

Martin Janis Community Senior Center



2019 Spring Session

Session: March 18-May 17, 2019 | Registration: March 11-March 15

Center Hours

SUN	Closed
MON	8:00 a.m.-4:45 p.m.
TUE	8:00 a.m.-8:45 p.m.
WED	8:00 a.m.-4:45 p.m.
THU	8:00 a.m.-8:30 p.m.
FRI	8:00 a.m.-4:45 p.m.
SAT	Closed

Location / Contact

Doreen Gosha,
Center Manager

600 East 11th Avenue
Columbus, Ohio 43211

(614) 645-5954



THE CITY OF
COLUMBUS
ANDREW J. GINTHER, MAYOR

RECREATION AND PARKS
DEPARTMENT

ColumbusRecParks.com

MONDAY

- 8:30-9:15 Yoga/Stretch Beginning
9:30-12:30 Wheel throwing Advanced *
1:30-4:30 Wheel throwing Advanced * ***(Must have taken a throwing class with D'Lyn before.)**
9-3:30 Stained Glass (\$15 two months) *Learn to make beautiful stain glass pieces.*
9-3:30 Wood Shop (\$15 per session. \$3 per day.)
12:30 Digital Photography Club *Take, view, talk and critique photos.*
12:30-1:30 Chair Volleyball (1st and 3rd Mondays.)

TUESDAY

- 9:30-12:30 Beginning Hand building with Clay
9-3:30 Wood Shop (\$15 Material fee or \$3 per day)
10:15-11:00 Silver Sneakers Classic *A low impact exercise routine to music, with weights, bands and balls.*
1:00 Coloring with Gena and Jack. *Join us for our adult coloring group.*
1-2 Aerobic Stretch *This class is set up to do personal training in the fitness room.*

WEDNESDAY

- 8:30-9:15 Yoga/Stretch Beginning
9-3:30 Wood Shop (\$15 Material fee or \$3 per day)
9-3:30 Stained Glass *Learn how to make beautiful stain glass pieces.*
9:30-1:30 Lapidary (\$2 per class) *The art of cutting and polishing stone.*
9:30-11:30 Crocheting for Cats (making fun projects for our friends to enjoy)
9-12 Painting and Drawing (\$15 Material fee)
10-2 Model Railroad \$25 Club Fee
10-11 Chair Fitness *This is a comprehensive workout routine 90% of which is performed in a chair.*
11-12 Hot Licks (drum group) *This group utilizes 5 gallon buckets and drum sticks.*
12:30-3:30 Drawing and Painting (\$15 Material fee)
12-2 Needlework Group
2:00-4:45 Empty Bowls 2019
2-2:30 Tai Chi *Join our group for meditation in motion.*
2:30- 4:30 Square Dance (Caller Fee) *Come join in for our weekly square dance fun. Beginners welcome.*

THURSDAY

- 9-3:30 Wood Shop (\$15 Material fee or \$3 per day)
9:30-12:30 Clay Combo Hand building/Wheel throwing (for the person who would like to try both) \$15
10:15-11:00 Silver Sneakers Classic
10-2 Lapidary (\$2 per class) *The art of cutting and polishing stone.*
1:30-4:45 Open Studio for Ceramic Students enrolled at Martin Janis
1-2 Aerobic Stretch *This class is set up to do personal training in the fitness room.*
3-8:30 Model RR \$25 Club Fee
3:30-8:30 Stained Glass *Learn how to make beautiful stain glass pieces. \$15*
6-8:30 Lapidary (\$2 per class) *The art of cutting and polishing stone.*

FRIDAY

- 9-3:30 Stained Glass (call ahead) *Learn how to make beautiful stain glass pieces. \$15*
9-2 Lapidary (\$2 per class) *The art of cutting and polishing stone.*
9-3:30 Wood Shop (\$15 Material fee or \$3 per day)
9:30 Painting Studio **(Studio is free for paid Wednesday Painting and Drawing students.) \$15**
10-11 Chair Fitness *This is a comprehensive workout routine 90% of which is performed in a chair.*
10:30-11:00 Italian I Beginning
1:00-12:30 Italian II (Students with previous experience in Martin Janis Italian)
1:00 Belly Dancing *A benefit of the mind, body & spirit. (Donations accepted.)*
1:00 Open Sew
2:00-4:45 Wheel Throwing Beginning