

67th Annual Creative Arts Event

The Columbus Recreation and Parks Department's 67th Annual Creative Arts Event will be here soon!

This is the one of only shows that Central Ohio adults aged 50 and older are provided an opportunity to show their original writing, art and craft work. There is no entry fee and every item is judged and displayed.

View beautiful exhibits, participate in a workshop or just enjoy one of the various shows. A dinner and dance party on May 10 is sure to be a great time.

**"Art and Music Around the World"
May 8-17**

**Martin Janis Center
600 E. 11th Avenue
Columbus OH 43211
(corner of the State Fairgrounds)**

**Event hours: Monday - Thursday 10 AM-4 PM
Friday, May 10 10 AM-11 PM
Saturday, May 11 10 AM-5 PM**

Parking and admission are free.

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Explore your community and make new friends

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Gram & Gramp Camp

Bring your "grand" to this adventurous camp

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Center News

Get the latest programming information and announcements

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BARNETT COMMUNITY CENTER

1184 Barnett Rd. | 43227
(614) 645-3065
Monday-Friday 8 AM-5 PM

DODGE COMMUNITY CENTER

667 Sullivant Ave. | 43215
(614) 724-8151
Monday-Friday 8 AM-5 PM

GILLIE COMMUNITY SENIOR CENTER

2100 Morse Rd. | 43229
(614) 645-3106
Monday-Tuesday 8 AM-5 PM
Wednesday 8 AM-10 PM
Thursday-Friday 8 AM-5 PM

LAZELLE WOODS COMMUNITY CENTER

8140 Sancus Blvd. | 43081
(614) 645-5330
Monday-Friday 8 AM-5 PM

MARION FRANKLIN COMMUNITY CENTER

2801 Lockbourne Rd. | 43207
(614) 645-3612
Monday-Friday 8 AM-5 PM

MARTIN JANIS COMMUNITY SENIOR CENTER

600 E. 11th Ave. | 43211
(614) 645-5954
Monday-Wednesday
8 AM-5 PM
Thursday 8 AM-9 PM
Friday 8 AM-5 PM

WHETSTONE COMMUNITY CENTER

3923 N. High St. | 43214
(614) 645-3217
Monday-Friday 8 AM-9 PM

CENTRAL OHIO AREA AGENCY ON AGING (COAAA)

3776 S. High St. | 43207
(614) 645-7250
Monday-Friday 8 AM-5 PM

GOLDEN HOBBY GIFT SHOP

630 S. Third St. | 43206
(614) 645-8329
Tuesday-Saturday
10 AM-5 PM

COAAA Celebrating Older American's Month - Connect, Create, Contribute

Each year, more and more older adults are making a positive impact in and around Central Ohio. As volunteers, employees, employers, educators, mentors, advocates, and more, they offer insight and experience that benefit the entire community. That's why Older Americans Month (OAM) has been recognizing the contributions of this growing population for 56 years. Led by the Administration on Community Living(ACL) each May, OAM provides resources to help older Americans stay healthy and independent, and resources to help communities support and celebrate their diversity. This year's OAM theme, Connect, Create, Contribute, encourages older adults and their communities to:

- **Connect** with friends, family, and local services and resources.
- **Create** through activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

The volunteer contributions of senior citizens are celebrated each May during Older Americans Month by the Central Ohio Area Agency on Aging (COAAA) at our annual event, the Central Ohio Senior Citizens Hall of Fame Ceremony. Older adults from the COAAA 8 county service area are recognized for bettering their communities and enriching the lives of others. This year, the 44th annual ceremony, will induct 13 senior citizens who will be honoured during the Hall of Fame Ceremony on Wednesday, May 15, 2019 at the Martin Janis Center in Columbus. With Colleen Marshall as our master of ceremony, the following nominees will be inducted in to the 2019 Hall of Fame: Diane Croy – Delaware County, Madel O'Neil – Fairfield County, Jack and Carolyn DeWeese – Fayette County, Karen and Ralph Watts – Franklin County, Gary Sams – Franklin County, Dr. John O'Handley- Franklin County, Albert (Skip) Salome – Licking County, Fred and Donna Reeder – Madison County, Nelson Robert Embry II – Pickaway County and Donald Werling – Union County.

Barnett

COLUMBUS CLIPPERS

 **Thursday, May 23**
Departure Time: 11 AM

Cost: \$7; lunch option for extra \$5

Join us as we head to Huntington ballpark for the afternoon to watch the Columbus Clippers take on the Toledo Mud Hens.

Must register by May 15.

Dodge

TRANQUILITY SALT CAVES

 **Friday, May 17**
Departure Time: 10:30 AM

Cost: \$25 (Spa visit, transportation)

Would you like to take some time to treat yourself and relax? Help your breathing, heart and lungs? Himalayan rock salt not only helps with breathing and air purification, but it also helps with skin conditions such as eczema and dermatitis, providing multiple health benefits. Treat yourself to a relaxing afternoon at the beautiful Tranquility Salt caves located in Worthington. We will have a multi-sensory spa experience, where we will sit in special comfort chairs, listen to relaxing music to enhance meditation and enjoy the heated Himalayan rock salt floors. Please bring a pair of clean white socks. Also, bring additional money for lunch as we will stop before our appointment to eat. The Spa visit will begin at 1pm and last for 45 minutes.


NATIONAL VETERANS MEMORIAL AND MUSEUM

 **Friday, May 24**
Departure Time: 10 AM

Cost: \$5 transportation/ parking; \$17 museum admission

We will explore the new National Veterans Memorial and Museum. We will walk around the museum, and the grounds behind the museum. Afterwards, we will get lunch at the North Market where you can decide where you'd like to eat. Bring additional money for lunch. *Museum admission and lunch money should be brought the day of the event.*

Gillie

 Motor Coach Trips are open to any adults 21 years and over. For van or mini bus trips you must be a 50+ center member. Please call 645-3106 for more policy info.

BUGGIES, BUICKS, BALLS AND BUCKEYES


 **Tuesday, May 21**
Departure Time: 8 AM

Cost: \$142 (includes motor coach, tours and lunch)

We will begin at the **Amish Door Village & Restaurant**, where you will be able to shop at the many unique shops including a bulk store and then we will enjoy an Amish meal in the restaurant. Next, we will visit the **Canton Classic Car Museum** filled with vintage and classic cars from 1901 to 1981 followed by a

tour of the **Pro Football Hall of Fame**, America's premier sports showplace. Finally, we will visit Harry London Chocolates who are known for their "Buckeyes." *Register now.*

GILLIE HISTORY TOURS PRESENTS: GNADHUTTEN

 **Wednesday, May 22**
8 AM-4 PM

Cost: \$20

Learn about the Revolutionary War era massacre that help define frontier injustice and betrayal of the Native Americans. Lunch on your own at Tents of Grace Café. Possible stops in Dover or Sugarcreek. *Registration begins May 8.*

BROADWAY BABIES NEWSIES THE MUSICAL AT LA COMEDIA

 **Friday, May 31**
Departure Time: 4 PM


Cost: \$55

Set in New York City at the turn of the century and based on a true story, Newsies is the rousing tale of Jack Kelly, a charismatic newsboy and leader of a ragged band of teen aged 'newsies,' who dreams only of a better life far from the hardship of the streets. But when publishing titans Joseph Pulitzer and William Randolph Hearst raise distribution prices at the newsboys' expense, Jack finds a cause to fight for and rallies the newsies. *Registration begins Friday, May 3.*

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Marion Franklin

BREAKFAST AND MOVIE

 **Tuesday, May 21**
Departure Time: 9 AM
Cost: \$5


Join us for a hearty breakfast at Cracker Barrel before heading 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, May 29**
Departure Time: 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'll grab lunch before heading back to share news of our finds. *Please register at the front desk.*


LAKE ERIE WALLEYE HEAD BOAT TRIP

 **Wednesday, June 5**
Departure Time: 4 AM
Cost: \$80 (includes bait)

Estimated time of return to Columbus is 5:30 pm. All are welcome to go to Port Clinton. *Please register at the front desk. For information, call 614-645-3612.*


Martin Janis

FIRST TUESDAY TEA

 **Tuesday, May 7**
Departure Time: 11:30 AM
Free


Join us for this monthly experience of art, music, cooking or something new at the Martin Luther King Center!

LUNCH & A MOVIE

 **Thursday, May 16**
Departure Time: 10 AM
Cost: \$5 (transportation only)

Enjoy a relaxing afternoon with friends at the movies and then on to a Chinese buffet!

FEAST OF THE FLOWERING MOON

 **Friday, May 24**
Departure Time: 10 AM
Cost: \$10 (transportation/ lunch NOT included)

This annual themed event in Chillicothe features native-American music and dancing, traders and exhibits and mountain-men encampments depicting pioneer life in the 19th century and daily entertainment. In addition, it displays arts and crafts and traditional entertainment and food. We will visit on Senior Citizens Day with Bingo.

Whetstone

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

MALABAR FARMS

 **Wednesday, May 8**
Departure Time: 9:30AM

Cost: \$3 wagon tour/ \$5 house tour
The Red Hats/Cruising Cougars are visiting Malabar Farms and everyone is welcome! Please call the Mike to RSVP.

MIKE'S TASTE OF ITALIA

 **Wednesday, May 15**
Departure Time: 10:30 am

Mike's Taste of Italia will go to West Jeff for an oldie but goodie. Please call Mike to RSVP.

HIKES WITH MIKE

 **Wednesday, May 22**
Departure Time: 10 am

We will head to Delaware for an exciting wilderness walk. Please call Mike to RSVP.

!! DANCE

Gillie

LINE DANCE

Beginners | Tuesdays 1 PM

Intermediate | Fridays 10:30 AM

Advanced | Tuesdays 2 PM

Move & Groove |

Mondays 7:30 PM

TAP DANCE

Beginners | Wednesdays 6:30 PM

Advanced | Wednesdays 4:15 PM

BALLET

Wednesdays 5:15 PM

EVENING DANCE

Wednesdays 6:30-9:00 PM

Admission: \$5

Arrive early for a short line dance learning session from 6:30-7:00 PM. The DJ will begin spinning a variety of dance music at 6:30 PM. Refreshments will be served.

Weekly Themes:

- May 1: Birthdays/Anniversaries
- May 8: NO Dance (CAE opening at Martin Janis)
- May 10: Dinner/Dance at Martin Janis
- May 15: Mother's Day (Ladies are free)
- May 22: Spring Break
- May 29: Celebrating the Armed Forces

Marion Franklin

LINE DANCE

Mondays, Wednesdays and Fridays 10-11 AM

"Step by Step"

Wednesdays 11:15 AM

Line Dance Workout

Tuesdays and Thursdays 10 AM

Men's

Tuesdays and Thursdays 11:15 AM

EVENING LINE DANCE

Cost: \$10 per session

Wednesday 6-7:15 PM

ZUMBA

Mondays 7 PM

Saturdays 10:30 AM

Cost: \$30 per session

RED HAT GROUPS

Gillie's Fillies Red Hatters

CREATIVE ARTS AWARD SHOW AND RECEPTION



Wednesday, May 8

Time: 6 PM

Location: Martin Janis Center

GOLDEN HOBBY GIFT SHOP


Spring, Glorious Spring! Golden Hobby Gift Shop is virtually blooming with beautiful spring items. Stop in to look around - it'll make you feel good. We're out and about this month. We'll have art at Martin Janis Center for the Creative Arts Event, 5/8-5/17, and our participating consignors always win awards. May 11 is our free Make It Take It class, this one especially good for kids of all ages. We'll be making Mother's Day Cards and nosegays for gifting. 5/10-5/11 we'll have garden décor at the German Village Garten Club Sale and on 5/18 the public can buy table space from us for \$20 to bring yard sale goods for the annual Village Valuables event.

Tuesday-Saturday 10 AM-5 PM
630 S. Third St. | German Village
(614) 645-8329



CREATIVE ARTS EVENT

OPENING NIGHT


 **Wednesday, May 8**
Doors open: 6 PM
Ceremony: 7 pm

Celebrating Featured Artist: folk singer Bill Cohen and the presentation of awards for Grand Prize Winners. Artist & guests are welcome. Light refreshments will be served.

LINE DANCE SHOWCASE

 **Thursday, May 9**
12 PM

DINNER AND DANCE PARTY FEATURING THE DYNAMIC DUO

 **Friday, May 10**
Line dancing 5:30 PM
Dinner 6 PM/ Show 7 PM

Cost: \$15 for entire evening

It's not Batman and Robin or Superman and Wonder Woman.

It's Michael Rose and Jamie Coyne, two of Central Ohio's most dynamic entertainers. They're coming together for the first time to give you double the excitement for a night of dancing. You will hear a variety of music from every genre and era as they take you on a musical journey that will keep you moving all night. Tickets are available at the Martin Janis Center 614-645-5954 and the Gillie Center 614-645-3106.

Deadline to register: May 7

LINE DANCE WORKSHOP: DEREK STEELE

 **Saturday, May 11**
9:30 AM-3:30 PM

Cost: \$30 for registrations received before May 4, \$35 late registrations.

\$40 for Friday night (May 10) and Saturday

Limited space. Questions, call Linda Jacobs at The Gillie Center (614-645-3106) or email, anitaebbert@gmail.com or Roger at lingofun@sbcglobal.net

POETRY & WRITING EXPO

 **Monday, May 13**
9:30 AM

CENTRAL OHIO HALL OF FAME

 **Wednesday, May 15**
1 PM

VARIETY SHOW

 **Thursday, May 16**
1 PM **Deadline to enter: May 6**

Do you have a talent? Here's your chance to show it off or just come and cheer you friends on.

NONAGENARIAN - CELEBRATE GOOD TIMES

 **Friday, May 17**
11 AM

Cost: Free to those over 90, \$10 for everyone under 90 years (Includes Lunch and Entertainment)

Are you a Nonagenarian, anyone who is from 90 to 99 years old? Or maybe you're a Centenarian which means 100+. Well, either way you are invited to a party celebrating your lifetime. Tickets available at The Gillie Center (645-3106) or The Martin Janis Center (645-5954). *Registration deadline: Tuesday, May 14*

Gram And Gramp Camp

Monday-Friday, June 3-7
9-4 PM


Cost: \$120 resident/\$130 non-resident for one grandparent and one grandchild.

This is a chance for grandparents and their grandchildren to participate in fun activities together in an outdoor setting. We have fun with fishing, canoeing, art & crafts, archery, swimming and special programs. Registration forms are available at Gillie.

Barnett

SPECIAL EVENTS

AFTERNOON AT THE CREATIVE ARTS EVENT

 **Thursday, May 9
11 AM**

Looking for a ride to the Creative Arts Event? Join us as we go to Martin Janis to check out all of the art, as well as, watch the Line Dance Showcase. *Please register at the front desk.*

FEATURED WEEKLY

GAME ROOM

Monday-Friday 10 AM-3 PM

Stop in for puzzles, a game of cards, billiards or even Skee-Ball. Organized games and activities are scheduled on Mondays and Wednesdays, 12-1 PM.

WALKING CLUB

**Monday, Wednesday and Friday
10 AM**

Come join us for some fresh air this spring and summer as we get outside and log some steps.

CARDIO SENIOR BOXING

Thursday 12 PM

Check out our newest addition, boxing. This is a circuit style class with an upper body and cardio focus, bound to get your heart pumping.

OPEN BASKETBALL

**Tuesday and Thursday
10 AM-12 PM**

PICKLEBALL

**Monday 1:30 PM
Thursday 12:30 PM**

Join us for open Pickleball twice a week. All levels welcome. Come learn the rules or share your talents.

CORE & MORE

Tuesday and Thursday 10 AM

Spend 30 minutes strengthening and toning your core. This class contains a variety of exercises, predominantly on the floor.

TAI CHI

Friday 11 AM

Cost: \$30 per session

Tai Chi is said to improve flexibility and balance while reducing stress. *Register at the front desk or online today!*

SPRING SCHEDULE

Stay Young, Stay Fit

Mon, Wed & Fri 9 AM

Beginning Line Dancing

Mon & Wed 10:30 AM

Showcase Line Dancing

Mon & Wed 12:15 PM

Rise & Ride

Tues & Thurs 9 AM

Chair Fitness

Tuesday 11 AM

Sewing Tuesday 1:30 PM

Knitting & Crochet Club

Wednesday 1:30 PM

Women's Weight Lifting

Thursday 11 AM

Tennis Friday 12:30 PM

Adult Arts & Crafts

Friday 1:30 PM

****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!****

ANNOUNCEMENTS

PRODUCE GIVEAWAY

Doors open at 2 PM to register and the giveaway will begin at 3 PM. Bring your ID and bags.


- **May 10**
- **June 14**
- **July 12**
- **August 9**
- **September 13**

INTERESTED IN VOLUNTEERING? HAVE A SPECIAL SKILL TO SHARE?

We are always looking for volunteers to help at the front desk, as well as with classes and special events. Please contact the center (614-645-3065) for opportunities.

Dodge

SPECIAL EVENTS PRODUCE DROP

 **Thursdays, May 9 & 23
3-6 PM**


Arrive early; first come, first served basis, bring bags or boxes to carry your produce home in.

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Dodge

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WALK WITH A DOC


 **Saturdays, May 11 & 25**
8:30-9:30 AM

NUTRITION

 **Thursday, May 16**
12:30-1:30 PM

Nutritionist, Lisa Gibson with OSU, will be here to answer all of your nutrition questions.

SPRING FLING PAINTING WORKSHOP

 **Tuesday, May 28**
1-3 PM

Cost: \$7 (includes all supplies)

Bring a friend and join us as we paint together, hopefully we will each have a wonderful work of art to bring home afterwards. Some light snacks will also be served.

FEATURED WEEKLY

CHAIR VOLLEYBALL

Monday and Thursday 1-3 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 MORNING WALKING CLUB WITH HOLLY

Monday and Wednesday
8:15 AM-9 AM

Spring is finally here! Join us for a beautiful walk along the river front and explore the Scioto Mile and Audubon Park area! We will walk various paths throughout the area so bring a cup of coffee,

tea or water, dress comfortably, put on your walking shoes and get some exercise in with us. Feel free to bring a friend too.

DODGE CHORUS

Tuesday 1-2:30 PM

We are always looking for new members and amazing vocals so if you would like to sing with our chorus, please join us.

DODGE DIET CLUB

Wednesdays 3-4 PM

Need help keeping those resolutions on track? Join us today!

NOTE: A complete printed schedule of our class offerings can be found at the front desk or can be accessed online at **ColumbusRecParks.com**.

ANNOUNCEMENTS

FOOD BOXES

For those who have signed up for the Food Boxes, they are only available for pick up on **Fridays, May 17, 24 and 31; Noon-4 PM**, not before or after. They will not be available for pick up any other times or days of the week. Please plan your schedule accordingly.

DO YOU HAVE A SPECIAL SKILL, TALENT OR AREA OF EXPERTISE?

We are looking for volunteers who would be interested in instructing a workshop for a day. The workshop time can vary depending upon wants/needs. It can be arts and crafts, writing, cooking a favorite recipe, fitness, group conversations on history, gardening, genealogy, books, travel, dining, movies,


bargain hunting, etc. Whatever your interest or expertise is, there are always people who would like to hear and learn about them. Maybe you'll find people that share your common interests, and make new friends along the way! If you are interested, please contact Ms. Holly to set up your workshop dates, times and promotion in the newsletter.

Gillie

The canteen will be closed Friday, May 3.


SPECIAL EVENTS

OSU EXTENSION SERVICE WITH LISA GIBSON

 **Friday, May 3**
9:30 AM


Topic: Go Nuts for Nuts and Color your Diet with Fruits and Vegetables.

VETERAN'S GROUP: OHIO MILITARY HALL OF FAME CELEBRATION AT THE STATEHOUSE


 **Friday, May 3**
11 AM

Register at the front desk. Van leaves at 9:30 AM.

BINGO


 **Mondays, May 6 and 20**
1 PM

MOTHER'S DAY LUNCH


 **Tuesday, May 7**
11:30 AM

We are celebrating Mothers (all women) with good food and great music by pianist Joel Ensign. *No tickets needed, regular prices apply.*


GILLIE RECREATION COUNCIL MEETING

 **Wednesday, May 8**
1 PM
All are welcome.


HISTORY ROUNDTABLE

 **Wednesday, May 8**
1 PM
Topic: The History of the Spring Ritual, "Mayday," and other rites of this season


BREAKFAST AT BERNIE'S

 **Tuesday, May 14**
9 AM
How are you feeling today? Lousy? Well, join us in the canteen for some lively conversation and refreshments in memory of our very own Bernie Jackson.


EAT BETTER, FEEL BETTER

 **Tuesday, May 14**
11 AM
LifeCare Alliance Dietitian
Leonor Button, RD
Topic: Super Spices and Healthy Herbs

ALZHEIMER'S ASSOCIATION

 **Tuesday, May 14**
12:30 PM
Support Group meets at 12:30 PM. Everyone is invited.
Private consultations are 1:30-4 PM for yourself or a caregiver by appointment. Call (614) 457-6003.

COLUMBUS SPEECH & HEARING

 **Thursday, May 16**
10 AM-3:30 PM
To schedule an appointment, call (614) 261-5452.

Lazelle Woods

SPRING CLASS SCHEDULE

MONDAY

8:30 AM Pickle Ball | \$10
9:30 AM Fitness Fuzion | \$30
7:00 PM Open Clay Class with Phyllis | \$10

TUESDAY

7:00 PM Adult Pottery | \$10

WEDNESDAY

9:30 AM Fitness Fuzion | \$35
1:00 PM Pickle Ball | \$10
6:30 PM Yoga | \$25
7:15 PM Taiji | \$25

THURSDAY

5:30 PM Piano Level 1 | \$25
7:00 PM Adult Needle Crafts | Free

FRIDAY

12:00 PM Pottery with Phyllis | \$20 + Materials

SATURDAY

10:00 AM Beginners Hatha Yoga | \$60
11:00 AM Taiji | \$25
12:15 PM Dance Fit & Toning | \$25


Marion Franklin

KUDOS

A special thank you goes out to the Black Studies Group for all their hard work and dedication in making our Minority Health and Wellness Fair a success.


SPECIAL EVENTS

LET'S MAKE A DEAL

 **Monday, May 6**
9 AM-2 PM; Set up 8:30 AM
Members: Tables (1) \$10 (2) \$15
Non Member:
Tables (1) \$15 (2) \$25

Swap/Shop until you drop. Don't get rid of it, sell it or auction it off. Join us for an afternoon of shopping... and of course lots of laughs. Wear your favorite costume, just like on the show and receive a chance to win a \$20 gift card. Please register at the front desk for a table.

BOOK CLUB SOCIAL & DISCUSSION


 **Wednesday, May 8**
1:30 PM
Book: Man on the Run
Author: Carl Weber
Dates and Times are subject to change; please call the center if you plan to attend.

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Marion Franklin


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LINE DANCE SHOWCASE

 **Thursday, May 9**
12 PM


Come to Martin Janis to support the Marion Franklin Dancers and The Men in Black at the 67th Annual Creative Arts Event. *For more information, call the center.*

CLASSIC 8 BALL TOURNAMENT

 **Thursday, May 9**
4 PM **Free**


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

TEA'SCUSSION SERIES -LET'S TALK

 **Friday, May 10**
11:15 AM **Free**

Ms. Bobbie Smith will facilitate Marion Franklin's "Tea'Scussion" in this quarterly series event. The focus this month will be on "Surrogacy in the Black Community." Come out and enjoy the wonderful snacks and share in an eye opening discussion on Gabrielle Union and Dwyane Wade. This series is sponsored by the Black Studies Group. *Please register at the front desk.*

MARION FRANKLIN DANCE RECITAL & OPEN HOUSE

 **Friday, May 10**
6-8 PM

Cost: \$5 for dinner


Join us as we celebrate our annual showcase: *"The Many Colors of Spring."* Come prepared to enjoy a delightful evening of entertainment and excitement. All our classes (youth-adults) have worked hard this season and are prepared to give you a wonderful show. *Tickets are available at the front desk. For more information, contact Butch or Crystal.*

HERB GARDEN PLANTING

 **Friday, May 17**
2 PM **Free**

Parsley, Sage, Rosemary & Thyme is not just a song, come help us plant our herb garden on the patio. We will plant and share information about these tasty additions to any dish. Wear old clothes and bring your gloves. *See Scott for details.*

CANNING, PRESERVING AND FREEZING 101 WORKSHOP

 **Thursday, May 16**
1 PM

An intro to canning, preserving and freezing fruits and vegetables. During summer session, we will preserve fruits: and Fall session, we will learn many of the techniques of canning vegetables. This is a participatory class filled with lots of education and fun. *For more information, please contact the center. Early registration ends May 1.*

SENIOR COUNCIL MEETING

No May meeting.

FEATURED WEEKLY

LUNCH

Tuesdays-Thursdays

11 AM-1 PM

Marion Franklin Dining Center
LifeCare Alliance...Nourishing
the Human Spirit

50+ WATER AEROBICS

Wednesdays during Spring

9 AM-12 PM

Cost: \$2 per class

You will be transported to Columbus Aquatic Center for this low-intensity workout that focuses on stretching, range of motion and gross-motor function. All ages are welcome, but the program is geared for Seniors who want to stay active! Bus leaves at 9 am for the 10-11 am class.

BEGINNING QUILTING

Thursdays 1-3 PM


Cost: \$25

Ms. Pauline Sheppard who has been quilting for over thirty years will instruct this class. Ms. Sheppard is a member of various Quilting Guilds and has exhibited at numerous events. *Please register at the front desk.*

HEALTH & WELLNESS

Barbara Parker, registered nurse, is available in the LifeCare Alliance Wellness Center Monday, Tuesday and Thursday 8am-4pm; Friday 8am-4:30pm. For an appointment, please call 614-437-2927.

MENTAL HEALTH FIRST AID DISCUSSION MEETING

 **Monday, May 6**
12:30 PM Free


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 how to offer initial support until appropriate professional help is received or until the crisis resolves. *Please register at the front desk.*

EAT BETTER, FEEL BETTER!

 **Tuesday, May 28**
11 AM-12 PM Free

Free class offered by LifeCare Alliance every fourth Tuesday of the month. *No registration required.*

ARTHRITIS FOUNDATION EXERCISE PROGRAM

 **Tuesdays and Thursdays**
10 AM

Free class offered by LifeCare Alliance every fourth Tuesday of the month. *No registration required.*

FREE HEARING SERVICES


Call Rachel at (614) 261-5452 for more information or to schedule an appointment.

JUNE IS NATIONAL MEN'S HEALTH MONTH

<http://www.menshealthmonth.org>

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Men, please plan to participate in the various activities throughout the month of June. *For more information, contact Crystal.*

THE CONVERSATION PROJECT

 **Part I: Monday, June 17**
Part II: Monday, July 22
11:15 AM Free

The Conversation Project will be held in a two part series and 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 POA for healthcare. The Conversation Project is dedicated to helping people talk about their wishes and end of life care. The Facilitator is Barbara Parker, center nurse. This event is sponsored by LifeCare Alliance. *Please register at the front desk.*


Martin Janis

THANK YOU

Our Volunteers are outstanding! Thank you for your dedication, hard work and for stepping up each time to make our programs successful. We appreciate all you do.

SPECIAL EVENTS

BREAKFAST FOR LUNCH


 **Wednesday, May 1**
11:30 am

Come in and enjoy the wonderful breakfast specials our talented kitchen staff serves every month. You'll really enjoy their homemade breakfast quiche!

SENIOR COUNCIL

Wednesday, May 15
Everyone is welcome.

SPRING PICNIC

 **Wednesday, May 29**
Potluck or \$5 per person

Spring is coming to a close and warmer weather is on the way. Celebrate our first picnic of the year! Rain or shine, come and join in the fun with friends and good food. There will be games and Toni will be calling bingo. *Register at the front desk.*

SUMMER WORKSHOP ARE BACK!

Ready to try a new class or workshop? Register for Ceramics, Lapidary, Stained Glass, Painting or Drawing. Try out Jean Bling or Scrapbooking. Space is limited in classes. "The Sew On your Own" group is part social club and part cooperative instruction. Learn a technique or skill and share your skill with others. Check our class schedule online or pick up a copy at the center.

SAVE THE DATES: BINGO WITH TONI

 **Wednesday, June 5**
12 PM

Sponsored by: NRP Parsons Village

>>> CONTINUED ON PAGE 12

Martin Janis

«« CONTINUED FROM PAGE 9

BIRTHDAY BASH AND BINGO

 **Wednesday, June 19**
Lunch at 11:30

After lunch, join us for cake and ice cream for all of our June and July birthdays.

OHIO STATE FAIR

July 24-August 4

Remember there will be no classes during The Ohio State Fair. If you're interested in being a volunteer, please see Michael. Returning and new vendor registration will begin on Monday, June 3.

FEATURED WEEKLY

GAME DAY!

Tuesdays 10 AM

Game day has returned to Martin Janis! Come on in and join the games and play. There will be cards, dominoes, or bring in your favorite game to share. A great time and a lot of fun will be had by all! Hope to see you there!

SILVER SNEAKERS

Check your insurance carrier to see if this Fitness program is part of your coverage. Exercise classes are offered in low impact programs to help you stay fit by our certified Silver Sneakers' instructor.

Whetstone

SPECIAL EVENTS

WOODCARVING

 **Thursday, March 4 6 PM**
Thursday, March 18 6 PM

Meets on the first and third Tuesday of every month. Bring your own supplies.

WHETSTONE 50+ WRITERS: MEMORY TO MEMOIRS

 **Thursday, March 7**
Thursday, March 21

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

FEATURED WEEKLY

OPEN INDOOR WALKING

Monday, Thursday and Friday
8:00-8:45 AM

OPEN PICKLE BALL

Cost: \$10 (Open Sports Pass Needed)

Beginner/ Intermediate

Mondays, Tuesdays and Fridays
9:30-11:30 AM

Advanced

Mondays, Tuesdays and Fridays
12:30-2:30 PM

All Levels

Wednesdays 6:15-8:00 AM
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.

CANASTA

Mondays 1:30-3:30 PM **Free**

CAPTAIN'S TABLE

Mondays 11:30 AM-1 PM

Cost: \$5

Come join us on Mondays for the best lunch deal around. Bring your appetite and \$5; and we'll see you every Monday.

INTERNATIONAL FOLK DANCING

Mondays 7:00-8:45 PM

Free

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."

BID EUCHRE

Tuesdays 1:30-3:30 PM

Free

GENTLE YOGA

Wednesdays 10-11 AM

Wednesdays 7:15-8:15 PM

Cost: \$40

PROGRESSIVE BRIDGE

Thursdays 12-3 PM **Free**

ASHTANGA YOGA

Thursdays 6:00-7:15 PM

Cost: \$70 for 9 weeks

PROGRESSIVE REGULAR EUCHRE

Thursdays and Fridays 12-3 PM

Cost: \$2 per person

FEARLESS FALLING (ADULT SAFETY SKILLS)

Fridays 10:30-11:30 AM

Cost: \$30



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DAY WITH THE



THURSDAY, JUNE 20 @ 12:05 PM

CLIPPERS VS. ROCHESTER RED WINGS

Tickets are \$5 RESERVED Seating and \$4 BLEACHER SEATING

LUNCH PROVIDED FOR FANS 60 AND OVER WITH TICKET PURCHASE

Make checks/money orders payable to Columbus Clippers and mail to:

Columbus Clippers Group Sales
330 Huntington Park Lane Columbus, OH 43215
For ticket questions, call Spencer Harrison at (614) 462-5250.

Ticket orders must be received by the Clippers before June 7, 2019.



Messenger



For transportation of groups of 10 or more, call
Franklin County Office on Aging at
(614) 525-5230 by June 7, 2019.



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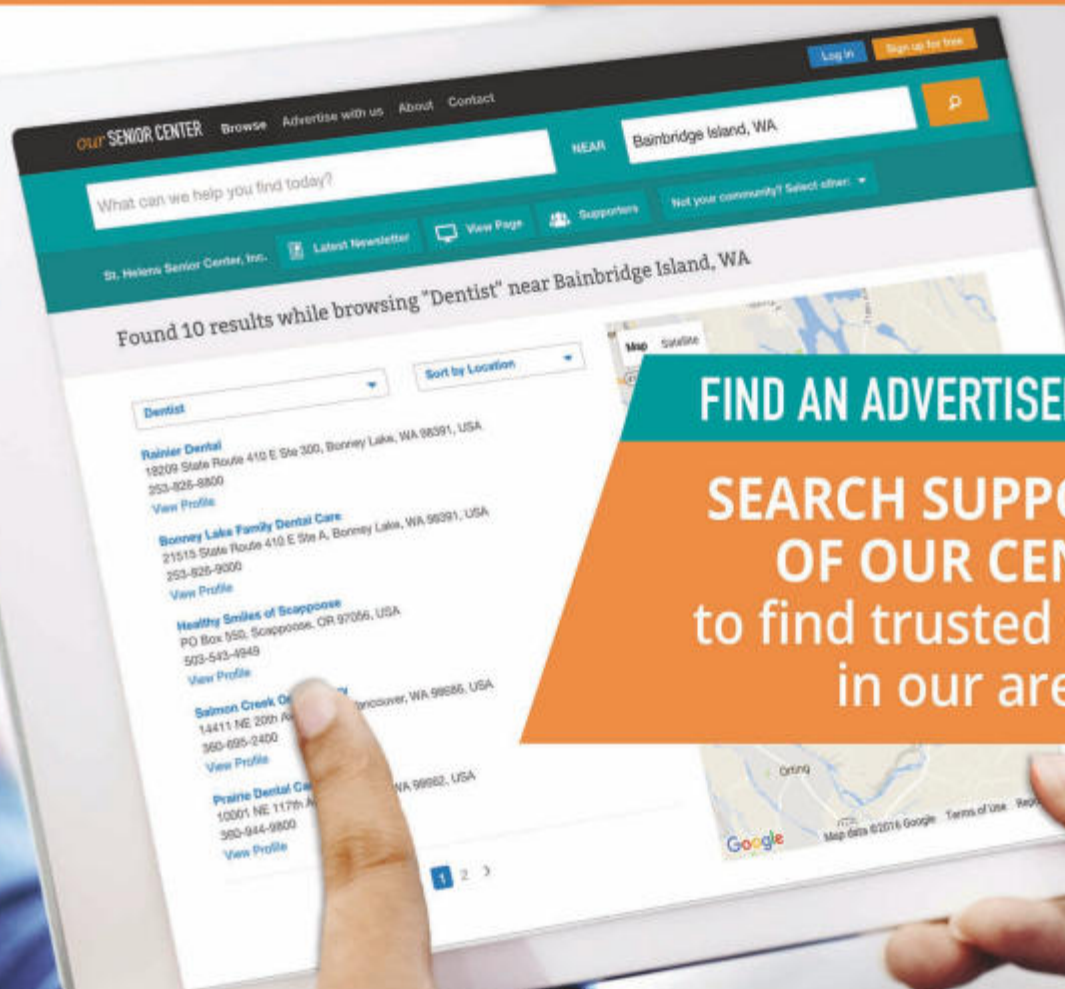
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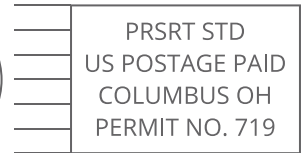
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50+ WATER EXERCISE

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SESSION V:

April 8-May 22
Mondays and Wednesdays
10-11 AM

\$20 per session / \$2 per class

Columbus Aquatic Center
1160 Hunter Ave.
Columbus, OH 43201

Dates of Interest

Creative Arts Event

Monday, May 8 - Friday, May 17

Come to Martin Janis to view all of the wonderful art work, participate in workshops and enjoy great entertainment.

More information on pages 1 and 6.

Memorial Day

Monday, May 27

All centers will be closed in observance of Memorial Day.

Gram and Gramp Camp

Monday, June 3 - Friday, June 7

Spend a week with your "grand" at Indian Village.

More information on page 6.