

Essential Services As The City Works To Stop The Spread Of Coronavirus

Columbus Recreation and Parks Department continues to focus on serving residents during the pandemic. With the recent surge in cases in Columbus, the department is shifting its focus to ensure residents' essential needs are met while promoting social distancing to slow community spread.

For the next month, Columbus Recreation and Parks will focus on essential services including:

- Ensuring residents have access to fresh produce via free mobile produce markets. The produce markets will continue through Dec. 18. Visit golunch.club/ or visit the department's social media channels for a current schedule.

- Supporting connectivity during the holiday season via mobile Thanksgiving meals. With the support of the American Electric Power Foundation, Boar's Head and Mid-Ohio Food Collective, the department is distributing 3,000 hot Thanksgiving meals at community centers with the highest need.
- Enhancing core educational services at community centers, including Active Learning Sites and Capital Kids programming. All participants must register in advance; for more information, visit columbus.gov/recparks covid19/.

While community center access is limited to registered participants and staff, center staff are available during center hours to help residents connect with needed support. Residents who need referrals to essential social

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It may be different but
we can still celebrate

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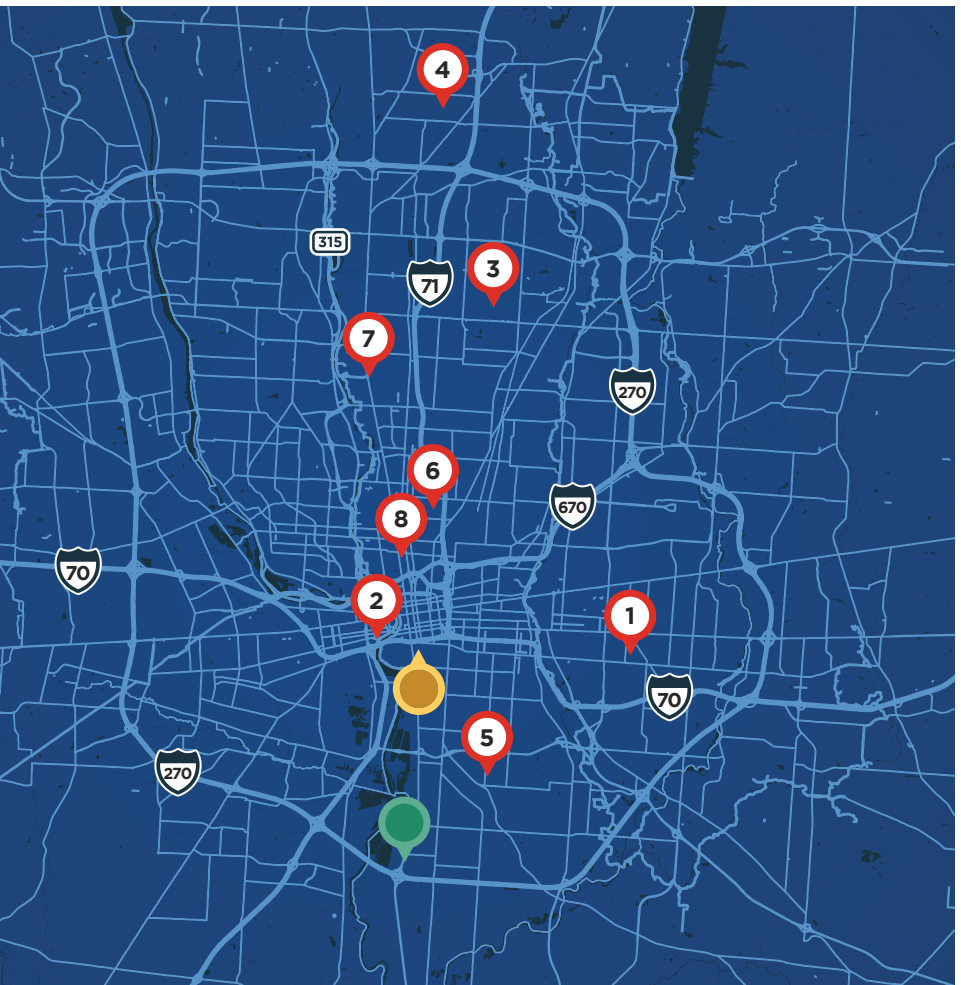
Center News

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.



- | | | |
|---|---|---|
| <p>1 BARNETT COMMUNITY CENTER
1184 Barnett Rd. 43227
614-645-3065</p> | <p>5 MARION FRANKLIN COMMUNITY CENTER
2801 Lockbourne Rd. 43207
614-645-3612</p> | <p>8 THOMPSON COMMUNITY CENTER
1189 Dennison Ave. 43201
(614) 645-3082</p> |
| <p>2 DODGE COMMUNITY CENTER
667 Sullivant Ave. 43215
614-645-3176</p> | <p>6 MARTIN JANIS COMMUNITY SENIOR CENTER
Center Closed.
Programming moved to
Thompson Community Center.</p> | <p>CENTRAL OHIO AREA AGENCY ON AGING (COAAA)
3776 S. High St. 43207
614-645-7250
Call for additional information</p> |
| <p>3 GILLIE COMMUNITY SENIOR CENTER
2100 Morse Rd. 43229
614-645-3106</p> | <p>7 WHETSTONE COMMUNITY CENTER
3923 N. High St. 43214
614-645-3217</p> | <p>GOLDEN HOBBY GIFT SHOP
Temporarily Closed</p> |
| <p>4 LAZELLE WOODS COMMUNITY CENTER
8140 Sancus Blvd. 43081
614-645-5330</p> | | |

services are encouraged to call their local community center.

Parks and trails continue to serve as a safe and accessible way for residents to get outdoors. Although the weather is getting chilly, it is

important residents 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.

To allow for this focus, certain non-essential programming and facilities will be temporarily unavailable, including some recreational activities, sports leagues and fitness rooms, as well as the Columbus Aquatics Center and the Cultural Arts Center.

FRANKLIN COUNTY PROGRAMS

Holidays during the COVID Age

In 1918, in a world already rocked by the Great War, Christmas was shaping up to be very different from what people were expecting. The Spanish Flu was spreading rapidly through the United States, and officials quickly banned large gatherings such as churches and holiday parties. It was a grim time: days were short, daylight was limited, and now people were denied not only their rituals at the end of the year, but the comfort of their extended families as well. But it passed, and because of those precautions, many people survived to celebrate with their loved ones for years to come.

What will the holidays look like this year? In 2020, we will still decorate, we will still have feasts, we can even attend our chosen faith ceremonies virtually if we would like. 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 face

a similar specter as our ancestors did over a century ago, we have knowledge and technology of which they couldn't dream, and for which I'm thankful every day.

Our gatherings may be smaller, or may not be in person at all. They may be more somber than in previous years, remembering those who we have lost to this pandemic and the fact that we don't really know how long this will continue. But there can still be joy in these festivities, and a renewed effort to protect ourselves and our loved ones as best we can from what is still a largely unknown threat (although our knowledge of the virus grows quickly – 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, that we will have laughter ringing over an old family joke, that we will have camaraderie and companionship over meals and drinks.

Many ancient religions celebrated the Winter Solstice as a time when

we celebrate the harvest and the hard work of the summer and fall, before we are faced with a long dangerous winter. This made the Spring Equinox a time of joy as well: we had survived and we would again gather and celebrate together. I (and many others as well) am looking forward to that day: when we look back at what we have accomplished in this pandemic. We can be proud of our community efforts to survive that long dark period, and we can again gather and rejoice at the fruits of our labor and sacrifice.

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 Wednesday, Dec. 30,

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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.

Franklin County Senior Options is a levy funded program administered by the Franklin County Office on Aging and helps Franklin County residents age 60 and older maintain their independence. It also supports family members with the often-overwhelming task of caring for a frail older parent, family member, or friend with limited abilities.

Senior Options has been providing community-based services 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.

Grants Help Senior Options Serve More Older Adults

Franklin County Senior Options, administered by the Franklin County Board of Commissioners' Office on Aging, is the "one-stop-shopping" point for information and access to senior services. Senior Options helps maintain independence, ensure safety and improve the quality of life for older adults by providing community-based services. A single call to Senior Options at **(614) 525-6200** links older adults and their families with a trained

professional to answer questions relating to seniors. The five-year Senior Services Levy passed by voters in 1992, 1997, 2002, 2007, 2012 and 2017 supports the services and programs of Senior Options.

The Senior Options grant program partners with the community's network of educational and human service agencies to expand and enhance its services to seniors.

Programs in the areas of health and wellness, intergenerational programming, community stabilization, outreach to special populations, health promotion/wellness, small group transportation, volunteer programming and caregiver support are funded. A total of 54 projects receive over \$4.1 million in grant funding from the Senior Services Levy through the Franklin County Office on Aging.

Some of these projects are the wellness clinics of LifeCare Alliance, the caregiver support programs of the Alzheimer's Association of Central Ohio and Syntero, and the intergenerational day care programs at National Church Residences Centers for Senior Health and the OhioHealth Gerlach Center for Senior Health.

To address the needs of the diverse communities of Franklin County, grants also support projects of varying size and scope. Senior Options grant funds support educational programming of Ohio State University Franklin County Extension, as well as the transportation services of St. Stephen's Community House, Blendon Township Senior Center, Community Resources Center, Canal Winchester Human Services and the City of Groveport.

Other programs such as those run by Employment for Seniors and Volunteer Guardian at the Central Ohio Area Agency on Aging (COAAA) promote volunteerism. Employment for Seniors uses volunteers to assist older adults who are seeking employment, and COAAA's Volunteer Guardian Program pairs volunteers with indigent mentally incapacitated older adults who have no family in the area to advocate for their well-being.

The Senior Options grant program plays a significant role in the continuum of services that assist Franklin County's older adults and their families with independent living.



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.

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**.

Registration is now open for Fall II Session, which runs from Nov. 2-Dec. 12. 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.

Barnett

ANNOUNCEMENTS

EXTENDED PRODUCE DROPS AND MASK GIVEAWAYS

Curbside Pick-up from **10-11:30 a.m.**, or until produce runs out.
Friday, Dec. 18

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 the center or stop by and staff will help you get registered. Sign up for a time block here: **<http://bit.ly/barnettfitness>**

PROGRAM SCHEDULE

MONDAY

9:15 a.m.

Stay Young, Stay Fit

10:15 a.m.

Cardio Box

12 p.m.

50+ Ceramics

TUESDAY

9:15 a.m.

Chair Fitness

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BARNETT

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10:15 a.m.

Core Class

10:30 a.m.

Senior Spin Class

11:30 a.m.

Women's Strength Training
Fitness Pass

12:30 p.m.

Women's Strength Training
Fitness Pass

WEDNESDAY

9:15 a.m.

Stay Young, Stay Fit

10:15 a.m.

Cardio Box

1 p.m.

Gentle Stretch & Relaxation

1:30 p.m.

Sewing

2 p.m.

Yoga

THURSDAY

9:15 a.m.

Chair Fitness

10:15 a.m.

Core Class

10:30 a.m.

Open Pickleball
Sports Pass

11:30 a.m.

Women's Strength Training
Fitness Pass

12 p.m.

50+ Painting and Drawing

12:30 p.m.

Women's Strength Training
Fitness Pass

FRIDAY

10 a.m.

Beginning Tai Chi \$35

11 a.m.

Advanced Tai Chi \$35

12 p.m.

50+ Ceramics

1 p.m.

Gentle Stretch & Relaxation

2 p.m.

Yoga

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 winter walks throughout the Franklinton area. If the weather is bad, we will walk inside instead.

SENIOR FOOD BOXES

For those who have pre-registered boxes will be available for pick up on **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

Curbside Pick-up **3:30–5 p.m.**, or until produce runs out.
Thursday, Dec. 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 and Needle Craft

11 a.m.
Chair Fitness

11 a.m.
Seasonal Crafts

1 p.m.
Intro to Oil Painting

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

SATURDAY

9 a.m.
Senior Tai Chi

10 a.m.
Sewing

Gillie

ANNOUNCEMENTS

Please Use Front Entrance Only.

BINGO

Monday, Dec. 21 at 1 p.m.

Join us Dec. 21 for our Holiday Celebration as we wrap up this year with great prizes and great fellowship. **Space is limited. You must pre-register.**

ALZHEIMER'S ASSOCIATION

The Gillie Support Group, which meets the second Tuesday of the month at **12:30 p.m.** is now meeting **virtually**. If you would like to join us, call or email Marty Cameron at mcameron@alz.org or **614-643-2134**. You will then receive a link to join the group.

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

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GILLIE

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need to have your blood pressure checked in between doctor's visits or your toenails cut. **Please call Nurse Peggy at 614-437-2811 to make your appointment.**

DRIVE-THROUGH HOLIDAY LUNCH

Thursday, Dec. 17 at 11 a.m.

Pick up a tasty meal compliments of the Adopt A Center program.

You must call to pre-register; space is limited.

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 and 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 (1st and 3rd)

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

WEDNESDAY

9 a.m.

Stretch & Tone (floor exercise)

9:30 a.m.

Ceramics

10 a.m.

Crochet and Knitting

1 p.m.

Ceramics

1 p.m.

History Round Table
(2nd Wednesdays)

1 p.m.

Senior Recreation Council
(2nd Wednesdays)

1:30 p.m.

Beginning Crochet and Knitting

2 p.m.

Card Making/Scrapbooking

4:15 p.m.

Tap Dance (Advanced)

5:15 p.m.

Ballet (Beginner)

6 p.m.

Buckeye State Harmonicas

6 p.m.

Evening Dance Lesson
(must register with a partner)

6:30 p.m.

Tap Dance (Beginner)

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

1 p.m.

Arthritis Exercise

1 p.m.

Underground Railroad
(2nd Thursday)

1:15 p.m.

Jewelry Class
(check with front desk
for dates and cost)

3 p.m.

Fitness @ 3

FRIDAY

9 a.m.

Stretch and Tone (floor exercise)

9 a.m.

Holiday Calendars

9:30 a.m.

OSU Extension Wellness (1st Friday)

11:30 a.m.

Fit Ball Yoga

1 p.m.

Veterans Group (1st Friday)

3 p.m.

Gillie Players (Drama)

Marion Franklin

ANNOUNCEMENTS

EXTENDED PRODUCE DROP

Curbside Pick-up **3:30-5 p.m.**,
or until produce runs out
Thursday, Dec. 17

HEALTH & WELLNESS AT MARION FRANKLIN

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

NEW HOURS

Lifecare Alliance Wellness Center
time: Monday and Tuesday at
8 a.m.-4:30 p.m., Thursday from
8 a.m.-11 a.m. and Friday at
Grove City Church of Nazarene
from **8 a.m.-4 p.m.** For an
appointment, call **614-437-2927**.

JANUARY IS NATIONAL GLAUCOMA AWARENESS MONTH

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, an increase of 58 percent. Glaucoma is called "the sneak thief of sight" since there are no symptoms, and once vision is lost, it's permanent. As much as 40 percent of vision can be lost without a person noticing. Glaucoma is the leading cause of irreversible blindness.

Risk Factors

Are you at risk for glaucoma? Those at higher risk include people of African, Asian and Hispanic descent. Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics and people who are severely nearsighted. Regular eye exams are especially important for those at higher risk for glaucoma and may help to prevent unnecessary vision loss.

Help Raise Awareness

1. Talk to friends and family about glaucoma. If you have glaucoma, don't keep it a secret. Let your family members know.
2. Refer a friend to the website: **glaucoma.org**.
3. Request Marion Franklin to have a free educational booklet sent to you or a friend.

GREAT NEWS

Thursday, Jan. 28

Marion Franklin is having a Glaucoma Q & A Session just for you. If you are interested in attending this session with Nurse Barbara Parker, call the center to register.

DECISION FATIGUE

Submitted by Barbara Parker, B.S.N., R.N., Lead nurse and clinical supervisor of the Wellness department of LifeCare Alliance.
bparker@lifecarealliance.org

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MARION FRANKLIN

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Are you tired of making decisions? Making constant decisions daily can create stress. COVID-19 has added weight to small and big decisions. The exhaustion and stress experienced after making choices is known as decision fatigue. According to a recent survey, 1/3 of Americans experience high levels of psychological stress during the pandemic.

Some signs

Feeling tired, Irritability, Brain fog, Anxiety, Procrastination, Depression, Headaches, Digestive issues, Impulsivity, Avoidance and Indecision.

Tips

- Consult your primary care physician
- Focus on self-care
- Maintain a daily routine
- Eat healthfully
- Share decision making
- Allow others to help

EAT BETTER AND FEEL BETTER

Tuesday, Jan. 19

Healthy beverages

The third Tuesday of the month at **1:30 p.m.** Call the center to register.

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 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.**

WINTER LOOMING

Tuesdays 2 p.m.-3:30 p.m.

Join us as we discover how simple it is to DIY your next scarf and hat for the winter. An easy and fun craft, finger-knitting makes for a great way to busy the hands while quieting the mind.

ADULT CHESS

Wednesdays 2 p.m.-3:30 p.m.

Beginners are welcome.

LET'S DANCE

Monday/Wednesday at

10 a.m.-11 a.m.

Wednesday evenings at

6 p.m.-7:30 p.m.

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/MarionFranklinFitnessRoom>

PROGRAM SCHEDULE

MONDAY

9:30 a.m.

Chair Yoga

10 a.m.

Line Dance (Intermediate)

10:30

Tai Chi (Intermediate)

11 a.m.

Everyday Sign Language

12 p.m.

Pickleball

12:15 p.m.

Tai Chi (Advanced)

1 p.m.

No Sew Blankets

1 p.m.

Underground Railroad
(1st and 3rd Mondays)

1:30

The Conversation Project
(2nd Mondays)

2 p.m.

50+ Art Class

TUESDAY

9:30

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 Tuesdays)

1 p.m.
Puppet Institute (Puppetry)

1:15 p.m.
Indoor Tennis

2 p.m.
Finger Looming/Knitting

WEDNESDAY

9:30 a.m.
Pickleball (Beginners)

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 (Beginners I)

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

12 p.m.
Tai Chi (Beginners II)

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

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

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.
Pickleball

1 p.m.
No Sew Blankets

Martin Janis

ANNOUNCEMENTS

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

PROGRAM SCHEDULE

MONDAY

Time Blocks

Fitness Cardio	\$15
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Time Blocks

Boxing Fitness (ages 8 – 50+)	\$15
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MARTIN JANIS

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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

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
614-221-3233



Franklin County
Board of Commissioners

OFFICE ON AGING

www.officeonaging.org

Senior Options 614-525-6200

Adult Protective Services 614-525-4348

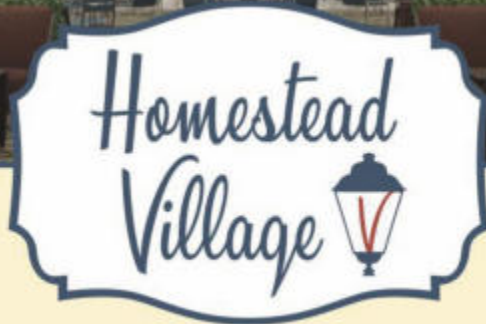
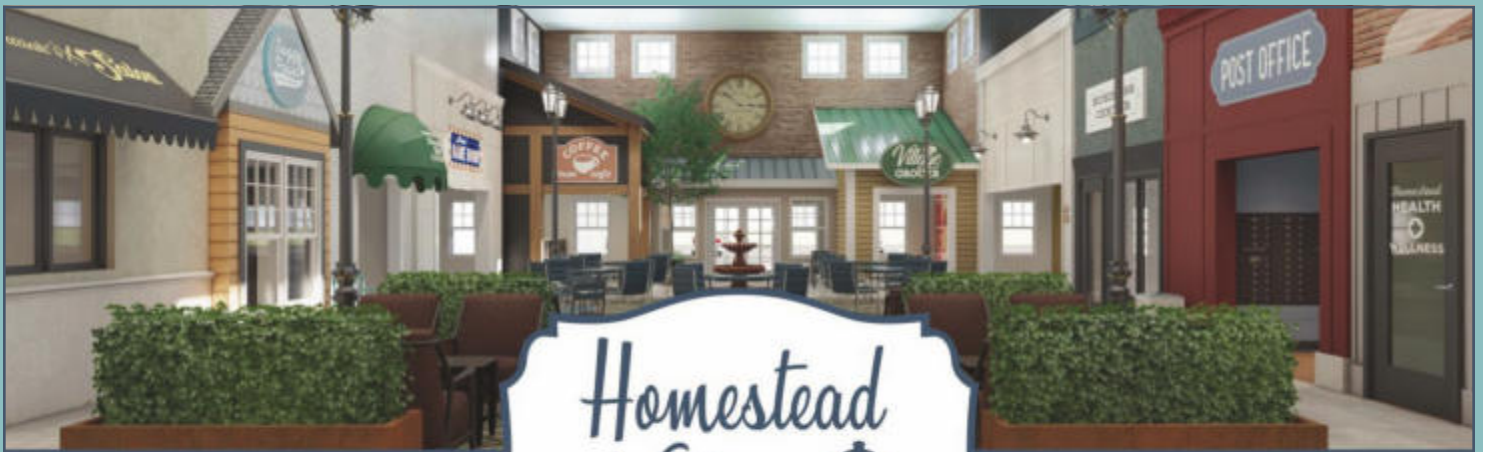
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- Jan. 18, 2021: Martin Luther King Jr. Day