



# 50+ Recreation September 2017

Our mission is to enrich the lives of our citizens.

ISSUE 9

[www.ColumbusRecParks.com](http://www.ColumbusRecParks.com)

## 50+ Fall Walking Jamboree

**Friday, October 6**  
**Smith Farms' Barn**  
**3285 Watkins Rd., 43207**  
**8:30 am check-in; 9 am start**

Join us for a fun walk around the farm and Three Creeks Park. We will use three trails ranging from 1 to 4 miles.

Refreshments, line dancing, hayride and prizes.

## Walk with a Doc

Take steps to a healthier you with Walk with a Doc. Take an hour-long walk led by a Mount Carmel Health Physician. Walkers can come and walk for as little or as long as they like and enjoy good company, a healthy snack and fun prizes.

*Walks are held inside during bad weather.*

**2017 Walking Dates - 8:30 - 9:30 am**

### **Marion Franklin & Woodward Park**

Sept 2, 16  
Oct 7, 21  
Nov 4

### **Far East & Dodge**

Sept 9, 23  
Oct 14, 28  
Nov 11

**Golden Hobby Shop**  
**630 S. Third St. in German Village**  
**Columbus, Ohio 43206**  
**Phone 614-645-8329**

**Shop Hours of Operation: Tuesday- Saturday**  
**10 am – 5 pm**  
**Free parking**

Golden Hobby Gift Shop will be offering *FREE* classes in September, October and November.

**Saturday, September 9 11 am-1 pm**

Make 'n Take session for adults and kids together making Buckeye necklaces.

**Saturday, September 23 1-3 pm**

PLARN" (plastic yarn) class in making plastic totes; participants should know how to crochet.

**Saturday, October 14 1-3 pm**

Woven fleece class creating 12" squares that can become pillow covers or many other things.

**Saturday, November TBA**

Paint candy corn pots and making edible cornucopias.  
*Call 614-645-8329 to register.*

### **September 2017**

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## Dance

### Gillie Dance

Line Dance	<i>Beginners</i>	<i>Tuesdays</i>	<i>1 pm</i>
	<i>Advanced</i>	<i>Tuesdays</i>	<i>2 pm</i>
	<i>Intermediates</i>	<i>Fridays</i>	<i>10:30 am</i>

Move & Groove *Mondays 7:30 pm*

### Tap Dance:

*Advanced Wednesdays 10 am*

*Beginning Wednesdays 10:50 am*

Ballet Class *Wednesdays 5 pm*

### Gillie Wednesday Evening Dance Information

**6:30 – 9 pm Admission: \$5**

Come early for line a line dance session: 6:30-7 pm.

The DJ begins spinning a variety of dance music at 6:30 pm. Refreshments served, dancing until 9 pm.

### Weekly Themes:

*September 6 Grandparents' Day*

*September 13 Birthdays and Anniversaries*

*September 20 School Days*

*September 27 Buckeye Pep Rally*

### Marion Franklin

### Line Dance (*Intermediate*)

*Mondays, Wednesdays and Fridays 10-11 am*

*Beginners Wednesdays 11:15 am*

*Men's Tuesdays and Thursdays 1 pm*

Line Dance Workout *Tuesday and Thursday 10 am*

### Evening Line Dance

*Beginners Tuesdays and Thursdays 5:30-6:30 pm*  
**\$20 per person, per session**

### Urban Ballroom Dancing

*Tuesdays 7-8:30 pm \$25 per person, per session*

### Zumba

*Wednesdays 6-7 pm \$25 per person, per session*

## 50+ Water Exercise

It's that time of year again, summer is over and we are getting ready for the indoor swim season. Water aerobics will begin on **Monday, September 25**. There is a big change this year that will affect the program, after more than 15 years at the same price the entrance and pass fee are going up. Per visit will be \$2 and a 6 or 7 week pass will be \$20.

Alice is still our instructor and classes will continue on both Mondays and Wednesdays. We hope to see you on the 25<sup>th</sup>. If you have been a regular indoor attendee, you will receive a letter with all of the dates and information; if not, it will be available the first day of class.

## Red Hat Activities

### Dodge

**Snooty Fox in Cincinnati**

**Thursday, September 21**

**Gillie's Fillies Mark your Calendars!**

**Little Brown Jug Party at Gillie**

**Thursday, September 21**

**12:30 pm**

You are invited to this fun party of food, fun and horse racing. Calling on all Gillie Fillies needed to fill required positions at the race.



**Rambling Rose Red Hat**

### Luncheon

**American Legion – 705 Court St., Portsmouth**

**Saturday, September 30 11 am Cost \$35**

Deadline for registration is Saturday, September 15.

Mail registration form and check to: Raejean Wagner, 81 Coburn Dr. McDermott, Oh. 45652. Contact Queen Anne for details.

## Trips

### Dodge

**645-8151**

**Friday on the Town**

**Friday, September 8 10:30 am Cost \$5**

We will be visiting an exhibit at the Riffe Gallery entitled *Ohio: The Start of It All: An Exhibit of Original Children's Book Illustrations*, from the University of Findlay's Mazza Museum. The illustrations are all related to the great State of Ohio based on people places, inventions and more. Bring additional money as we will also be stopping afterwards to eat lunch close to the downtown area.

**Country Living Craft Fair Ohio Historical Village**

**Friday, September 15 10 am**

**Cost \$21 (\$5 for van expenses \$16 admission for festival)**

Join us as we venture to the Ohio Village to see the craft fair. Wear comfortable shoes as there will be walking involved. Check out some vendors selling great handmade, one- of- a kind items as well! Bring additional money as we will be stopping afterwards to eat at Frisch's.

# Trips

**Gillie** **645-3106**

## Gillie Trip Policy for 2017:

Persons registering for **Van/Mini Bus Trips** need to be **current registered** members. Our **Chartered Bus Trips** are open to both members and adult non-members. Chartered bus trips will be canceled 30 days before departure if we have not met our target number of reservations. **All refund questions will be handled by the staff person in charge of the trip.** **Trips leave from the back of the center, please be here 30 minutes before departure and PLEASE DO NOT PARK in the first 3 rows. Thank you.**

## Mystery Lunch

**Friday, September 8** **Cost \$7**  
*Registration begins on Friday, August 25.*

## Broadway Babies: Texas Tenors

**Friday, September 12** **11 am** **Cost \$68**  
 Experience a fabulous luncheon show with the Texas Tenors singing country, pop, gospel and classics. Lunch on your own.  
*Registration begins on Friday, August 25.*

## Mystery Trip

**Friday, September 29** **9:30 am** **Cost \$32**  
 Lunch on your own.  
*Registration begins on Friday, September 15.*

## ☞The Cuyahoga Valley Railway

**Wednesday, October 18** **8 am -5 pm** **Cost \$20**  
 Enjoy a train ride through Ohio's only National Park with a stop at the village of Peninsula. Lunch on our own at The Winking Lizard. Bring water and snack please. Call Jim for more information.  
 ☉Registration begins October 4.☉

**Lazelle** **645-5330**

Some trips will have a fee. Please contact center for more information.

## Velvet Ice Cream

**Friday, September 15**

## Mystery Lunch

**Friday, September 29**

## Walking Jamboree

**Friday, October 6**

## Wright Pat

**Friday, October 13**



**Marion Franklin** **645-3612**

## Breakfast and Movie

**Tuesday, September 12** **8:30 am** **Cost \$5**  
 Movie will be determined a week prior, based on showings and times. Please submit movie suggestions the Friday before trip.  
*Please register at the front desk.*

## Scavenger Hunt

**Wednesday, September 27** **9:30 am**  
**Cost \$5 (Transportation Only)**  
 Join us as we head out to local thrift stores and bargain outlets to catch deals legends are made of, and then we grab lunch before heading back to share news of our finds.  
*Please register at the front desk.*

**Martin Janis** **645-5954**

## Put-in-Bay

**Thursday, September 7** **8 am**  
**Cost: \$15 for transport; Round trip ferry to island \$14; lunch and transport around island on your own**  
 You'll have a full day visiting wineries, historical sites, unique shops, sightseeing, a fun ferry ride and the walleye. Join us for this once a year special day!

## Ohio Fish and Shrimp Festival

**Friday, September 15** **3:30 pm**  
**Cost: \$10 for transport, Admission to Fair \$5 (paid at the gate), lunch on your own**  
 A great evening festival in Urbana with good music and great food! They also have an interesting fish farm operation where you can feed the fish.

**Whetstone** **645-3217**

*Note: Any participant signing up for Whetstone trips must present payment at the time of registration.*

## ALL ARE WELCOME ON THIS TRIP!

**Wednesday, September 13** **9 am** **Cost \$5**  
 We will head west to Dayton to check out the Air Force Museum. *Please call Mike to rsvp today.*

## Hikes with Mike

**Wednesday, September 20** **9 am** **Cost \$4**  
 We are going to Old Man's Cave. Let Mike know you are going, 614-614-3217.

## Mike's Taste of Italia

**Wednesday, September 27** **10 am**  
 The Warehouse in Delaware is the place. Don't miss out, call mike at 645-3217 to save your seat at the table.

### Senior Council Meeting

**Tuesday, September 12 1 pm**

Interested in seeing how the senior council works? Join us for a meeting to talk about the happenings at Dodge. We welcome any and all members of Dodge to attend.

### Dodge Morning Walking Club

**Mondays and Wednesdays 9 am**

Come join Mrs. Holly as she heads outside to enjoy those morning walks around Dodge's trail!

### Chair Volleyball

**Mondays and Thursdays 1 pm**

Come on out and join us for some chair volleyball two times a week. It's great exercise and everyone loves a little competition!

### The Fresh Produce Market

**Thursdays, September 14 & 28 3-6 pm**

First come, first served. Rain or shine and don't forget to bring your own bag!

### Showcase your Creative Talents:

#### \*Fall Fashion Show

**Friday, September 22 1-3 pm**

Do you love to sew? It is open to our sewing, craft and crochet classes at Dodge. **Participants are allowed to submit 3 items. These can include clothing or accessories** that you have made in class or related to your class. Deadline to submit descriptions of your entry is September 15. Dan with medical mutual will also be there from noon until 2 pm and will be sponsoring door prizes.

#### \*Art Show "Through the Looking glass to Wonderland"

**Opens Friday, December 15**

We know it's early, but we are looking for Artists to submit artwork for an **art show** that will be displayed at the **Columbus Performing Arts Center. The Theme is "Through the looking Glass to Wonderland"** based on Alice in Wonderland. We are looking for all types of media, painting, drawing, sculpture, mosaics and sewing. So if you love Alice in wonderland, let it inspire you to create work of art! The show will open December 15<sup>th</sup> Deadline is December 8<sup>th</sup>! So you have time to think about what you'll do! This show will coincide with Carriage Places theatrical production "Steam Punk Alice in Wonderland."

### Interested in Eating Healthy?

**Thursdays, September 7 & 21 12:30 pm**

Come and join us for this healthy eating and nutrition class that extends throughout the year. Lisa Gibson a nutritionist from OSU joins us to teach us all about healthy eating and habits. You are welcome to bring any questions/concerns you may have.

### Dodge Chorus

We took a break during the summer, but we're back! We are always looking for new members so if you would like to sing with our Chorus, please join us in September. **Call center for days and times.**

### Walk with the Doc

**2nd and 4<sup>th</sup> Saturday of the month 8:30-9:30 am**  
**Saturdays, September 9 & 23**

Come out and help us represent the West Side of Columbus. Bring your walking shoes and don't forget your list of questions for the Doc!

### Classes for Fall I

Painting	<b>Mondays</b>	<b>10:30 am-Noon</b>
You Sew fine	<b>Mondays</b>	<b>1:30-3 pm</b>
Zendoodle Art	<b>Mondays</b>	<b>3:30-4:45 pm</b>
Indoor Cycling	<b>Mon &amp; Weds</b>	<b>9:30-10:15 am</b>
Quilting	<b>Tuesdays</b>	<b>9 am</b>
Art Journaling	<b>Tuesdays</b>	<b>1-3 pm</b>
50+ Sewing	<b>Tuesdays</b>	<b>1:30-4:30 pm</b>
*Alice Art studio	<b>Tues &amp; Weds</b>	<b>3-4:45 pm</b>
Crochet	<b>Wednesdays</b>	<b>1-3 pm</b>
Walking Club	<b>Mon &amp; Weds</b>	<b>8:15 am</b>
Shuffleboard	<b>Thursdays</b>	<b>10:15-10:55 am</b>
Bingo	<b>Thursdays</b>	<b>11-11:55 am</b>
Chair Volleyball	<b>Mon &amp; Thurs</b>	<b>1-3 pm</b>
50+ Alterations	<b>Fridays</b>	<b>3-5 pm</b>

**\*To work on art projects for "Through the looking Glass to Wonderland" art show in December**

### Dan Rankin with Medical Mutual

**Wednesday, September 22 Noon-2 pm**

Dan will be here to answer any questions you may have about Medicare.

### Alzheimer's Awareness Workshop

**Thursday, September 14 10:30-11:30 am**

If a friend or loved one may be suffering from Alzheimer's or even if you may have questions or concerns then attend this informative workshop. Sign up at front desk so we may have an interest list.

**Register at front desk.**

No classes or programs August 28 –Sept.1, this includes the fitness and billiard room.  
Center closed Monday, September 4 for Labor Day.

### **Holiday Bazaar Tables \$20 per table**

Tables for the Holiday Bazaar are now on sale.  
The bazaar will be held on Friday & Saturday, November 10 & 11.

### **OSU Extension Service**

**Friday, September 1 9:30 am**

### **Veteran's Group**

**Friday, September 1 1 pm**

We are calling all members of the Armed forces for a meeting of the brotherhood.

### **LUNCH & LEARN: Healthy Habits**

**Tuesdays, September 5 & 19 Noon Cost \$5**

How are things going in your world?  
Join Dr. Jacqui Lyons and learn some tips on how to keep things together for a healthier you.  
**Register now at the front desk.**

**BINGO Mondays, September 11 & 25 1 pm**

### **Eat Better, Feel Better**

**Tuesday, September 12 11 am**

Registered Dietitian Leonor Button from LifeCare Alliance presents: **Looking Sharp, Eat for Sharper Vision.**

### **Alzheimer's Association**

**Tuesday, September 12**

**~Support Group 12:30 pm** Everyone is invited.

**~Private Consultations 1:30-4 pm** for yourself or a caregiver; by appointment (457-6003).

### **Gillie Recreation Council Meeting**

**Wednesday, September 13 1 pm**

### **History Roundtable**

**Wednesday, September 13 1 pm**

### **Gillie's "Got Talent?" Talent Show**

**Friday, September 15 12:15 pm**

We will showcase musical and performing talents of Gillie members and other Central Ohio seniors. Sign up now if you have what it takes to show us your talent.

**Registration deadline Wednesday, September 13.**

### **Columbus Public Health Department**

**Thursday, September 21 9 am-Noon**

Free blood pressure and fasting sugar screens.

### **Columbus Speech & Hearing**

**Thursday, September 21 10 am-3:30 pm**

To schedule an appointment, call 261-5452.

### **Senior Living Truth Series**

**Thursday, September 21 10-11:30 am**

Every 3rd Thursday of the month, New Directions Realty will present "The Senior Living Truth Empowerment Series", (SLTES) The SLTES provides comprehensive information on a variety of topics of interest to seniors and their families.

### **Little Brown Jug Party at Gillie**

**Thursday, September 21 12:30pm**

You are invited to this unique party of refreshments, fun and horse racing. Sponsored by the Gillie Fillies who will be needed to fill positions at the race.

### **End of Summer Bash Dinner Dance**

**Friday, September 22 Cost \$18**

**Doors open 5:30 pm; line dance lessons 6 pm; Dinner 6:30 pm; Dance Show 7 pm; Entertainment 7:15 pm**

Let's say good bye to summer with a bang or a bash! We'll kick it off with line dancing, followed by a wonderful dinner, a fun dance show and then great music with Betty Longerden opening for our headliner Michael Rose. Call Linda Jacobs at 645-3106 and ask about our V.I.P. package.

**R.S.V.P. by Wednesday, September 20.**

### **Intro to Memoir Writing– Part 1**

Everybody has a story, why not tell yours? Through various writing exercises, and discussion, you'll learn how to combine your essays to form your life story.

**Register at the front desk if you are interested.**

### **Photo Journaling Class**

Do you have any old photos that you can't identify and there's no one left to ask? Do you have the information you need to create a photo album but don't know where to start? Come and learn how to answer yes to these questions. **Register at the front desk if you have interest.**

### **Annual Walking Jamboree at Smith Farms**

**Friday, October 6 Sign in 8:30 am; Start 9 am**

Join us as we "Walk for the health of it" through beautiful Three Creeks Metro Park. We will use three trails ranging from 1 to 4 miles. There will be line dancing, hayrides and other fun activities. **Sign up for mini bus, we leave at 8 am.**

**Lazelle Woods Intergenerational Center**

**Anna Marie Brown, Center Manager**

**Hours: Mon.-Fri.: 8 am-9 pm**

**8140 Sancus Blvd., 43081**

**645-5330**

**Monday**

Fitness Fuzion	9:05-10:05am	\$27
FXP Fitness	6:15- 7pm	\$49
Dance Fit & Toning	7:10-8pm	\$23

**Tuesday**

Aiki Ju Jitsu and Aikido	6:30-8:30pm	\$35
Adult Pottery	7-9pm	\$10 Mtls.
Women's Self-Defense	7:40-8:40pm	\$65

**Wednesday**

Fitness Fuzion	9:05-10:05am	\$27
Tai Chi	1:30-2:30 pm	\$30
Yoga	6:30-7:30pm	\$35
LaBlast Line Dance	7:45-8:30pm	\$35

**Thursday**

Dance Fit & Toning	6:45- 7:45pm	\$32
Fundamentals of Watercolor	6-9pm	\$85
Piano Level 1	6:30-7pm	\$25 + \$3 Mtls.
Guitar Level 1	7- 7:30om	\$25

Must have your own guitar.

**Friday**

Zumba 45	8:15-9am	\$20
Pottery	12-2pm	\$25 + \$15 Mtls.

**Saturday**

LaBlast Dance Fitness	9-9:45am	\$35
Pickle Ball		\$10 for the session
Monday & Friday	8:30-10:30am	
Wednesday	1-3pm.	

**Check with center or website for complete listing of classes.**

**COAAA Central Ohio Area Agency on Aging**  
**3776 S. High St., 43207**      **614-645-7250**

**You Can Help Advance Alzheimer's Disease Research!**

The Alzheimer's Association has launched TrialMatch, a free, easy-to-use service that matches individuals with clinical studies of potential treatments of Alzheimer's disease. The service is available to people who have dementia, those who are at risk of developing dementia, as well as caregivers and healthy volunteers. You create an account and answer a few confidential questions to complete a personal profile online. After your information is submitted, you will receive a customized list of studies that you may qualify for. The existing database includes over 250 studies both pharmacological (drug) and non-pharmacological (non-drug studies) taking place across the country and online. You are under no obligation to participate in a study. If you are interested in a study, YOU contact the study site listed for more information. They do not contact you.

By participating in clinical research you provide valuable insight into potential treatments and methods of preventing Alzheimer's disease, even if you are currently healthy. Advancements in research move us all closer to living free of the shadow of this devastating illness.

For more information go to: [www.alz.org/trialmatch](http://www.alz.org/trialmatch) or call 1-800-272-3900.



## Marion Franklin Intergenerational Center

Bryana Ross, Center Manager

645-3612

2801 Lockbourne Road, 43207

Hours: Monday - Friday 8 am - 5 pm

*Fall 1 Registration: Aug. 28-Sept.1 (No Classes)*

*The Center will be closed: September 4 (Labor Day)*

*Fall 1 Session: September 5- October 20*

**Marion Franklin welcomes Bryana A. Ross as the new Center Manager.**

### Marion Franklin Dining Center

**Lunch: Tuesday-Thursday 11 am-1 pm**

*LifeCare Alliance...Nourishing the Human Spirit*

### Style Show & Luncheon @ Creekside

**Tuesday, September 19 11 am-2:30 pm Tickets \$35**

#### -Entertainment: Pianist Bobby Floyd

*Bobby Floyd's* talent has launched him into a very rewarding career, putting him in demand and making him one of the favorite, first-call pianists/organists for many well-known artists. He has traveled the world accompanying Ray Charles on piano and organ. He currently makes guest appearances with some of the most distinguished orchestras, including The Boston Pops, The Rochester Philharmonic, and The Detroit Symphony. He is presently the feature pianist for the world-famous and legendary Count Basie Orchestra.

#### -Guest Speaker: Dr. J. Paul Monk

**Dr. J. Paul Monk** is a brilliant doctor and assistant professor from The Ohio State University Wexner Medical Center, Department of Internal Medicine, and Division of Medical Oncology. He specializes in GU (or genitourinary) cancers, which include cancers of the prostate, bladder, kidneys and testicles. As a researcher, he is very interested in experimental therapeutics and clinical trials. His focus is on evaluating both their effectiveness and their safety.

**-The Men In Black** will not only be styling and dancing with a purpose, but giving back to the community with a vision through awareness and community service.

Help us support **Prostate Cancer Awareness Month** with fashion, speakers, exhibitors, entertainment and an afternoon of making a difference. The event will be held at the Creekside Conference & Event Center, 101 Mill Street, Suite 300 Gahanna, Ohio 43230. For more information call the Marion Franklin Community Center 614.645.3612 or mail:crcarrera@columbus.gov. Proud Contributors: The Jazz Arts Group, The Marion Franklin Civic Association, The Columbus Cancer Clinic, The James, Lifecare Alliance, African American Male Wellness Walk Initiative and Central Ohio Men Against Prostate Cancer.

**Free Produce: September 28/ October 26 3 pm**

### Fall Line Dance Party & Bake Sale

**Friday, September 8 9:30 am-1 pm Meal Ticket \$6**

Join us as we dance into the "Fall I" session with music, door prizes, homemade goodies and fun.

Proceeds will go to support our newly organized Bike Club & Pelotonia: Pelotonia founded in Columbus, Ohio in 2008, is a grassroots bike tour that funds cancer research at The Ohio State University. Must have meal ticket to eat lunch. **Please register at the front desk.**

### Fun Fact Friday

**Friday, September 15 11 am Cost \$3**

Join us for light snacks and Senior Sense "BINGO" is a FUN, interactive and educational presentation. The program provides participants with information for healthy living. It will focus on the misuse of medications. The presentation incorporates a trip down memory lane while learning simple ways to keep themselves safe and healthy. This program is provided by Drug Comp.

### Book Club Discussion & Social

**Every 2<sup>nd</sup> Wednesday (September 13) 1:30 pm**

**Book:** Infidel **Author:** Ayaan Hirsi Ali

*Dates and Times are subject to change; please call the center if you plan to attend.*

### Underground Railroad

**Meets 1<sup>st</sup> & 3<sup>rd</sup> Monday of the month. 2:30 pm**

**BINGO 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays 1-3 pm**

**Pokeno Wednesdays Noon-3 pm**

### Classic 8 Ball Tournament

**Thursday, September 14 4 pm Entry Fee \$1**

### Marion Franklin "Fall" Flea Market

**Thursday, October 26 11 am-5 pm**

**Set-up Time: 10 am**

Members Tables (1) \$10 (2) \$15

Non Member Tables (1) \$15 (2) \$25

Please register at the front desk for a table.

### Health & Wellness Information:

Barbara Parker, registered nurse, is available in the Lifecare Alliance Wellness Center Monday, Tuesday and Thursday from 8am-4pm and Friday 8-11am. For an appointment, please call 614-437-2927.

### Arthritis Foundation Exercise Program

Meets every **Tuesday & Thursday 10 am**

### Free Hearing Services

Call Rachel at 261-5452 for more information or to schedule an appointment.



**Martin Janis Center  
Annual Casino Party!**

**Thursday, September 28      Noon – 5 pm**

**Fee \$10 per person**

Our Casino Party is one of the biggest events of the year so come on in and try your luck! Tickets are \$10 per person (please register in advance at the front desk) and you will be given \$1500 in “Martin Janis Cash” (non-negotiable) to gamble and play all day. There will be a lunch buffet, prizes and entertainment. Redeem your “cash winnings” at the prize auction, beginning at 3 pm! A great time will be had by all!

**Volunteer Appreciation Picnic at Indian Village**

**Friday, September 29**

We would like to thank all of our tireless volunteers for the hard work they do throughout the year! Your time and efforts through all of our events, especially the Ohio State Fair, is so much appreciated. We couldn't do it without you. We will have our volunteer appreciation picnic at Indian Village. Transportation from the center will be provided; hope to see you all there. Please register at the front desk if you plan to attend.

**Breakfast for Lunch**

**Wednesday, September 6      11:30 am**

Everyone loves the wonderful breakfast specials and quiche our talented kitchen staff serves up once a month!

**Belly Dance Workshop**

**Saturday, September 16**

Spaghetti dinner and fundraiser with showcase and presentations. Call center for details.

**Martin Janis Senior Council Meeting**

**Wednesday, September 20      11 am**

**Lunch served Tues – Thurs 11:30 – 1 p.m.!**

**Gregg's Health Corner**

**FAST** is the word to help identify a stroke. When observing a person in sudden physical distress, the word **FAST** could help you quickly identify if that person is having a stroke. If you see someone with ‘F’ face drooping, ‘A’ arm weakness, ‘S’ slurred speech, it’s ‘T’ time to immediately call 911. Every minute after a stroke without medical attention decreases the chance for a full recovery so act **FAST**!



**Come join us for this informative and Martin Janis  
6<sup>th</sup> Annual Health Fair**

**Thursday, September 21      10 am – 3 pm**

interactive event that will feature:

- Professional Health/Medical vendors
- Social Service Representatives/Materials
- Topical Presentations
- Exercise Demos (Yes! You can join in!)
- Health Screenings
- Independent Living Info
- Healthy Lunch will be Available

This year's Health Fair will provide information to help you live a healthy, safe, protected and independent life. Save the date and tell your family and friends!

**State Fair Award Winners!**

Pattie Hilles would like to congratulate all of her Stained Glass State Fair Fine Arts award winners! Her students took *every* top prize but one, which is a fantastic achievement. Great job all!

**Save the Date!**

**Martin Janis Annual Halloween Bash!**

**October (date to be announced)**

Join in the fun! Come dressed in your favorite costume! Contests, prizes, goodies and fun for all!

**October 2 – 29**

**Quarter Horse Congress**

All staff and participants use **Gate 9** to enter and exit Martin Janis Center.



*\*Participants must present payment upon registration for all activities with fees.\**



**Canasta**

***Mondays 1:30-3:30 pm; Free; Community Room***

**Bid Euchre (6, 7 or 8 handed can be played)**

Everyone is welcome!

***Tuesdays; 12:30-3 pm; Free; Community Room***

**Progressive Bridge**

***Thursdays; 12:30-3 pm; Free; Community Room***

**Progressive Regular Euchre: \$2 per person**

***Thursdays & Fridays; Noon-3 pm; Dance Room***

(Have fun and win grocery prizes!)

**Captain's Table**

***Mondays 11:30 am-1 pm \$5***



Come join us on Mondays for the best lunch deal around. With the warmer months, we will alternate between a salad and baked potato bar. Bring your appetite and \$5; and we'll see you every Monday.

***Contact the center with any questions.***

**Open Pickle Ball**

***Mondays, Tuesdays & Thursdays***

***10 am-Noon Beginner***

***12:30-2:30 pm Intermediate/Advanced***

***Mondays, Wednesdays & Fridays***

***6:15-8 pm All Levels***

What is Pickle Ball? It's a popular game that looks like a cross between regular tennis and table tennis; and a fun way to get exercise. ***Contact Mike with any questions.***

**International Folk Dancing**

***Mondays 7-8:45 pm***

***Free Park of Roses***

Come and join The Whetstone Folk Dancers for International Folk Dancing! Learn about dances from different countries and you don't even need to bring a partner. It's "No fault folk dancing." Meet in the shelter house in the park.

***Contact the center with any questions.***



**Whetstone 50+ Writers: Memory to Memoirs**

This group meets every 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month. ***Contact the center with questions about meeting times.***

**Monthly Friday Potlucks**

***Friday, September 15 Noon***

The senior council provides a meat dish.

***No money will be taken from participants. EACH INDIVIDUAL MUST bring a dish sufficient to feed 10 people in order to participate in the potluck.***

***Please call the center in advance for your reservation, so we know how much food to prepare.***

**Classes**

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including:

***Wii Bowling Tuesdays 10:30am-Noon/ Free***

(Everyone comes at this time.)

***The Body Shop Workout Tues./Thurs. 3:45 pm, 4:45 pm & 5:45 pm \$10 for 1 class pass, \$70 for 10 class pass, \$97.50 for 15 class pass, \$120 for 20 class pass, \$150 for 30 class pass***

***Poetry & Prose Thursdays 1-3pm/ Free***

***Woodcarving Meets every 1<sup>st</sup> & 3<sup>rd</sup> Tuesday at 6 pm/ Free/ Bring your own supplies.***

***Wood Chippers Wednesdays 9 am-Noon/ Free/***

***Bring your own supplies***

***Open Walking- Gym M, T, Th, & F 8-9:15am/Free***

***Fearless Falling (Adult Safety Skills) Fridays 10:30-11:30am/ \$30***

***Gentle Yoga Wednesdays 10-11am or 7:15-8:15pm/\$50 each***

See Center Class Schedule for complete class listing. **Schedules are available in hardcopy at the front counter** & can also be downloaded from either of our websites at [www.columbusrecparks.com](http://www.columbusrecparks.com) or [www.whetstonepark.org](http://www.whetstonepark.org). Most of our activities are available for registration online. Register online at: <https://apm.activecommunities.com/columbusrecparks>

COLUMBUS RECREATION AND PARKS DEPT  
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**Martin Janis 6<sup>th</sup> Annual Health Fair**  
**Thursday, September 21 10 am – 3 pm**  
**See page 8 for more details.**



**All Centers will be closed**  
**Monday, September 4.**