit and baked goods. After brunch, please stay for a few rounds of BINGO with prizes for all!

*Sponsored by MediGold*

**Tuesday, August 21 at Noon**

## **Special Monthly Luncheon — We're Having A Luau!**

Hulu dancers, shish kabobs, seasoned rice, salad and a delicious homemade pineapple upside down cake you will make you feel like you are on the main island at this Lunchtime Luau!

Special thanks to the Granville Recreation District for sponsoring this summertime luncheon. Please bring a friend!

GSC Members FREE ~ GSC Guests FREE

**Wednesday, August 22 at 10 a.m. - Noon**

*Please note date change!*

## **Monthly Technology Class**

### **"Ways to Pay" using Apple Pay and PayPal**

Monthly technology classes with Ex-Apple Genius Bar Guru, Gregg Montgomery focus on how to use your devices. Join us for a City BBQ Lunch and delicious homemade desserts!

FREE to GSC Members ~ GSC Guests \$5

*Sponsored by Granville Community Foundation*

**Wednesday, August 22 at 12:30 - 1:30 p.m.**

*Please note date change!*

## **Monthly Technology Class**

### **iPhone Back-to-Basics Q & A**

This class is for members who have basic, general questions about navigating their device. Learn what features use your Apple account, how to reset your password and purchase content such as books and digital media. Join us before class for a City BBQ Lunch and delicious homemade desserts!

FREE to GSC Members ~ GSC Guests \$5

*Sponsored by Granville Community Foundation*

**Thursday, August 23 at 6:30 p.m.**

**Euchre Night**

Bring a snack or dessert to share with 30+ of your favorite GSC euchre fanatics. To fill tables of four, please call Lisa Crock at 740-587-1333 to reserve your seat. Walk-ons are welcomed but a seat to play is not guaranteed without pre-registration. Prompt 6:30 p.m. start time, please.

*Sponsored by Interim Health*



**Friday, August 24 at 4 p.m.**

**Movie & Pizza Night**

**"I Feel Pretty"**

The film stars Amy Schumer as a woman who struggles with feelings of insecurity and inadequacy on a daily basis who wakes from a fall

believing she is suddenly the most beautiful and capable woman on the planet. Actors in this film include: Michelle Williams, Emily Ratajkowski, Rory Scovel, Aidy Bryant, Busy Philipps, Tom Hopper, Naomi Campbell, and Lauren Hutton. FREE to GSC Members ~ Guests \$5

*Sponsored by Medigold*

**Wednesday, August 29 at Noon**

**Let's Celebrate a Fabulous Summer at GSC with our Last Summer BBQ Potluck of 2018**

Our final BBQ Lunch in our Summer BBQ Series will feature grilled hamburgers with flavorful toppings for you to create your own tasty hamburgers!

Hamburgers, cheeseburgers and hot dogs provided by GSC.

Please bring a side dish or dessert to share with your GSC friends.

*FREE to GSC Members and Guests*

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**Please note: Zumba, Stretch and Strength Classes will not be held the last week of August and the first week in September and will resume on Tuesday, September 11.**  
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*A heartfelt thank you to everyone who played BINGO at The Granville 4th of July Celebration in support of GSC!*

*We are grateful to The Granville Recreation District for hosting this annual fundraiser!*

**LICKING COUNTY TRIPS**

FOR ADULTS AGE 60+ | WITH SUPPORT FROM THE

**Senior Levy Fund**  
Licking County, Ohio

**Go on an Adventure this Fall with Licking County Senior Bus Trips!**

On October 17, we are offering a trip to Amish country to see "Stolen" at the The Ohio Star Theatre with lunch at Dutch Valley Restaurant for \$19.13. For those of you who love a mystery, "Clue" is showing at the delightful La Comedia Dinner Theatre for \$20. This musical brings the world's most famous suspects to life and invites the audience to help solve the mystery!

To register, visit [granvilleohioseniorcenter.org](http://granvilleohioseniorcenter.org) and click on Licking County Trips — it's easy to reserve your seat and pay online.

The LCSBT Office is open on Monday, Tuesday and Thursday from 10 a.m. to noon and located at The Granville Senior Center, 3825 Columbus Road, Building D in Granville.



## How Does Our Garden Grow? With Gardening Friends Beverly, Kathy, Ralph and Rose!



*GSC Member and “Behind-the-Scenes Master Gardener” **Ralph Ottensmeier** and Programming Coordinator **Elisha Rose** are pictured by the “Pick Your Own” Produce Table and the vegetable goodies that Ralph just picked.*



*Our gardening friends Kathy, Beverly and Rose brought the morning's harvest which was served at lunch that day.*



*Be sure to stop by and “pick your own” at our Produce Table.*

## We are So Very Thankful!

Thank you to our “behind-the-scenes Master Gardener” and GSC Member **Ralph Ottensmeier** for his *very* helpful hands. Ralph is keeping our GSC Garden growing greener...or honestly “less green” knowing weeding is on his weekly to-do list. Thank you, Ralph!

Special thanks to **Jacki Beach**, one of our health and wellness instructors who is excitedly taking on new wellness classes for our members to enjoy! We appreciate your dedication to our wellness program and improving the health all members!

A huge thank you to **Bob Cole** for his ongoing marquetry class that is loved so well! Bob also contributes to the fixing of broken chairs, the opening of tough lids, and other odds and ends around the Center. We appreciate all you do!! :)



*Let's celebrate Elisha — as always,  
she is in the center of the fun with a big smile!*

### **Elisha Day!!**

Our programming and membership coordinator  
Elisha Rose has been with us for a year!

Help us celebrate her one-year anniversary with a  
pizza lunch and ice cream sundaes for dessert on  
August 24 at noon. Please sign up or call to let us  
know that you are joining us by August 23.

*Free to GSC Members ~ \$5 for Guests*

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**Monday, August 6**

## **The Hartford Fair Senior Day**

Senior Gate Admission is ONLY \$3 from 7 a.m. - 4 p.m. and includes free parking, free Grandstand Admission, door prizes and BINGO with lots of prizes. The Licking County Task Force on Aging and Licking Memorial Hospital will be providing a free lunch at the Pavilion Area to the first 100 seniors. The first 100 seniors through the gate will receive goody bags.

## **Don't feel Like Driving to the Fair? Take a LC Senior Bus Trip for \$5!**

**This trip includes: transportation in a coach bus, admission to the fairgrounds and lunch in one of the Fair Buildings.**

Sign up at [granvilleohioseniorcenter.org](http://granvilleohioseniorcenter.org).

**For questions, please contact Group Leader Peg at 740-899-0598.**

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## **Need a ride to and from GSC?**

Licking County Transit offers rides to and from GSC for events, classes and meals.

Rides are free for those 60+ in Licking County

## **To Schedule Your Ride**

### **Call**

740-670-5185, press #1  
or 1-800-350-7071.

### **Visit**

[granvilleohioseniorcenter.org](http://granvilleohioseniorcenter.org) and click under the "Resources" tab for detailed instructions.

## **GSC is always interested in DIY Instructor-Led Classes!**

Artists and Foodies are on our shortlist after the VERY successful Dump Art, Cooking with Friends and Cake Decorating Classes in May and June.

Please contact our Membership and Programing Coordinator Elisha Rose at 740-587-1333 or [elisharosegsc@gmail.com](mailto:elisharosegsc@gmail.com) to share your passion with our eager-to-learn members!

# August at The Granville Senior Center

Mon	Tue	Wed	Thu	Fri
30	31	1	2	3
12pm - Lunch 2pm - Bridge	10:30am - Stretch SS 11:30am - Zumba SS 12:30pm - Canasta 2pm - Balance SS 5:30pm - Weight Wat.	12pm - Lunch 12:30pm - Strength 1pm - Writing Life 1:30pm - Bridge 5:45pm - Yoga	10am - Tai Chi SS 10:30am - Stretch SS 11:30am - Meet and 11:30am - Zumba SS 1pm - Mah-Jongg 1:30pm - Bridge	9am - Yoga 10:30am - Make-Up 11am - Tap Dancing 12pm - Lunch 12:30pm - Acrylic Art 1:30pm - Bridge 5:30pm - Potluck
6	7	8	9	10
12pm - Lunch 2pm - Bridge	10:30am - Stretch SS 11:30am - Zumba SS 12:30pm - Canasta 2pm - Balance SS 5:30pm - Weight Wat.	12pm - Lunch 12:30pm - Strength 1pm - Writing Life 5:45pm - Yoga	10am - Tai Chi SS 10:30am - Stretch SS 11:30am - Zumba SS 12pm - Birthday 1pm - Mah-Jongg 1:30pm - Bridge	9am - Yoga 10:30am - Make-Up 11am - Tap Dancing 12pm - Lunch 12:30pm - Acrylic Art 1:30pm - Bridge
13	14	15	16	17
12pm - Lunch 2pm - Bridge 7pm - Bridge	9am - Men's Coffee 9am - Women's 10:30am - Stretch SS 11:30am - Zumba SS 12:30pm - Canasta 12:30pm - Dominoes 2pm - Balance SS 5:30pm - Weight Wat.	12pm - Lunch 12:30pm - Strength 1pm - Writing Life 1:30pm - Bridge 5:45pm - Yoga	10am - Tai Chi SS 10:30am - Stretch SS 11:30am - Zumba SS 1pm - Mah-Jongg 1:30pm - Bridge 6:30pm - Euchre	9am - Yoga 10:30am - Make-Up 11am - Tap Dancing 12pm - Lunch 12:30pm - Acrylic Art 1:30pm - Bridge 4pm - Movie Night
20	21	22	23	24
12pm - Lunch 12:30pm - Bingo and 2pm - Bridge	10:30am - Stretch SS 11:30am - Zumba SS 12pm - Monthly 12:30pm - Canasta 2pm - Balance SS 5:30pm - Weight Wat.	10am - iPhone Class- 11am - Book Club 12pm - Lunch 12:30pm - iPhone 12:30pm - Strength 1pm - Writing Life 5:45pm - Yoga	10am - Tai Chi SS 10:30am - Stretch SS 11:30am - Zumba SS 1pm - Mah-Jongg 1:30pm - Bridge	9am - Yoga 10:30am - Make-Up 11am - Tap Dancing 12pm - Lunch 12:30pm - Acrylic Art 1:30pm - Bridge
27	28	29	30	31
12pm - Lunch 2pm - Bridge 7pm - Bridge	12:30pm - Canasta 12:30pm - Dominoes 2pm - Balance SS 5:30pm - Weight Wat.	12pm - Lunch 1pm - Writing Life 5:45pm - Yoga	10am - Tai Chi SS 1pm - Mah-Jongg 1:30pm - Bridge	9am - Yoga 10:30am - Make-Up 11am - Tap Dancing 12pm - Lunch 12:30pm - Acrylic Art 1:30pm - Bridge



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**Thank You to  
Our Generous Funders:**

- Licking County Senior Levy
- Granville Community Foundation
- Granville Arts Commission
- Granville Recreation District
- Interim Healthcare
- The Energy Cooperative
- Our Members

**Center Hours:**

Monday-Friday 9 a.m. - 4 p.m.

**Our Physical Address is:**

3825 Columbus Road  
Building D  
Granville, Ohio 43023

**Phone:**

740-587-1333

**Website:**

[granvilleohioseniorcenter.org](http://granvilleohioseniorcenter.org)



**Save the date!**

Join us for a

**Tailgate Luncheon**  
at the Granville Senior Center

Wednesday, September 12  
Noon - 1 p.m.

FREE and Open to the  
General Community

Free resources for seniors  
Meet senior living advisors  
and professionals.

Or Current Resident



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