

# Fifty PLUS

SUMMER 2021

Columbus Recreation and Parks Department's  
newsletter for *residents ages 50 and older*



## Enjoy the Summer Sunshine!

Join us for Summer Session to enjoy 50+ programs and activities, including dance, fitness and arts classes, wellness workshops and access to fitness rooms. While most classes are available in person, some are offered virtually; check with your center directly for details.

**Registration Starts:** Monday, May 24, at 9:30 a.m.

**Session Starts:** Monday, June 7.

Search and register for activities via [Activenet](#), our online registration system. Contact your community center with any questions.

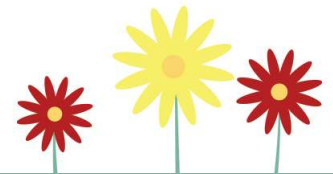
All centers will be closed for the following holidays:

- **Memorial Day – Monday, May 31**
- **Independence Day – Monday, July 5**

Strong safety protocols remain in place to ensure the safety of all residents and staff. Advanced registration is required for all activities and participants are required to wear face coverings and practice social distancing, with the exception of individuals with qualifying medical conditions.

Head outdoors to enjoy our parks and trails, which provide a safe and accessible way to stay active and give you lots of opportunities to enjoy the warmer weather. Even outside, it is important to follow all safety protocols – practice social distancing, clean your hands often with soap and water or hand sanitizer and stay home if you're not feeling well.

Be sure to check our website frequently for the most up-to-date information on programs and activities, at [ColsRecParks.com](#).



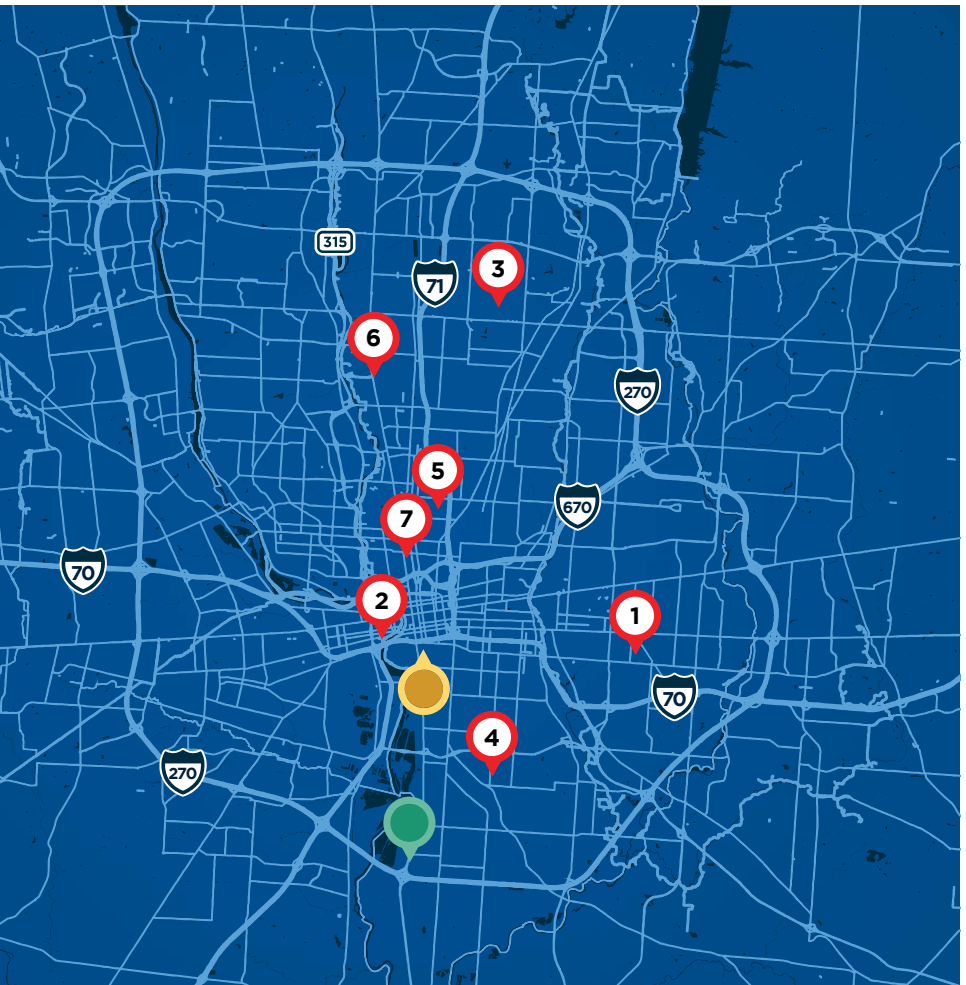
## Newsletter Update

Starting this summer, the 50+ newsletter will be changing. It will be published on the same schedule as our programming sessions. This means that the newsletter will now be coming your way on the following schedule:

- **Summer Session** - Mailed/Published in late May
- **Fall I Session** - Mailed/Published in late August
- **Fall II Session** - Mailed/Published in late October
- **Winter Session** - Mailed/Published in late December
- **Spring Session** - Mailed/Published in late March

# 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

4

## **MARION FRANKLIN COMMUNITY CENTER**

2801 Lockbourne Rd. | 43207  
614-645-3612

7

## **THOMPSON COMMUNITY CENTER**

1189 Dennison Ave. | 43201  
614-645-3082

2

## **DODGE COMMUNITY CENTER**

667 Sullivant Ave. | 43215  
614-645-3176

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## **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

6

## **WHETSTONE COMMUNITY CENTER**

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



## **GOLDEN HOBBY GIFT SHOP**

549 Franklin Ave. | 43215  
614-645-8329

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# Message from the Central Ohio Area Agency on Aging

## IS "ARTHUR" A FRIEND OF YOURS?

Have you met "Arthur"? I've known him for a bit. He's not a welcome friend; he's really more of an associate. And during COVID-19 he has made himself ever present. You've probably met him, since during the pandemic it's been easy for "Arthur" to get a foot in the door and tempt us to NOT be physically active.

You may be wondering just who exactly this "Arthur" is. Well, most people know him by his proper medical name: Arthritis. He comes in many forms, doesn't discriminate and is sharing the sofa with many of us during COVID-19. Although there is no cure for Arthritis, we can still do our part to manage any symptoms.

One of the most important things we can do is keep moving our bodies, in whatever safe manner we can manage. We can participate in an online exercise class, follow along to a yoga DVD at home, or get outdoors (with masks on) for some fresh air and physical activity. Thankfully, spring is here, which means warmer, more favorable weather (fingers crossed). It also means that it's a good time to "show Arthur the door."

If you've been inactive throughout the colder months, like so many of us, be sure to increase your activity level slowly, to avoid injury. Try some simple circular movements with your feet while seated, rotating each foot clockwise or counter-clockwise. You can also "pump" your feet up and down to get the circulation going, alternating between pointing and flexing your toes and feet. After warming up your feet and ankles, remain seated and lift up one knee, then place it back on the ground. Do the same with the other knee and continue to alternate for about 20 seconds. Next, make small circular movements forward and backwards with your shoulders. Do your best to keep your breathing steady while you do each move, inhaling through your nose and exhaling through your mouth. Once you are done, stand up and stretch if you feel able.

Even small amounts of movement can make a difference to our health. So start small, start now and get moving toward wellness. And the next time you feel "Arthur" knocking on your door, let him know he's not welcome!

*Jane E. Acri, LSW Central Ohio Area Agency on Aging (COAAA)*

*COAAA provides a variety of wellness workshops for groups in the community. To schedule a virtual presentation of Oh, My Aching..., part of our Healthy, Well & Wise series, contact Jane at 614-645-3866 or [Jacri@coaaa.org](mailto:Jacri@coaaa.org).*

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# Message from the Franklin County Office on Aging

## FREE RIDES TO VACCINATIONS

Franklin County Office on Aging is providing free transportation to Franklin County residents ages 60 or older who have scheduled a COVID-19 vaccine appointment. To arrange transportation, call 614-525-6200, 9 a.m.-4:30 p.m. **You must have a vaccine appointment scheduled before calling.**

## FREE HOME-DELIVERED MEALS

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 Sept. 30, 2021**, Franklin County Office on Aging will not require income verification to receive home-delivered meals. To request meals and other available services, call 614-525-6200, Monday-Friday, 9 a.m.-4:30 p.m.

Franklin County Office on Aging helps Franklin County residents age 60 and older maintain their independence. They also support family members with the often overwhelming job of caring for a frail older parent, family member or friend with limited abilities. This organization has been providing community-based services through Senior Options since 1993. These services can include home-delivered meals, homemaker services, personal care, respite care, adult day care, emergency response systems and minor home repair.



# CENTER NEWS

Register online for classes at:

**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.** Some classes are taking place virtually. Please call your center to confirm which classes are in person and which ones are virtual. 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.
- Access to our facilities is limited to registered participants and staff, with the exception of those who are on site for in-person registration.
- Participants must perform daily well checks at home. If you are feeling sick (cough, fever, nausea, runny nose, etc.), you must stay home.
- Face coverings must be worn at all times unless otherwise noted.
- 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.

- 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.

View the full list of COVID-19 precautions for all Columbus Recreation and Parks Department facilities here **Columbus.gov/RecParksCOVID19**.

## Barnett

### ANNOUNCEMENTS

#### “SUPER VOLUNTEERS” NEEDED!

Would you like to be a Barnett Super Volunteer? Are you available 3-4 hours per week to help out at this location? Call us at 614-645-3065 for more information and to sign up!

#### BARNETT MONTHLY DRIVE-THRU PRODUCE GIVEAWAY

**Fridays, June 11, July 16 and Aug. 13, at 3 p.m.**

#### LIFECARE ALLIANCE LUNCH CURBSIDE GRAB & GO

**Third Thursdays, 11 a.m.**

\*Must be registered. Please call the

center for more information at 614-645-3065.

#### LINE DANCING IN THE PARK FOR HEART HEALTH EVENTS

**Tuesdays, June 15, July 13 and Aug. 10, from 11 a.m. -12:30 p.m.**

Who's ready to get moving after being stuck in the house, isolated from the world and putting on those extra pounds? Anthony Qualls, your favorite Medicare insurance agent, has partnered with Dedicated Senior Medical Center and Anthem Blue Cross and Blue Shield to bring you the summer series **Line Dancing in the Park for Heart Health!**

Designed for seniors and their families, this event offers FREE giveaways and refreshments,

helpful information about insurance and medical options, and lots of fun for everyone! Be sure to wear comfortable clothes and shoes, and dress for the weather. This will be an outdoor event, weather permitting.

#### FITNESS ROOM

Sign up for a time block here: <http://bit.ly/barnettfitness>

## Dodge

### ANNOUNCEMENTS

#### SENIOR FOOD BOXES

**Fridays, June 25, July 23, Aug. 20, 12-4 p.m.**

For those who have pre-registered,

food boxes will be available for pick up on the days and times listed. These are the **ONLY** available times, so please plan your schedule accordingly. If you or someone you know would like to register and you meet eligibility requirements, please call 614-724-8151. We do have a few spots available.

### EXTENDED PRODUCE DROPS CURBSIDE PICK-UP

**Thursdays, June 10, July 15 and Aug. 12, 3-5 p.m. or until produce runs out.**

### COFFEE AND CANVAS EVENTS

**June 16** - Ms. June, Summer Bathing Beauty

**July 15** - Flowering Basket Bike Ride

**Aug. 5** - Bunny Hopping Through the Tulips

**\$12 per workshop**

Join us for coffee, snacks, painting and socializing! All skill levels are encouraged to attend. The instructor will lead you through the entire process step by step. Fee covers coffee, snacks and the supplies needed to complete and take home your wonderful work of art! Please call Mrs. Holly to register.

### SENIOR SOCIAL HOUR EVENT

**Friday, June 25, 11:30 a.m.-1 p.m.**

This will be an opportunity to catch up with friends, spend some time with each other and enjoy FREE snacks and drinks on us! Chips, cookies, pop and water will be available to anyone who would like it. This will also give us an opportunity to make some plans for upcoming events, holidays, etc., as a group.

### FITNESS ROOM

Sign up 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

**1:30 p.m.**

Intro to Watercolors

**3:30 p.m.**

Zendoodle

#### TUESDAY

**9 a.m.**

Walking Club

**9:30 a.m.**

Quilting

**11:15 a.m.**

Chair Yoga

**1 p.m.**

Sewing

**1:30 p.m.**

Adult Intermediate Watercolors

#### WEDNESDAY

**9 a.m.**

Crochet & Needle Craft

**9 a.m.**

Walking Club

**1:30 p.m.**

Intro to Oil Painting

**3:30 p.m.**

Seasonal Crafts

#### THURSDAY

**9 a.m.**

Walking Club (Weather Permitting)

**11 a.m.**

Bingo

**11:15 a.m.**

Chair Yoga

**1 p.m.**

Sewing

**1:30 p.m.**

Oil Paint Studio

**4 p.m.**

Quick Crafts

#### FRIDAY

**9 a.m.**

Walking Club

**10 a.m.**

Intro to Drawing

**1 p.m.**

Adult Ceramics

**1 p.m.**

Sewing

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DODGE

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## Gillie

### ANNOUNCEMENTS

Please use front entrance ONLY.

#### SENIOR PRODUCE PICK-UP

**Fridays, 10 a.m.-3 p.m. or until produce runs out**

Produce is available for pick up at the rear of the building.

#### EAT BETTER, FEEL BETTER (VIRTUAL)

**2nd Tuesdays at 11 a.m.**

LifeCare Alliance Dietitian Leonor Button, RD

**Topics:**

**June 8** - Smart Snacking

**July 13** - Go Lean with Protein

**Aug. 10** - Be Prepared with Portable Foods

#### ALZHEIMER'S ASSOCIATION (VIRTUAL)

**2nd Tuesdays at 12:30 p.m.**

The Gillie Support Group is now meeting virtually. If you would like to join us call or email Marty Cameron at [mcameron@alz.org](mailto:mcameron@alz.org) or 614-643-2134. You will then receive a link for the group.

#### UNDERGROUND RAILROAD

**2nd and 4th Mondays at 6 p.m.**

**2nd and 4th Thursdays at 1 p.m.**

We study American History through the eyes of the conductors, agents and freedom seekers who were a part of the Underground Railroad. Please call 614-645-3106 for more

information.

#### LIFECARE ALLIANCE WELLNESS CENTER

**Mondays and Tuesdays**

If you are monitoring your blood pressure at home with an automatic meter, you should have it calibrated or checked for accuracy against a manual monitor at least once every year. The LifeCare Alliance Wellness Center is open if you need to have your blood pressure checked in between doctor's visits or your toenails cut. Please call Peggy Parisot, RN at 614-437-2811 to make an appointment.

#### BINGO

**Mondays at 1 p.m. on the following dates:**

**June 7 and 21**

**July 12 and 26**

**August 9 and 23**

Join us for a chance to win wonderful prizes and have fun doing it.

Space is limited so you must call ahead to register. **Fee: \$1**

#### GILLIE'S FOOD GALLERY

**Fridays at 10 a.m.**

This class ends with a recipe book created by participants using their favorite recipes and adding a note to share why this recipe is special to them. Share your favorite main dish, appetizer or dessert! We would love to hear about how these foods impacted your life and your experiences with each dish.

#### \*NEW\* GENEALOGY 101

**1st & 3rd Thursdays at 1 p.m.**

Have you ever thought about tracing your roots? Have you ever wondered

about your past and where you come from? Come and learn the basics of how to get started tracing your family history and find out how it fits into world history. Our very own member Dennis Siedel will be the instructor for this class.

#### WOODCRAFT CLASS

**Mondays at 9:30 a.m.**

Learn how to turn a mere tree limb into great walking sticks and canes using various wood working and carving techniques.

#### STREET HOCKEY

**Tuesdays at 11 a.m.**

Did you ever play Street Hockey as a kid? Well, come join us for some fun!

#### WEDNESDAY EVENING DANCE CLASS

**Couples Only**

**6-8 p.m.**

**\$5 per person**

Please contact the center to find out the dance style for the evening. In-person classes will have ballroom dance lessons from 6-7 p.m., followed by practice sessions from 7-8 p.m., with music provided by a DJ. Online classes will be dance lessons only.

#### CELEBRATING THE 20TH ANNIVERSARY OF GILLIE ANNIVERSARY WEEK OPEN HOUSE

**June 21-25, 9:30 a.m.-3 p.m.**

Join us as we open our doors to seniors all across our community and "show off" the many classes and programs that we have to offer! We will offer FREE, fun demonstrations classes each day, in art, fitness,

education and more. Enjoy mini presentations from our drama group and choir, learn a few skills to play street hockey or volleyball, or participate in a class you've been thinking about trying.

## **ANNIVERSARY HOMECOMING COOKOUT AT SHARON WOODS**

**Thursday, June 24**

**10 a.m.-2 p.m.**

Continue celebrating with us and enjoy some FREE, yummy food! All of the Gillie Family is invited to attend, including former members and staff. Enjoy fun games, "friendly-competition" contests and share your memories of Gillie. Registration is required. Please call 614-645-3106. See you there!

## **ANNUAL ICE CREAM SOCIAL**

**Tuesday, Aug. 17, at 11:30 a.m.**

Hear that? That's the sound of the ice cream truck! We're "screaming for ice cream" on a hot summer day and inviting you to join us for a scoop, with all the "fixins." Come enjoy the food and the fellowship!

## **FITNESS ROOM**

Sign up for a time block here:  
<http://bit.ly/GillieFitnessRoom>

## **PROGRAM SCHEDULE**

### **MONDAY**

**9 a.m.**

Stretch & Tone | Floor Exercise  
2nd & 4th Mondays

**9:30 a.m.**

Service Circle

**9:30 a.m.**

Wood Crafts

**10 a.m.**

The Sharing Circle (Virtual Only)

**1 p.m.**

Bingo \$1  
(Call to Register)

**3 p.m.**

Fitness @3

**6 p.m.**

Underground Railroad  
2nd & 4th Mondays  
(Virtual Option)

### **TUESDAY**

**8:30 a.m.**

Walking (Meet at Woodward Park  
Tennis Courts)

**9 a.m.**

Fitness Plus

**10 a.m.**

Stay Young, Stay Strong

**11 a.m.**

Wii Bowling/Wii Play

**11 a.m.**

Eat Better, Feel Better  
2nd Tuesdays (Virtual Option)

**11 a.m.**

Street Hockey

**12 p.m.**

Alzheimer's Association  
(Virtual Only)

**1 p.m.**

Arthritis Exercise

**1:15 p.m.**

Art Journaling

**2 p.m.**

Balance Class

### **WEDNESDAY**

**9 a.m.**

Stretch & Tone

**9:30 a.m.**

Ceramics

**10 a.m.**

Crochet & Knitting | Advanced

**1 p.m.**

History Roundtable | 2nd  
Wednesdays (Virtual Only)

**1:30 p.m.**

Round Dancing  
(Registered Couples Only)

**1:30 p.m.**

Crochet & Knitting | Beginners

**2 p.m.**

Card Making

**4:15 p.m.**

Tap Dance | Advanced

**5:15 p.m.**

Beginning Ballet

**6 p.m.**

Ballroom Class  
(Registered Couples Only)

### **THURSDAY**

**9 a.m.**

Fitness Plus

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GILLIE

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**10 a.m.**

Stay Young, Stay Strong

**11 a.m.**

Wii Bowling

**11 a.m.**

Coffee & Coloring

**1 p.m.**

Arthritis Exercise (Virtual Option)

**1 p.m.**

Underground Railroad  
2nd & 4th Thursdays  
(Virtual Option)

**1 p.m.**

Genealogy 101 | 1st & 3rd Thursdays

**3 p.m.**

Fitness @3

## FRIDAY

**9 a.m.**

Stretch & Tone

**9:30 a.m.**

Scrap Booking

**10 a.m.**

Gillie's Food Gallery

**11:30 a.m.**

Fit Ball Yoga

**1 p.m.**

Veterans Group | 1st Fridays

# Marion Franklin

## ANNOUNCEMENTS

### THANK YOU!

We want to send a special "thank you" to Ms. Gwendolyn Macon-Beck, the Ohio Sickle Cell and Health Association and Marion Franklin Community Center staff and volunteers for making our April Minority Health Awareness Month "Grab and Go" event a success!

### LIFECARE ALLIANCE MEALS CURBSIDE GRAB & GO

**4th Tuesdays, from 11:30 a.m.-12:30 p.m.**

Must be registered to participate. Please call the center for more information.

### MOBILE PRODUCE MARKETS CURBSIDE GRAB & GO

**4th Thursdays at 3 p.m., except for holidays.**

**\*\*Summer 2021 Health Awareness & Nutrition Month Giveaways\*\***

One of the most effective tools we have to fight challenging health issues is the power of human connection. It's one of the reasons health awareness campaigns are so important: they help us rally together to spread awareness and show support.

In the spirit of connection, education and awareness, we are offering giveaways and health information during our summer Mobile Produce

Markets:

**June** - Men's Health Awareness Month

**July** - Healthy Vision Awareness Month

**August** - Summer Sun Safety Month

## SUMMER GARDENING

**Fridays at 10 a.m.**

Summer is the perfect time to work on your gardening skills. Join Scott every Friday to enjoy the wonderful world of gardening. For more information or to register, please call the center.

## HEALTH & WELLNESS AT MARION FRANKLIN

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

### New Hours:

Monday/Friday, 8 a.m.-4 p.m., at Grove City Church of Nazarene  
Tuesday/Thursday, 8 a.m.-4:30 p.m., at Marion Franklin, and Wednesday, 8 a.m.-4 p.m., at Maplewood.

Please call 614-437-2927 for an appointment.

## EAT BETTER, FEEL BETTER

**3rd Tuesdays at 1:30 p.m.** call the center to register.

Presented by Nurse Barbara Parker, LifeCare Alliance Wellness Center.

### Topics:

**June** - Smart Snacking

**July** - Go Lean w/Protein

**August** - Be Prepared w/Portable Foods



## THE CONVERSATION PROJECT

**June 14 Part I**

**July 12 Part II**

**1:30 p.m.**

The Conversation Project is designed to help people talk about their final wishes and end-of-life care. Topics will include: how to start the talk, what's most important to talk about and completing legal documents. Everyone will be provided with a starter kit, Living Will and Durable Power of Attorney (POA) for healthcare. This program is sponsored by LifeCare Alliance and presented by Nurse Barbara Parker. Call the center register.

## MENTAL HEALTH FIRST AID

Mental Health First Aid is a training program that teaches participants how to help a person developing a mental health condition, experiencing the worsening of an existing mental health condition or in a mental health crisis. Like traditional First Aid, Mental Health First Aid does not teach people how to treat or diagnose mental health or substance use conditions. Instead, the training teaches people how to offer initial support until appropriate professional help is received or until the crisis resolves. **For more information, call 614-645-3612 or Nurse Barbara Parker at 614-437-2927.**

## CAREGIVERS SUPPORT GROUP

**Tuesday, July 20 at 1 p.m.**

Are you a caregiver? Are you struggling with juggling work, family and caregiving? Do you feel stressed and burned out? There is help! Join us for topics that include: what

caregiving is, resources, equipment and self-care. Please call the center to register.

## FITNESS ROOM

Register for a time block here:

Cardio Room

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

**MarionFranklinCardioRoom**

Weight Room

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

**MarionFranklinWeightRoom**

## 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

**12:15 p.m.**

Tai Chi | Advanced

**1 p.m.**

No Sew Blankets (Supplies Not Included)

**1:30 p.m.**

The Conversation Project  
2nd Mondays

**2 p.m.**

Underground Railroad | 1st & 3rd  
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.**

Arthritis Foundation 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.**

Bingo | 1st and 3rd Tuesdays

**12:30 p.m.**

Veterans Affairs Program  
2nd Tuesdays

**1 p.m.**

No Sew Blankets (Supplies Not Included)

## WEDNESDAY

**9:30 a.m.**

Pickleball | Beginners

**10 a.m.**

Line Dance | Intermediate

**10:30 a.m.**

Tai Chi | Intermediate

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## MARION FRANKLIN

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**12:15 p.m.**

Tai Chi | Advanced

**1 p.m.**

Knitting /Finger Looming

**1 p.m.**

No Sew Blankets  
(Supplies Not Included)

**1:30 p.m.**

Book Club | 2nd Wednesdays  
(Virtual Option)

**5:30 p.m.**

Sickle Cell Support Group  
4th Wednesdays

**6 p.m.**

Evening 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 each month

**1 p.m.**

No Sew Blankets  
(Supplies Not Included)

## FRIDAY

**10 a.m.**

Summer Gardening

**1 p.m.**

No Sew Blankets

**1 p.m.**

Knitting /Finger Looming

## Martin Janis

**All programming will take place  
at Thompson Community Center  
until further notice**

1189 Dennison Ave., 614-645-3082

## ANNOUNCEMENTS

### FOOD BOX PICK UP

**3rd Thursdays, from 10 a.m.-2 p.m.**

Pre-registration is required. Must  
have a current 2021 application on  
file with Martin Janis/Thompson.  
Call 614-645-3082 to register or for  
assistance.

### CARICATURE AND CARTOONING WORKSHOP

**Friday, June 25, 1-4 p.m.**

Guest artist Jason Hay will lead this  
workshop. Sign up by June 18.  
**Fee: \$20.** All Supplies included.

## FITNESS ROOM

Sign up for a time block here:  
Cardio Room

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

**ThompsonCardioRoom**

Weight Room

<http://bit.ly/ThompsonWeightRm>

## PROGRAM SCHEDULE

### MONDAY

**8:30 a.m.**

Gentle Stretch

**10 a.m.**

Wheel Ceramics | Advanced

**11 a.m.**

Beginning Digital Photography

**1:30 p.m.**

Afternoon Art w/Robbie

### TUESDAY

**9:30 a.m.**

Ceramics/Hand Building

**10 a.m.**

Chair Fitness

**1 p.m.**

Fit Ball Exercise

**1 p.m.**

Clay Combo

**1:30 p.m.**

Beginning Wheel Throwing | \$15

### WEDNESDAY

**8:30 a.m.**

Gentle Stretch

**10 a.m.**

Painting & Drawing with Robbie | \$15

**10 a.m.**

Amigurumi Crochet/Knitting

**10 a.m.**

Silver Sneaker Classic

**11:30 a.m.**

Hot Licks Drumming

**12:30 p.m.**

Tai Chi

**2 p.m.**

Beginning Italian

**2 p.m.**

Quilting  
(Bring your own supplies)

## THURSDAY

**10 a.m.**

Chair Fitness

**10 a.m.**

Clay Combo

**10:30 a.m.**

Advanced Italian

**1 p.m.**

Clay Studio  
(Must also be enrolled in an instructor-led clay/ceramics class)

## FRIDAY

**10 a.m.**

Painting & Drawing Studio w/Mike

**10 a.m.**

Beginning Wheel

**1 p.m.**

Neighborhood Walk w/Gregg  
(Weather permitting)

# Department Announcements

Check out some of the great offerings from other divisions!

## GOLDEN HOBBY GIFT SHOP

We're open again! Come check out our new location: 549 Franklin Ave., Columbus, OH 43215. We are located in the Columbus Performing Arts Center (CPAC) building, just behind the Library and Topiary Park.

### Hours of Operation:

Tuesday - Saturday,  
10 a.m.-4:30 p.m. | Sunday, 1-4 p.m.

## OUTDOOR RECREATION GRAM AND GRAMP CAMP

Register for your chance to "be a kid again" and join your grandchild (age 6-12) at camp this summer!

This camp is designed for grandparents and grandchildren to spend quality, structured time together. A few of the camp activities will be separated for youth and adult groups, but most activities will be combined to encourage interaction between the two generations. All activity levels welcome; alternative options will be made available.

Activities include: art, hiking, canoeing, educational programs, swimming, fishing, archery, pontoon boat rides, games and more.

**Dates:** Session 3 - June 21-25

Session 7 - July 19-23

**Time:** 9 a.m.-3 p.m.

**Location:** Whetstone Park of Roses Shelterhouse, 3901 N. High St., Columbus, OH 43214

**Fee:** \$78 per person / \$93 for non-Residents

### Registration:

Register online at [CRPDcamps.com/GramandGrampCamp](https://CRPDcamps.com/GramandGrampCamp) or call Outdoor Recreation at 614-645-3380. Each grandparent and grandchild must be registered individually.

Lunch and afternoon snack can be made available for grandchildren through our summer lunch program, *Go, Lunch!*, or they can pack their lunch daily. Grandparents must provide their own meals. Please bring a water bottle.

## CULTURAL ARTS CENTER Central Ohio Watercolor Society, April 23 - May 29

The Central Ohio Watercolor Society (COWS) is the region's preeminent transparent watercolor society - and one of only 3 in the nation. The Cultural Arts Center will host the group's 2021 Spring Juried Exhibition. Come enjoy the way these amazing artists portray light and color, whether in realism or abstraction. To learn more, visit [CulturalArtsCenterOnline.org](https://CulturalArtsCenterOnline.org).

## GOLF

We need volunteers! Volunteers enjoy FREE golf at all six of the City's golf courses in exchange for their efforts. Please contact the Pro Shop at any golf course for more information or visit [CRPDgolf.com](https://CRPDgolf.com) for more information.



## Know the Facts: Older Adults and COVID-19

### Important info:

- Risk for severe illness with COVID-19 increases with age, with older adults at highest risk.
- Certain medical conditions can also increase risk for severe illness.
- People at increased risk, and those who live or visit with them, need to take precautions to protect themselves from getting COVID-19.

Ohio is distributing safe, effective COVID-19 vaccines statewide in phases. Vaccine supply is very limited and it will take time to move through the phases and get everyone vaccinated.

Eventually, everyone who wants a vaccine will be able to get one.

### The vaccine:

- Does not give you COVID-19.
- Will not cause you to test positive on COVID-19 tests.
- Does not alter your DNA.
- Does not contain fetal or human cells.
- Does not contain pork or animal products.
- Does not contain a tracking device.

### FIND A COVID-19 VACCINE PROVIDER

Check with your health care provider, local pharmacy or health department

to see if they have vaccine available. Columbus and Worthington residents can call Columbus Public Health at 614-645-1519 to check on vaccine availability. To see a listing of COVID-19 vaccine providers in Ohio, visit [vaccine.coronavirus.ohio.gov](https://vaccine.coronavirus.ohio.gov).

### Recommended resources:

#### Centers for Disease Control

Phone: 800-232-4636

Web: [cdc.gov/coronavirus/2019-ncov](https://cdc.gov/coronavirus/2019-ncov)

#### Ohio Department of Health

Phone: 1-833-427-5634

Web: [coronavirus.ohio.gov](https://coronavirus.ohio.gov)

#### Columbus Public Health

Phone: 614-645-1519

Web: [columbus.gov/coronavirus](https://columbus.gov/coronavirus)