

The Northstar:

A Quarterly Newsletter for CRC Seniors

JULY-SEPT 2026

JULY TRIPS

		Activity/Location	bus departs	activity begins
1	Wed	Walmart Bethel + Shawerma Bite	10:00	11:00
2	Thu	**Social Dance Class**	9:30	10:30
2	Thu	CRC Bingo	12:00	1:00
6	Mon	Whetstone Library	11:00	12:00
6	Mon	Bingo @ NSV (Karl Rd)	NONE	2:00
6	Mon	Bingo @ St George	NONE	2:00
7	Tue	Sing & Dance for Fun & Health	9:30	10:30
8	Wed	Kroger Henderson + White Castle	9:30	10:30
9	Thu	**SENIOR BRUNCH**	9:45	10:30
10	Fri	Meijer	9:30	10:30
10	Fri	**Games and Snacks with Kids Club**	9:00	10:00
13	Mon	Senior Support Group	10:00	11:00
13	Mon	Bingo @ NCP (Morse Rd)	NONE	2:00
14	Tue	Relax & Create Art Class	12:00	1:00
14	Tue	**Wesley Glen "Resilience Through Life Changes"**	1:00	2:00
15	Wed	Walmart Easton	9:30	10:30
16	Thu	**Games & Snacks with Kids Club**	12:00	1:00
17	Fri	Aldi + Canes	9:30	10:30
20	Mon	Bingo @ St George	NONE	2:00
20	Mon	Games & Cornhole @ NCP	NONE	2:00
21	Tue	Sing & Dance for Fun & Health	9:30	10:30
21	Tue	Games & Cornhole @ NSV	NONE	2:00
22	Wed	Kroger Graceland + Donatos	10:00	11:00
23	Thu	Senior Pantry Shop	9:00	10:00
24	Fri	Marc's	9:30	10:30
27	Mon	Senior Support Group	10:00	11:00
28	Tue	Relax & Create Art Class	12:00	1:00
28	Tue	VOA ½ Off Day	9:30	10:30
30	Thu	**Legal Aid Presentation on Wills**	1:00	2:00

You are invited to join us for **Social Dancing to the "Oldies for Newbies"**. All dancers are welcome to attend the session. The Class will be led by Denver Lightner, a retired Physical Education teacher with over 15 years of dance experience, and co-led by Sharon Kreuz. In our first session, everyone will learn a very easy new dance. If you can walk, you can learn to dance (walkers are also welcome). We look forward to seeing you there!

TO SIGN UP CALL: 614-268-3539



July 10 & July 16

Join us for Games and Snacks with Kids club!

AUGUST TRIPS

		Activity/Location	bus departs	activity begins
3	Mon	Whetston Library	11:00	12:00
3	Mon	Bingo @ NSV (Karl Rd)	NONE	2:00
3	Mon	Bingo @ St George	NONE	2:00
4	Tue	**Ohio State Fair - Senior Day**	9:30	10:30
5	Wed	Walmart Bethel + La Casita	10:00	11:00
6	Thu	**Social Dance Class**	9:30	10:30
6	Thu	CRC Bingo	12:00	1:00
7	Fri	Meijer	9:30	10:30
10	Mon	Senior Support Group	10:00	11:00
10	Mon	Bingo @ NCP (Morse Rd)	NONE	2:00
11	Tue	Relax & Create Art Class	12:00	1:00
11	Tue	**Wesley Glen "Understanding Medicare, Insurance and Healthcare Costs"**	1:00	2:00
12	Wed	Kroger Henderson + City BBQ	9:30	10:30
13	Thu	**SENIOR BRUNCH**	9:45	10:30
14	Fri	Aldi	9:30	10:30
17	Mon	Bingo @ St George	NONE	2:00
17	Mon	Cooking with AA @ NCP	NONE	2:00
18	Tue	Sing & Dance for Fun & Health	9:30	10:30
18	Tue	Cooking with AA @ NSV	NONE	2:00
19	Wed	Walmart Easton	9:30	10:30
21	Fri	Marc's + Roosters	10:00	11:00
24	Mon	Senior Support Group	10:00	11:00
24	Mon	Tech Cafe	12:00	1:00
25	Tue	Relax & Create Art Class	12:00	1:00
26	Wed	Kroger Graceland	9:30	10:30
27	Thu	Senior Pantry Shop	9:00	10:00
28	Fri	Trader Joe's + Panera	9:30	10:30

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SING & DANCE

The new CRC Sing and Dance group started in April is small but mighty. We welcome new singers and dancers of all abilities. We can teach whatever you don't know and support modifications for all abilities. Dancing from a chair can be quite fun. We are scheduled to perform at the August Senior Brunch so join us now so you can be ready to Sing and Dance along with us. We meet the 1st and 3rd Tuesdays of each month.

AUGUST 4 @ 9:30am

Join the Ohio Department of Aging for **FREE ENTRY Senior Day at the Ohio State Fair!** Visit the Healthy Aging Expo at Kasich Hall for access to free health screenings, wellness demonstrations, and much more.

Sept 8th
Senior Camp is a half-day of fun, FREE activities for senior groups held at Beech Maple Lodge in Blacklick Woods Metro Park. Activities include: Nature bingo, crafts, fishing, a tram ride, a nature walk and a guest speaker.
Please Pack a Lunch for this outing

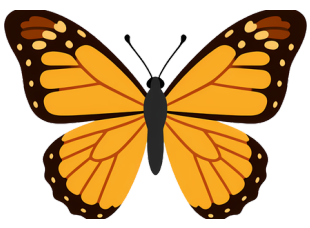
Sept 2nd
8:30am-3:30pm
Senior Tech Conference helps older adults build skills to stay connected and independent. Come learn about AI, online safety, and everyday technology use. Enjoy speakers, breakout rooms, lunch, and the opportunity to socialize.

Sept 17th @ 9:30am
Join us at the Columbus Zoo with FREE TICKETS provided.

SEPTEMBER TRIPS

		Activity/Location	bus departs	activity begins
1	Tue	Sing & Dance for Fun & Health	9:30	10:30
2	Wed	**Senior Tech Conference**	8:30	9:30
2	Wed	Walmart Bethel	9:30	10:30
3	Thu	**Social Dance Class**	9:30	10:30
3	Thu	CRC Bingo	11:00	12:00
4	Fri	Meijer + Steak 'n Shake	10:00	11:00
8	Tue	**Metro Parks Senior Camp**	9:00	10:30
8	Tue	**Wesley Glen "Levels of Care and Navigating Senior Living"**	NONE	2:00
9	Wed	Kroger Henderson	9:30	10:30
10	Thu	**SENIOR BRUNCH**	9:45	10:30
11	Fri	Aldi + Greek Express	9:30	10:30
14	Mon	Senior Support Group	10:00	11:00
14	Mon	Bingo @ NCP (Morse Rd)	NONE	2:00
15	Tue	Sing & Dance for Fun & Health	9:30	10:30
15	Tue	Crafts & Coloring @ NSV	NONE	2:00
16	Wed	Walmart Easton + Wendy's	9:30	10:30
17	Thu	**Columbus Zoo**	9:30	10:30
18	Fri	Marc's	9:30	10:30
21	Mon	Bingo @ St George	NONE	2:00
21	Mon	Crafts & Coloring @ NCP	NONE	2:00
22	Tue	Relax & Create Art Class	12:00	1:00
23	Wed	Kroger Graceland	9:30	10:30
24	Thu	Senior Pantry Shop	9:00	10:00
25	Fri	Gabe's Morse + Arby's	9:30	10:30
28	Mon	Senior Support Group	10:00	11:00
29	Tue	VOA ½ Off Day	9:30	10:30





TO SIGN UP CALL: 614-268-3539

Wesley Glen has invited CRC Older Adult Clients to join them for Ending Well, a monthly educational series created to help residents and families at Wesley Glen navigate the important decisions, conversations, and resources that come with aging. Through expert speakers and conversations, attendees will gain practical knowledge, peace of mind, and support for the future.

The series takes place the 2nd Tuesday of every month at 2:00 p.m. The series begins June 9th with “Planning Ahead: Advanced Directives and Healthcare Wishes.” Though these weren’t posted in the previous NorthStar, we are offering a bus or you can get your own ride there (except there will be no bus for Sept 8th.) Call CRC reception to sign up. The remaining series topics are listed separately on the July-September calendars.

- CRC Staff would love to be able to allow everyone to attend any event they want to attend, but due to several constraints that is not possible.
- Please do not attempt to get on a bus or drive yourself to any event you have not confirmed with reception staff that you are signed up for.
- Tech help and art classes have limitations due to staffing, space considerations and materials preparation.
- Bus routes are prepared a day in advance and it is not easy or efficient to change these after noon the day before an event.
- If you have not actually spoken with someone from the CRC office to confirm your trip by noon on the day before an event, you should make a call to the office yourself and check to be sure you are on the list.
- From time to time we people say they think they signed up but their name does not appear on our list. We cannot determine how this happens but our reception staff is more than happy to review signups with you whenever you call to check in.

THANKS TO OUR SPONSORS

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