



50+ Recreation July 2017

Our mission is to enrich the lives of our citizens. ISSUE 7

www.ColumbusRecParks.com

Summer on the Scioto Mile

Rhythm on the River

Bicentennial Park – Free events

Friday, July 14 7:30 pm Seldom Scene and Michael Cleveland & Flamekeeper

Food and beverages will be available for purchase.

For more information, visit www.SciotoMile.com

Red, White & Boom

Scioto Riverfront and Downtown Columbus

Monday, July 3

Activities begin at Noon; Parade at 6 pm and

Fireworks at 10 pm

www.RedWhiteandBoom.org

The Scioto Mile Fountain

Sunday – Thursday 9 am-10 pm

Friday and Saturday 9 am-11 pm



Bicentennial, Genoa and West Bank Parks

July 21-23

Friday and Saturday 11 am- 11 pm

Sunday 11 am-8:30 pm

Celebrate summer with hot ribs and cool jazz!

www.HotRibsCoolJazz.org

Golden Hobby Shop

630 S. Third St. in German Village

Columbus, Ohio 43206

Phone 614-645-8329

Shop Hours of Operation: Tuesday- Saturday

10 am – 5 pm

Free parking

Golden Hobby Gift Shop is initiating **Second**

Saturdays in July and August from 11am-1pm.

Consignors are working with children and adults in our courtyard (or inside with rain) on Make 'n Take projects. Classes are free but require a reservation.

Call 614-645-8329 to reserve your space – this is a great activity for grandparents and grandkids to do together or better yet, three generations! **Sunday,**

June 25 is the German Village Haus & Garten Tour and we'll be open Noon to 5 pm. See the German Village Society website for tour info and tickets. Or just come see us at the Shop and soak up the good energy that's all around that afternoon.

July 2017

Issue 7

COAAA	Page 6
Dance Information	Page 2
Dodge Intergenerational	Page 4
Gillie 50+ Center	Page 5
Golden Hobby Shop	Page 1
Lazelle Woods Multigenerational	Page 6
Marion Franklin Multigenerational	Page 7
Martin Janis 50+ Center	Page 8
Red Hat Activities	Page 2
Trip Information	Page 2, 3, 8
Walk with a Doc	Page 2
Water Exercise	Page 2
Whetstone Multigenerational	Page 9

Newsletter Editor: Wendy Frantz

645-7427

Dance

Gillie Dance

Line Dance *Beginners* **Tuesdays** **1 pm**
Advanced **Tuesdays** **2 pm**
Intermediates **Fridays** **10:30 am**

Move & Groove **Mondays** **7:30 pm**

Tap Dance:

Advanced **Wednesdays** **10 am**

Beginning **Wednesdays** **10:50 am**

Ballet Class **Wednesdays** **5 pm**

Gillie Wednesday Evening Dance Information

6:30 – 9 pm **Admission: \$5**

Come early for line a line dance session: 6:30-7 pm.

The DJ begins spinning a variety of dance music at 7 pm. Refreshments will be served, dancing until 9 pm.

Weekly Themes:

July 5 *Red, White and Blue*
Birthdays and Anniversaries

July 12 *Beach Party USA*

July 19 *Luau at Grandview Senior Center*

July 26 *Christmas in July*

Marion Franklin

Line Dance

Mondays, Wednesdays and Fridays **10-11 am**

Beginners **Wednesdays** **11 am**

Men's **Tuesdays and Thursdays** **1 pm**

Line Dance Workout **Tuesday and Thursday 10 am**

Evening Line Dance

Beginners **Tuesdays and Thursdays** **5:30-6:30 pm**
\$20 per person, per session

Urban Ballroom Dancing

Tuesdays **7-8:30 pm** **\$25 per person, per session**

Zumba

Wednesdays **6-7 pm** **\$25 per person, per session**

50+ Water Exercise

CHANGE IN LOCATION!

The classes no longer will be held at the outdoor pools. They are being consolidated and moved to the Aquatic Center at 1160 Hunter Ave.

Classes will be held Tuesday, Wednesday and Thursday at 10 am. Doors open at 9:45 am.

\$1 per visit or \$12 for a summer pass; purchase from the instructor at the pool.

Questions? Call the Aquatic Center at 614-645-3129.

Red Hat Activities

Gillie's Fillies *Mark your Calendars!*

Party at Dottie's

Wednesday, July 12 **Noon**

Red Hats, swimsuits and a brown bag lunch.

Call Queen Anne to RSVP.

Walk with a Doc

Take steps to a healthier you with Walk with a Doc.

Take an hour-long walk led by a Mount Carmel Health Physician. Walkers can come and walk for as little or as long as they like and enjoy good company, a healthy snack and fun prizes.

Walks are held inside during bad weather.

2017 Walking Dates - 8:30 - 9:30 am

Marion Franklin & Woodward Park

July 1, 15

Aug 5, 19

Sept 2, 16

Oct 7, 21

Nov 4

Far East & Dodge

July 8, 22

Aug 12, 26

Sept 9, 23

Oct 14, 28

Nov 11

Trips

Dodge

645-8151

Friday on the Town

Friday, July 14 **8:30 am** **Cost \$5**

Wear comfortable shoes as we walk around to see the shops in Amish Country near Berlin. We will stop at Heini cheese. Please bring extra Money for lunch at Der Dutchman, and if you plan to shop in Berlin.

Senior Day at The Ohio State Fair

Tuesday, August 1 **9:30 am** **Cost \$4**

Funnel cakes, butter cows, and rides oh my! Come join Dodge as we attend the Ohio state fair in August, and also see a tribute to the music of the Carpenters. Don't worry about parking cause we will take you in our van. This is one trip that you may sign up for early, in July, so we may purchase tickets by July 10!. Register today!

La Comedia presents Mama Mia

Thursday, August 31 **9 am** **Cost \$55**

Registration begins August 1. If you love the music of ABBA, join us for this musical event that is guaranteed to make you a "Dancing Queen" and get you singing along with the show.

Trips

Gillie **645-3106**

Gillie Trip Policy for 2017:
Please check with the center.

Lunch and Matinee Summer Movie Series
Tuesday, July 11 *11 am* *Cost \$3*
We will go to lunch and then arrive at The OSU Extension Center to check out a modern film from 2-4 pm. Lunch is on your own.

Men's Group Trip
Friday, July 14 *9:30 am* *Cost \$13*
Join us for tour of Mott's Military Museum.
Registration begins Friday, June 30.

Gillie Historic Summer Tour Series Presents:
Transportation in the Ohio Country –
Marietta Campus Martius & Ohio River Museum
Wednesday, July 19 *7:30 am-6 pm* *Cost \$30*
Marietta is home to the first settlement in the Northwest Territory. Ocean faring ships were built here and it was the launching point for many pioneer excursions into the new country. Tour Campus Marcius and take a historic guided riverboat ride and enjoy lunch, on our own, aboard the Valley Gem. Tour the only intact steam powered stern-wheeled towboat in the world, the W.P. Snyder Jr. and examine the impact that river travel had on Ohio and the nation on a guided tour at The Ohio River Museum. A stop at a farmers market that serves ice cream is a must for the ride home.
Registration begins Wednesday, July 5.

Broadway Babies
Friday, July 21 *3:30 pm* *Cost \$36*
Join us for a "Comedy of Tenors" at Theater in Newark. Dinner will on your own. *Register Friday, July 7.*

Mystery Lunch
Friday, July 28 *9:30 am* *Cost 7*
Registration begins Friday, July 7.

Senior Day at the Fair
Tuesday, August 1 *9 am* *Cost \$7*
Transportation and discount ticket.
Come and travel with us to the Ohio State Fair. Your home base will be the Martin Janis Center, where there will be entertainment, food and fun. From there you can walk around the fair and see all the exhibits, animals and rides. **Registration begins Monday, June 26. Deadline for discount tickets is Wednesday July 5. After deadline, cost is \$11.**

Martin Janis trips can be found on page 7.

Gillie (continued) **645-3106**

TECUMSEH OUTDOOR *Cost \$55*
Tuesday, August 15 *Leave: 3:15pm -Return: 1am*
Transportation, behind the scenes tour, buffet dinner, and show tickets. Witness the epic life story of the legendary Shawnee leader as he struggles to defend his sacred Ohio country during the late 1700's.
Registration begins July 13.

**Ghosts, Vegas Legends and Trains
in West Virginia**
Saturday-Sunday, September 23-24, 2017
Tour the **Trans Alleghany Lunatic Asylum**, formerly the Weston State Hospital of West Virginia which served as a sanctuary for the mentally ill in the mid-1800's. Full description on page 5.
\$399 per person (double occupancy)
Register now!

Marion Franklin **645-3612**

Please remember to hydrate yourself by drinking plenty of water the day/night prior to trips and bring water with you.

Franklin County Fair
Tuesday, July 18 *8:30 am* *Cost \$12*
Cost includes transportation breakfast, lunch, and admission to fair. Bus leaves Marion Franklin at 9 am and returns at 3 pm. Please register at the front desk.

Scavenger Hunt
Wednesday, July 26 *9:30 am*
Cost \$5 (Transportation Only)
Join us as we head out to hunt down deals in the Columbus area and enjoy a nice meal together. Please register at the front desk.

Whetstone **645-3217**
Note: Any participant signing up for Whetstone trips must present payment at the time of registration.

ALL ARE WELCOME ON THIS TRIP!
Wednesday, July 12 *9:45 am*
Red Hats/Cruising Cougars will head to Plain City for a great Italian Buffet and some fresh picked sweet corn. Please call Mike 614-645-3217 to RSVP today.

Hikes with Mike
Wednesday, July 19 *9:30 am*
We will decide as a group where to take our adventure. Please call Mike to register.

Mike's Taste of Italia
Wednesday, July 26 *10:30 am*
We will head to the Spaghetti Warehouse. Don't miss out on this. Call Mike to RSVP.

Senior Council Meeting

Tuesday, July 11 1 pm

Interested in seeing how the senior council works? Join us for a meeting to talk about the happenings at Dodge. We welcome any and all members of Dodge to attend.

Interested in Eating Healthy?

Thursday, July 13 12:30 pm

Come and join us for this healthy eating and nutrition class that extends throughout the year. Lisa Gibson a nutritionist from OSU joins us to teach us all about healthy eating and habits. You are welcome to bring any questions/concerns you may have.

Dodge Walking Club

Mondays and Wednesdays 9 am

Come join Mrs. Holly as she heads outside to enjoy those morning walks around Dodge's trail!

The Fresh Produce Market

Thursdays, July 13 & 27 3-6 pm

First come, first served! Rain or shine and don't forget to bring your own bag.

Chair Volleyball

Mondays and Thursdays 1 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!

Upcoming Opportunities to Showcase Your Talents:

Do you love to sew? We will be having a **Fall fashion show on September 22!** It's open to all of our sewing, craft and crochet classes at Dodge. **Participants are allowed to submit 3 items. These can include clothing or accessories** that you have made in class or related to your class. Deadline to submit descriptions are September 15.

Art Show "Through the Looking Glass to Wonderland" December 15

We know it's early, but we are looking for artists to submit artwork for an art show that will be displayed at the **Columbus Performing Arts Center**. The Theme is **"Through the Looking Glass to Wonderland"** based on Alice in Wonderland. We will be taking all media: painting, drawing, sculpture, mosaics and sewing. So if you love Alice in Wonderland let it inspire you to create a wonderful work of art! The show opens December 15 but the deadline for art is December 11!

Walk with the Doc

2nd and 4th Saturday of the month 8:30-9:30 am
Saturdays, July 8 & 22

Come out and help us represent the West Side of Columbus. Bring your walking shoes and don't forget your list of questions for the Doc!

Classes for Summer!

Painting	Mondays	10 am-Noon
You Sew fine	Mondays	1:30-3 pm
Quilting	Tuesdays	9 am
50+ Sewing	Tuesdays	1:30-4:30 pm
Crochet	Wednesdays	1-3pm
Walking Club	Mon-Wed	9-10 am
*PaintingMixedMedia	Wednesday	3:30-5 pm
Shuffleboard	Thursdays	10:15-10:55 am
Bingo	Thursdays	11-11:55am
Chair Volleyball	Mon & Thurs	1-3 pm
50+ Alterations	Fridays	1-4 pm
Zendoodle Art	Fridays	1-3 pm
*Art Journaling	Fridays	3-5 pm

*New Art Classes Offered This Summer

Painting Mixed Media- Students will create artwork using recycled paints, items, or collage materials to create their piece. A basic supply list will be given the 1st day of class with most collage/recycled items will be provided

Art Journaling- Each class, students will be given a topic or idea to create an art journal page. They will complete it the day of class or they can complete it on their own if they run out of time. Students will need to purchase or bring a sketchbook, other supplies will be provided, such as magazines, collage, and scrapbook paper.

The Ohio State Fair Senior Day

Tuesday, August 1

Register no later than Friday, July 7.



The center will be **CLOSED Tuesday, July 4th** in honor of Independence Day.

Are you interested in joining a Book Club this summer? We are! Join us Wednesdays in July between 11:30am- 1:30pm and let the readings begin.

OSU Extension Service Friday, July 7 9:30 am

Join Lisa Gibson as she teaches us how to eat to keep our bodies healthy.

Veteran's Group Friday, July 7 1 pm

We are calling all members of the Armed forces for a meeting of the brotherhood.

BINGO Mondays, July 10 & 24 1 pm

Eat Better, Feel Better

Tuesday, July 11 11 am

Registered Dietitian Leonor Button from LifeCare Alliance presents: Eating Locally.

Alzheimer's Association Tuesday, July 11

~Support Group 12:30 pm Everyone is invited.

~Private Consultations 1:30-4 pm for yourself or a caregiver; by appointment (457-6003).

Gillie Recreation Council Meeting

Wednesday, July 12 1 pm

History Roundtable - Battle of Prokhorovka

Wednesday, July 12 1 pm

The largest armored battle in history between German and Soviet forces. A chess match battle that took months of planning and almost an equal amount of time in execution to declare a victor.

Columbus Public Health Department

Thursday, July 12 9 am-Noon

Free blood pressure and fasting sugar screens.

Columbus Speech & Hearing

Thursday, July 20 10 am-3:30 pm

To schedule an appointment, call 261-5452.

Mt. Carmel Urgent Care Clinic at the Gillie Center

Beginning Tuesday, July 25, Mt. Carmel Hospital will bring its mobile clinic to offer medical services on an ongoing basis every **2nd and 4th Tuesday of the month from 1-3 pm.**

Life Drawing Class

July 25; Aug. 1, 8, & 15 1:15 pm Cost \$10

Join us as we learn to draw a live model.

All American Cookout

Thursday, July 18 11:30 am

Join us for fun in the sun for our cookout at the **Gillie Café**. We'll be serving barbeque chicken, potato salad, and baked beans just to name a few tasty items. DJ Steve Parker will be there to spin the summer hits and we'll play a few summer games for fun and prizes. Line Dancing will follow at 1pm with Lynne and David. **No tickets necessary, regular canteen prices will apply to lunch items**

Senior Living Truth Series: Independent Living

Thursday, July 20 10-11:30 am

Every 3rd Thursday of the month, New Directions Realty will present "The Senior Living Truth Empowerment Series," (SLTES) The SLTES provides comprehensive information on a variety of topics of interest to seniors and their families.

Basic Computer Class Thursdays 10:30-11:30 am

Fall I Session September 7-October 26

Fall II Session November 2-December 14

Space is very limited; register for one session only.

Christmas in July Flea Market

Friday, July 28 9 am-2 pm

Come and shop for unique gift items and collectables at our summer flea market. Local vendors will be setting up shop in our auditorium to bring to you great buys for the holidays and every day.

Vendors, 8 ft. tables are available for \$15.

You may sell anything except for food, alcohol and fire arms. Call to see if we have any tables still available.

Ghosts, Vegas Legends and Trains in West Virginia

Saturday-Sunday, September 23-24, 2017

Tour the **Trans Alleghany Lunatic Asylum**, formerly the Weston State Hospital of West Virginia which served as a sanctuary for the mentally ill in the mid-1800. The history of the building holds fascinating stories of Civil War raids, a gold robbery, and the "curative" effects of its beautiful architecture. Take a ride aboard the **Tygart Flyer**. This vintage diesel-powered passenger train has gained a reputation as one of the most relaxing mountain wilderness excursions in **Jackson Mill Farmstead** for lunch and a tour. **Vegas Legends** at the **American Mountain Theater** you this show captures the excitement and energy of Las Vegas, while featuring the sweet refrains of yesterday's and today's legendary musicians like Elvis, Wayne Newton, Tom Jones, and Celine Dion.

\$399 per person (double occupancy)

Sign up now!

Lazelle Woods Intergenerational Center

Anna Marie Brown, Center Manager

Hours: Mon.-Fri.: 8 am-9 pm;

8140 Sancus Blvd., 43081

645-5330

Monday

Fitness Fusion 9:30 -10:30am \$30

Open Pottery (must have experience) 6-8pm \$10

Tuesday

Hiit Yoga 10:30-11:30am \$50

Pickle ball 6 – 7:45pm Free

Photo Scribing 6:30-7:30pm \$30

Wednesday

Fitness Fusion 9:30-10:30am \$18

Yoga 6:30-7:30pm \$30

Thursday

FXP Fitness (Barre, Pilates & Cardio Fusion)

10:30-11:30am \$55

Fundamentals of Watercolor

6-7:45pm \$65

Friday

Pottery 12-2:00pm \$20 + Mtls.

Check with center or website for complete listing of classes.

COAAA Central Ohio Area Agency on Aging

3776 S. High St., 43207

614-645-7250

Central Ohio Area Agency on Aging: Publications Now Online

The following helpful guides are available at www.coaaa.org. You may also call 614-645-7250 to request a free copy. All guides provide information relating to the following counties in Central Ohio: Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway, and Union.

The Caregiver Toolbox: Guide to Independent Living

Topics include: Getting Started & Planning Ahead, Navigating the Health Care Maze, Caring for Someone at Home, Caring for Someone in a Care Facility, Family Dynamics and Caregiving, Caring for a “Difficult” Family Member, and Preventing Burnout in Caregiving. (All topics available as 1-hour presentations – contact COAAA to schedule.)

Central Ohio Independent Housing Guide

- **Information for tenants** includes the following lists: Central Ohio apartments for senior and/or disabled individuals, Central Ohio apartments for families with limited income, organizations that provide low or no cost furniture and household items, tenant advocacy organizations.
- **Information for home owners** includes the following lists: Organizations that provide low or no cost home repairs and organizations that provide foreclosure prevention counseling. Information is also included on the Homestead Exemption on property tax, and on reverse mortgages.

Central Ohio Utility Assistance Guide

- Information on programs that provide emergency and non-emergency assistance with utility costs, utility payment plans, and home weatherization.

Central Ohio Prescription Guide

- Information on a wide-range of programs that assist with prescription costs including Medicare, Medicaid, Veterans Administration, and Military Retirees. Also includes information on programs that assist individuals with no prescription coverage or who need an emergency supply of medications.

Central Ohio Transportation Guide

- Detailed information on transportation services for seniors and individuals who have disabilities.

Central Ohio Private Home Care Guide

- Information for families who will be paying privately for home care services. Includes descriptions of services and a list of for-profit and non-profit organizations that offer the following services: Geriatric Care Management, Home-Delivered Meals, Emergency Response Systems, Home health aides, Home Repairs and Modifications, Adult Day Care, Home Medical Equipment, and Hospices

Central Ohio Private Pay Care Assistance & Transitions Experts

- Information on Geriatric Care Managers, Senior Move Managers, Professional Organizers, and Patient Advocate services.

Central Ohio Long-term Care & Hospice Guide

- Information on In-Home Services, Adult Care Facilities, Assisted Living Facilities, Skilled and Intermediate Nursing Facilities, and Hospices.

Central Ohio Support Group Guide

- Contact information for support groups for individuals with specific physical and mental health conditions.

Books, Videos, and Websites for Caregivers

Summer Session: Monday, June 12-Friday, August 25

Center Closed: July 4th Independence Day

July is UV Safety Month

www.skincancer.org/prevention or

www.foh.hhs.gov/UVIQ

The skin is the body's largest organ. It protects against heat, sunlight, injury, and infection. Yet, some of us don't consider the necessity of protecting our skin. Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) rays from the sun are the main cause of skin cancer. The good news? Skin cancer can be prevented. The purpose of UV Safety Month is to heighten the awareness of health problems and encourage the everyday steps you can take to safeguard your skin from the harmful effects of UV radiation from the sun.

A special Thank You! To everyone who participated in Marion Franklin's 2017 Men's Health Awareness Week.

No Sew Blankets

Interested in making No-Sew-Blankets? Please register at the front desk. For more information contact Bobbie Smith, class instructor.

Important!

Volunteer Check Up

It's almost time again for the Volunteer Recognition Luncheon and we want to make sure you are included. Please make sure your name and hours are updated in the volunteer book. If your name does not appear in the book, please see staff.

Walk with a Doc

1st & 3rd Saturdays; July 1-Nov. 14 8:30-9:30 am

Marion Franklin (Walking Track)

This is a free of charge Neighborhood Walking Club. Join us on Saturdays for good company, healthy snacks and fun prizes. Start taking steps to a healthier you.

Senior Picnic

Monday, July 3 11:30 am Cost \$6

Enjoy an afternoon of games, prizes, food and fun. Tickets are available at the front desk. (rain or shine)

BINGO 1st and 3rd Tuesdays 1-3 pm

Pokeno Wednesdays Noon-3 pm

Book Club Wednesday, July 12 1:30 pm

Notice Time Change

Beginning Line Dance Class 11 am

Snacks & Facts

Monday, July 10 11:15 am Free

Deadline: Wednesday, July 5

Join us on for a special Bingo and Snacks & Facts session. Shelli from **Bankers Life** will be joining us to facilitate Bingo and answer questions about our healthcare options and ways to protect ourselves from high costs. Door Prize, Bingo Prizes and snacks will be provided. Must register at the front desk to attend.

It's Not Too Late!

The Conversation Project Part II

Friday, July 21 11:15 am

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.

Classic 8 Ball Tournament

Thursday, July 13 4 pm Entry Fee \$1

Whether you're a shark or minnow join in on the fun. Tournament is double elimination; call shot, no ball in hand. Winner gets name and photo on wall. Participants can order Papa Joe Pizza's discounted enough to make everyone a winner. Please register at the front desk.

Tai Chi (Summer Changes Only)

Certified Instructor: Darryl Green

Beginners I Tuesdays/Thursdays 12:45 pm

Beginners II Tuesdays/Thursdays 1:45 pm

Intermediates Mondays 11 am

Wednesdays 12:45 pm

This fee based class \$25. For more information, contact the center.

Health & Wellness Information:

Barbara Parker, registered nurse, is available in the Lifecare Alliance Wellness Center Monday, Tuesday and Thursday from 8am-4pm and Friday 8-11am. For an appointment, please call 614-437-2927.

Free Hearing Services

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

Lifecare Alliance Eat Better, Feel Better!

Every third Thursday of the month 11:15 am

Classes are Free/No Registration Required

Tuesday, July 4 – Independence Day
All centers closed.

Visit the Martin Janis 50+ Center During the Ohio State Fair!

July 26-August 6

We will have daily entertainment, both inside and outside on our patio; good food, demonstrations and our wonderful craft vendors. Our Model Railroad, Lapidary and Stained Glass classrooms will all be open, and the lapidary, stained glass and woodshop will have items for sale on the main floor. Stop in for air-conditioned comfort and fun.

Joining us at the State Fair:

The Buckeye Singers and the Ballroom Express
Dancing Showcase

Saturday, July 29 2 pm

See Michael Rose, vocalist and Linda Jacobs' Ballroom Express!

Eric Garner, vocal artist

Saturday, July 29 Noon-1 pm

Stop by and welcome back up-and-coming young star Eric with his guitar to the State Fair.

Spelling Bee!

Saturday July 29 9 am-4 pm, Auditorium

The public is invited to watch the talented, young 3rd thru 6th graders in their annual spelling challenge!

Senior Day at the Fair!

Tuesday, August 1 8 am-7 pm

Our center is buzzing with excitement on Senior Day! We'll have special activities and fun all day long! Bring a canned good to donate to the Mid-Ohio Food Bank!

Other Senior Day Activities:

10:30 am - **Primrose Ringers**

11:30 am - **Ohio State Fair Choir**

Daylight Square Dancers

(Western Style Square, 2:30 – 3)

Buckeye Barbershop Quartet (time to be announced)

Sunburst Beauty Pageant

Saturday, August 5, 10 am – 4 pm

All day event!

We serve lunch from every day during the State Fair,
11:30 am– 3 pm.

Enjoy locally grown fruits and vegetables this summer! Locally grown food is full of flavor! When grown locally, the crops are picked at their peak ripeness in order to be shipped and distributed to your local retail store. The money that is spent with local farmers and growers all stays close to home and is reinvested with businesses and services in your community. For a list of local markets:

<http://dev.thinkcolumbusfirst.org/eat/farmers-markets-by-day-of-the-week/>

Greg's Health Corner

Healthy choices when eating Asian food can apply to other types of cuisine. According to *My Plate*: "Pick dishes that highlight veggies, like chicken and broccoli or a vegetable stir-fry." Be mindful of the type and amount of sauce used. Many foods can be steamed rather than fried. Steamed dumplings and rice are lower in saturated fat than the fried versions. Most restaurants are happy to accommodate your requests. Ask that your food be cooked with less oil or half the sauce. Sodium in soy sauce and calories from added sugars in duck and teriyaki sauces can add up quickly, so be mindful of how much you use. Unless you're an expert, eating with chopsticks can help you slow down and recognize when you're full so you don't overeat. Apply these ideas to your style of cooking.

Save the Date:

The Martin Janis Annual Health Fair!

Thursday, September 21 10 am – 4 pm

Good info and presentations!

Trips

Martin Janis

645-5954

Bowling at HPL Lanes

Thursday, July 13 10:30 am

Cost: \$5 for transport, \$1.50 per person per game, lunch on your own

We're going to head to the bowling alley for a few spirited rounds and then on to a local eatery for a satisfying meal!

Lunch and a Movie

Friday, July 21 10:30 am

Cost: \$5 for transport, movie admission \$5, lunch on your own

Please, join us for a summer movie at Stoneridge Theater to get away then on to a nice lunch.

Participants must present payment upon registration for all activities with fees.



Canasta

Mondays 1:30-3:30 pm; Free; Community Room

Bid Euchre (6, 7 or 8 handed can be played)

Everyone is welcome!

Tuesdays; 12:30-3 pm; Free; Community Room

Progressive Bridge

Thursdays; 12:30-3 pm; Free; Community Room

Progressive Regular Euchre: \$2 per person

Thursdays & Fridays; Noon-3 pm; Dance Room

(Have fun and win grocery prizes!)

Captain's Table

Mondays 11:30 am-1 pm \$5



Come join us on Mondays for the best lunch deal around. With the warmer months, we will alternate between a salad and baked potato bar. Bring your appetite and \$5; and we'll see you every Monday.

Contact the center with any questions.

Open Pickle Ball

Tuesdays & Thursdays

10 am-Noon

Beginner

12:30-2:30 pm

Intermediate/Advanced

Wednesdays

6:15-8 pm

All Levels

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. ***Contact Mike with any questions.***

International Folk Dancing

Mondays

7-8:45 pm

Free Park of Roses



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." Meet in the shelter house in the park.

Contact the center with any questions.

Whetstone 50+ Writers: Memory to Memoirs

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

Monthly Friday Potlucks

Friday, July 21 Noon

The senior council provides a meat dish.

No money will be taken from participants. EACH INDIVIDUAL MUST bring a dish sufficient to feed 10 people in order to participate in the potluck.

Please call the center in advance for your reservation, so we know how much food to prepare.

Classes

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including:

Wii Bowling Tuesdays 10:30am-Noon/ *Free*

(Everyone comes at this time.)

The Body Shop Workout Tues./Thurs. 3:45 pm, 4:45 pm & 5:45 pm and Sat 9:15 am/ *\$10 for 1 class pass, \$70 for 10 class pass, \$97.50 for 15 class pass, \$120 for 20 class pass, \$150 for 30 class pass*

Poetry & Prose Thursdays 1-3pm/ *Free*

Woodcarving Meets every 1st & 3rd Tuesday at 6 pm/ *Free/ Bring your own supplies.*

Wood Chippers Wednesdays 9 am-Noon/ *Free/ Bring your own supplies*

Open Walking- Gym M, T, Th, & F 8-9:15am/*Free*
Fearless Falling (Adult Safety Skills) Fridays 10:30-11:30am/ *\$30*

Gentle Yoga Wednesdays 10-11am or 7:15-8:15pm/*\$40 each*

See Center Class Schedule for complete class listing. **Schedules are available in hardcopy at the front counter** & can also be downloaded from either of our websites at www.columbusrecparks.com or www.whetstonepark.org. Most of our activities are available for registration online. Register online at: <https://apm.activecommunities.com/columbusrecparks>

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**Centers Closed Tuesday, July 4.
Happy Independence Day!**



Jazz & Rib Fest July 21-23
See page 1 for more information.

Attention: The Water Aerobics
classes will now be held at the
Aquatic Center.