



50+ Recreation

February 2016

Our mission is to enrich the lives of our citizens.

ISSUE 2

www.ColumbusRecParks.com

AARP Tax Preparation

Taken from www.aarp.org:

“AARP Foundation Tax-Aide offers free tax preparation help to anyone and if you’re 50 and older, and can’t afford a tax preparation service, we were mad especially for you. We understand that retirement or other life changes may mean your taxes are a little more complicated now. With the help of our team of IRS-certified volunteers we make it easy for you.

AARP Foundation Tax-Aide has more than 5,000 locations in neighborhood libraries, malls, banks, community centers and senior centers. There’s no fee and sales pitch for other services and AARP membership is not required.”

Please visit www.aarp.org for a list of documents and other items you will need to bring for tax preparation.

List of CRPD Centers offering AARP tax preparation:

Dodge	645-3176	Thursdays & Fridays	9 am-4 pm	By appointment only
Gillie	645-3106	Wednesdays	9 am-3 pm	By appointment only
Marion Franklin	645-3612	Mondays & Wednesdays	9 am-4 pm	By appointment only
Martin Janis	645-5954	Mondays	9 am-4 pm	Walk-in only
Whetstone	645-3217	Tuesdays & Wednesdays	9 am-5 pm	Walk-in only

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**

The Hobby Shop reopens February 2.

Plenty of free parking on the east side of the building. 2016 merchandise intake starts 2/2 and all appointments are filled – loads of new, wonderful items will be available! The best selection of handmade greeting cards in town and at prices way below what you’d expect. Come and find unique gifts to go with the cards!

February 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>Monday</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>February 3</i>	<i>Angie's Red Party – Birthdays/ Anniversaries</i>
<i>February 10</i>	<i>No Dance</i>
<i>February 12</i>	<i>Valentine Dinner/Dance \$15</i>
<i>February 17</i>	<i>Presidents' Day Dance</i>
<i>February 24</i>	<i>Chinese New Year</i>

Marion Franklin

Line Dance

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

Men in Black Rehearsal

Tuesdays and Thursdays 2 pm

Line Dance Workout *Tuesday and Thursday* 10 am

Evening Line Dancing

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

Urban Ballroom Dancing

Tuesdays 7-8:30 pm \$25 per person, per session

Red Hat Activities

Dodge

Chintz Room and Cathedral Tour

Thursday, January 28 11 am Cost \$5

Movie Theatre

Thursday, February 18 10:30 am Cost \$5

Lunch and movie in Grove City.

Gillie's Fillies *Mark your Calendars!*

Lunch and Bingo at the Gillie Café

Monday, February 8 11:30 am

Bingo begins at 1 pm.

Trips

Dodge

645-3176

Van Fleet Theatre SRO's Production of Edward Albee's *Who's Afraid of Virginia Woolf*
Friday, February 5 9:30 Cost \$20

This classic portrays what happens when George and Martha, a middle – aged history professor and his wife return home after a faculty get-together. They are introduced to a young new teacher and his wife, Nick and Honey who Martha then invites to their home afterwards for drinks, unbeknownst to George. Drama then follows. Show begins at 10:30 am.

Tour of Thurber House and Breakfast

Tuesday, February 9 8:30 am

\$7.50 for tour and transportation

We will be having breakfast at Scramblers downtown and then we will go on a tour of Thurber House guided by their educational director Meg Brown at 11:00 am. The tour is about an hour, we will be back at Dodge by 12:30.

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. (See main page for full policy.)**

Gillie Lunch Bunch 11 am-3 pm Cost \$5

Join us as we visit good, tasty local restaurants and enjoy a little shopping getaway.

Mark your Calendars–All dates are on Wednesdays: February 17 and March 16. Registration begins two (2) weeks prior to each luncheon.

“SAMSON” Lancaster, PA.

Thursday-Friday, April 14-15, 2016

Join the fun with Gillie and Great Day Tours as we see the new musical “SAMSON,” at the Sight and Sound Theatre. Trip includes: **Day 1-** Motor Coach transportation, time to shop and browse at Kitchen Kettle Village and at the Outlets (over 90 stores) – there is no tax on clothes in Pennsylvania.

One night lodging in Lancaster and a family-style dinner. **Day 2-** Breakfast, then on to “Samson” at the Sight and Sound Theatre followed by lunch at Miller's Smorgasbord. Taxes, tips, baggage handling and driver gratuities included. (Coffee and lunch stops enroute and on return are on your own.)

\$326 (Double Occupancy) Register now!

Deadline to register is February 17.

Trips

Gillie (continued) 645-3106

**Ghosts, Glass Shows and Trains in West Virginia
Wednesday-Thursday, June 1-2**

Tour the *Trans Alleghany Lunatic Asylum*, formerly known as the Weston State Hospital, this West Virginia facility served as a sanctuary for the mentally ill in the mid-1800s. The history of the building holds fascinating stories of Civil War raids, a gold robbery and the “curative” effects of its beautiful architecture.

Take a ride aboard the **Cheat Mountain Salamander**, pulled by two diesel locomotives. You will enjoy lunch and a 45 mile trip through unspoiled mountain scenery and a stop at the inspirational High Falls of the Cheat. **West Virginia University’s Jackson Mill Farmstead for Lunch and a Tour.**

Enjoy a premier evening show at the **American Mountain Theater** where a cast of seasoned entertainers will keep your toes tapping and hands clapping through this show which features country, southern gospel, bluegrass, pop and patriotic music. And finally there will be a **Appalachian Glass Tour**, where you will meet owner Chip Turner and learn how glass blowing has been a large part of life in West Virginia. Each passenger receives a Glass Friendship Ball.

One night and breakfast at the hotel, taxes, tips, baggage handling and driver gratuities are included. (Coffee and lunch stops enroute and on return are on your own.)

\$398 per person (double occupancy)

Register now. The deadline is Friday, April 8.

Marion Franklin 645-3612

NEW...Lunch and Learn

Wednesday, February 3 9:30 am

\$10 includes transportation and admission

We will start out the day with a tour through the one of Columbus’ many historical sites. (Note: February site is TBD please call center for more details.) We will go out to lunch afterwards to discuss what we learned and plan our next adventure. This will be a monthly trip.

Bargain shopping

Wednesday, February 24 9:30 am Cost \$5

Join us as we head out to local thrift stores and bargain outlets to catch deals in which legends are made; and then we will grab lunch before heading back to share news of our finds.

Must register at the front desk.

Marion Franklin (continued) 645-3612

Breakfast and Movie

Tuesday, February 16 8:30 am

Cost \$5 (Transportation Only)

Enjoy a morning out to Lennex Towne Center. Breakfast at Bob Evans and movie TBD. For more information, contact Scott at 614-645-3612.

Martin Janis 645-5954

German Village-North Market Tour

Thursday, February 4 10 am

Cost: \$5 for transport, lunch on your own

This trip will take us to the quaint, unique shops in the Village and N. Market before heading to a local eatery for an afternoon lunch.

Mystery Trip

Thursday, February 18 10 am

Cost: \$5 for transport, lunch on your own

Everyone needs a little mystery in their lives. Who wants to take a chance?

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, February 10 10:15 am

Join us for lunch at Paul’s Pantry and afterward to see The Ohio Craft Museum Exhibit.

Please call Mike with any questions.

Mike’s Taste of Italia

Wednesday, February 17 10:45 am

This month it’s lunch and a movie. We’ll stay close to home and go to Villanova, then Carriage Place for a dollar matinee movie.

Please call Mike with any questions.

Café & Culture

Thursday, February 25 10:45 am

This month we’ll have lunch at the Old Mohawk in German Village. Then we’ll tour the Jubilee museum of Catholic artifacts. They have pieces even the Vatican would covet.

If weather is severe, you will be called notifying you that the trip is cancelled.

Please call Connie with any questions.

Being Mortal by Atul Gawande.

Being Mortal is a wonderfully written book filled with beautiful as well as heart wrenching stories of patients and family that Dr. Gawande has encountered dealing with end of life issues. This book is highly informative in addressing these issues for each one of us. The beauty of this book is that it opens up the opportunity for important conversations with your family as well as thinking about your own mortality.

For the number of different cultures in the world, there are probably the same number of ways that we approach the later years of life including dying and death. For many of us, it may be something we prefer not to discuss at all. It seems unnecessary when you are young or healthy, and it may feel all too real and painful when you or loved ones are elderly or facing a serious illness.

The fact is health care today has brought with it benefits and challenges as it has done much to prolong life. This is tremendous when cancer can be treated or the development of heart disease can be slowed. I am grateful for these options and have experienced the benefits with my own family and friends. I also consider, however, the choices we make when we are unsure of the benefits vs. the risks. I have had family and friends who experienced treatments for disease that at best prolonged their life for a short time; but those last days, weeks and months were painful for both the individual and the family.

How do we make decisions about how we want our last years of life to be? There are two types of situations that Dr. Gawande confronts in his book: individuals healthy but growing older and those with chronic illness.

- If you are relatively healthy but aren't able to live in your own home anymore, what would you want your living situation to be?
- In reality, would living with family work for the parent or the child? What are the logistics for taking care of an elderly parent? Is your home and lifestyle set up to allow for that?
- What are the priorities for you that make life worth living?

In *Being Mortal* we are introduced to one individual whose simple desire is to be able to eat ice cream and watch football. Another, who wants to live in a place where he can still make his own choices about how he chooses to live, these may seem like simple things, but often are not considered if the questions aren't asked.

If you are facing a serious disease condition, there are different decisions to be made. And those decisions will vary tremendously, depending on age, place in life, or spiritual beliefs.

- At what point is the treatment worth the risk?
- How many weeks/months/years will it prolong my life?
- What will be the challenges throughout the treatment? How will this affect the patient and the family?

Again, *Being Mortal* introduces us to families of both young and old who have had to make difficult decisions on when to forgo treatment to enjoy the last days, weeks or months of life to the best of their ability.

There are many questions to be asked and answered, some of which can be prepared for long before it becomes necessary. An advanced directive or living will may facilitate that process.

What is an Advanced Directive? An advanced directive allows you to put in writing what your wishes are for end of life care. This document will only be put into effect if you are unable (determined by two physicians) to make medical decisions for yourself. This is a good place to start - requiring you to think about it before you NEED to think about it. Why is it important to create an advanced directive? Your decisions about end of life care are important. But, also how it affects your family is important too. Will the decisions you make, or not make prior to the need for them going to make it easier or more painful for your family?

Dr. Gawande doesn't give us answers to these very hard questions. What he gives us are more questions. Wouldn't it be nice if there were a manual to follow when dealing with end of life issues? Sorry, it doesn't exist. Every situation, every individual, every family is different. And with each human being the results may vary. We certainly cannot predict the future, but I do hope that talking about these issues, planning ahead and being prepared for both you and your family can be worth the effort. I invite you to read this book. It will definitely make you think and I hope it makes you act in ways that feel right for you and your family.



You will not be expected to pay annual dues... but the newsletter will still be available to our 50+ participants.

You will need to complete a new Application at your center each January (Or whenever you first attend).

You will be asked on your 2016 Application which one of the 3 Newsletter Options you choose for the year.

We will also still keep a hard-copy of your application in our office so we can easily access any Emergency information or emergency contact information if it should become necessary.

- 1. You will be able to access the newsletter on our web site at www.columbusrecparcs.com each month.**
The benefit of choosing this option is that it will be available on-line as soon as it is sent in to our print shop, usually by the 20th of the prior month.
- 2. You will be able to choose to pick up a hard-copy version of the newsletter at your 50+ center office.**
This version is often available within the week after being sent to our print shop. This is a good option for those without a computer at home, or if you are in the center often.
- 3. You may choose to continue to be put on our mailing list to receive a hard-copy at your home thru the mail.** This is for those of you that do not have access to a computer, don't regularly go to the recreation center, or for any other number of reasons that might be applicable. Your choice.



We ask that all participants choose only one option for this year; and if you opt to access the newsletter on-line or thru the mail, then do not pick up a hard-copy at the center. We want to keep our print count as accurate as possible to reduce waste and to best serve you, our 50+ participant.

The thinking behind eliminating the 50+ membership fee is that there are "adult" programs offered at most all of our 30 recreation centers and adults that attend evening or Saturday programs at centers not classified as "50+ or Multi-generational centers" do not pay a "membership fee" to attend their center. The main difference at our 50+ and Multi-generational centers is that we have staff assigned to specifically or primarily provide programs for 50+ participants. We offer more special events, special interest groups, volunteer opportunities and trips along with our regular class programs geared towards adults age 50+.

All adults are welcome to register for and attend programs at all of our recreation sites.

All 50+ participants will now follow the same protocol of all other recreation center users:

- 1. You need to obtain or update your current Columbus Recreation and Parks Leisure Card at your local recreation center office.**
This is a photo I.D. card that you need to enter our department facilities, such as recreation centers and the indoor swim center. Most of our centers have scanners at their front counter for participants to "scan in" when they enter the building. This count gives us a base number of participants that use the center.
Be patient with us on this, as a few of our 50+ sites do not have the equipment yet to create the cards – however, we expect to get them up and running at all sites soon.
- 2. Our department tracks the number of participant we have registered for each class offered in our centers too.** Non-50+ program participants have been signing up on-line for their classes for a few years now for each session: Winter Session, Spring Session, Summer Session, Fall I and Fall II Session. Most of our 50+ and multi-generational 50+ programs run "year round" and you haven't had to register each session as they do at other sites. We are aware that there is a portion of our 50+ participants that don't have access to computers & in order to make it easy and consistent for all of the seniors we serve, we have had staff members enter their class list into the computer so we can track participation in each class offered. At this time, the plan is to continue with 50+ participants signing up in each classroom/program at the beginning of each session and the staff will continue to enter the information into the computer program.

We work hard to meet your needs and hope that the 2016 changes are to your liking.

We look forward to serving you at our centers and anticipate a healthy, fun and interesting year.

Senior Council Meeting

Tuesday, February 9 1 pm

Tax assistance will begin February 4.

Medicare Answers

Friday, February 12 10-11:30 am

Dan from Medical Mutual will be here to answer questions you may have about Medicare.

Valentine's Day Luncheon

Friday, February 12 11 am-1 pm Cost \$5

Michael Provenzano will be performing some favorite Frank Sinatra and Dean Martin songs. Dress festively, enjoy great music, eat some food and socialize.

Black History Month Potluck

Thursday, February 25 11 am-1 pm

We will be celebrating Black history month with a Potluck. **Bring a prepared family food dish or a favorite food** that has been passed down through your family to share. **Please sign up at the front desk and let us know the type of food you will be bringing.** Bring old family photos and memorabilia to share. You may also bring memorabilia from the past or the 1960's and the Civil Rights Movement. If you have newspaper articles or photos, artwork, music or magazines that celebrates black history and achievement, bring that too. Share your story!

We're back in February - Dodge Chorus

Tuesdays 1 pm

Would you like to sing? Do you enjoy performing at events? Join Dodge's Chorus as we are always looking for new members.

Beginning Computers Mon and Wed 10 am-Noon

Learn basic computer skills, email, Word and Excel.

Senior Fitness

Mondays 10-11 am & Tuesdays 11 am-Noon

Keep yourself moving!

Cardio Mondays 11 am-Noon

Kinta's Boot Camp

Tuesdays & Thursdays 7-8:30 pm

Tai Chi with Michael

Mondays 3-4:30 pm

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

Bingo Thursdays 11-11:55 am

Crochet Wednesdays 1-3 pm

Quilting Tuesdays 9 am

Pickle Ball Tuesdays 10-11 am

Walking Group Daily 8-9 am

Shuffleboard Thursdays 10:15-10:55 am

Weight Loss Group Wednesdays 3 pm

Chair Volleyball Mondays & Thursdays 1-3 pm

Dodge Handymen and Woodshop Mondays 1 pm

Zendoodle Drawing Thursdays 11 am-Noon

In this class, you can have any drawing ability. We will be drawing on small illustration board tiles starting with just a line, then adding dots, dashes, circles and triangles to build a beautiful pattern, let your mind relax and focus while simply doodling.

Painting Step by Step Tuesdays 2:30-4:30 pm

We will work on the same subject, going through a step by step process. Paintings will take a couple of class sessions to complete. Supply list will be available.

Intro to Acrylic Mondays 8:30-10:30 am

This will be learning basic Acrylic painting techniques, mixing, color and value. In this class, students will all paint the same subject working with simple forms and compositions. Supply list available.

Conversational Spanish Classes

Beginning Tuesdays 11 am-Noon

Advanced Tuesdays Noon-1 pm

Acting without Fear!

Wednesdays 1-2 pm

We will work on skits and perform at special events for Dodge; memorization of lines is not required. Act, socialize and have fun with some great people!

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.

50+ Sewing Tuesdays 1:30- 4:30 pm

50+ Alterations Thursdays 1-4 pm

Coloring Club for Grown Ups

Fridays 3:30-4:45 pm

This coloring trend is a great way to relax and be social! Bring a coloring book of your choice or we have coloring sheets here. We have colored pencils, crayons and markers or bring your own. Snacks are welcome.

Gillie will be **CLOSED** Monday, February 15 in honor of Presidents' Day.

Veteran's Group

Friday, February 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.

AARP Income Tax Assistance

Wednesdays Only, February 3-April 13

By appointment only, call 645-3106 or stop at the front desk to reserve your time.

OSU Extension Service with Lisa Gibson

Friday, February 5 9:30 am

BINGO

Mondays, February 8 & 22 1 pm

Alzheimer's Association

Tuesday, February 9

~Support Group 12:30 pm Everyone is invited.

~Private Consultations 1:30-4 pm

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

Eat Better, Feel Better

Tuesday, February 9 11 am

Registered Dietitian Leonor Button from LifeCare Alliance will present a program on how you can improve your health by improving your diet.

Fat Tuesday Brunch

Tuesday, February 9 11:30 am-12:30 pm

Join the Marti Gras party with wonderful food and great New Orleans Jazz with D. J. Steve Parker. **No tickets, regular lunch prices apply.**



History Roundtable

Wednesday, February 10 1 pm

Healthy U/Focus on Diabetes

Tuesdays, February 9, 16 & 23 1-3 pm

Are you diabetic or even pre-diabetic? Then this is a program for you. Learn how to live successfully with this chronic disease.

Register at the front desk if you are interested.

Senior Recreation Council Meeting

Wednesday, February 10 1 pm

Orthopedic Educational Seminar

Thursday, February 11 10:45 am

Are you scared of the thought of knee or hip replacement surgery? Dr. Lance Maynard, Orthopedic Surgeon with Stryker Orthopedics will be here to talk to you about the ins and outs of orthopedic surgery.

Register at the front desk if you would like to attend the seminar.

Valentine's Day Dinner Dance

Friday, February 12 5:30-9:30pm Cost \$15

Join Michael Rose for an evening full of fun, music, and dancing with one of Central Ohio's most dynamic entertainers. Dinner and a ballroom dance show are included. **Tickets are on sale now!**

Columbus Speech & Hearing

Thursday, February 18 10 am -3:30 pm

To schedule an appointment, call 261-5452.

Black History Program

Thursday, February 25 12:15 pm

What is "Soul Food?" Join us as we learn the history behind some of America's favorite foods.

You might even get a chance to taste a few examples.

Gillie Trip Policy:

Persons registering for **van/mini bus trips** need to be **current registered** members of the Columbus Recreation & Parks Department 50+ Senior Programs. Our **charter bus** trips are open to both members and adult non-members. If you must cancel your reservation please let us know as soon as possible, but please note this does not guarantee you will receive a refund.

Refund questions will be handled by the staff person in charge of the trip.

Bus Chartered Trips will be canceled 30 days before departure if we have not met our target number of reservations. This may also apply to some **van/mini bus trips** depending on the specifics of the trip. **All trips leave from the back of the center. Please be here 30 minutes before departure. Thank you**

★ Creative Arts Event – May 11 – 20, 2016 ★

Get your paint brushes, potter's wheel, knitting needles and all other art supplies ready for a week of fun, dancing, art performances and workshops. The theme this year will be "Birds, Blooms and Beasts." (Art work does not have to be theme related.) Artists can enter up to three (3) pieces of art work. Intake will be Wednesday and Thursday, April 27 & 28 at the Martin Janis Center.



Join Silver Sneakers at Lazelle. With insurance coverage, participation is free! Check with insurance

provider for details or call 645-5330.

Pickle Ball Mondays 10 am-Noon and Wednesday 1-3 pm \$5 for 2 months play

Monday

Lunch Indoor Cycling 1-1:45pm \$10 Mtls. Zumba w/ Lisa 6:45-7:45pm \$25 Tae Kwon Do Beginners 7-7:30pm \$35

Tuesday

Silver Sneakers Aerobics 9-9:45am Free for members, Non-members \$25 FitFuzion w/ Lisa 9:30-10:30am \$27 Adult Beg. Tap 10-11am \$20 Cardio Line Dance 11-11:45am \$20 Aiki Ju Jitsu 6:30-8:30pm \$35

Wednesday

Lunch Indoor Cycling 1-1:45pm \$10 Mtls. Yoga 6:30-7:30pm \$30

Thursday

Fit Fuzion 9:30-10:30am \$27 Fundamentals of Watercolor 6-9pm \$85

Friday

Zumba 9:30-10:15am \$27 Pottery / Ceramics Noon-2pm \$35 Lunch Indoor Cycling 1-1:45pm \$10 Mtls.

Saturday

Zumba 8:30-9:30am \$29

Check with center or website for complete listing of classes.

Creative Arts Event

May 11 - 20, 2016

Now is a great time to start thinking about this year's Creative Arts Event.

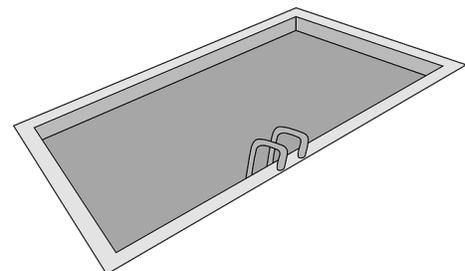
This year's theme is "Birds, Blooms and Beasts." However your art work does not have to be theme related.

Artists can enter up to three (3) pieces of art work. Intake will be Wednesday and Thursday, April 27 & 28 at the Martin Janis Center.

50+ Water Exercise

It may cold outside but the water is warm inside. Join us Mondays and Wednesdays for water aerobics. Doors open at 9:30 am, get in the water at 9:45am and exercise starts at 10 am. Wondering if class is cancelled because of the weather? Call 645-6122 for up-to-date conditions. If there isn't a special recording, we are open for business.

Join instructor, Alice Irwin at: The Columbus Aquatics Center 1160 Hunter Ave, 42301



Center Closed: Friday, February 15 in observance of Presidents' Day.

Marion Franklin Dining Center

Lunch: Tuesday-Thursday 11 am-1 pm

LifeCare Alliance...Nourishing the Human Spirit

**The Black Studies Group will have programs and activities throughout the month. Please check the bulletin board or call the center for events, dates and times.*

Volunteer Recognition Social (January '15 - December '15)

Friday, February 12 11:30 am -1 pm

Volunteer: Free Guest: \$7

Registration Deadline: Monday, February 5

Join us as we celebrate you: Our Marion Franklin Volunteers. Friday will be a special day for our special volunteers. If you are a registered volunteer and your hours have been charted for the year, you are invited to attend. Must register at the front desk.

Underground Railroad

Book of Negroes Documentary and Discussion

Monday, February 1 1-4 pm

All are welcome. Please register at the front desk.

Personal Safety Presentation Part II & Snacks

Friday, February 5 11:15 am

What Would You Do?

Barbara Parker the center nurse along with Lifecare Alliance Julie Harmon will discuss personal safety and explore what to do in certain unsafe situations. Snacks will be served and *registration is a must*. This is a great forum to get all your questions and answered.

“When We Were Kings” Documentary and Discussion with Muhammad Ali

Monday February 8 11:30 am

In recognition of *Black History Month*, please join us as we watch and discuss the documentary “**When We Were Kings.**” Ali is shown talking about his beliefs regarding Africans and African-Americans, speaking of the inherent dignity of the native Africans and his hopes for African-Americans in the future. *Winner of Academy Award for Best Documentary Feature. Snacks will be served. Please register at the front desk. Walk-ins welcome.

Indoor Produce Stand

Now-March 2016 9-11 am

Every 1st/3rd/5th Fridays; Every 2nd/4th Thursdays

AARP Tax Program – Tax Assistance will be available call the center for dates/times.

Book Club discussion

Every 2nd Wednesday 1-3 pm

All are welcome to attend. Dates and times are subject to change. Please call the center to register.

February 10

Book: X

Author: Sue Grafton



Pool Tourney

Wednesday, February 17 3 pm \$1 entry fee

Classic 8 ball double elimination, call shot, no ball in hand. Winner will receive name and photo on wall. Hot dogs and punch included in entry fee. Must register at the front desk.

Introduction to Genealogy: Getting Started

Friday, February 19 11:30 am Free

The Black Studies Group presents Getting Started, an introduction into the beginning stages of tracing your family history. *Gayle Wilson, Genealogist* will do a 2-hour interactive presentation. All are welcome. *Must register to attend.*

New Tablet/Smart Phone Workshop

Mondays 1-3 pm

If you received the wonderful gift of technology this holiday season, and you're having a hard time unlocking its potential, please bring in your device. We will go over the basics and help you learn more about options available.

Pickleball: Two inside courts

Mon/Wed/Fri 9-10 am

Tues/Thurs 12:30-3 pm

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

Pokeno Every Wednesday 1-3 pm

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.

Eat Better, Feel Better provided by LifeCare Alliance
Every third THURSDAY of the month
11 am-Noon Free/ no registration required

Free Hearing Services

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

Medical Mutual Rep. Daniel Rankin

Every 4th Wednesday in Feb/Mar/Apr 10 am- Noon

Martin Janis will be closed February 15 in recognition of Presidents' Day.



Tax Time!

Tax season is right around the corner! It's never too early to start thinking about taxes and getting them out of the way. Don't forget about the AARP free tax assistance program here at Martin Janis. Call us at 645-5954 for details.

Bingo/Birthday Party!

Thursday, February 18 Noon

Join the fun as we celebrate January and February birthdays with free cake and ice cream. Sponsored by Medical Mutual.

"Soul Food" Luncheon!

Wednesday, February 24 Noon

Come on in for some good home cooking and a slice of American culture. We'll be offering up a great menu of "soul specialties" that you are sure to enjoy. Norman Jones will be our guest speaker for the luncheon.

Martin Janis Art Show!

Opens February 25 (thru March 8)

Join us for the first annual "Martin Janis Artist Only" exhibit and show. Reception and light refreshments at 1 pm. Contact Mike or D'Lyn for information, 645-5954.

Martin Janis Senior Council

Wednesday, February 17 10 am



Coffee Club

Wednesdays 9 am

Come join the engaging conversation, new friends always welcome!

"Breakfast for Lunch"

Wednesday, February 10 11:30 am

Come in and enjoy the wonderful breakfast specials our talented kitchen staff serves every month. Everybody loves their homemade quiche!

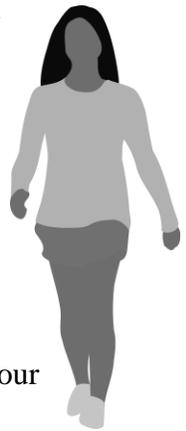
Lunch served *Monday-Friday; 11:30 am-1 pm*

Colored Clay Class

There's more to clay than just white and red! Don't like to use a paint brush, have NO Idea how a glaze will come out, and want to make intricate designs on your clay? Or, just interested in learning something new? Learn how to decorate your ceramic projects with clay that's already colored. First, we'll make the colored clay using stains and powdered clay. Then we'll learn how to use that clay to create canes, marbled effects, and sciffito. D'Lyn will be offering a colored clay class winter session, check out our schedule for more info.

Gregg's Health Corner:

Because the cold weather has a tendency to keep us indoors, it's important to keep moving to help our immune system stay strong, burn off excess sugar in the blood, work our heart muscle and burn calories. If you haven't been active for a while, build up slowly. Do at least two and a half hours of moderate physical activity a week (i.e. walking, biking, dancing or skating. Do strength activities twice a week (i.e., lifting weights, pushups on your toes, knees or against the wall, and sit ups). Increase your activity throughout the day by taking the stairs when possible, take a lunch time walk, or park the car further from your destination to get in a brisk walk. Finally, find an activity buddy, choose activities you enjoy, and have fun! And don't forget to join up with Gregg's fitness club; call center for details.



Creative Arts Event

May 11 – 21, 2016

Calling All Artists! The Creative Arts Event is just around the corner. The theme for the 2016 event is: "Birds, Blooms and Beasts!" Now is the time to start thinking about your project; let your creativity take flight and bloom. For more information, contact Mike Phillips at the Janis Center at 645-5954 or Linda Jacobs at Gillie, at 645-3106.

Whetstone will be closed Monday, February 15.

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, February 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. It's soup season for Captain's Table! 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
1-3 pm Advanced**

Tuesdays: 11 am-1 pm Beginner-Intermediate

**Fridays: 12:30-2:30 pm Beginner-Intermediate
2:30-4:30 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. It's set up in the gym and there will be enthusiastic 50+ members there to teach you how to play. **Contact Rick or Mike with any questions.**

International Folk Dancing

Mondays 7-8:45 pm Free

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, February 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/ \$50 for all three days, choose 2 days for \$40, choose 1 day for \$25

Wii Bowling Tuesdays 10am-Noon/ Free

(Contact Mike for your time to bowl)

The Body Shop Workout Tues. /Thurs. 4, 5 & 6pm and Sat 9:15am / \$10 for 1 class pass, \$70 for 10 class pass, \$120 for 20 class pass, \$150 for 30 class pass

Poetry & Prose Thursdays 1-3pm/ Free

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

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.columbusrecparcs.com or

www.whetstonepark.org. Most of our activities are

available for registration online. Register online at:

<https://apm.activecommunities.com/columbusrecparcs>

COLUMBUS RECREATION AND PARKS DEPT
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COLUMBUS, OH 43205

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Information on your 50+ membership. See page 5.



All centers will be closed:

**Monday,
February 15
For Presidents' Day**