

50+ Recreation

March 2018

Our mission is to enrich the lives of our citizens.

ISSUE 3

www.ColumbusRecParks.com

Creative Arts Event

Never too early to start working on your entries.



2018's event will be held May 9-18.

Theme: Life is a Circus

The Creative Arts Event is a show of original art and craft work for ages 50 and up.

See page 4 for entry form.

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

On February 1, the Golden Hobby Gift Shop was featured on the front of the Life and Arts Section of the Columbus Dispatch and continued on page 2 with photos. Business is booming with new shoppers but important to those of you who shop here, a dozen new consignors have joined meaning new kinds of merchandise are here. And, we made improvements to the environment in January – we're brighter and have new display equipment; making the experience better yet. Seasonal items are in for St. Patrick's Day, Easter and Spring.

March 2018

Issue 3

Barnett Community Center	Page 5
COAAA	Page 8
Dance Information	Page 2
Dodge Intergenerational	Page 6
Gillie 50+ Center	Page 7
Golden Hobby Shop	Page 1
Lazelle Woods Multigenerational	Page 8
Marion Franklin Multigenerational	Page 9
Martin Janis 50+ Center	Page 10
Red Hat Activities	Page 2
Trip Information	Page 2, 3
Water Exercise	Page 2
Whetstone Multigenerational	Page 11
Newsletter Editor: Wendy Frantz	645-7427

Dance

Gillie Dance

Line Dance	Beginners	Tuesdays	1 pm
	Advanced	Tuesdays	2 pm
	Intermediates	Fridays	10:30 am

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:

March 7 **Birthdays and Anniversaries**

March 14 **St. Patrick's Day**

March 21 **Spring Fling**

March 28 **Easter Parade**

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**

Men In Black Rehearsal

Tuesdays and Thursdays **2 pm**

Evening Line Dance

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

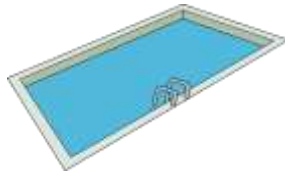
Urban Ballroom Dancing

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

50+ Water Exercise

Water aerobics is back in the swim of things. Join us.

Mondays and Wednesdays
Columbus Aquatic Center
1160 Hunter Ave. 43201



Per visit will be \$2 and a 6 or 7 week pass will be \$20.

Alice is the instructor. For more information, call 645-3129.

Red Hat Activities

Gillie's Fillies *Mark your Calendars!*

Bowling

Wednesday, March 21 **10 am**

Sequoia Pro Bowl (lanes 1 & 2)

5501 Sandalwood Rd.

\$13 includes 2 games and shoe rental. Lunch is extra.

Trips

Dodge

645-8151

Lebanon Quilt Show

Friday, March 2 **9 am**

Cost \$7 (travel only due at time of registration)

Admission \$8 (bring day of show)

We will be leaving Dodge at 9 a.m. sharp! Travel time is 1 hr and 17 minutes from Columbus.

Please bring an additional \$ 8.00 for admission to the show the day of the event and extra money if you wish to purchase items at the show and lunch at the Broadway Barrel House after the show. This will be a day trip and we should get back to Columbus around 4 pm (traffic permitting) at the latest.

Friday on the Town

Irish Fairy Door Trail and Shopping in Dublin

Friday, March 23 **10:30 am** **Cost \$5**

Join us as we shop in downtown Dublin. We will also be on the lookout for whimsical fairy doors that are hidden in each store. Be ready to walk and enjoy some of the shops in Dublin; and then have lunch at Brazen Head Tavern. Wear comfortable shoes and bring additional money for lunch and if you plan on shopping!

Gillie

645-3106

Gillie Trip Policy for 2018:

Please call 645-3106.

La Comedia: The Color Purple

Thursday, March 15 **8 am-5 pm** **Cost \$50**

Cost includes: ticket, transportation and all you can eat buffet.

The musical adaption of this Pulitzer prize-winning novel spotlights Celie, a downtrodden woman whose personal awakening over the course of 40 years forms the arc of this story through love and strength to triumph over adversity to discover her voice in the world. **Registration begins March 1.**

Trips

Gillie (continued) 645-3106

Lunch Bunch

Giordano's – Polaris Mall

Wednesday, March 28 11 am-3 pm Cost \$5

Bring your appetite and walking shoes for the mall.

Registration begins March 14.

Broadway Babies: "Marie and Rosetta"

Playhouse in the Park Theater

Thursday, March 29 2:30 pm Cost \$66

Join us as we travel to Cincinnati and experience the first rehearsals of Sister Rosetta Tharpe and her young protégée, Marie Knight, as they prepare for a tour that would established them as one of the great duet teams in musical history. You will get a chance to meet the actors either before or after the show.

Dinner will be on your own at one the area's great restaurants. **Registration begins Friday, March 2.**

Marion Franklin 645-3612

Breakfast and Movie

Tuesday, March 20 8:30 am Cost \$5

Join us for a hearty breakfast at Cracker Barrel before we head to the movie. Movie will be determined a week prior, based on showings and times. Submit movie suggestions the Friday before trip.

Please register at the front desk.

Scavenger Hunt

Wednesday, March 28 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. We will grab lunch before heading back to share news of our finds. **Please register at the front desk.**

Lake Erie Walleye Head Boat Trip in Port Clinton

Monday, June 4 Cost \$70

Cost includes bait and transportation on Lakefront Bus Lines.

Departure from the Marion Franklin Community Center is at 4 am promptly. Estimated time of return to Columbus is 5:30 pm. All are welcome to go. Please register at the front desk at the center. For more information please contact Thomas Glover at 614-777-1077 or the center at 614-645-3612.

Louisville, Kentucky Overnight Trip

June 12 & 13 Cost \$250

For more information, please contact the center.

Martin Janis 645-5954

Lunch and a Movie

Thursday, March 15 10:30 am

Cost: \$5 for transport; \$5 for movie admission; and lunch on your own

Let's all you movie goers come together at Stoneridge Plaza to enjoy a meal and show!

Chamberpot Gallery

Thursday, March 29 10 am

Cost: \$10 for transport, lunch is on your own

The Chamberpot Gallery in Yellow Springs, Ohio is a very unique art gallery. Two local artists, Nancy Mellon and Corrine Bayraktarolgu, came up with the idea of showcasing local artists work in one of the busiest spots in town, the public restroom. The gallery is located inside the bathrooms of the replica 1880 train station that is also home to the "Chamber of Commerce." Thousands of visitors already stop at this delightful train station that sits on the Little Miami Scenic bike trail. The restrooms are listed in the Bathroom Diaries as being excellent, but now they have the added bonus of fine art. It is a loo with a view where one can meet nature's call and enjoy a lovingly curated art space.

Whetstone 645-3217

There will not be any trips in March.

Summer Camps

Know a child that needs something fun to do this summer? It's never too early to start thinking about their summer plans.



Columbus Recreation and Parks has a variety of camps that are suitable for any child.

The 2018 Guide to Summer Fun is posted on our website www.ColumusRecParks.com; click on the picture of the guide. The hard copy will be available in community centers by the end of February.

Registration begins Thursday, March 15 for Outdoor Education Camps and Saturday, March 17 for all others.



Please bring your completed entry form with your work on April 19 or 20

66th Annual Creative Arts Event

The Martin Janis Center May 9 - 18, 2018

600 E. 11th Ave. Columbus OH 43211 phone 614-645-5954

- Fill out this entry form and bring it with you when you enter your work.
- **Intake of work: Wednesday, April 18, 10 am-2 pm or Thursday, April 19, 5-7 pm**
- Martin Janis Center, E. 11th Avenue at the Fairgrounds. Limit of 3 **entries** per person, over age 50.
- **Pick up work after the show: Wednesday, May 23 10 am-2 pm or Thursday, May 24, 5-7 pm**
- Call Linda Jacobs at 645-3106 or Mike Phillips at 645-5954 with questions.

Please bring this receipt with you when you pick up your work on May 23 or 24.

Name _____ Center _____

List and Describe Your Entries:

1. _____

2. _____

3. _____

CREATIVE ARTS EVENT ENTRY FORM

Name _____ Phone _____

Address _____ City / Zip _____

Center you are representing _____ F ___ M ___ Age _____

Items you are entering: list category, size, colors, etc.

1. _____ Value _____ **For Sale?** _____

Description/ title: _____

2. _____ Value _____ **For Sale?** _____

Description/ title: _____

3. _____ Value _____ **For Sale?** _____

Description/ title: _____

Our new Senior Recreation Supervisor, Jessica Kimble, looks forward to meeting you! She is open to any new suggestions and happy to answer any questions.

End of Session Social

Wednesday, March 7 11 am-2 pm

Come celebrate the end of Winter Session with a potluck, line dancing and games.

**Join us this spring for the following programs.
Registration begins March 12, don't miss out!**

Beginner Line Dancing & Aerobics

Mon & Wed 10:30 am-noon

Join Trent Clark and dance the morning away as he breaks down the moves step by step.

Bid Whist

Mon & Wed noon-1:30 pm

Stay Young, Stay Fit

Mon/Wed/Fri 9-10 am

An hour of stretching, cardio and weight training for a total body workout designed with modifications for all levels.

Open Pickleball

Mondays 3-4:30 pm

Fridays 12:30-2 pm

What's for Lunch?

Tuesdays 12:30-3:30 Cost \$2

A fun lunch time cooking class focusing on a variety of cuisines.

Open Basketball

Tuesdays and Thursdays 10 am-Noon

BINGO

Wednesdays 1 pm

Quick Fix Circuit Training

Thursdays 11-11:30 am

A fast paced total body workout for those looking for a higher intensity challenge.

Scrapbooking/Card Making

Thursdays 9-10:30 am

5K Challenge

Fridays 10-11 am

A class for all levels! We will gradually increase our walking and jogging distances to reach that 3 mile mark.

Balance Boost

Fridays 11 am

Master a variety of exercises, using body weight and props, to maintain and improve your balance.

Cards & Coffee

Fridays 1-3 pm

Come socialize and play your favorite card games to cap off the week

Game Room

Our game room is open **Monday-Friday at 10 am.**

Enjoy playing table tennis and billiards, as well as board games and cards.

Spring Session (beginning March 19)

Stay Young, Stay Fit	Mon, Wed & Fri	9 am
Knit & Crochet Club	Mondays	9 am
*Walking Club	Mon & Wed	10 am
Bid Whist	Mon & Wed	Noon
Beginning Line Dance & Aerobics	Mon & Wed	10:30 am
Drawing & Painting	Mondays	12:30 pm
Chair Volleyball	Mondays	1 pm
Jewelry & Bead Making	Mondays	2:30 pm
Colorful Mosaics	Tuesdays	9 am
What's for Lunch? \$2	Tuesdays	12:30 pm
*Intro to Weightlifting	Tuesdays	2 pm
Sewing	Wednesdays	12:30 pm
*Wii Bowling	Wednesdays	3 pm
*Scrapbooking/Card Making	Thursdays	9 am
*Quick Fix Circuit Training	Thursdays	11 am
Adult Clay	Thursdays	12:30 pm
*5K Challenge	Fridays	10 am
Balance Boost	Fridays	11 am
Crafts	Fridays	12:30 pm
Cards & Coffee	Fridays	1 pm

***New classes**

****If there are any 50+ classes or special events you would like to see offered at Barnett, please let us know. We are always looking for new ideas!***

Blood Pressure Screenings

Thursday and Friday, March 1 & 2 9-11 am
 Offered by the Columbus Public Health Department.

Senior Council Meeting

Tuesday, March 13 11:30 am

Dodge Morning Walking Club

Mondays, Wednesdays and Thursdays 8:15-9 am

Join Mrs. Holly on morning walks along the river's Scioto Mile, weather permitting, if not, we will walk around the gym or short trail. Bundle up and bring a travel mug to fill up with coffee or tea before we venture out!

Chair Volleyball



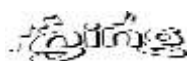
Mondays and Thursdays 1 pm

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

Dodge Chorus

Tuesdays 1 pm

We are always looking for new members so if you would like to sing with our Chorus. Please join us.



Crochet Class

Wednesdays 1-3 pm

We are looking for new members. All types of needle work are welcome to join - whether it is knitting, macramé, canvas needle work, latch hook, rug making or needle point, etc. Come visit us to join our group.

Dodge Diet Club

Wednesdays 3 pm

Need some support maintaining, or motivation to start a healthy diet, or healthy eating in 2018?

Interested in eating Healthy?

Thursday, March 15 12:30 pm

Lisa Gibson returns with this month's topic: "Are you drinking your food dollars and breaking down barriers?"

AARP Tax Assistance

Thursdays and Fridays thru April 6 9 am - 2 pm

Call today to see if appointments are still available.
 614-645-3176.

2018 Goals Workshop

Friday, March 16 10:30 am

C.S. Lewis once said, "You are never too old to set a new goal or to dream a new dream"

Well, we are three months into the New Year. How are your 2018 goals or dreams going? Would you like to get back on track? It's also not too late to set new goals for 2018 and sometimes meeting with our peers helps!

Join us as we discuss in a group, how we may overcome obstacles, and inspire each other to reach those goals. Afterwards, we will have lunch in the canteen. Sign up at the front desk if you are interested.

If we get a group interested in continuing to gather, we will meet on every 3rd Friday of the month. We may have the opportunity to meet off site on some days for an outing of our choosing.

Classes for Winter

**Walking Club	Mon, Weds & Thurs	8:15 am
Warm up cardio	Mon & Weds	8:30 am
Beading	Mondays	9:00 am
Senior Fitness	Mon & Weds	9:30 am
Painting	Mondays	10:30 am
You Sew Fine	Mondays	1:30 pm
**Indoor Cycling	Mon, Tues, Weds & Thurs	9:15 am
Beach Volleyball	Tues & Thurs	9:00 am
PickleBall	Tues & Thurs	9:45 am
Quilting	Tuesdays	9:00 am
Chorus	Tuesdays	1:00 pm
Chair Fitness	Tues & Weds	11:00 am
Euchre	Tuesdays	12:00 pm
*Aerobics w/Margie	Tuesdays	11:30 am
*Art Journaling	Tuesdays	1:00 pm
Ceramics	Tues & Fri	1:00 pm
50+ Sewing	Tuesdays	1:30 pm
Line Dance	Wednesdays	10:00 am
Senior Abs	Wednesdays	11:30 am
Service Circle	Wednesdays	9:00 am
Crochet	Wednesdays	1:00 pm
Dodge Diet Club	Wednesdays	3:00 pm
Chair Volleyball	Mon & Thurs	1:00 pm
50+ Alterations	Fridays	1:00 pm
*Coffee Conversations	Fridays	9 am-12 pm

***new classes**

****added days**

OSU Extension Service with Lisa Gibson**Friday, March 2 9:30 am***Topic: Are you Drinking Your Food Dollars and Breaking Down the Barriers?***Veteran's Group***No meeting in March.***AARP Income Tax Assistance****Wednesdays Only, Now-April 12****By appointment only, call 645-3106 to see if there are still spots available.****Ukrainian Egg Painting****Wednesdays, March 7, 14, 21 & 28 2:30-6:30 pm****Cost: \$20****Join Val Hinterschied to make fantastic pieces of art the old fashioned way. All materials included. Register ASAP at the front desk. Space is limited.****BINGO****Mondays, March 12 & 26 1 pm****Eat Better, Feel Better****Tuesday, March 13 11 am****LifeCare Alliance Dietitian Leonor Button, RD presents: *What is Gluten?*****Alzheimer's Association****Tuesday, March 13****~Support Group 12:30 pm Everyone is invited.****~Private Consultations 1:30-4 pm for yourself or a caregiver; by appointment (457-6003).****Senior Recreation Council Meeting****Wednesday, March 14 1 pm****Columbus Speech & Hearing****Thursday, March 15 10 am-3:30 pm****To schedule an appointment, call 261-5452.****Senior Living Truth Series:****Thursday, March 15 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.****St. Patrick's Day Lunch****Thursday, March 15 11:30 am****Wear your green and join us for some corned beef and cabbage. You could win a prize for your best Irish Jig. No tickets needed, regular prices apply.****Annual Line Dance Jamboree****Friday, March 16 (9:30 check in) 10 am-3 pm****Cost: \$15 with lunch or \$10 dance only****Celebrate the "wearing of the green" by donning your best green outfit and we'll have fun, fun, and more fun! Enjoy as different instructors from all over the state bring new music and dances. There will be cue/step sheets, great food and wonderful door prizes to round out the day. Group registration is encouraged.****Register by Wednesday, March 14 for lunch.****Gillie Walking Group****Tuesday, March 20 & 27 9:30-10:30 am****Gillie is teaming up with The Columbus Running Company and LifeCare Alliance Dietitian Leonor Button to start a walking group.****For the first two sessions, we will meet at the center for an "Introduction to Walking for Exercise," then a Shoe Clinic with fitting and a coupon for \$15 off walking shoes! Then in April, we will meet at Woodward Park tennis courts to begin our walking sessions. Come and join us for some fresh air, good company and exercise!****Senior Series – Services for Seniors****OSU Extension Office w/ Loretta Sweeney****Tuesday, March 20 10 am****Learn some of the available services for seniors in Franklin County from medication transportation to medication and utility assistance****Peripheral Neuropathy Health Talk****Tuesday, March 20 11:30 am-12:30 pm****Suffering with numbness, burning, cramping, sharp electrical pain in arms or legs? Balance problems or falls? Can't sleep from foot pain? Then come learn about the latest treatment options without drugs or surgery with a high success rate. Refreshments provided. Free talk by Dr. Daniel Jurus, DC, BS
To register, call 614-428-9310 or stop by the front desk.****Easter Luncheon****Tuesday, March 27 11:30 am -12:45 pm Cost \$7****Let's celebrate the coming of spring with baked chicken, mashed potatoes, vegetable medley, dessert and beverage. The G- Clef chorus will entertain us. No other food will be served. Tickets are now on sale at front desk.**

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 9:30-10:30am \$27

Dance Fit & Toning 7-8pm \$25

Tuesday

FXP Hula Hoop Fitness 9:30-10:15am \$50

Cardio Circuit Workout 10:30-11:15am \$40

Aiki Ju Jitsu and Aikido 6:30-8:30pm \$35

Adult Pottery 7-9pm \$10

Wednesday

Fitness Fuzion 9:30-10:30am \$36

Get Moving 10-10:45am

Must have a fitness pass

Body Shop Workout 5-5:45pm \$57

Yoga 6:30-7:30pm \$35

Thursday

Dance Fit & Toning 7-8pm \$18

Fundamentals of Watercolor 6-9pm \$85

Piano Level 1 7:30-8pm \$25 + \$3 Mtls.

Friday

Fitness Fuzion 9:30-10:30am \$36

Pottery 12-2pm \$25 + \$15 Mtls.

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

DO YOU LIKE TO READ? A RECOMMENDATION FROM COAAA

A MAN CALLED OVE by Fredrik Backman

Originally published in Sweden, this charming debut novel by Backman is a delightful and heartwarming read. The book opens helpfully with the following characterizations about its protagonist: "Ove is fifty-nine. He drives a Saab. He's the kind of man who points at people he doesn't like the look of, as if they were burglars and his forefinger a policeman's torch." What the book takes its time revealing is that this dyed-in-the-wool curmudgeon has a heart of solid gold. Readers will see the basic setup coming a mile away, but Backman does a crafty job revealing the full vein of precious metal beneath Ove's ribs, glint by glint. Ove's history trickles out in alternating chapters—a bleak set of circumstances that smacks an honorable, hardworking boy around time and again, proving that, even by early adulthood, he comes by his grumpy nature honestly. It's a woman who turns his life around the first time: sweet and lively Sonja, who becomes his wife and balances his pessimism with optimism and warmth. By 59, he's in a place of despair yet again, and it's a woman who turns him around a second time: spirited, knowing Parvaneh, who moves with her husband and children into the terraced house next door and forces Ove to engage with the world. The back story chapters have a simple, fable like quality, while the current-day chapters are episodic and, at times, hysterically funny. In both instances, the narration can veer toward the preachy or overly pat, but wry descriptions; excellent pacing and the juxtaposition of Ove's attitude with his deeds add plenty of punch to balance out any pathos.

In the contest of Most Winning Combination, it would be hard to beat grumpy Ove and his hidden, generous heart. Enjoy!

Advisory Council Meetings Open to the Public

The Central Ohio Area Agency on Aging's (COAAA) Advisory Council will meet on the following dates in 2018:

Thursday, March 1

Thursday, April 5

Thursday, May 3

Thursday, June 7

Thursday, September 6

Thursday, October 4

Thursday, November 1

Thursday, December 6

Advisory Council meetings are scheduled from 10:30 a.m. to 12:00 p.m. and are open to the public. All meetings except the one in December will be held at the COAAA office, 3776 S. High St., Columbus, OH 43207. The council is comprised of volunteers from eight Central Ohio counties who represent the views of older adults in their specific communities and advise the Area Agency on Aging in its operations. For additional information, call 614-645-7250 or 1-800-589-7277

Marion Franklin Dining Center

Lunch: Tuesday-Thursday 11 am-1 pm

LifeCare Alliance...Nourishing the Human Spirit

Medicare 101 - What's New with Medicare?

Thursday, March 1 1 pm Free

The Medicare Education Seminar Series discussion's March topic: A, B, C & D's of Medicare. Coffee and desserts will be served. Please register at the front desk. This seminar is sponsored by CareSource.

TEA'SCUSSION Series - Let's Talk

Friday, March 2 11:30 am Free

Eunice Hall will host our first "Tea'Scussion" discussion in this quarterly series event. The focus this month will be on "Kids and Money." Come out and enjoy the wonderful favors of tea, cookies, eye opening discussions on current issues and more. Please register at the front desk.

This series is sponsored by the Black Studies Group.

Check Mate - Chess Club Social

Friday, March 9 1 pm

Ernest Smith the Chess Club Instructor, invites you out for a meet and greet. If you are a beginner or a pro come out for an afternoon of chess fun at its best. Refreshments will be served. Please register at the front desk. This event is sponsored by the Senior Recreation Council.

Classic 8 Ball Tournament

Thursday, March 15 4 pm Free

Double elimination, call shot, no ball in hand. Winner gets name and photo on wall. Participants receive discounted prices at Papa Joes. Please register at the front desk.

Book Club Social & Discussion (Center Library)

Wednesday, March 14 1:30 pm

Book: God Don't Like Ugly **Author:** Mary Monroe

St Patty's Luncheon

Friday, March 16 11 am Cost \$6

Enjoy a traditional St Patty's Day lunch and entertainment. Please register at the front desk. For more information please contact Scott.

Senior Council Meeting

Every 4th Monday of the Month 2 pm

BINGO 1st and 3rd Tuesdays 1-3 pm

Pokeno Wednesdays 1-3 pm

Diabetes Friendly Cooking Demo

Monday, March 19 Noon Cost \$5

Kitchen/Cafeteria
Diabetes is becoming more and more prevalent with each passing year. But why is that, and how can we stop it from continuing to follow the same pattern? Join LifeCare Alliance's Community Wellness Dietitian, Jared Klaus, to learn the basic ins and outs of Diabetes. This series will help develop a skillset that can be used manage type 2 diabetes. Class size is limited to 12 participants and to those currently managing diabetes. The cost is \$5 per class, which covers hand out materials and food. **Please sign up at the front desk by Friday, March 16 in order to secure a spot.**

Wellness Wednesday in Library

Wednesday, March 21 Noon Free

Are you interested in learning more about what Wellness actually means? Is how you feel overall a sum of the parts? During this 2nd part of our Wellness Series, "The 7 Dimensions of Wellness" we are focusing on Intellectual Wellness, as defined by University of California: "Engaging the individual in creative and stimulating mental activities to expand their knowledge and skills and help them discover the potential for sharing their gifts with others." Come prepared for games and activities which stimulate your mind. Light snacks provided. If you are interested, please sign up for one or all dimensions at the front desk or contact Scott with any questions.

Laughter Yoga

Friday, March 23 11:15 am Free

Laughter is good for the Soul. Joyce Johnson from the Central Ohio Breathing Association will present: Laughter Yoga. Please register at the front desk.

Kidney Presentation

Monday, March 26 11:15 am

March is National Kidney Month

How do your kidneys work? How can you protect them? What are the warning signs of kidney disease? Come out and get answers to these questions and more. Join our Lifecare Alliance Registered Nurse, Barber Parker for this presentation. **Please register at the front desk.**

Health & Wellness Information

Nurse Barbara Parker, Lifecare Alliance Wellness Center
Office: 645-7173 **Voicemail:** 437-2927



St. Patrick's Celebration

Wednesday, March 14 **11:30 am-2 pm**

Wear your best green and come on in for our annual bash featuring some great traditional Irish foods and treats. Medical Mutual will be presenting. Toni will start calling bingo at 1 pm. *Erin go Bragh!*

Tax Time!

Tax season is here! It's never too early to start thinking about taxes and getting them out of the way. Don't forget about the AARP free tax assistance program here at Martin Janis. Call us at 645-5954 for details.

Easter Brunch and Egg Hunt!

Wednesday, March 28 **11:30 am**

Easter comes early this year so let's start off the celebration here at Martin Janis. Join in our annual Easter Egg Hunt. Activities include games and egg decorating, with prizes donated by Medical Mutual.



"Breakfast for Lunch"

Wednesday, March 7 **11:30 am**

Come in and enjoy the wonderful breakfast specials our talented kitchen staff serves every month. This popular event is a great way to have a nice hot breakfast on a cold winter day. Try our homemade quiche – it's always a big hit.

Capital City Gardens Rehabilitation and Nursing Center

Wednesday, March 7 **11:30 am**

Join Tricia and Teresa as they give a presentation of their facility and the personalized care that they provide to their residents!

Calling All Cooks! We are beginning the process of compiling recipes for a "Cooks of Martin Janis" cookbook to sell as a fund raiser for the center. Drop off recipes at the front desk. See Jack Wentzel or Celia Eldridge for more information.

GREGG'S HEALTH CORNER:

Sodium: Just the Facts-According to the USDA most of us get more sodium than we need. While adding salt to your food is a source of sodium, it may not be the main reason that your sodium intake is high. Packaged and prepared foods such as ready-to-eat products or restaurant meals are common sources of sodium. Sodium is added to packaged foods during processing such as in curing meat, baking, thickening, enhancing flavor, as a preservative, or to keep foods moist. Some common foods that are often high in sodium (salt) are packaged or prepared meat, poultry and seafood products, pizza, salad dressing, seasonings, sauces and gravies, prepared rice and pasta dishes and soups. Compare sodium levels on the Nutritional Facts Label to help you make healthy choices.

Martin Janis Senior Council Meeting

Wednesday, March 21 **10 am**

Lunch served

Monday-Friday **11:30 am-12:30 pm**

Lunches are \$5, unless it is a special event or otherwise posted.

Coffee Club

Wednesdays **9 am**

Come and join the engaging conversation. New friends always welcome!

Martin Janis Art Show!

Opens March 1 and runs thru March 16

Join us for the second annual "Martin Janis Artist Only" exhibit and show. Contact Mike or D'Lyn for information, 614-645-5954.

Save the Date:

March/April Birthday Party and Bingo!

Wednesday, April 11

Do you have a March/April birthday? Come on in and celebrate with cake and refreshments. Medical Mutual will be providing prizes.

The Creative Arts Event

May 9-18

Calling All Artists! The Creative Arts Event is just around the corner. The theme for the 2018 event is: "Life is a Circus." Never too early to start working on your entries; let your creativity take flight. For more information contact Mike Phillips at 614-645-5954 or Linda Jacobs at Gillie, at 614-645-3106.

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



Cards and Board Games

Mondays 12:30-3:30 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; 12:30-3:30 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. Come inside out of the cold for a delicious bowl of hot soup. Bring your appetite and \$5; and we'll see you every Monday.

Contact the center with any questions.



Open Pickle Ball

Mondays, Tuesdays & Fridays

10 am-12:30 pm Beginner/ Intermediate

12:30-3:30 pm 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 Dance Room

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."

Contact the center with any questions.



Whetstone 50+ Writers: Memory to Memoirs

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

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 1st & 3rd 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 or www.whetstonepark.org. Most of our activities are available for registration online. Register online at: <https://apm.activecommunities.com/columbusrecparks>



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Spring Class Registration: March 12-16
Spring Classes: March 19-May 25

Summer Camp Registration begins March 15. See page 3 for more information.

Creative Arts Event: May 9-18
See page 1 and 4 for more information.



Spring Forward
March 11



Set your clocks ahead one hour.