

Winter Programs Update

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

Winter Session is now OPEN!

Programming started Feb. 8 and is available at all 50+ center locations. Activities include dance, fitness and art classes, along with wellness programs and access to fitness rooms. While most classes are available in person, some are offered virtually; check with your center directly for details. Search and register for activities via columbus.gov/recparkscovid19.

**All community centers are CLOSED
Feb. 15 for Presidents' Day.**



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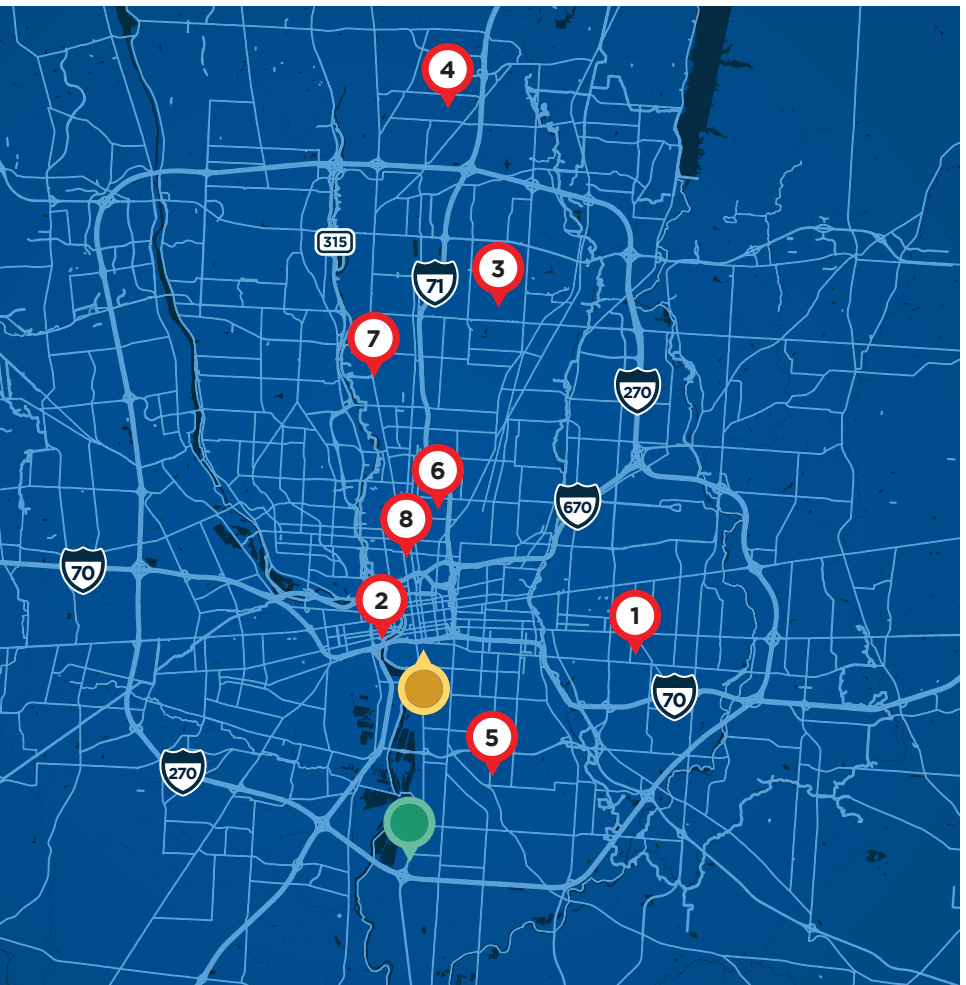


THE CITY OF
COLUMBUS
RECREATION AND PARKS

ColumbusRecParks.com

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> | | |

AARP

2021 Tax Preparation Update

By appointment only.
You must pre-register at the center of your choice.

- The process varies from site to site. Preparers will get all paperwork from seniors before the appointment and will work with individuals/ couples remotely or on-site.
- Center staff will not be responsible for collecting, holding or returning anyone's paperwork.
- Center staff will schedule any on-site appointments, provide adequate space for appointments using COVID-19 guidelines and adhere to all safety protocols.
- All seniors are required to fill out a pre-appointment intake form, which must be submitted with their paperwork. Center staff can email the form or make it available at the center for pick up during participant's regularly scheduled classes/activities.
- AARP staff will take proper safety precautions, including completing a daily health screening, wearing face masks, washing their hands often and regularly disinfecting their work space.
- All participants will sign in and complete a health check.

TIPS ON BEING PREPARED (FROM AARP)

Participants need to be prepared before they arrive for this to occur effectively and efficiently.

- Be sure to complete your intake form BEFORE your appointment.
- In addition to the intake form, you need to bring:
 1. ID for taxpayer (and spouse, if filing jointly)
 2. Social Security cards for everyone on the return
 3. 2019 tax return if you have it
 4. All tax documents you received for 2020
 - a. Income (W-2, 1099-R for retirement, SSA-1099 for social security, etc.)
 - b. Interest or dividend income
 - c. Any other tax-related documents you have
 5. Any expenses you may be able to claim (medical, charitable deductions, etc.). Please write or type them on a sheet of paper, by category, then add up the amounts and list all totals.
 6. A voided blank check or account routing number, along with a complete account number for direct deposit.

AARP may scan in each ID and Social Security card and return them to you. For other documents, there are two options:

1. **Drop-off** – AARP will keep the documents securely and return them to you when you pick up your completed return. A sheet listing all the documents will be signed by both you and the tax preparer.
2. **Scan** – AARP will scan all documents and return everything to you before you leave.

Once the return is complete, we will schedule a time to review and pick up your completed return and provide

the signature(s) to allow us to e-file the return. If there are questions at any time, we will contact you.

Barnett, Thompson: These centers will not be participating this year. You can schedule tax preparation at another location.

Dodge: Registration: Begins Jan. 27, by phone. Call **614-724-8151**.

Appointments: Start Feb. 12; Tuesdays, Thursdays & Fridays, 9 a.m. - 1:30 p.m.

Process: Bring paperwork to the center and drop off with preparer. You will be contacted to pick up your forms when they are completed.

Gillie: Registration: Begins Jan. 27, by phone. Call **614-645-3106**. Will also provide in-person as an option, if needed.

Appointments: Start Feb. 10; Wednesdays, 9 a.m. - 3 p.m.

Process: Bring paperwork to the center and drop off with preparer. You will be contacted to pick up your forms when they are completed.

Marion Franklin: Registration: Begins Jan. 27, by phone. Call **614-724-4701**.

Appointments: Start Feb. 8; Monday & Wednesday 9:30 a.m. - 3 p.m.

Process: Bring paperwork to the center and drop off with preparer. You will be contacted to pick up your forms when they are completed.

Schiller: This center is exploring the possibility of adding this service. Please check back or call for updates, **614-645-3156**.

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Whetstone: Registration: Begins Feb. 9. Call **614-645-3217** or visit AARP online.

Appointments: Start Feb. 23; Tuesdays & Wednesdays, 9 a.m.- 2 p.m.

Process: Bring paperwork to the center and drop off with preparer. You will be contacted to pick up your forms when they are completed.

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.** 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.
- 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.

- 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

FITNESS ROOM

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

12-2 p.m.

50+ Ceramics

TUESDAY

9:15-10 a.m.

Chair Fitness

10:15-10:45 a.m.

Core Class

10:30-11:15 a.m.

Senior Spin Class

11:30-12:15 p.m.

Women's Strength Training
Fitness Pass

1:30-2:15 p.m.

Women's Strength Training
Fitness Pass

WEDNESDAY

9:15-10 a.m.

Stay Young, Stay Fit

10:15-11 a.m.

Cardio Box

1-1:45 p.m.

Gentle Stretch & Relaxation

1:30-3:30 p.m.

Sewing

2-3 p.m.

Yoga

6-7:30 p.m.

Adult Guided Painting

6:30-7:30 pm.

Beginning Tai Chi 1 | \$35

THURSDAY

9:15-10 a.m.

Chair Fitness

10:15-10:45 a.m.

Core Class

10:30-11:15 a.m.

Senior Spin Class

10:30-12:30 p.m.

Open Pickleball | *Sports Pass*

11:30-12:15 p.m.

Women's Strength Training
Fitness Pass

12-2 p.m.

50+ Painting & Drawing

1:30-2:15 p.m.

Women's Strength Training
Fitness Pass

FRIDAY

10-11 a.m.

Beginning Tai Chi | \$35

11-12 p.m.

Advanced Tai Chi | \$35

12-2 p.m.

50+ Ceramics

1-1:45 p.m.

Gentle Stretch & Relaxation

2-3 p.m.

Yoga

Dodge

ANNOUNCEMENTS

COFFEE TALK AND WALK

Mon., Tues., Thurs., at 9 a.m.

Grab a cup of coffee, hot tea or cocoa and join us for a walk! We'll stop by a local coffee shop in Franklinton, explore some art in the area or walk along the Scoito Mile! Join us for beautiful outdoor walks throughout the Franklinton area. If the weather is bad, we will walk indoors instead.

SENIOR FOOD BOXES

3rd Fridays, 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

2nd Thursdays, 3-5 p.m. or until produce runs out.

FITNESS ROOM

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

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DODGE

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11:15 a.m.

Chair Yoga

1 p.m.

Sewing

WEDNESDAY

9 a.m.

Crochet & 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

EAT BETTER, FEEL BETTER

2nd Tuesdays at 11 a.m.

Presented by LifeCare Alliance

Dietitian Leonor Button, RD.

February - Vegetarian Basics

March - TBA

ALZHEIMER'S ASSOCIATION

Tuesday, Feb. 9

and Tuesday, March 9

If you would like to join us, call or

email Marty Cameron, **614-643-2134** or mcameron@alz.org, and a link will be sent to you.

GILLIE SENIOR COUNCIL MEETING

2nd Wednesdays at 1 p.m.

This will be by zoom or conference call. Please call center to sign up.

HISTORY ROUNDTABLE

2nd Wednesdays at 1 p.m.

Call the center for meeting topics.

VETERANS GROUP (IF CENTER IS OPEN)

1st Fridays at 1 p.m.

Calling all American Veteran's from WWII, Korea, Vietnam, Iraq and Afghanistan and beyond!

We need your help to keep our ranks marching and our memories alive.

UNDERGROUND RAILROAD

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

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

Join us as we study the history of America's first civil rights movement.

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! THE SHARING CIRCLE

Mondays at 10 a.m.

During this time of social isolation, many of us do not have the opportunity to spend time with family

and friends in person. Research shows that strong social connections are necessary for a long, healthy, happy life. Join us for a weekly virtual sharing circle, to share your thoughts and experiences with others who also want to be connected.

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.

FITNESS ROOM

Sign up 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 a.m.

The Sharing Circle

10:30 a.m.

Humanities Study

1 p.m.

Bingo | 1st and 3rd Mon.

3 p.m.

Fitness @ 3

6 p.m.

Underground Railroad | 2nd and 4th Mon.

TUESDAY

8:30 a.m. | Tennis courts

Walking – Woodward Park

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 Tues.

12:30 p.m.

Alzheimer's Support Group | 2nd Tues

1 p.m.

Arthritis Exercise

1:30 p.m.

Art Journaling

2 p.m.

Balance Class

WEDNESDAY

9 a.m.

Stretch & Tone (floor exercise)

9:30 a.m.

Ceramics

10 a.m.

Crochet & Knitting

1 p.m.

Ceramics

1 p.m.

History Round Table | 2nd Wed.

1:30 p.m.

Beginning Crochet & 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

11 a.m.

Wii Bowling/Wii Play

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GILLIE

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1 p.m.

Arthritis Exercise

1 p.m.

Underground Railroad | 2nd and 4th Thurs.

1:15 p.m.

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

3 p.m.

Fitness @ 3

FRIDAY

9 a.m.

Stretch & Tone (floor exercise)

9 a.m.

Holiday Calendars

9:30 a.m.

OSU Extension Wellness | 1st Friday

10 a.m.

Gillie's Food Gallery

11:30 a.m.

Fit Ball Yoga

1 p.m.

Veterans Group | 1st Friday

Marion Franklin

ANNOUNCEMENTS

MOBILE PRODUCE MARKETS CURBSIDE GRAB & GO

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

LIFECARE ALLIANCE MEALS- CURBSIDE GRAB & GO:

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

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

EAT BETTER AND FEEL BETTER

3rd Tuesdays at 1:30 p.m.

Call the center to register.

Presented by Nurse Barbara Parker, LifeCare Alliance Wellness Center.

Monthly Topics

February - Healthy Beverages

March - Mind Your Minerals

April - Vegetarian Basics

THE CONVERSATION PROJECT

**Part I: March 8 and Part II: April 12
at 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 to 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**.

QUESTIONS FOR NURSE PARKER

**Q & A Session - Get to
Know Your Kidneys**

Monday, March 22 at 1:30 p.m.

March is National Kidney Month and we are focusing our attention on creating awareness, empowering those at risk for kidney disease with prevention tools, and educating people with the disease on ways to manage it.

Questions for your Doctor

Are my kidneys normal, and do I need to be tested for kidney

disease? If you have diabetes, high blood pressure, or a family history of kidney failure, then you are at risk for kidney disease. A simple blood test and a urine test can reveal your kidney health and the percentage at which your kidneys are functioning.

How often should I be checked for kidney disease? Some conditions require more frequent testing than others. These may include blood

and urine tests and even imaging of the kidneys. Also, knowledge of your family health history is important, as well as a list of all current medications you are taking.

What should I do to keep my Kidneys Healthy? Kidney disease is caused by diabetes and high blood pressure over 70% of the time. The remaining cases are caused by inflammatory, infectious or auto-immune diseases, repeated urinary tract infections, obstructions, medications and other less common conditions.

FITNESS ROOM

Register for a time block here,
Cardio Room: <http://bit.ly/MarionFranklinCardioRoom>
Weight Room: <http://bit.ly/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 p.m.
Pickleball

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

1 p.m.
No Sew Blankets

1 p.m.
Underground Railroad | 1st and 3rd Mon.

1:30 p.m.
The Conversation Project | 2nd Mon.

2 p.m.
50+ Art Class

TUESDAY

9:30 p.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 Tues.

12:30 p.m.
Veterans Affairs Program | 2nd Tues.

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 Wed.

1 p.m.
No Sew Blankets

1:30 p.m.
Book Club | 2nd Wed.

2 p.m.
Chess (Adults)

5:30 p.m.
Sickle Cell Support Group | 4th Wed.

6 p.m.
Line Dance

THURSDAY

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

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MARION FRANKLIN

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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 Thurs.

12:30 p.m.

POKENO | 3rd Thurs.

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)

1 p.m.

No Sew Blankets

Martin Janis

ANNOUNCEMENTS

PLEASE NOTE:

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

1189 Dennison Ave., 614-645-3082

CROCHET IN SPACE!

Actually, not "space," space...

You'll learn how to crochet various 3-dimensional shapes and how to put them together to create crafty and cute Amigurumi (Japanese crochet) or creative sculpture. Explore the possibilities of unique shapes you can make with a hook and yarn, and find out how easy it is to do. Check the Thompson/Martin Janis schedule to find out when classes start.

ZOOM CHAIR EXERCISE COMING SOON!

This Couch Potato Workout combines the key components of exercise (cardio, endurance, strength, flexibility) into a fun, vigorous, complete exercise program, 90% of which is performed in a chair! If you haven't worked out in a while and are ready to begin living a healthier, more vibrant life, the Couch Potato Workout is the best way to get started! Email gcpearson@columbus.gov to receive a link. We will email the start date and time to you.

ROBBIE'S CRAFT CORNER

Fridays, 1-4 p.m. | \$5 per project

It's winter but you don't need the winter blues to go with it. Projects will

include; Decoupage, Art Journaling, Greeting Cards, Glass Painting, Weaving, Book Making, Sculpture, Stamping, Jewelry and more.

FINE ART HOUR

Wednesdays, 9 a.m. - 12 p.m.

Drawing, painting, printmaking, matting and framing your artwork. Landscape to figure drawing, collage to engraving, shading to perspective. Most materials will be provided.

GREGG'S HEALTH CORNER

Safety Starts at Home

According to the Centers for Disease Control, one in three adults age 65 and older suffers a serious fall each year. Among older adults, falls are the leading cause of both fatal and non-fatal injuries. A few tips to help prevent falls and serious injury:

- Make sure there is a clear path through each room.
- Remove throw rugs or use double-sided tape or non-slip backing so that carpets and rugs don't slip.
- Pick up items off the floor and steps, like magazines, books, blankets and towels.
- Fix loose or broken steps.
- Have a light with a switch at the top and bottom of the stairs.
- Fix loose or broken handrails, which should be on both sides of the stairs and be as long as the staircase.
- Use a steady stepstool with something to hold on to in the kitchen and never use a chair as a stepstool.
- Place a lamp by your bed and use a night light to see where you're going at night.

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

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

WHETSTONE

FITNESS ROOM

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

PROGRAM SCHEDULE

MONDAY

10 a.m.

Pickle Ball (3.0-3.4 rating)

11 a.m.-12 p.m.

Walking Group

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WHETSTONE

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12 p.m.

Pickle Ball (3.5-3.9 rating)

2 p.m.

Pickle Ball (4.0+ rating)

TUESDAY

9 a.m.

Beginning Stained Glass | \$30

9:15 a.m.

Chair Aerobics

10:30 a.m.

Wii Bowling

10 a.m.

Pickle Ball (3.5-3.9 rating)

11 a.m.

Walking Group

12 p.m.

Pickle Ball (4.0+ rating)

2 p.m.

Pickle Ball (3.0-3.4 rating)

4 p.m.

Body Shop Fitness | *Fitness pass*

5 p.m.

Body Shop Fitness | *Class pass*

6:40 p.m.

Beginning Tae Kwon Do | \$35

WEDNESDAY

9:15 a.m.

Body Shop Fitness | *Fitness pass*

10 a.m.

Pickle Ball (4.0+ rating)

12 p.m.

Pickle Ball (3.0-3.4 rating)

2 p.m.

Pickle Ball (3.5-3.9 rating)

5 p.m.

Beginning Stained Glass | \$30

5:30 p.m.

Adult Volleyball | *Open sport pass*

THURSDAY

9 a.m.

Beginning Stained Glass | \$30

9:15 a.m.

Chair Aerobics

11 a.m.

Adult Walking

4 p.m.

Body Shop Fitness | *Fitness pass*

5 p.m.

Body Shop Fitness | *Fitness pass*

6:15 p.m.

Adult Ballet/Contemporary Dance

6:40 p.m.

Advanced Tae Kwon Do | \$45

FRIDAY

9:15 a.m.

Body Shop Fitness | *Fitness pass*

10 a.m.

Pickle Ball (3.5-3.9 rating)

12 p.m.

Pickle Ball (3.0-3.4 rating)

2 p.m.

Pickle Ball (4.0+ rating)

SATURDAY

9 a.m.

Beginning Stained Glass | \$30

9:15 a.m.

Body Shop Fitness | *Fitness pass*

10 a.m.

Beginning Tae Kwon Do | \$35

11 a.m.

Dance Fit + Toning | \$5/class

SPACE RESERVED
FOR ADS

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Register for classes
and activities at
ColumbusRecParks.com



Mark These Dates on your Calendar

The centers will be **CLOSED** on **Monday, Feb. 15**, for Presidents Day.

Strong safety protocols will still be in place to ensure the safety of all residents and staff. Advance registration is required for all activities, and everyone is required to wear face coverings and practice social distancing.

Parks and trails continue to serve as a safe and accessible way to get outdoors. Although the weather is getting chilly, 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 are not feeling well.