

50+ Recreation

August 2016

Our mission is to enrich the lives of our citizens.

ISSUE 8

www.ColumbusRecParks.com

Macy's Shop for a Cause



Find the Magic of Giving Back Friday, August 26-Sunday, August 28

Since 2006, Macy's Shop For A Cause Event has partnered with non-profit organizations nationwide to raise more than \$50 million for their ongoing charitable efforts. This is your chance to be part of this monumental weekend long event.

Shop For A Cause gives you the opportunity to give back to your community and to help your organization. Purchase a \$5 Shopping Pass* for exclusive savings in every Macy's store on Friday, August 26-Sunday, August 28, and we keep 100% of the proceeds, plus you can enter to win a \$500 Macy's Gift Card.

Find the magic of giving back, as Macy's celebrates a national day of support for our community.

*Some exclusions and restrictions apply. For more information and to purchase a pass contact: Dodge, Gillie, Marion Franklin or Martin Janis.

50+ Water Exercise



Summer is winding down. The last outdoor water aerobics classes will be the week of August 8-11. Check the September newsletter to find out when indoor aerobics will begin.

Summer Water Aerobics

Dodge *Monday and Wednesday*
Marion Franklin *Tuesday and Thursday*
 All the fun begins at 10 am.

August 2016

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Newsletter Editor: Wendy Frantz

645-7427

Dance

Gillie Dance

Line Dance	<i>Beginners</i>	<i>Tuesdays</i>	<i>1 pm</i>
	<i>Advanced</i>	<i>Tuesdays</i>	<i>2 pm</i>
	<i>Intermediates</i>	<i>Fridays</i>	<i>10:30 am</i>
Move & Groove		<i>Mondays</i>	<i>7:30 pm</i>
Tap Dance:			
	<i>Advanced</i>	<i>Wednesdays</i>	<i>10 am</i>
	<i>Beginning</i>	<i>Wednesdays</i>	<i>10:50 am</i>
Ballet Class		<i>Wednesdays</i>	<i>5 pm</i>

Gillie Wednesday Evening Dance Information

6:30 – 9 pm Admission: \$5

Come early for line a line dance session: 6-6:30 pm. The DJ begins spinning a variety of dance music at 6:30. Refreshments will be served, dancing until 9 pm.

Weekly Themes:

<i>August 3</i>	<i>Birthdays & Anniversaries</i>
<i>August 10</i>	<i>Ice Cream Social</i>
<i>August 17</i>	<i>Urban Cowboy</i>
<i>August 24</i>	<i>Dog Days of Summer</i> <i>(Bring a picture of your pet)</i>
<i>August 31</i>	<i>No Dance</i>

Marion Franklin

Line Dance

<i>Mondays, Wednesdays and Fridays</i>	<i>10-11 am</i>
<i>Beginners Wednesdays</i>	<i>11:15 am</i>
<i>Men's Tuesdays and Thursdays</i>	<i>1 pm</i>

Line Dance Workout Tuesday and Thursday 10 am

Evening Line Dance

Beginners Tuesdays and Thursdays 5:30-6:30 pm
\$20 per person, per session

Golden Hobby Shop

630 S. Third St. in German Village
Columbus, Ohio 43206
Phone 614-645-8329

Shop Hours of Operation: Tuesday- Saturday
10 am – 5 pm
Free parking

Golden Hobby Gift Shop will be at the Ohio State Fair, Martin Janis Center at the 11th Avenue Gate, daily 9am – 5pm. We'll have many souvenir and gift items for sale so stop and see us. Also, you'll find good entertainment at Martin Janis - be sure to check the schedule!

Golden Hobby Gift has a dozen new consignors who bring ever more creativity to the shop. If you haven't been in for a while, you'll be very pleasantly surprised at the changes we're making.

Red Hat Activities

Gillie's Fillies *Mark your Calendars!*

Lunch at Brewery District Kroger

Monday, August 15 Meet at Gillie 11 am
Van transportation \$5

Olivedale Senior Center, Lancaster

Friday, September 16 Meet at Gillie 11 am
Van transportation \$5

Trips

Dodge **645-3176**

Senior Day at The Ohio State Fair

Tuesday, August 2 9:30 am

Cost \$7 (\$4 for gate admission/ \$3 transportation)

See all that Ohio has to offer: exhibits, rides, games and, of course, all that is fried and wonderful! Stop by the Dairy Barn to check out the butter cow, as well as all of the arts, crafts and vendors. **At noon, we will see "That Mancini Magic!" - a tribute to the music of Henry Mancini at the Celeste Center.**

Friday on the Town - Tanger Outlets in Sunbury

Friday, August 19 10 am

Cost \$5 transportation and money for lunch

Just a short trip north of Polaris, we will get lunch and check out the new Tanger Outlet. Get ready to shop and walk that day, maybe even get an early, early jump start on your holiday shopping!

Gillie **645-3106**

Trip Policy: Persons registering for **van/mini bus trips** need to be **current** members of The Columbus Recreation & Parks Department 50+ Programs. **Charter bus trips are open to adult non-members. All refund questions will be handled by the staff person in charge of the trip.**

Mystery Trip

Friday, August 12 9:30 am Cost \$15
Lunch on your own. Registration begins August 5.

Lunch with the President

Tuesday, August 23 Cost \$155

Tour Stan Hywet Hall and Gardens, home to F.A. Seiberling, co-founder of the Goodyear Tire & Rubber Company. The estate includes five historic buildings and eight gardens on 70 acres. The collections and furnishings in the Manor House are all original. We will then enjoy lunch with President Lincoln and his wife Mary Todd Lincoln in Hudson, OH and on our way home we'll stop for an ice cream cone. **Register right now!**

Gillie trips continued on page 3.

Trips

Gillie (continued) **645-3106**

Gillie Graveyard Tours #4

Mound Cemetery & Flat Top Mound – Marietta
Wednesday, August 24 8 am- 6 pm Cost \$20
The journey continues as we explore an early Pioneer and Native American graveyard in our quest to understand the world beyond the grave. Bring a snack and water for the ride. Lunch on our own at Tonya's Country Kitchen. **Registration begins August 10.**

Broadway Babies

“Upside down Broadway”

Friday, August 26 leave 3:30 pm Cost \$26
Join us for a night of fun when Broadway show songs made famous by men are sung by women and songs made famous by women will be sung by men. Dinner will be on your own.

Registration begins on Friday, August 5.

La Comedia: “Million Dollar Quartet”

Thursday, September 8 8:30 am-5 pm Cost \$50
Tony award winning Broadway musical inspired by the true story of the famed recording session that brought together rock ‘n’ roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. The legendary night is brought to life with a tale of broken promises, secrets, betrayal and the classic music that made these men so famous. **Registration begins Thursday, August 25.**

Downton Abby in Cincinnati

Friday, September 9 leave 9:30 am Cost \$42
Are you a Downton Abby fan? We will tour an exhibit of costumes from the famous series of Downton Abby at the historical Taft Museum. Lunch will be on you. We will also visit the Contemporary Arts Center with some shopping stops on the way home. **Registration begins Friday, August 19.**

Marion Franklin **645-3612**

Please remember to hydrate yourself by drinking plenty of water the day/night prior to trips and bring water with you.

Ohio State Fair Senior Day

Tuesday, August 2 9 am Cost \$7
Cost covers transportation and admission to fair. All fairgoers are invited to enjoy a free performance of That Mancini Magic! paying tribute to the timeless music of Henry Mancini, featuring Mac Frampton, Cecil Welch and The Moon River Orchestra in the WCOL Celeste Center at Noon. Please register at the front desk.

Marion Franklin **645-3612**

Breakfast and Movie

Tuesday, August 16 8:30 am Cost \$5
Movie will be determined a week prior, based on showings and times. Must register at the front desk.

Bargain Shopping

Tuesday, August 31 9:30 am Cost \$5
Join us as we head out to local thrift stores and bargain outlets to catch deals legends are made of, and then we grab lunch before heading back to share news of our finds. Please register at the front desk.

New!!! Ark Encounter and Creation Museum

***Friday, September 16 (new date)**
Cost \$90



Departure time has not yet been determined. Cost covers chartered bus transportation (gratuities included), admission to both the Ark and Creation Museum. The Ark Encounter is a one-of-a-kind, historically themed attraction. In an entertaining, educational and immersive way, it presents a number of historical events centered on Noah's Ark as recorded in the Bible. As the largest timber-frame structure in the US, the 510-foot-long full-size Ark is designed to be family-oriented, historically authentic, and environmentally friendly. Additional phases will be added over the years. Please note the Ark and Creation Museum is located in Kentucky; the total trip time is expected to be less than 12 hours but not guaranteed.

Martin Janis **645-5954**

Dan Emmett Festival

Thursday, August 11 10 am
Cost: \$10 for transport, lunch on your own
The Dan Emmett Music & Arts Festival in downtown Mount Vernon, Ohio is full of music, food, arts, classic cars and more! Let's share a fun time with friends, view some interesting crafts, and eat some scrumptious fair food.



Lunch and a Movie

Thursday, August 18 10 am
Cost: \$5 for transport, movie admission (around \$5) and lunch on your own
Movie club assemble at Stoneridge Plaza!

Trips

Whetstone **645-3217**

Note: Any participant signing up for Whetstone trips must present payment at the time of registration.

ALL ARE WELCOME ON THIS TRIP!

Wednesday, August 10 9:30 am Free

Check your closets, drawers and cubbyholes to see what's missing because this will be the most epic junking trip you will ever go on. Whetstone Red Hat/Cruising Cougars will be going junking for "must have" treasures. Where we are at lunchtime, will determine where we will eat. ***Please let Mike know you will be attending.***

Mike's Taste of Italia & Hikes with Mike

Wednesday, August 24 9:30am Free

Hikes with Mike and Mike's Taste of Italia will be combined this month to go to the new Metro Park along the southern banks of the Scioto River. We'll have lunch at Lombardi's Pizza and Ice Cream.

Please call Mike to RSVP.

Café & Culture

Thursday, August 25 10:15 am Cost \$10

For August, we'll travel to Lancaster, OH to eat lunch at Ale House 1890. Check out the menu at this link: <http://alehouse1890.com/lunch>. Then we'll tour the Ohio Glass Museum, featuring the exhibit "The Picture of Health" the importance of glass products in the medical profession.

Please call Connie with any questions.

COAAA Central Ohio Area Agency on Aging
174 E. Long St., 43215 645-7250

Save the Date! November 2, 2016

Central Ohio Area Agency on Aging

In recognition of Alzheimer's Awareness Month

AND

National Family Caregiver's Month

The Central Ohio Area Agency on Aging invites you to our

1st Annual Caregiver Open House

Location: 3776 S. High St., Columbus OH 43207

Time: 4:30PM - 6:00PM

Caring for a loved one?

Come learn about new and existing programs that help older adults "age in place" and provide relief to caregivers.

Help us kick off our new monthly workshop!

"Conversations about Caregiving", ***starting November 16, 2016***

If you are new to caregiving or just have questions, this free workshop will provide information on resources, programs, and services.

Also new November 2016

COAAA will offer, in partnership with the Alzheimer's Association of Central Ohio, a monthly support group for caregivers. Find support and helpful suggestions in caring for a loved one with Alzheimer's Disease and related dementias.

For more information call: 614-645-7705 or 1-800-589-7277

FountainSide at Bicentennial Park

FOUNTAINSIDE PRESENTED BY [SUNNY 95](#)

Make a splash! Join us for *FountainSide presented by Sunny 95 (94.7 FM)* for a variety of **FREE children’s activities**. This delightful Columbus Recreation and Parks Department series offers water play and fountain fun at the 15,000 square-foot interactive fountain in Bicentennial Park on select **Wednesdays** throughout the summer from **11:30 a.m. to 1:30 p.m.** An array of themed activities, games, arts and crafts await—get ready to jump into summer with our favorite fountain frog, visit with barnyard friends, learn how to prepare healthy foods, and stay active all summer long. As always, [Sunny 95](#) will be on site to cool you off with free ice cream from the [Lazer Kraze](#) Treat Truck.

Grab a blanket and enjoy a picnic in the park! [Donatos](#) will be in the park with delicious pizza — buy a slice or an entire pie, and savor those *edge to edge toppings* all summer long.

Wednesday, August 3	Caring for Columbus
Wednesday, August 10	Go for Gold
Wednesday, August 17	Aloha to Summer

The Scioto Mile

OUTDOOR PERFORMANCES AT THE BICENTENNIAL PARK PERFORMING ARTS PAVILION – ACTIVITIES ARE FREE

FRIDAY AUGUST 5

RHYTHM ON THE RIVER PRESENTS JD EICHER AT 7:30 P.M.

Charming and contagious, JD Eicher and his band combine seasoned songwriting, swoon-worthy vocals and emphatic delivery to establish their own brand of subtle pop.

MOVIES ON THE MILE PRESENTS STAR WARS- THE FORCE AWAKENS AT DUSK

FRIDAY AUGUST 19

RHYTHM ON THE RIVER PRESENTS MARTY STUART & HIS FABULOUS SUPERLATIVES | JONALEE WHITE AT 7:30 PM

[Marty Stuart’s](#) music reflects the rich legacy of his Mississippi roots and the intersection of gospel, drinking and cheating ballads, and rock.

With the combination of a sultry country voice and mature writing styles, [Jonalee White](#) boasts an energy and passion for country music that will draw you in and bring you back for more.

FRIDAY AUGUST 26

RHYTHM ON THE RIVER PRESENTS BUCKWHEAT ZYDECO | NEW BASICS BRASS BAND AT 7:30 P.M

American musical legend Stanley “Buckwheat” Dural Jr.; along with his band [Buckwheat Zydeco](#), is the preeminent ambassador of Louisiana zydeco music.

More than 20 years ago tenderfoot college music students convened to try their hands at playing music that echoed America’s oldest sounds, yet stepped fast-footed with modern soul and urgency. Today the [New Basics Brass Band](#) is still in existence and is successful as ever.

FRIDAY SEPTEMBER 2

RHYTHM ON THE RIVER PRESENTS BALLETMET AT 8 P.M.

Join BalletMet for an evening of inspiration alfresco. This co-production with the Columbus Recreation and Parks Department will feature BalletMet dancers performing excerpts from the company’s 2016/17 season, including both classical and contemporary works.

Senior Council Meeting

Tuesday, August 9 1 pm

Walk with the Doc

Saturdays, August 13 & 27 8:30 am

Come and help Dodge keep the Walk with a Doc trophy this year. Bring your walking shoes and take some steps to be healthy!

Free Fresh Produce

1st and 3rd Thursdays of the month- August 4 & 18

Arrive early to sign up and receive a number! Produce will be distributed 3-6 pm (or until the produce runs out). Bring your own boxes, bags and carts to carry it home.

Dodge Chorus

August OFF! Check back after Labor Day. Join and sing your heart out. Dodge Chorus takes trips to sing at different Special Events at the Dodge or other centers, Holiday parties and more. Lend your vocal talents and join this great group.

Tai Chi with Michael



Is Moving! Date TBD check back for the start of Fall

Stay after chair volleyball and relax those muscles! A great way to build strength, flexibility, balance and helps relieve stress. Simple, low-impact fitness.

Summer Classes

Wii Bowling	Mondays	9-11 am
Recycle Art	Mondays	1:30-3:30 pm
Dodge Woodshop	Mondays	1 pm
Painting: Step by Step	Tuesdays	8:30-10:30 am
Quilting	Tuesdays	9 am
Pickleball	Tuesdays & Thursdays	9:30-10 am
50+ Sewing	Tuesdays	1:30-4:30 pm
Coloring Club	Tuesdays	3:30-4:30 pm
Crochet	Wednesdays	1-3 pm
	Mondays	
Walking Group	Wednesday	9-10 am
	Fridays	
Shuffleboard	Thursdays	10:15-10:55 am
Bingo	Thursdays	11-11:55 am
Chair Volleyball	Mondays & Thursdays	1-3 pm
50+ Alterations	Thursdays	1-4 pm
Ceramics	Fridays	12:00-3pm
Drawing	Fridays	1:30-3:30pm

And more...

Join the Dodge Service Circle

Wednesdays 9 am-1 pm

We break for lunch in the canteen around 11:30. If you have any sewing experience or none at all, we can use your help in making ditty-bags for walkers and wheelchairs for local senior establishments and the Veteran's Hospital.

*Volunteer Opportunities

*Are you interested in volunteering at Dodge? We are always looking for volunteers to help out with special events, especially with set up, serving food or clean up. Do you have a special talent or skill that you would like to share or teach a class? Would you like to perform at a special event? Please sign up at the front desk or contact **Holly at HMWetmore@columbus.gov**

50+ Gardening Club

*Do you have a green thumb? Do you love gardening?

If you would like to be in our 50+ Garden Club at Dodge, and help with the community garden Please

Contact Michael Dominguez

MMDominguez@columbus.gov

Interest for new Programs

Sign up at dodge to bring these programs here!

*COAAA is offering "A Matter of Balance"

This is an 8 week course which emphasizes practical strategies to reduce fear of falling. Setting realistic activity goals, changing your environment to reduce falls, exercising to increase strength and balance and viewing falls as controllable will all be covered in this program.

*COAAA Care Giver Workshop

This program helps you learn about short term assistance at home or Adult Day Care, assistance with medical equipment supplies and home modifications.

*Healthy U health workshop

This is a 6 week workshop to help people with diabetes, asthma, arthritis, heart disease and other chronic conditions.

*Dodge is trying to start an Indoor Cycling class!

If interested, sign up so we can get more indoor cycling bikes and have a class! Cycling classes help build core strength and endurance!

*La Comedia Million Dollar Quartet Music of

Johnny Cash, Elvis & Jerry Lee Lewis.

Thursday, September 8

Cost \$50

We need to have the payment one month in advance. Please have payment ready at registration.

NO classes or programming, August 29- 31; the Fitness Center and Billiard Room will be open. September 1 and 2: the Center will be CLOSED.

Giant Badminton Mondays 10 am

Same as the regular game except bigger and a lot more fun.

Senior Day at the Ohio State Fair

Tuesday, August 2 leave 9 am Cost \$8

Join us for a trip to the best state fair in the country. Cost includes ticket and transportation.

OSU Extension Service with Lisa Gibson

Friday, August 5 9:30 am

Veteran's Group

Friday, August 5 1 pm

Calling all American Veteran's from WWII, Korea, Vietnam, Iraq, and Afghanistan and beyond. We need your help to keep our ranks marching strong. Join us the first Friday of each month.

BINGO

Mondays, August 8 & 22 1 pm

Eat Better, Feel Better

Tuesday, August 9 11 am

Registered Dietitian Leonor Button from LifeCare Alliance presents: *Superfood Snacks*.

Alzheimer's Association

Tuesday, August 9

~Support Group 12:30 pm Everyone is invited.

~Private Consultations 1:30-4 pm

For yourself or a caregiver; by appointment (457-6003).

History Roundtable

Wednesday, August 10 1 pm

Basket Decorating Class

Thursday, August 11 1:15 pm Cost \$5

Join us and learn how to "spruce" up a plain basket and make it a wonderful gift basket or floral basket.

Sign up at the front desk.

Paper Craft Garage Sale

Saturday, August 13 10 am-2 pm

Are you a creative person who enjoys scrapbooking, card making or similar crafts? Then this is the sale for you. Dozens of vendors will be here to offer wonderful bargains on paper, stamps, punches and much more. So mark your calendars and join us. Food will be available for sale.

Ice Cream Social at Lunch

Tuesday, August 16



Join us a wonderful lunch and some great ice cream treats. You will even get a chance to have a little fun and make a sample of your own ice cream.

No tickets needed, regular lunches apply.

Senior Recreation Council Meeting

Wednesday, August 17 1 pm

Mammograms at Gillie

Thursday, August 18 appts. begin at 9:30 am

Call the Columbus Cancer Clinic at (614) 263-5006 and ask for a medical coordinator to schedule your appointment.

Columbus Speech & Hearing

Thursday, August 18 10 am -3:30 pm

To schedule an appointment, call 261-5452.

Gillie Volunteer Luncheon

"We Couldn't Do It Without You!!"

Thursday, August 18 11 am - 1 pm

If you have given at least 25 hours to the center over the past year, please RSVP by Monday, August 15 at the front desk for your spot at our Volunteer party. We will be celebrating as a thank you for your service.

Birthdays/Anniversaries Party

Thursday, August 25 12:30 pm

If you have a birthday in the month's May, June or July 2016 please celebrate with Gillie. Cake, games and prizes.

Jewelry Class

Thursday, August 25 1:15 pm Cost \$12

Check out the sample at the front desk and come to class to make beautiful jewelry together.

Register at the front desk.

Mark Your Calendar!

Gillie Talent Show

Friday, September 16 12:15 pm

Do have a talent that you would like to share? Sign up at the front desk and start practicing for your chance to show off. And on **Monday, September 19 at 6pm**, we will have our evening show so you can perform for your friends and family.

Life Line Screening, a leading provider of community-based preventive health screenings, is pleased to offer a preventive health event at Lazelle Woods Recreation Center on **8/13/2016**. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. **In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit www.lifelinescreening.com/community-partners.**

Pickle Ball	<i>Mondays</i>	<i>10 am-Noon and</i>	
	<i>Wednesdays</i>	<i>1-3 pm</i>	
	<i>Fridays</i>	<i>8:30-10 am</i>	
<i>\$5 for 2 months play</i>			
Monday			
Zumba Fit Fuzion		8:30-9:30am	\$28
Lunch Indoor Cycling		1-1:45pm	\$10
Tae Kwon Do Beginners		7-7:30pm	\$35
Tuesday			
Aiki Ju Jitsu		6:30-8:30pm	\$35
Wednesday			
Lunch Indoor Cycling		1-1:45pm	\$10
Yoga		6:30-7:30pm	\$30
Thursday			
Zumba Fit Fuzion		9:30-10:30am	\$28
Fundamentals of Watercolor		6-8pm	\$50
Friday			
Pottery / Ceramics		Noon-2pm	\$35
Lunch Indoor Cycling		1-1:45pm	\$10
		8:30-9:30am	\$24

Check with center or website for complete listing of classes.

Walk with a Doc

Take steps to a healthier you with Walk with a Doc. Take an hour-long walk led by a Mount Carmel Health Physician. Walkers can come and walk for as little or as long as they like and all can enjoy coffee, water, a healthy snack and walking incentives at each walk.

Walks are held inside during bad weather.



2016 Walking Dates
8:30 - 9:30 am

Indian Mound & Woodward Park

Aug 6, 20
Sept 3, 17
Oct 1, 15
Nov 5

Far East & Dodge

Aug 13, 27
Sept 10, 24
Oct 8, 22
Nov 12

The Center will be closed: August 22-26 & September 5 (Labor Day)
Fall 1 Session Registration: August 29 – September 2 (No Activities or Classes)
Fall 1 Session: September 6- October 21

August is Cataract Awareness Month

In honor of "Cataract Awareness Month," taking place in August, EyeCare America encourages people to call the EyeCare America Seniors EyeCare Program. This year-round program offers eye exams and care to seniors who are without an ophthalmologist (a medical eye doctor). To see if you, a loved one or a friend, 65 and older, is eligible to receive a referral for an eye exam and care, call 1-800-222-EYES (3937). The EyeCare America help line operates all day, every day, year-round.

***A Special thank-you to all the Men of Marion Franklin 50+ that helped make the Men's Health Awareness Month a success.**

Marion Franklin Dining Center

Lunch: Tuesday-Thursday 11 am-1 pm
LifeCare Alliance...Nourishing the Human Spirit
For those aged 60+, lunch is provided for a suggested contribution of \$1.50. Additionally transportation is provided for a roundtrip contribution of \$1.25. To reserve lunch or transportation, call 614-278-3153.

Wellness & Reflexology

Reflexology is an alternative medicine involving application of pressure to the feet and hands with specific thumb, finger and hand techniques without the use of oil or lotion.

Certified Reflexologist Jamia Shepherd will be available once a month for anyone interested in relaxation at its best. For more information contact: Bobbie Smith 614-330-1056.

LifeCare Alliance – New Dietician

Eat Better, Feel Better! Class
Every third Thursday of the month 11:15 am
Classes are Free/No Registration Required
Come out and meet our new dietitian, Jared Klaus who is a 2014 graduate from Ohio State. Jared passed his Registered Board Exam in 2016 and is looking forward to working with the members of Marion Franklin.

BINGO Every 1st and 3rd Tuesday 1-3 pm

Pokeno Every Wednesday 1-3 pm

Senior Council News

Shop for a Cause @ Macy's
August 26-28

Find the magic of giving back to your community. Purchase a \$5 Shopping Pass for exclusive savings in every Macy's store. Passes can be purchased at Marion Franklin, Gillie, Martin Janis or Dodge.

Book Club Discussion & Social

Every 2nd Wednesday – August 10 1-3 pm

Book: A Sinful Calling

Author: Kimberla Lawson Roby

Dates and Times are subject to change; please call the center if you plan to attend.

Classic 8 Ball Tournament

Thursday, August 18

3 pm

Entry Fee \$1

Double elimination, call shot, no ball in hand. Winner gets name and photo on wall. Hot dogs and punch included in entry fee. Please register at the front desk.



Underground Railroad

Meets 1st & 3rd Monday of the month at 2:30 pm.

Tai Chi

Advanced Classes **Monday/Wednesday 11 am-Noon**
Beginners' Class **Wednesdays 12:30 pm**
Certified Instructor Darryl Green, who is the Grand Master of Children of the Sun and A.S.P. Martial Arts Academy. For more information, contact Darryl @ 614-625-8677 or greendarryl61@gmail.com.

Tennis

Monday, Wednesday & Friday 8:30 am

Weather permitting. Meet at courts.

Nurse Barbara Parker, LifeCare Alliance Wellness Center; office 645-7173/voicemail 437-2927. Schedule an appointment to have your blood sugar checked and for information on how to manage your Diabetes.

Arthritis Foundation Exercise Program

Every Tuesday & Thursday 10 am

Free Hearing Services

Call Rachel at 261-5452 for more information or to schedule an appointment.



Martin Janis Annual Health Fair!

Thursday, August 25

10 am-4 pm

Join Gregg for his annual health fair! The summer is always a busy time at the

Martin Janis Center with the Ohio State Fair, picnics and festival trips on the schedule. This is also the time once again when we're gearing up for our 5th Annual Martin Janis Health Fair! This year promises to be very special with a multitude of diverse social service agencies and professional wellness companies presenting services and products to help you live a better quality of life. There will also be health presentations that will highlight fighting disease, health insurance options, home safety, and agencies that help with managing your finances and other functions at home for seniors and the handicapped. We also plan to offer senior friendly fitness demonstrations and a special heart-healthy lunch! We hope that you save **Thursday, August 25** to come to the Martin Janis 50+ Center for a day of wellness and health!

Silver Sneakers: There's A Good Chance You're Eligible

Did you know one out of five people 65 and older are eligible for this fitness benefit? If you're a group retiree or part of a Medicare health plan, you may already have a SilverSneakers membership. SilverSneakers allows you to get fit the way you want, at your convenience. With this innovative program you can use all of the basic amenities plus take SilverSneakers classes (**amenities and classes vary by location**). You can also have guidance and assistance from a Program Advisor™. Join and enjoy fun social activities with people like you!

Martin Janis Classes

Martin Janis will be closed for the full week after The Ohio State Fair, August 8 - 12. Classes will resume regular scheduling for the Fall Session. Martin Janis will have no evening classes on August 18 or 25.

Senior Day at the Fair!

Tuesday, August 2

Seniors ages 60 and up can enjoy reduced admission of just \$4.00 at any gate all day long. In addition, our center is always buzzing with excitement on Senior Day! We'll have special activities and fun all day long.

Martin Janis Senior Council

Next meeting: August 17



Coffee Club

Wednesdays 9 am

Coffee club will not meet August 3 or August 10. The club will resume meeting on Wednesday, August 17. Come join the conversation!

"Breakfast for Lunch"

Wednesday, August 17 11:30 am

Come in and enjoy the wonderful breakfast specials and quiche our talented kitchen staff serves once a month.

It is with a heavy heart that we note the passing of our dear friend and colleague Luciano Serraglio. He was a master craftsman in our Stained Glass group and he will be missed by all who knew him. Our hearts and prayers go out to his family and dear wife, Maria.

Gregg's Health Corner: Let's talk Protein- think about healthy protein basics. According to the USDA, you should "select a variety of protein foods to improve nutrient intake and health benefits, including at least 8 ounces of cooked seafood per week. Young children need less, depending on their age and calorie needs. The advice to consume seafood does not apply to vegetarians. Vegetarian options in the Protein Foods Group include beans and peas, processed soy products, and nuts and seeds. Meat and poultry choices should be lean or low-fat."



Save the Date:

Martin Janis Annual Casino Party!

Thursday, September 22

Noon-4:30 pm

Fee \$10 per person

Our Casino Party is one of the biggest events of the year so come on in this year and try your luck; enjoy our lunch buffet, prize auction and entertainment!



Participants must present payment upon registration for all activities with fees.



Canasta

Mondays 1:30-3:30 pm; Free; Community Room

Bid Euchre (6, 7 or 8 handed can be played)

Everyone is welcome!

Tuesdays; Noon-3 pm; Free; Community Room

Progressive Bridge

Thursdays; Noon-3 pm; Free; Community Room

Don't know how to play Bridge? Don't feel intimidated. Come to the Progressive Bridge Workshop every 3rd Thursday of the month.

This month's workshop is Thursday, August 18; 11 am-Noon; regular play begins after workshop.

Progressive Regular Euchre: \$2 per person

Thursdays & Fridays; Noon-3 pm; Dance Room
(Have fun and win grocery prizes!)

Captain's Table

Mondays 11:30 am-1 pm \$5



Come join us on Mondays for the best lunch deal around. The warmer months are here so we alternate between a potato and salad bar. Bring your appetite and \$5 and we'll see you every Monday.

Contact the center with any questions.

Open Pickle Ball \$20 for a one year pass

Mondays: 11 am-1 pm Beginner-Intermediate
1:30-3:30 pm Advanced

Fridays: 11 am-1 pm Beginner-Intermediate
1:30-3:30 pm Advanced

What is Pickle Ball? It's a popular game that looks like a cross between regular tennis and table tennis; and a fun way to get exercise. **Contact Mike with any questions.**

International Folk Dancing

Mondays 7-8:45 pm Free

NOTE- June 6-August 22 this class will be held outside in the Park of Roses and will only meet on the 1st & 3rd Mondays of the month.



Come and join The Whetstone Folk Dancers for International Folk Dancing! Learn about dances from different countries and you don't even need to bring a partner. It's "No fault folk dancing."

Contact the center with any questions.

Whetstone 50+ Writers: Memory to Memoirs

This group meets every 1st and 3rd Thursday of the month. **Contact the center with questions about meeting times.**

Monthly Friday Potlucks

Friday, August 19 Noon

Potlucks are on the 3rd Friday of every month. The senior council provides a meat dish.

No money will be taken from participants. EACH INDIVIDUAL MUST bring a dish sufficient to feed 10 people in order to participate in the potluck.

Please call the center in advance for your reservation, so we know how much food to prepare.

Classes

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including the following.

Full Body Conditioning with Char

Mondays, Wednesdays & Fridays 9:15-10:15am/
\$60 for 3 days a week; \$50 for 2 days;
choose 1 day for \$30

Wii Bowling Tuesdays 10:30am-Noon/ Free

(Everyone comes at this time.)

The Body Shop Workout Tues./Thurs. 3:45, 4:45 & 5:45 pm/ \$10 for 1 class pass, \$70 for 10 class pass, \$97.50 for 15 class pass, \$120 for 20 class pass, \$150 for 30 class pass

Poetry & Prose Thursdays 1-3pm/ Free

Woodcarving Meets every 1st & 3rd Tuesday at 6 pm/ Free/ Bring your own supplies.

Wood Chippers Wednesdays 9 am-Noon/ Free/

Bring your own supplies

Open Walking- Gym M, T, Th, & F 8-9:15am/Free

Fearless Falling (Adult Safety Skills) Fridays 10:30-11:30am/ \$30

Chair Yoga Wednesdays 11:15-11:45am/ \$25

Gentle Yoga Wednesdays 10-11am or 7:15-8:15pm/\$40 each

Walks with Jack Saturdays starting 10 am/ Free

See Center Class Schedule for complete class listing. **Schedules are available in hardcopy at the front counter** & can also be downloaded from either of our websites at www.columbusrecparks.com or www.whetstonepark.org. Most of our activities are available for registration online. Register online at: <https://apm.activecommunities.com/columbusrecparks>

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**Check with your center for end of
summer closings.**

Fall 1 Session Registration:
August 29 – September 2
Fall 1 Session:
September 6- October 21



**All centers will be closed
Monday, September 5.**