

**MARTIN JANIS 50+ CENTER**

**600 EAST 11<sup>TH</sup> AVE. 614- 645- 5954**

**\$15 Membership is required for participation in all Martin Janis Center Programs. Please register for all programs, classes and trips in person at the Martin Janis Center.**

Monday – 9-10 Yoga Stretch; 9-3:30 Stained Glass; 10:15-12:30 Wheel Thrown Ceramic; 11-12 Beginning Digital Photography; 1:30-4 Wheel Thrown Ceramics

Tuesday - 9-11 Slab Clay Construction; 9:15 Walking Club; 10-11 & 1-2 Aerobic Stretch; 11-12 Arthritis Exercise Program ; 1:30-3:30 Recycled Yard

Wednesday - 9-3:30 Stained Glass; 9:30-1:30 Lapidary; 9-12 Mixed Media Collage; 10-11 Chair Fitness; 11-12 Hot Licks Drumming; 12-2 Needle Working Group; 10-2 Model Railroad; 10:30-11:30 Amigurumi crochet/knitting; 12:30-3:30 Drawing and Painting; 2-3 Beginning Square Dance; 2-4 Empty Bowls Workshop; 2-2:30 Tai Chi; 3-4:45 Square Dance (Caller Fee)

Thursday – 9-10:45 Fall Hand Sewing Projects; 9:15 Walking Club ; 10-11 & 1-2 Aerobic Stretch; 11-12 Arthritis Exercise Program; 10-2 Lapidary; 11-12:30 Handmade Paper; 11-1 Sewing with Nancy; 3-8:30 Model RR; 3:30-8:30 Stained Glass;

Friday – 9-10 Yoga Stretch; 9:30-11:30 Painting (Studio Time); 10-11 Chair Fitness; 11-12 Beg. Italian; 12-2 Needle work Group

**We now accept Silver Sneakers memberships for all fitness activities.**

**CALL FOR MORE INFORMATION ABOUT CLASSES AND EVENTS.**

**[columbusrecparks.com](http://columbusrecparks.com)**