

Martin Janis Community Senior (50+) Center

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

Center Manager: Doreen Gosha



2016 Fall (2) Program Session

Registration: Begins October 24, 2016
Session: October 31 - December 16, 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.
- 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 Take, view, talk and critique photos.
- 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 - personal training in the fitness room.
- 1:00 Lampworking (\$45 material fee) Learn how to make glass beads.

WEDNESDAY

- 9:30-11:30 Workshop Wednesday 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.
- 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 class for beginners to DaVinci's.
- 10-2 Model Railroad \$25 Club Fee

WEDNESDAY (Cont.)

- 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 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.
- 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 Wheel Throwing (\$15 Material Fee)
- 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. (Donations accepted.)*
- 2:00-4:30 Hand building with Clay (\$15.Material fee.)
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HOLIDAY BAZAAR

NOV. 10TH & 11TH 10AM—4PM

THANKSGIVING POTLUCK

NOV. 16TH 11:30

HOLIDAY CONCERT / POTLUCK

DEC. 14TH 12—3:30

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