

# Martin Janis Community Senior (50+) Center

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600 E. 11th Ave. Columbus, OH 43211  
(614) 645-5954  
Center Manager: Doreen Gosha



**2016 Spring Program Session**  
Registration: Begins March 14, 2016  
Session: March 21 - May 27, 2016

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## 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

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[WWW.COLUMBUSRECPARKS.COM](http://WWW.COLUMBUSRECPARKS.COM)

*Register for classes:*

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



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 month. \$3 per day.)
- 10:15-12:30 Wheel Throwing \$15 *Learn to create both functional and decorative pottery pieces using a potter's wheel.*
- 11:30-12:30 Digital Photography *Learn basic functions/modes on your camera and how to take better pictures.*
- 12:30-2:00 Beginning Piano *Learn basic piano skills.*
- 1:30-4:00 Wheel Throwing \$15 *Learn to create both functional and decorative pottery pieces using a potter's wheel.*

## **TUESDAY**

- 9:00 –9:30 Flat Ladders *New fitness class improves co-ordination, agility and balance.*
- 9:45-11:30 Mobiles and moving art *Create beautiful hanging art out of wire and mixed media.*
- 9:15—9:45 30 min walk *Speak with Greg*
- 9-3:30 Wood Shop (\$15 month. \$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.*
- 11:45-12:25 YOGA *Slow gentle stretching to energize your day.*
- 12– 1:30 Beginning Sewing with Nancy *Learn to make aprons, totes and more.*
- 1-2 Aerobic Stretch *This class is set up to do personal training in the fitness room.*
- 1:30 Lampworking \$45 *Learn how to make glass beads and beyond.*

## **WEDNESDAY**

- 9-3:30 Wood Shop (\$15 month. \$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 *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.*
- 10:15-11:45 Empty Bowls Workshop *All bowls created in this class will be Donated to the Empty Bowl Project which benefits the Mid Ohio Food Bank.*
- 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 *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 Square Dance (Caller Fee) *Come join in for our weekly square dance fun. No experience necessary.*

## **THURSDAY**

- 9:00 Flat Ladders *New fitness class improves co-ordination, agility and balance.*
- 9-3:30 Wood Shop (\$15 month. \$3 per day.)
- 9:30-11:30 Unique Surface Design on Clay *Take your clay pieces one step further with creative surface designs.*
- 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.*
- 1-2 Aerobic Stretch *This class is set up to do personal training in the fitness room.*
- 1:00 Lampworking \$45 *Learn how to make glass beads and beyond.*
- 1:30-4:30 UFO *Open studio for "Un-finished Objects" in clay.*
- 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 month. \$3 per day.)
- 9:15 30 min walk *Speak with Greg*
- 9:30 Painting Studio \$15 *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.*
- 11-12 Italian *Learn basic conversational Italian and have fun doing it.*
- 12-2 Needlework Group
- 1:30-3:30 Hand Building (\$15) *Basic clay class using your hands, and other methods.*
- 1:00 Belly Dancing *A benefit of the mind, body & spirit.*



## **SPECIAL EVENTS AND PROGRAMS**

**MARCH 23RD—EGG HUNT AND LUNCH 11:30—???.**

**APRIL 8TH ANTIQUE APPRAISALS 10-3 \$4 PER ITEM.**

**APRIL 8TH BIRTHDAY PARTY BASH W/CAKE AND ICE CREAM.**

**MAY 11TH—21ST CREATIVE ARTS EVENT.**

**Check CAE Daily Schedule for details.**

**FITNESS CENTER OPEN DAILY FROM 8-5 \$10 PER Session. \$40 per year.**

**AARP FREE TAX SERVICE CONTINUES UNTIL APRIL 18TH.**

**\*Classes and events subject to change without notice.\***