

# Fifty PLUS

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

## Laughter is the Best Medicine

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

Studies show that laughter can have healing properties, is contagious and activates the body's natural relaxation response. It's like internal jogging, providing a good massage to all internal organs while also toning abdominal muscles, according to Dr. Gulshan Sethi. Here are six reasons why you should start the New Year off laughing!

1. **Laughter is Contagious:** The discovery of mirror neurons—what causes you to smile when someone smiles at you—gives credibility to the belief that laughter is contagious. Laughing with others fosters closeness and contributes to sense of well-being.
2. **Laughter Reduces the Stress Response:** Laughter causes muscles to contract, increasing blood flow and oxygenation. These stimulate the heart and lungs and trigger the release of endorphins that help you feel more relaxed.

3. **Laughter Boosts Immunity:** A study at Indiana University School of Nursing suggests that joyful laughter may increase natural killer cells levels, a type of white blood cell that attacks cancer cells.
4. **Laughter Increases Resilience:** Laughing at mistakes allows us to recognize that making errors is a part of being human. Resilience is built by acknowledging mistakes without becoming angry or frustrated. People who are resilient tend to be happier.
5. **Laughter Combats Depression:** The brain is wired to respond positively to laughter and smiles, generating 'feel-good' chemicals. The wiring is so strong that the brain responds even when we smile at ourselves in the mirror or simulate laughing. This helps us get outside the downward spiral to depression. By being a witness to our situation rather than playing role of victim, we can find

>>> CONTINUED ON PAGE 3

### 🔍 Inside this Issue

#### Adopt A Center

Thank you to our partners

**PAGE 3**

#### Free Meal Program

Access free meal resources

**PAGE 3**

#### Conversations and Coffee

Longest-running series of artist talks

**PAGE 3**

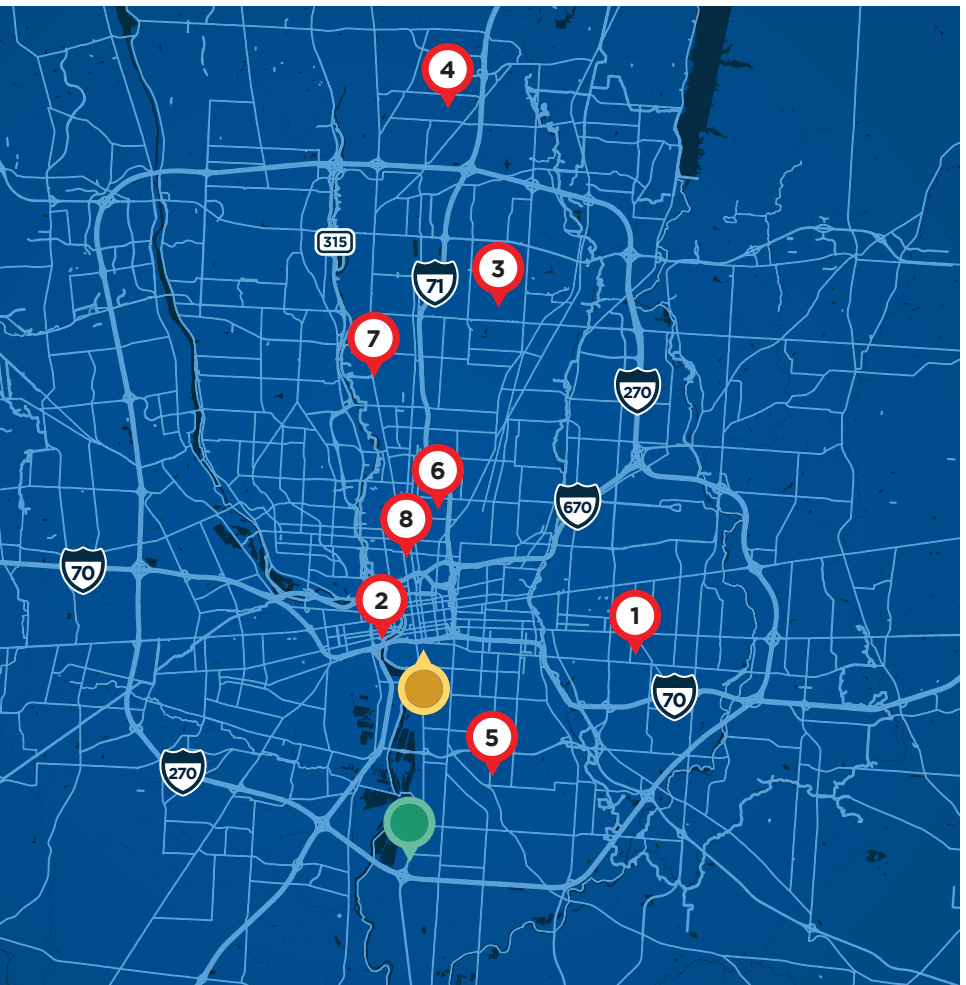
#### Center News

Get the latest programming information and announcements

**PAGE 4**

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

humor in situations. Even forced laughter can start to improve your mood.

**6. Laughter Relieves Pain:**

People who are laughing still experience pain, but they report being less bothered by the pain they do have. Perceived pain

levels reduce and your belief that you can cope increases.

Make humor a priority in 2021—read a funny book, watch your favorite comedian or watch a comedy show. Spend more time with people who have fun. Find the humor in life by

laughing with, NOT at, people. Find the laughable moments in your day, and then tell a friend your funny story as a way to share laughter.

For more information, visit **www.laughteronlineuniversity.com** and **www.chopra.com**.

# FRANKLIN COUNTY PROGRAMS

## Thanks to Our Adopt A Center Partners

Thanks to these wonderful Adopt a Center partners, nearly 2,000 Columbus area families received warm winter clothing, hot meals, hygiene products and gifts for children this holiday season.

**Angel Partners:** American Electric Power Foundation, Columbus Blue Jackets Foundation / Delta Dental

**Celebration Partner:** Mid-Ohio Food Collective

**Festive Partners:** AmeriHealth Caritas Ohio, Boar's Head, Harmony Project

**Holiday Partners:** Crane Group, Easton Town Center, Lowe's, Corrupted Public Records, Inc.

**Jolly Partners:** Brown and Caldwell, Columbus Futsal Club, Humana Inc., MarshWagner, Rogue Fitness, Seeds of Caring, T & M Associates, T-Mobile,

The Robert Weiler Company

## 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 **April 1, 2021**, Franklin County Office on Aging will not require income verification to receive home delivered meals. To request the meals, and other available services, call **614-525-6200, Monday to Friday, 9 a.m.-4:30 p.m.**

Franklin County Office on Aging 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.

Franklin County Office on Aging services can include home delivered meals, homemaker services, personal care, respite care, adult

day care, emergency response systems and minor home repair.

## Conversations and Coffee

The Cultural Arts Center is proud to host the city's longest-running series of artist talks – Conversations & Coffee. This free weekly program, which we have presented for more than 35 years, brings together people who create art and people who appreciate art to discuss it in a relaxed, casual setting. Typically, we meet in-person and everyone brings a packed lunch and we provide the coffee – however, our current Conversations and Coffee programming takes place **virtually, and every other Thursday**, until further notice.

**Thursday, Jan. 21, at noon:** Our own Communications and Gallery Assistant Katie B Funk will be joining the Conversation to discuss current projects, an at-home studio practice, approaches with teaching, and more. Visit **culturalartscenteronline.org/programs/conversations-coffee/** or call **614-645-7047** for more information.

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 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 a.m.-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 p.m.**  
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 a.m.-12:30 p.m.**  
Open Pickleball | *Sports Pass*

**11:30 a.m.-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 a.m.-12 p.m.**  
Advanced Tai Chi | \$35

**12-2 p.m.**  
50+ Ceramics

**1-1:45 p.m.**  
Gentle Stretch and Relaxation

**2-3 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 **Friday, Jan. 15**, 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. If you would like to register or know someone who would and you fit the current requirements, call **614-724-8151**; we do have a few spots available.

### EXTENDED PRODUCE DROPS-CURBSIDE PICK-UP

Will continue in February

## 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

**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

>>> CONTINUED ON PAGE 6

## DODGE

<<< CONTINUED FROM PAGE 5

**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

**All classes are in person if the center is open.**

Virtual classes will be available by computer/smartphone. For classes that are virtual, contact the center for access information.

## BINGO

**Monday, Jan 25. at 1 p.m.**

Attendees must pre-register before coming. Space is limited.

## EAT BETTER, FEEL BETTER (VIRTUAL) AT 11 A.M.

LifeCare Alliance Dietitian  
Leonor Button, RD

**Tuesday, Jan. 12:** Mind Your Minerals

**Tuesday, Feb. 9:** Vegetarian Basics

## ALZHEIMER'S ASSOCIATION (VIRTUAL ONLY)

**Tuesday, Jan. 12**

The Gillie Support Group which meets the **second Tuesday** of the month at **12:30** 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.

## GILLIE SENIOR COUNCIL MEETING (VIRTUAL ONLY)

**Wednesday, Jan. 13 at 1 p.m.**

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

## HISTORY ROUNDTABLE (VIRTUAL)

**Wednesday, Jan. 13 at 1 p.m.**

## Topics: Pandemics in America

In the realm of infectious diseases, a pandemic is the worst case scenario. When an epidemic spreads beyond a country's borders is when the disease officially becomes a pandemic. Join us for the history of some of the world's worst pandemics and how they affected the United States of America.

## VETERANS GROUP (IF CENTER IS OPEN)

**No program in January.**

**Friday, Feb. 5 at 1 p.m.**

Calling all American veterans from WWII, Korea, Vietnam, Iraq and Afghanistan and beyond. We need your help to keep our ranks marching, and our memories alive.

## AARP INCOME TAX ASSISTANCE

**Wednesdays, Feb. 3-April 7, 2021 (By appointment only)**

Beginning Wednesday, Jan. 20, call the center at **614-645-3106** to reserve your time.

## UNDERGROUND RAILROAD (VIRTUAL)

**Monday, Jan. 11 and 25 at 6 p.m.**

**Thursday, Jan. 14 and 28 at 1 p.m.**

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

## NEW! GILLIE'S FOOD GALLERY (VIRTUAL)

Beginning **Friday, Jan. 15 at 10 a.m.** This will result in a recipe book from our members of their favorite recipes with a little side note telling us about why each recipe has a special place in your memory. Share your favorite dishes and or deserts and the more the merrier. From sweet



to savory or even spicy, we would all love to hear about how these foods affected our lives and experiences. Let's get through this pandemic together and give us something to look forward to. We need to SMILE again! Come and join your friend, Tami the Cook.

## NEW! THE SHARING CIRCLE (VIRTUAL)

**Mondays beginning Jan. 11 at 10 a.m.**

During this time of isolation, we are not getting the opportunity to talk with friends face to face to share important experiences with each other. We all want some feedback and encouragement to our ideas, dreams and aspirations. This is the perfect time to gather in a virtual circle to share and discuss open topics with one another. Do you have a family picture or a recent experience you want to show and tell? Or maybe you have had life experiences you would just like to share. Let's gather 'round and interact with our friends and peers on a regular basis through the miracle of modern technology. Coordinator: Michael Smith.

## GILLIE DANCE:

**Tap Dance:** Advanced- **Wed. at 4:15 p.m.** and Beginning **Wed. at 6:30 p.m.**

**Ballet Class:** **Wed. at 5:15 p.m.**

## Wednesday Evening Dance

Class information: **6-8 p.m.** |

Admission: **\$5 per person**

In person, we will have ballroom dance lessons from **6-7 p.m.**, and then we will practice what we learn

with a DJ spinning a variety of dance music **7-8 p.m.** Couples only, please call the center to pre-register. Online there will only be the lesson.

## Dance Class Lessons

**Jan. 13**–Waltz; **Jan. 20**–Swing;

**Jan. 27**–Tango

**Feb. 3**–Rumba; **Feb. 10**–Cha Cha;

**Feb. 17**–Fox Trot; **Feb. 24**–Mambo

## FITNESS ROOM

Sign up for a time block here:

<http://bit.ly/GillieFitnessRoom>

Please call the center at **614-645-3106** for access to virtual classes.

## PROGRAM SCHEDULE

### MONDAY (VIRTUAL)

**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. (Virtual)**

Underground Railroad | 2nd and 4th Mon.

## TUESDAY

**8:30 a.m. | Tennis courts**

Walking – Woodward Park

**9 a.m. (Virtual)**

Fitness Plus

**9:30 a.m.**

Painting

**10 a.m. (Virtual)**

Stay Young, Stay Strong

**11 a.m.**

Wii Bowling/Wii Play

**11 a.m. (Virtual)**

Eat Better, Feel Better | 2nd Tues.

**12:30 p.m. (Virtual)**

Alzheimer's Support Group | 2nd Tues

**1 p.m. (Virtual)**

Arthritis Exercise

**1:30 (Virtual)**

Art Journaling

**2 p.m. (Virtual)**

Balance Class

## WEDNESDAY

**9 a.m. (Virtual)**

Stretch & Tone (floor exercise)

**9:30 a.m.**

Ceramics

**10 a.m.**

Crochet & Knitting

**1 p.m.**

Ceramics

>>> CONTINUED ON PAGE 8

## GILLIE

«« CONTINUED FROM PAGE 7

### 1 p.m. (Virtual)

History Round Table | 2nd Wed.

### 1:30 p.m.

Beginning Crochet & Knitting

### 2 p.m. (Virtual)

Card Making/Scrapbooking

### 4:15 p.m. (Virtual)

Tap Dance (Advanced)

### 5:15 p.m. (Virtual)

Ballet (Beginner)

### 6:00 p.m.

Buckeye State Harmonicas

### 6:00 p.m. (Virtual)

Evening Dance Lesson  
(must register with a partner)

### 6:30 p.m. (Virtual)

Tap Dance (Beginner)

## THURSDAY

### 9 a.m. (Virtual)

Fitness Plus

### 10 a.m. (Virtual)

Stay Young, Stay Strong

### 11 a.m.

Wii Bowling/Wii Play

### 1 p.m. (Virtual)

Arthritis Exercise

### 1 p.m. (Virtual)

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. (Virtual)

Stretch & Tone (floor exercise)

### 9 a.m.

Holiday Calendars

### 9:30 a.m.

OSU Extension Wellness | 1st Friday

### 10 a.m. (Virtual)

Gillie's Food Gallery

### 11:30 a.m. (Virtual)

Fit Ball Yoga

### 1 p.m.

Veterans Group | 1st Friday

# Marion Franklin

## ANNOUNCEMENTS

### HEALTH & WELLNESS @ MARION FRANKLIN

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

**New Hours:** LifeCare Alliance Wellness Center times are **Monday** and **Tuesday** from **8 a.m.-4:30 p.m.**, **Thursday** from **8-11 a.m.** and **Friday** at Grove City Church of Nazarene from **8 a.m.-4 p.m.** 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, a 58 percent increase. 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: **www.glaucoma.org**.
3. Request Marion Franklin to have a free educational booklet sent to you or a friend.

**Great News! 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. Her email is [bparker@lifecarealliance.org](mailto:bparker@lifecarealliance.org). 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 COVID-19.

**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

**Jan. 19**—Healthy beverages The third Tuesday of the month at **1:30 p.m.** Please call the center to register.

## ARTHRITIS FOUNDATION EXERCISE PROGRAM

**Tues/Thur | 10-11 a.m.** This class covers a variety of range-of-motion and endurance-building activities, relaxation techniques and health education topics.

## CHAIR YOGA

Explore traditional yoga poses with the support of a chair. Beginners are welcome.

## TAI CHI CLASSES

Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

## STEP AEROBICS

**Medium Impact** Step aerobics, also known as bench aerobics and step training, is a form of aerobic exercise that involves stepping on and off a small platform.

## AB WORKOUT

Not only is your core the center of your entire body, but it is utilized in practically every single movement that you make and plays a huge role in your overall strength. This class offers you tools to strengthen your abdominal muscles.

## 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 at **614-437-2927**.

## BOOK CLUB DISCUSSION

**Wednesday, Jan. 13, | 1:30 p.m.**

**Book: A Time for Mercy by John Grisham**

Dates and times are subject to change; please register if you plan to attend. People may also call the center to add your name to our email list to receive Book Club information.

## WINTER LOOMING

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

Beginners are welcome.

## LET'S DANCE

**Mon./Wed. | 10-11 a.m.**

**Wednesday evenings | 6-7:30 p.m.**

## FITNESS ROOM

Register for a time block here:

<http://bit.ly/MarionFranklinFitnessRoom>

## PROGRAM SCHEDULE

### MONDAY

**9:30 a.m.**

Chair Yoga

>>> CONTINUED ON PAGE 10

## MARION FRANKLIN

«« CONTINUED FROM PAGE 11

---

**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 a.m.**

Chair Yoga

**9:45 a.m.**

Ab Workout (Medium Impact)

**10 a.m.**

National Arthritis Foundation Exercise Program

**10:30 a.m.**

Tai Chi (Beginner I)

**11 a.m.**

Everyday Sign Language

**11:15 a.m.**

Men's Line Dance

**12 p.m.**

Tai Chi (Beginner II)

**12:30 p.m.**

Bingo | 1st 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)

**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. 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)

**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

**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

>>> CONTINUED ON **PAGE 12**

MARTIN JANIS

«« CONTINUED FROM PAGE 11

## WHETSTONE

### FITNESS ROOM

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

### PROGRAM SCHEDULE

#### MONDAY

**10 a.m.**

Pickle Ball (3.0-3.4 rating)

**11 a.m.-12 p.m.**

Walking Group

**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

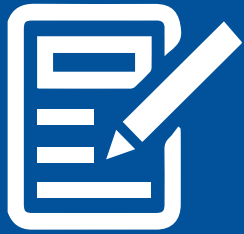
**SPACE RESERVED**  
FOR ADS



**SPACE RESERVED**  
FOR ADS



	PRSR STD
	US POSTAGE PAID
	COLUMBUS OH
	PERMIT NO. 719



**JAN. 4  
2021!**

Register for classes  
and activities at  
**ColumbusRecParks.com**



## Mark These Dates on your Calendar

Winter session registration begins **Monday, Jan. 4.**  
The winter session begins **Tuesday, Jan. 19.** Search and register  
for activities via Activenet, our online registration system.

The centers will be **CLOSED** on **Monday, Jan. 18**, for Martin Luther King Jr. 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.