

Martin Janis Community Senior (50+) Center

600 E. 11th Ave. Columbus, OH 43211
(614) 645-5954

Center Manager: Doreen Gosha



2016 Fall (1) Program Session

Registration: Begins August 29, 2016

Session: September 6 - October 21, 2016

Hours of Operation:

Sunday - Closed

Monday - 8:00am to 5:00pm

Tuesday - 8:00am to 5:00pm

Wednesday - 8:00am to 5:00pm

Thursday - 8:00am to 8:30pm

Friday - 8:00am to 5:00pm

Saturday - Closed

Visit Us:

WWW.COLUMBUSRECPARKS.COM

Register for classes:

[APM.ACTIVECOMMUNITIES.COM/
COLUMBUSRECPARKS](http://APM.ACTIVECOMMUNITIES.COM/COLUMBUSRECPARKS)



THE CITY OF
COLUMBUS
ANDREW J. GINTHER, MAYOR

RECREATION AND PARKS
DEPARTMENT



This institute is an equal opportunity provider and employer.

MONDAY

- 9-3:30 Stained Glass (\$15 two months) *Learn how to make beautiful stain glass pieces.*
- 9-3:30 Wood Shop (\$15 per session. \$3 per day.)
- 9:30-12:30 Wheel Throwing (\$15 Material fee)
- 11:30-12:30 Digital Photography Club **(First Meeting /Discussion about fieldtrips Wed. Sept. 7th 10:30am)**
- 12:30-2:00 Beginning Piano *Learn basic piano skills.*
- 1:30-4:30 Wheel Throwing (\$15 Material fee)

TUESDAY

- 9:15-10:15 Beginning Yoga
- 9-3:30 Wood Shop (\$15 Material fee or \$3 per day)
- 10:15-11:00 Silver sneakers Classic *This class is a low impact exercise routine to music, with weights, bands and balls.*
- 10:30-12:30 Multi-media Sculpture/mobiles (\$15 Material fee .)
- 12- 1:30 Beginning Sewing with Nancy *Learn to make aprons, totes and more.*
- 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.*
- 1:00 Lampworking (\$45 material fee) *Learn how to make glass beads and beyond.*

WEDNESDAY

- 9:00-11:30 Wheel Throwing (\$15 Material fee.) (class limit 6)
- 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.*
- 9-12 Painting and Drawing (\$15 Material fee) *Join Dianne for painting or drawing in this class for beginners to DaVinci's.*
- 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.*
- 10:00-12:00 Wheel Throwing Studio (\$15)
- 11-12 Hot Licks (drum group) *This group class utilizes 5 gallon buckets and drum sticks to play different sounds and rhythms in a group setting.*
- 12:30-3:30 Drawing and Painting (\$15 Material fee) *Join Dianne for painting or drawing in this class for beginners to DaVinci's.*

WEDNESDAY (Cont.)

- 12:30-2:00 Beginning Piano *Learn basic piano skills.*
- 2-2:30 Tai Chi *Join our group for meditation in motion.*
- 2:30-4:30 Goodwill Clay
- 2:30- 4:30 Square Dance (Caller Fee) *Come join in for our weekly square dance fun. No experience necessary.*

THURSDAY

- 9:15-10:15 Beginning Yoga
- 9-3:30 Wood Shop (\$15 Material fee or \$3 per day)
- 10:15-11:00 Silver Sneakers Classic *This class is a low impact exercise routine to music, with weights, bands and balls.*
- 10-2 Lapidary (\$2 per class) *The art of cutting and polishing stone.*
- 10:30-12:30 Weekly Workshops.....new concept, different workshop every week unless project cannot be completed in one week. Class meets on first floor. Projects TBA though they will be creative and fun at a minimal cost if any. Workshops will be advertised in the newsletter, at the front desk and throughout the center at least two weeks ahead of time to generate interest. First workshop will be tie dye and materials will be provided.
- 1-2 Aerobic Stretch *This class is set up to do personal training in the fitness room.*
- 1:00 Lampworking (\$45 Material fee) *Learn how to make glass beads and beyond.*
- 1:30-4:45 OPEN Studio for students in MJ ceramic classes. (Must currently be enrolled in another clay class.)
- 3-8:30 Model RR \$25 Club Fee
- 3:30-8:30 Stained Glass *Learn how to make beautiful stain glass pieces.*
- 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.*
- 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)
- 9:15 30 min walk *Speak with Greg*
- 9:30 Painting Studio (\$15 Material fee) *Join us for this studio class with painters of all levels and mediums*
- 10-11 Chair Fitness *This is a comprehensive workout routine 90% of which is performed in a chair.*
- 11:00-12:30 Beginning Italiano
- 12-2 Needlework Group
- 1:00 Belly Dancing *A benefit of the mind, body & spirit.*
- 2:00-4:30 Hand building with Clay (\$15.Material fee.)

CLASSES SUBJECT TO CHANGE OR CANCELLATION DUE TO PARTICIPATION AND/OR INTEREST.



SPECIAL EVENTS AND PROGRAMS

Classes and events subject to change without notice.