

## Holidays During the COVID Age

// BY CENTRAL OHIO AREA AGENCY ON AGING (COAAA)

In 1918, in a world already rocked by the Great War, Christmas was shaping up to be very different from what people were used to. The Spanish Flu was spreading rapidly through the United States, and officials quickly banned large gatherings such as church services and holiday parties. It was a grim time: days were short, daylight was limited and people were denied not only their year-end rituals, but the comfort of their extended families as well. Eventually, the pandemic was eradicated, and due to safety measures that were implemented, many people survived to celebrate with their loved ones for years to come.

Fast forward to 2020. What will the holidays look like this year? We will still decorate, we will still have feasts, we can even attend our chosen faith ceremonies virtually if we'd like to. We can gather in small groups, use every precaution we can, and connect with our

loved ones via the phone or Zoom to celebrate. While we are currently facing a pandemic similar to the one our ancestors faced over a century ago, we are equipped with knowledge and technology beyond their wildest dreams, for which I'm thankful every day.

Our gatherings may be smaller or may not even be in person at all. They may be more somber than in previous years, as we remember those we've lost to this pandemic and the fact that we don't really know how long this will continue. We can, however, still create joy during these festivities, along with a renewed effort to protect ourselves and our loved ones as best we can from what continues to be a somewhat mysterious threat (although our knowledge of the virus grows quickly, many pieces of information change every day, including the many ways the virus can spread).

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#### Franklin County Programs

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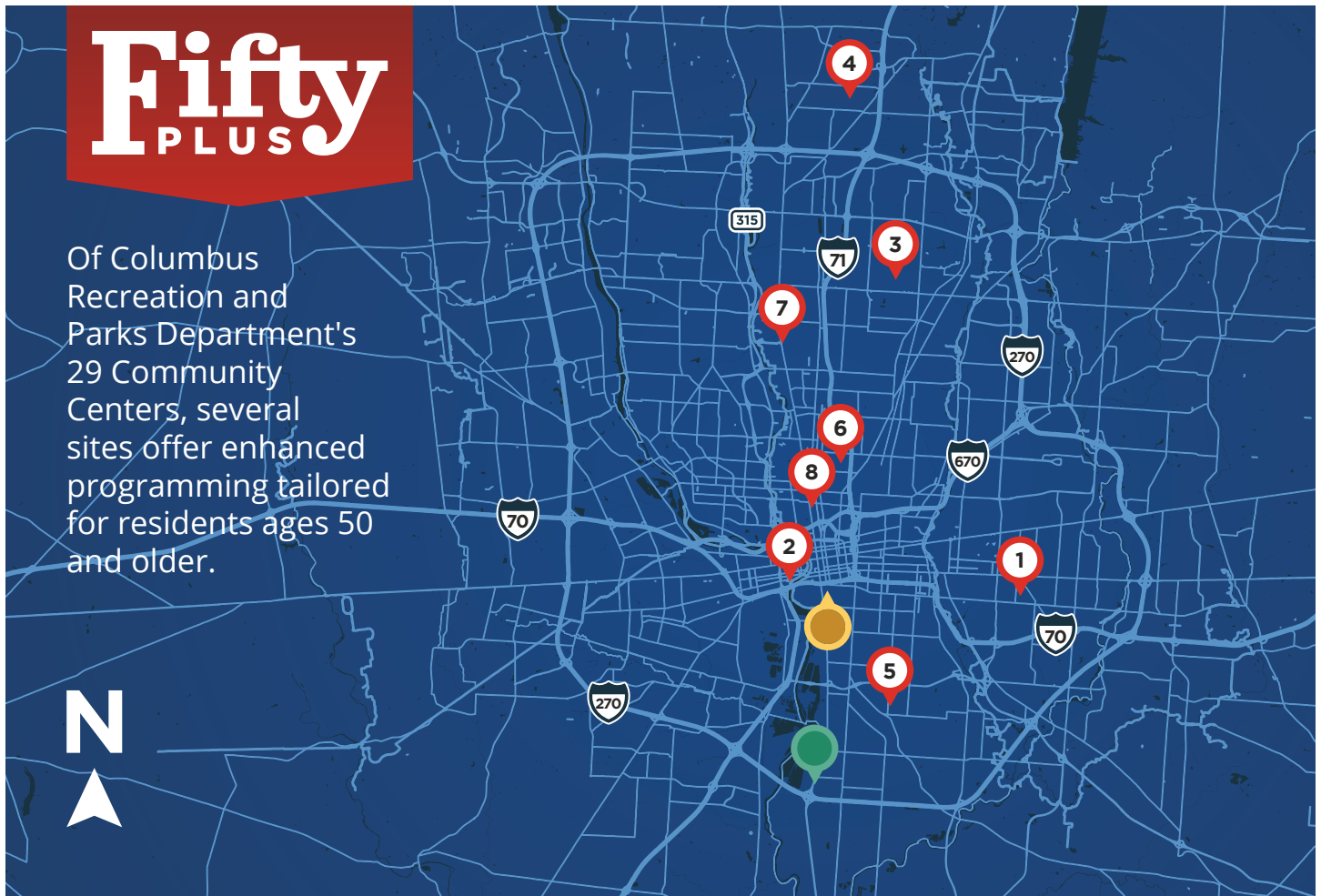
#### Center News

Get the latest programming information and announcements

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# Fifty PLUS

Of Columbus Recreation and Parks Department's 29 Community Centers, several sites offer enhanced programming tailored for residents ages 50 and older.



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## **BARNETT COMMUNITY CENTER**

1184 Barnett Rd. | 43227  
614-645-3065

5

## **MARION FRANKLIN COMMUNITY CENTER**

2801 Lockbourne Rd. | 43207  
614-645-3612

8

## **THOMPSON COMMUNITY CENTER**

1189 Dennison Ave. | 43201  
(614) 645-3082

2

## **DODGE COMMUNITY CENTER**

667 Sullivant Ave. | 43215  
614-645-3176

6

## **MARTIN JANIS COMMUNITY SENIOR CENTER**

Center Closed.  
Programming moved to  
Thompson Community Center.



## **CENTRAL OHIO AREA AGENCY ON AGING (COAAA)**

3776 S. High St. | 43207  
614-645-7250  
Call for additional information

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## **GILLIE COMMUNITY SENIOR CENTER**

2100 Morse Rd. | 43229  
614-645-3106

7

## **WHETSTONE COMMUNITY CENTER**

3923 N. High St. | 43214  
614-645-3217



## **GOLDEN HOBBY GIFT SHOP**

Temporarily Closed

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## **LAZELLE WOODS COMMUNITY CENTER**

8140 Sancus Blvd. | 43081  
614-645-5330

Holiday cards are still a wonderful – and safe – way to connect with people, with virtually no risk of transmission. And the more care we take, the more thoughtful we are with our behavior, the more likely it is that in the near future we will have those parties that last for hours, we will have laughter ringing over an old family joke, and we will have comradery and companionship over meals and drinks.

Many ancient religions viewed the Winter Solstice as a time to celebrate the harvest and the hard work of the summer and fall, before being faced with a long, dark winter. This made the Spring Equinox a time of joy as well: communities had survived a season of hardship and could once again gather and celebrate together. Along with many others, I am looking forward to a similar time, when we will look back at what we've accomplished

during this pandemic and can be proud of our community's efforts to survive a long, dark period, and we can gather once again to rejoice at the fruits of our labor and sacrifice.

# FRANKLIN COUNTY PROGRAMS

## Make a Difference this Holiday Season

Columbus Recreation and Parks serves seniors, adults, children and people with disabilities across 31 community centers and programs throughout Columbus. More importantly, these centers serve as a connection point for resources focused on helping those in need.

This holiday season, Columbus Recreation and Parks will provide meals, hygiene items, winter coats and clothing for families as well

as holiday toys for kids. We are looking for groups, organizations, businesses and individuals to help support our efforts through the Adopt a Center program. Learn more about how you can make a difference this holiday season: <https://www.crfoundation.org/adopt-a-center-1>.

## Free Meals Program Extended

Any Franklin County resident 60 or over who is struggling to access food while sheltering in place is eligible to receive home-delivered meals.

Now through Dec. 30, Franklin County Senior Options will not require income verification to receive home-delivered meals. To request the meals and other available services, call Senior Options at **614-525-6200**, Monday to Friday, 9 a.m. to 4:30 p.m.



# WORD SEARCH

T N D M U L L W O N S N S O V  
H O T U S E M B N E R E B N R  
A V H M N I N E G I T S A T M  
N E G E O H F E G T K R B A L  
K M I H I A S A L A E P Y T S  
S B L T T T H E M T T F M T E  
G E Y N I N R T E I L I S U H  
I R A A D S E V L O L I R Y P  
V E D S A A V E W S N Y F E A  
I R E Y R W M E Z O H E I K H  
N R L R T I R A L A A N R R G  
G F A H S T L O I S P E T U T  
R D W C B M C R T Z T O H T R

## Find these words

Chrysanthemum	Pumpkin
Colonists	Settlers
Daylight	Snow
Election	Thanksgiving
Family	Topaz
Feast	Traditions
Heritage	Turkey
Indians	Veteran
Maize	Voter
Mayflower	Voyage
November	



## CENTER NEWS

Register online for classes at: [ColumbusRecParks.com](https://ColumbusRecParks.com). If you have difficulty registering on your own, call or stop by the center of your choice and staff will help you get registered. All classes are free, except where indicated. Class fees will vary according to the instructor. Be sure to check with your class instructor for details. All schedules are subject to change.

Columbus Recreation and Parks Department is excited to have programming available once again for participants in our 50+ programs. The health and safety of participants and staff is our top priority, and as such, we have implemented rigorous, department-wide procedures, which include:

- Registration and class size are limited.
- All participants must complete a waiver form at the time of registration, either online or in person.
- Access to our facilities is limited to registered participants and

staff, with the exception of those who are onsite for in-person registration.

- Participants must perform daily well checks at home. If you feeling sick (cough, fever, nausea, runny nose, etc.), you must stay home.

- Face coverings must be worn at all times unless otherwise noted.
- Staff will perform temperature checks on each participant when they arrive at our facilities.
- Social distancing - staying six feet away from others - must be observed at all times, with an understanding of the challenges and limitations

for social distancing with very young children and individuals with disabilities.

View the full list of COVID-19 precautions for all Columbus Recreation and Parks Department facilities here [Columbus.gov/RecParksCOVID19](https://Columbus.gov/RecParksCOVID19).

**Registration is now open for Fall II Session, which runs from Nov. 2-Dec. 12.** Register online for classes at: [ColumbusRecParks.com](https://ColumbusRecParks.com). If you have difficulty registering on your own, call or stop by the center of your choice and staff will help you get registered. **All classes are free, except where indicated.** Class fees will vary according to the instructor. Be sure to check with your class instructor for details.

## Barnett

### ANNOUNCEMENTS

#### CENTER CLOSED

**Wednesday, Nov. 11** - Veteran's Day  
**Thursday, Nov. 26** - Thanksgiving

#### MID-OHIO FOOD AND MASK GIVEAWAYS

**Friday, Nov. 20 at 10 a.m.**  
**Friday, Dec. 18 at 10 a.m.**

#### NEW ASSISTANT MANAGER

**We are pleased to announce and welcome to Barnett Center Kaitlyn Welke.** Kaitlyn has been with Columbus Recreation and Parks for five years previously working with the Capital Kids program. Her expertise is in the arts and she will be teaching various art classes at the center. She is very happy to join us and to be a part of the Barnett staff and community.

### PROGRAM SCHEDULE

#### MONDAY

**9:15 a.m.**  
 Stay Young, Stay Fit

**10:30 a.m.**  
 Open Pickleball

**11:15 a.m.**  
 Cardio Box

**12 p.m.**  
 50+ Ceramics

**1:30 p.m.**  
 Billiards

#### TUESDAY

**9:15 a.m.**  
 Chair Fitness

**10:15 a.m.**  
 Core

**10:30 a.m.**  
 Senior Spin Class

**11:30 a.m.**  
 Women's Strength Training

**12:30 p.m.**  
 Women's Strength Training

**12 p.m.**  
 50+ Indoor Gardening

**1:30 p.m.**  
 Jewelry Making

**1:30 p.m.**  
 Billiards

#### WEDNESDAY

**9:15 a.m.**  
 Stay Young, Stay Fit

**11:15 a.m.**  
 Cardio Box

**1 p.m.**  
 Gentle Stretch & Relaxation

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## BARNETT

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**1:30 p.m.**

Sewing

**1:30 p.m.**

Billiards

**2 p.m.**

Yoga

## THURSDAY

**9:15 a.m.**

Chair Fitness

**10:15 a.m.**

Core

**10:30 a.m.**

Open Pickleball

**11:30 a.m.**

Women's Weightlifting

**12 p.m.**

50+ Painting & Drawing

**12:30 p.m.**

Women's Strength Training

**1:30 p.m.**

Billiards

## FRIDAY

**10 a.m.**

Beginning Tai Chi

**11 a.m.**

Advanced Tai Chi

**12 p.m.**

50+ Ceramics

**1:30 p.m.**

Billiards

## Dodge

### ANNOUNCEMENTS

#### COFFEE TALK AND WALK

**Monday, Tuesday and Thursday 9–10 a.m.**

Grab a cup of coffee, hot tea or cocoa! We'll stop by a local coffee shop in Franklinton, explore some art in the area or walk along the mile! Join us Monday, Tuesday and Thursday mornings for beautiful fall walks throughout the Franklinton area. If the weather is bad, we will walk inside instead.

#### SENIOR FOOD BOXES

If you have preregistered, your boxes will be available for pick up on **Friday, Nov. 20 and Tuesday, Dec. 22, from 12–4 p.m.** The boxes will not be available any other times or days of the week so please plan your schedule accordingly.

#### EXTENDED PRODUCE DROPS-CURBSIDE PICK-UP

**3:30–5 p.m.**, or until produce runs out  
**Thursday, Nov. 5 and 19**  
**Thursday, Dec. 3 and 17**

### FITNESS ROOM

To ensure the health and safety of participants, a limited number of people are allowed in the fitness rooms at one time and users must reserve a time block online. If you

have difficulty registering on your own, call or stop by the center and staff will help you get registered.

Register for a time block here:

<http://bit.ly/DodgeFitnessRoom>

### PROGRAM SCHEDULE

#### MONDAY

**9 a.m.**

Beading

**9 a.m.**

Walking Club

**10:30 a.m.**

Acrylic Painting

**11 a.m.**

Chair Fitness

**1 p.m.**

Art Journaling

**2:45 p.m.**

Intro to Drawing

#### TUESDAY

**8:30 a.m.**

Warm-up Cardio

**9 a.m.**

Senior Tai Chi

**9 a.m.**

Walking Club

**9:30 a.m.**

Senior Fitness

**9:30 a.m.**

Quilting

**10:15 a.m.**

Indoor Cycling  
*Fitness Pass*

**10:30 a.m.**

Pickleball

**11:15 a.m.**

Chair Yoga

**1 p.m.**

Sewing

## WEDNESDAY

**9 a.m.**

Crochet & Needle Craft

**11 a.m.**

Chair Fitness

**3 p.m.**

Adult Ceramics

## THURSDAY

**8:30 a.m.**

Warm-up Cardio

**9 a.m.**

Senior Tai Chi

**9 a.m.**

Walking Club

**9:30 a.m.**

Senior Fitness

**10:15 a.m.**

Indoor Cycling  
*Fitness Pass*

**10:30 a.m.**

Pickleball

**11:15 a.m.**

Chair Yoga

## FRIDAY

**8:30 a.m.**

Warm-up Cardio

**9 a.m.**

Senior Fitness

**10:30 a.m.**

Shuffleboard

**12 p.m.**

Adult Ceramics

**1 p.m.**

Sewing

**5:45 p.m.**

Empty Bowls Ceramics  
*All Ages*

## Gillie

### ANNOUNCEMENTS

#### CENTER CLOSED

**Wednesday, Nov. 11** - Veteran's Day  
**Thursday, Nov. 26** - Thanksgiving

**Dec. 21-Dec. 24:** Regular programming closed. Open for fitness room (appointment only), billiards room program and walk-in registration only.

**Dec. 28-Dec. 31:**

Regular programming, fitness room and billiards room closed. Open for walk-in registration only.

#### HISTORY ROUNDTABLE

**Wednesday, Nov. 4 at 1 p.m.**  
November 11, 1918 -  
World War 1 ends

102 years ago, an armistice was signed to formally end the war. With 17 million casualties, the First World War was one of the bloodiest conflicts in history. We will examine the cause and effect the "War to end all wars" had on our nation and culture in the early part of the twentieth century.

#### ALZHEIMER'S ASSOCIATION

**Nov. 10 and Dec. 8 at 12:30 p.m.**

The Gillie support group is now meeting virtually. Please e-mail or call Marty Cameron at [mcameron@alz.org](mailto:mcameron@alz.org) or **614-643-2134**, and Marty will give you a link for the group meeting.

#### EAT BETTER, FEEL BETTER

**Tuesday, Nov. 10 at 11 a.m.**

LifeCare Alliance Dietitian  
Leonor Button, RD  
**Topic:** Healthy Beverages

#### LIFECARE ALLIANCE WELLNESS CENTER

**Mondays and Tuesdays**

The LifeCare Alliance Wellness Center is open for regular services. **Please call Nurse Peggy at 614-437-2811 to make your appointment.**

#### CHRISTMAS JEWELRY - \$25

**Thursday, Dec. 3 at 2 p.m.**

Add some holiday cheer to your wardrobe by making some Christmas jewelry. You will learn how to use crimp beads and corners along with using red and green clear crystal beads to give a little sparkle to yourself or a favorite person. (You must bring your own scissors).  
**Sign up now at the front desk!**

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## GILLIE

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### CHRISTMAS WRAP BRACELET - \$7

**Thursday, Dec. 10 at 2 p.m.**

Show off that new holiday nail polish by drawing attention to your hands with your own Christmas wrap bracelet.

**Sign up now at the front desk!**

### FITNESS ROOM

To ensure the health and safety of participants, a limited number of people are allowed in the fitness rooms at one time and users must reserve a time block online. If you have difficulty registering on your own, call or stop by the center and staff will help you get registered. Register for a time block here: <http://bit.ly/GillieFitnessRoom>

### PROGRAM SCHEDULE

#### MONDAY

**9 a.m.**

Stretch & Tone (floor exercise)

**9:30 a.m.**

Service Circle

**10 a.m.**

Wood Carving (walking sticks)

**10:30 a.m.**

Humanities Study

**1 p.m.**

Bingo (2nd and 4th)  
(Pre-registration required)

**3 p.m.**

Fitness @ 3

**6 p.m.**

Underground Railroad  
(2nd and 4th Mondays)

#### TUESDAY

**8:30 a.m.**

Walking – Woodward Park  
(tennis courts)

**9 a.m.**

Fitness Plus

**9:30 a.m.**

Painting

**10 a.m.**

Stay Young, Stay Strong

**11 a.m.**

Wii Bowling/Wii Play

**11 a.m.**

Eat Better, Feel Better  
(2nd Tuesdays)

**12:30 p.m.**

Alzheimer's Support Group  
(2nd Tuesdays)

**1 p.m.**

Arthritis Exercise

**1:30**

Art Journaling

**2 p.m.**

Balance Class

**3 p.m.**

Yoga

#### WEDNESDAY

**9 a.m.**

Stretch & Tone (floor exercise)

**9 a.m.**

Bobbin Lace

**9:30 a.m.**

Ceramics

**10 a.m.**

Crochet & Knitting

**1 p.m.**

History Round Table  
(2nd Wednesdays)

**1 p.m.**

Senior Recreation Council  
(2nd Wednesdays)

**1:30 p.m.**

Round Dancing/Line Dancing

**2 p.m.**

Card Making/Scrap Booking

**4:15 p.m.**

Tap Dance (Advanced)

**5:15 p.m.**

Ballet (Beginner)

**6:30 p.m.**

Tap Dance (Beginner)

**6:30 p.m.**

Evening Dance Party  
(must register with a partner)  
\$10 per couple

**7:30 p.m.**

Buckeye State Harmonicas



## THURSDAY

**9 a.m.**

Fitness Plus

**10 a.m.**

Stay Young, Stay Strong

**10 a.m.**

Basic Sign Language

**11 a.m.**

Wii Bowling/Wii Play

**11 a.m.**

Coffee & Coloring

**1 p.m.**

Arthritis Exercise

**1 p.m.**

Underground Railroad  
(2nd Thursdays)

**1:15 p.m.**

Jewelry Class  
(check with front desk for dates)  
Fee

**3 p.m.**

Fitness @ 3

**3 p.m.**

Yoga

## FRIDAY

**9 a.m.**

Stretch & Tone  
(floor exercise)

**10:30 a.m.**

Line Dance  
(Beginner/Intermediate)

**11:30 a.m.**

Fit Ball Yoga

**1 p.m.**

Veterans Group  
(1st Friday)

**1 p.m.**

Holiday Crafts

**3 p.m.**

Gillie Players  
(Drama)

# Marion Franklin

## ANNOUNCEMENTS

### CENTER CLOSED

**Wednesday, Nov. 11** - Veteran's Day  
**Thursday, Nov. 26** - Thanksgiving

### HEALTH & WELLNESS AT MARION FRANKLIN

**Nurse Barbara Parker**, LifeCare  
Alliance Wellness Center  
Office: 614-645-7173  
Voicemail: 614-437-2927

### NOVEMBER IS DIABETES AWARENESS MONTH

**8.1 million people (27.8) in U.S. are living with diabetes but do not know it.** LifeCare Alliance offers **FREE Glucose Testing**, will show you how to use your glucometer and can help you manage your diabetes, including foot care. Please call **Barbara Parker**, RN at 614-437-2927 for more information or to make an appointment.

## DID YOU KNOW?

**LifeCare Alliance registered dietitians can come right to your home (or a location of your choosing) to discuss your diabetes management.** This includes instructions on proper diet and answering any questions you may have. The goal is to help improve your A1C levels and prevent any long-term complications.

The good news is that many insurance providers will pay for this life changing program. To find out more or to make an appointment, please call Elana at LifeCare Alliance at **614-437-2912**.

### LIFECARE ALLIANCE WELLNESS CENTER NEW HOURS

**Monday and Tuesday from 8 a.m.-4:30 p.m., Thursday from 8-11 a.m. and Friday** at Grove City Church of Nazarene from **8 a.m.-4 p.m.** Call **614-437-2927** for an appointment.

### MENTAL HEALTH FIRST AID

#### Free Information

Mental Health First Aid is a training program that teaches members of the public how to help a person developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. Like traditional first aid, Mental Health First Aid does not teach people to treat or diagnose mental health or substance use conditions. Instead, the training teaches people

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## MARION FRANKLIN

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how to offer initial support until appropriate professional help is received or until the crisis resolves.

**For More information call: 614-645-3612 or LifeCare Nurse Parker, 614-437-2927.**

## VETERAN'S APPRECIATION DAY - HISTORY & HONOR

**Tuesday, Nov. 10 from 12:30–1:30 p.m.**

**FREE**

**Drive through and pick up your Veteran's Day Gift Bag!**

Must be a Marion Franklin member, United States Veteran and registered by Nov. 9.

We are continuing our outreach initiative, **History & Honor**, as our way of honoring veterans of the U.S. armed services. We will provide greeting cards to anyone who would like to send a thank you, motivational quote or holiday greeting to military personnel. This is a drive-through event; you won't have to leave your car. Please call the center to register.

## BOOK CLUB DISCUSSION

**Wednesday, Nov. 18 at 1:30 p.m.**

**Little Fires Everywhere, Celeste Ng**

*Book Club is normally on the 2nd Wednesday of the month, but due to the holiday it has been moved to the 3rd Wednesday for this month only.* Dates and Times are subject to change; please register if you plan to attend. You may also call the

center to add your name to our email list to receive Book Club information.

## FITNESS ROOM

To ensure the health and safety of participants, a limited number of people are allowed in the fitness rooms at one time and users must reserve a time block online. If you have difficulty registering on your own, call or stop by the center and staff will help you get registered.

Register for a time block here:

[http://bit.ly/](http://bit.ly/MarionFranklinFitnessRoom)

**MarionFranklinFitnessRoom**

## PROGRAM SCHEDULE

### MONDAY

**9:30 a.m.**

Chair Yoga

**10 a.m.**

Line Dance (Intermediate)

**10:30 a.m.**

Tai Chi (Intermediate)

**11 a.m.**

Everyday Sign Language

**12 p.m.**

Pickleball

**12:15 p.m.**

Tai Chi (Advanced)

**1 p.m.**

Underground Railroad  
(1st and 3rd Mondays)

**1 p.m.**

No Sew Blankets

**1:30**

The Conversation Project  
(2nd Mondays)

**2 p.m.**

50+ Art Class

## TUESDAY

**9:30 a.m.**

Chair Yoga

**9:45 a.m.**

Ab Workout (Medium Impact)

**10 a.m.**

National Arthritis Foundation  
Exercise Program

**10:30 a.m.**

Tai Chi (Beginner I)

**11 a.m.**

Everyday Sign Language

**11:15 a.m.**

Men's Line Dance

**12 p.m.**

Tai Chi (Beginner II)

**12:30 p.m.**

Bingo  
(1st Tuesdays)

**12:30 p.m.**

Veterans Affairs Program  
(2nd Tuesday)

**1 p.m.**

Puppet Institute (Puppetry)

**1:15 p.m.**

Indoor Tennis

**2 p.m.**  
50+ Art Class

## WEDNESDAY

**9:30 a.m.**  
Pickleball (Beginner)

**10 a.m.**  
Line Dance (Intermediate)

**10:30 a.m.**  
Tai Chi (Intermediate)

**12 p.m.**  
Pickleball

**12:15 p.m.**  
Tai Chi (Advanced)

**1 p.m.**  
Script Reading/Drama  
(3rd Wednesdays)

**1 p.m.**  
No Sew Blankets

**1:30 p.m.**  
Book Club  
(2nd Wednesdays)

**2 p.m.**  
Chess (Adults)

**5:30 p.m.**  
Sickle Cell Support Group  
(4th Wednesdays)

**6 p.m.**  
Line Dance

## THURSDAY

**9:45 a.m.**  
Ab Workout (Medium Impact)

**10 a.m.**  
National Arthritis Foundation  
Exercise Program

**10:30 a.m.**  
Tai Chi (Beginner I)

**11:15 a.m.**  
Men's Line Dance

**12 p.m.**  
Tai Chi (Beginner II)

**12:30 p.m.**  
Veterans Affairs Program  
(2nd Thursday)

**12:30 p.m.**  
POKENO  
(3rd Thursday)

**1 p.m.**  
Puppet Institute (Puppetry)

**1:15 p.m.**  
Indoor Tennis

## FRIDAY

**9:30 a.m.**  
Pickleball (Beginner)

**9:45 a.m.**  
Step Aerobics (Medium Impact)

**12 p.m.**  
Finger Looming/Knitting

**12 p.m.**  
Pickleball

**1 p.m.**  
No Sew Blankets

# Thompson

## ANNOUNCEMENT

### PLEASE NOTE:

**Martin Janis activities have been moved to Thompson Community Center until further notice.**

Thompson Community Center is located at: **1189 Dennison Ave.**

**614-645-3082**

**Registration is now open.**

**Classes start Nov. 2.**

## PROGRAM SCHEDULE

### MONDAY

#### Time Blocks

Fitness Cardio  
\$15

#### Time Blocks

Boxing Fitness (ages 8 – 50+)  
\$15

**8:45 a.m.**  
Yoga (Beginner)

**9 a.m.**  
Ceramics/Hand Building

**10 a.m.**  
Wheel Ceramics (Advanced)  
\$15

**10 a.m.**  
Pickleball  
\$10

**12:30 p.m.**  
Chair Volleyball

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## THOMPSON

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**1:30 p.m.**

Wheel Ceramics (Advanced)  
\$15

## TUESDAY

### Time Blocks

Fitness Cardio  
\$15

### Time Blocks

Boxing Fitness (ages 8 – 50+)  
\$15

**9 a.m.**

Ceramics/Hand Building

**1 p.m.**

Tai Chi

**1:30 p.m.**

Crochet

## WEDNESDAY

### Time Blocks

Fitness Cardio  
\$15

### Time Blocks

Boxing Fitness (ages 8 – 50+)  
\$15

**8:45 a.m.**

Yoga (Beginner)

**9 a.m.**

Painting & Drawing  
\$15

**10 a.m.**

Chair Fitness

**10 a.m.**

Sewing Shapes 3-D

**10 a.m.**

Pickleball  
\$10

**11:30 a.m.**

Hot Licks

**2 p.m.**

Tai Chi

**2:30 p.m.**

Upcycle/Thrift Store Finds

## THURSDAY

### Time Blocks

Fitness Cardio  
\$15

### Time Blocks

Boxing Fitness (ages 8 – 50+)  
\$15

**10 a.m.**

Clay Combo  
\$15

**1:30 p.m.**

Open Clay Studio

## FRIDAY

### Time Blocks

Fitness Cardio  
\$15

### Time Blocks

Boxing Fitness (ages 8 – 50+)  
\$15

**10 a.m.**

Italian (Beginner)

**10 a.m.**

Painting & Drawing  
\$15

**10 a.m.**

Pickleball  
\$10

**11 a.m.**

Italian (Advanced)

**12 p.m.**

Art Workshop

**1:30 p.m.**

Wheel (Beginner)  
\$15



Banking you  
can believe in.

[www.telhio.org](http://www.telhio.org)  
614-221-3233



Franklin County  
Board of Commissioners

**OFFICE ON AGING**

[www.officeonaging.org](http://www.officeonaging.org)

Senior Options 614-525-6200

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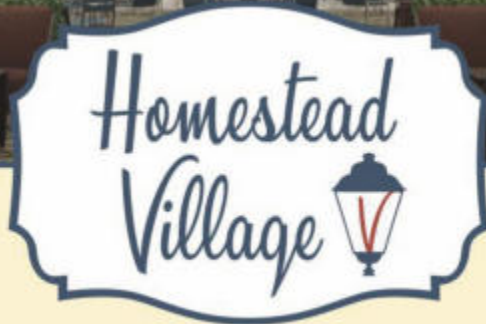
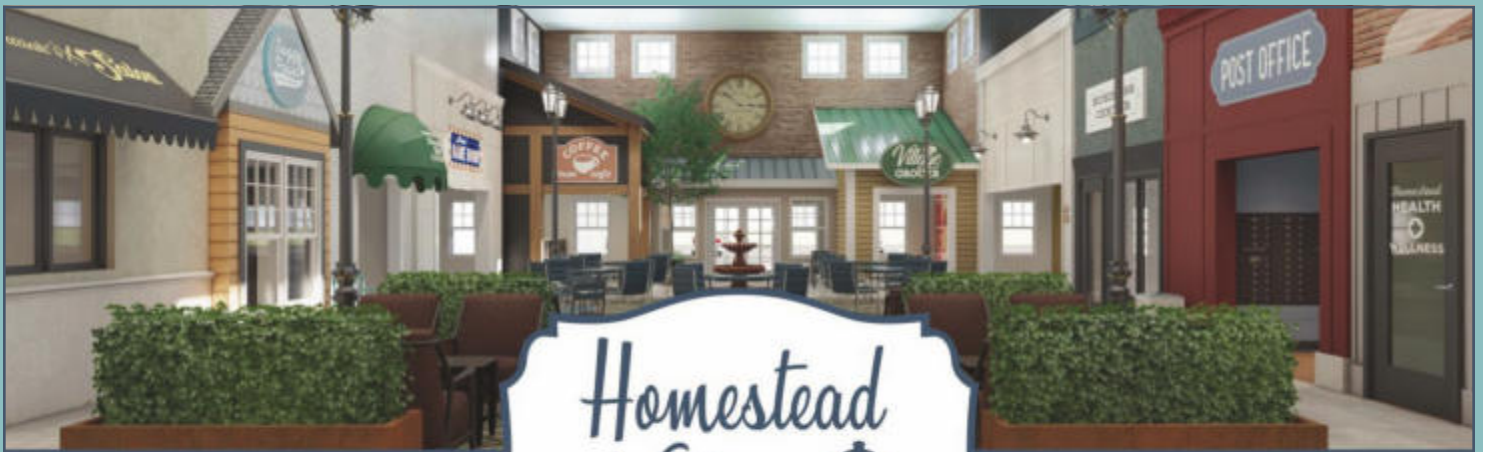
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