



50+ Recreation

March 2016

Our mission is to enrich the lives of our citizens.

ISSUE 3

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**

Plenty of free parking on the east side of the building. 2016 merchandise – 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!

March 2016

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Newsletter Editor: Wendy Frantz

645-7427

Dance

Gillie Dance

Line Dance *Beginners* Tuesdays 1 pm
Advanced Tuesdays 2 pm
Intermediates Fridays 10:30 am

Move & Groove Monday 7:30 pm

Tap Dance:

Advanced Wednesdays 10 am

Beginning Wednesdays 10:50 am

Ballet Class Wednesdays 5 pm

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:

March 2 Birthdays/ Anniversaries

March 9 Rock-n-Roll Elvis Night

March 16 Wearing of Green

March 23 Easter Parade

March 30 Spring Fling

Marion Franklin

Line Dance

Mondays, Wednesdays and Fridays 10-11 am

Beginners Wednesdays 11:15 am

Men's Tuesdays and Thursdays 1 pm

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

Schmidt's and German Village Shopping

Thursday, March 10 10:45 am Cost \$5

Join us for lunch at Schmidt's Restaurant and Sausage Haus, shopping in the local boutiques, candy shops then a stop at the Golden Hobby Shop.

Gillie's Fillies Mark your Calendars!

Tee Jay's Country Place

Tuesday, March 15 11:30 am

Corner of Morse Rd. and High St.

Trips

Dodge

645-3176

Lunch and the Billy Ireland Cartoon Museum at Ohio State University

Friday, March 11 10:45 am Cost \$5

We will grab a bite to eat and then to OSU's campus to see the Cartoon Museum, where a docent will give us a tour at 1 pm, and talk to us a little about cartoon history and some very famous Comic strips, like Calvin and Hobbes, Charlie Brown, Family Circus, and some other vintage comics as well. **There will be some walking involved** on this trip, as the museum isn't too big, but it is in Sullivant Hall near High Street, but no front door drop off area, some steps, but there is an elevator. We will be stopping for ice cream afterwards of course, because cartoons and ice cream just go together! (Actually, come to think of it, ice cream goes together with everything.)

Friday on the Town;

Jeffersonville Outlets

Friday, March 18

9 am Cost \$5

We will be heading to the outlet malls to grab a bite, do some shopping or just window shop; it's up to you. You may find the perfect gift, Easter bonnet, spring suit or dress!



*Just a reminder that we will be going to see "Fiddler on the Roof" at Otterbein University on April 13 at 10 am. Tickets are \$15 and please register by April 1st. Payment is due at registration.

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.

Gillie Lunch Bunch

Wednesday, March 16 11 am-3 pm Cost \$5

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

Registration begins March 2.



Trips

Gillie (continued) **645-3106**

**Graveyard Tours 2016
Greenlawn and Franklinton Cemeteries**
Wednesday, April 20 *Cost \$10*
Travel around our great state to examine the big, little, less known and downright forgotten cemeteries in an attempt to understand the markers, stones, odd epitaphs, haunted sites and unusual places people spend in eternity. We will start the season with a look at Greenlawn and Franklinton Cemetery. Lunch will be on our own at Tommy's Diner. **Registration begins April 6.**

Ghosts, Glass Shows and Trains in West Virginia
Wednesday-Thursday, June 1-2
\$398 per person (double occupancy)

Register now. The deadline is Friday, April 8.
Tour the **Trans Allegheny Lunatic Asylum**, formerly the Weston State Hospital of West Virginia which served as a sanctuary for the mentally ill in the mid-1800's. The history of the building holds fascinating stories of Civil War raids, a gold robbery, 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. 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 an **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.

Marion Franklin **645-3612**

Lunch & Learn
Wednesday, March 2 *9:30 am*

Breakfast and Movie
Wednesday, March 15 *8:30 am*
Cost \$5 (Transportation Only)

Bargain Shopping
Wednesday, March 23 *9:30 am*
Cost \$5 (Transportation Only)

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

Martin Janis **645-5954**

Conversations & Coffee
Thursday, March 3 *11:15 am*
Cost: \$5 for transport, lunch on your own
Join us at the Cultural Arts Center for an interesting and revealing look at pastel painting with a story with artist Susan Shubert followed by a tasty lunch. Time permitting; we'll visit some local art spaces.

The Billy Ireland Cartoon Library & Museum
Where: Ohio State University Campus
Thursday, March 17 *11:30 am*
Cost: \$5 for transport, lunch on your own
The Billy Ireland Cartoon Library & Museum's primary mission is to develop a comprehensive research collection documenting American printed cartoon art, to organize the materials and to provide access to these resources. The scope of the collection includes editorial cartoons, comic strips, comic books, graphic novels, sports cartoons and magazine cartoons.

Lunch & a Movie
Thursday, March 24 *10:30 am*
Cost: \$5 for transport, lunch and movie admission (around \$5) on your own

If there's a movie you've wanted to see, this could be your chance. Join us for this reasonably priced matinee at Stoneridge Cinema preceded by a visit to a local eatery.

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, March 9 *10:15 am*

This trip is the group will visit the Schumaker Gallery on Capital University campus. (Admission is free to the gallery). Lunch for the day will be decided while we're out and about.

Bring your thinking caps. During lunch we'll discuss and determine the entire year's outings.
Please call Mike with any questions.

Mike's Taste of Italia
Wednesday, March 16 *11:15 am*

We will head to the eastside of Columbus to eat lunch at the Berwick Restaurant.
Please call Mike with any questions.

Whetstone Trips continued on page 4.

Trips

Whetstone (continued)

645-3217

Café & Culture

Thursday, March 31 10:30 am Cost \$9

This month, we'll stay local again and head to the Italian Village and Short North areas. First, we'll have lunch at The Market Italian Village and then we'll go to Park Street to tour The Pizzuti Collection. We'll be on a guided tour of the current exhibition, "Us Is Them." It consists of 75 paintings, sculpture, photographs and video by a group of 42 international artists whose work confronts issues of politics, religion, and racism.

Please call Connie with any questions.

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 9:45 am 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

64th Annual Creative Arts Event

May 11-21, 2016

*The Martin Janis Center 600 E. 11th Avenue
on the State Fairgrounds; Phone 614-645-5954*

Theme: Birds, Blooms & Beasts

Show your original art, craft work and writing!

If you are age 50 or over you are invited to enter 3 items!

Bring your items to: The Martin Janis Center
April 27: 10 am - 2 pm or April 28: 5 - 7 pm

Show Opens May 11: featuring special events through May 21

For event information: call Linda Jacobs at The Gillie Center: 614-645-3106 or Michael Phillips at The Martin Janis Center: 614-645-5954

Free Parking and Admission

Event is Open to the Public

Category List

Basketry
Calligraphy
Ceramics - Hand built
Ceramics - Poured
Ceramics - Wheel Thrown
China Painting
Collections
Copper Enameling
Crochet
Decorated Fabric
Dolls
Drawing
Embroidery
Glass

Jewelry
Knitting
Lapidary
Metal
Miscellaneous Crafts
Mixed Media
Needlepoint
Painting - Acrylic
Painting - Oil
Painting - Watercolor
Paper
Photography
Polymer Clay
Quilting

Recycled, Re-purposed
Rugs
Scrapbooking
Sculpture
Sewing
Weaving
Wood
Writing
Journaling

Please bring your completed entry form with your work on April 29 or 30



64th Annual Creative Arts Event
The Martin Janis Center May 11 - 21, 2016
600 E. 11th Ave. Columbus OH 43211 phone 614-645-5954

- Fill out this entry form and bring it with you when you enter your work.
- **Intake of work: Wednesday, April 27, 10 am-2 pm or Thursday, April 28, 5-7 pm**
- Martin Janis Center, 11th Avenue at the Fairgrounds. Limit of **3 entries** per person, over age 50.
- **Pick up work after the show: Wednesday, May 25, 10 am-2 pm or Thursday, May 26, 5-7 pm**
- Call Linda Jacobs at 645-3106 or Mike Phillips at 645-5954 with questions.

Please bring this receipt with you when you pick up your work on May 25 or 26.

Name _____ Center _____

List and Describe Your Entries:

1. _____

2. _____

3. _____

The upper half of this page is your receipt - Thank you!



CREATIVE ARTS EVENT ENTRY FORM

Name _____ Phone _____

Address _____ City / Zip _____

Center you are representing _____ F ___ M ___ Age _____

Items you are entering: list category, size, colors, etc.

1. _____ Value _____ For Sale? _____

Description/ title: _____

2. _____ Value _____ **For Sale?** _____

Description/ title: _____

3. _____ Value _____ **For Sale?** _____

Description/ title: _____

Senior Council Meeting

Tuesday, March 8 1 pm

AARP Tax Assistance

Thursdays and Fridays 9 am-4 pm

By appointment only; call 645-3176 to see what dates are still available.

St. Patrick's Day Luncheon

Thursday, March 17 11 am-1 pm Cost \$5

Come join us as Comedian Bob Simpson performs. Celebrate by wearing green to show how Irish you can be! Watch our Artful Dodgers perform some comedic skits.

We're back in March - 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

Anyone interested in learning and practicing different forms of cardio are welcome to join us.

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 Acrylics *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.

****You Sew Fine**

Mondays (through March) 3-5 pm

Come and join us. This is a good class for beginners or more advanced. Beginners will have the opportunity to all work on the same project, whereas more advanced participants can come and work on their own individual projects.

AARP Income Tax Assistance Wednesdays Only, Now-April 13

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

Arthritis Exercise Class

Tuesdays & Thursdays 1-2 pm

Keep those joints and muscles strong and flexible in this year round program.

Veteran's Group

Friday, March 4 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.

OSU Extension Service with Lisa Gibson

Friday, March 4 9:30 am

BINGO

Mondays, March 7 & 21 1 pm

Alzheimer's Association

Tuesday, March 8

~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, March 8 11 am

Registered Dietitian Leonor Button from LifeCare Alliance presents: *Safe Cookware and Containers (Teflon, BPA, etc.)*.

Ukrainian Egg Decorating

Wednesdays, March 2, 9, 16 & 23

10 am-2 pm Cost \$10

Join Valerie Hintershied and learn the amazing art of egg decorating using wax and ink.

Register at the front desk for your spot.

History Roundtable

Wednesday, March 9 1 pm

Topic- Historic Spring Traditions (*St. Patrick, April Fools etc.*)

Healthy U/Focus on Diabetes

Tuesdays, March 1, 8 & 15 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.

Senior Recreation Council Meeting

Wednesday, March 9 1 pm

Coffee, Tea & Color with Me

Thursdays, March 10, 17 & 24 12:30 pm

Bring your colored pencils and/or markers and sip some coffee or tea as we enjoy art and conversation.

St. Patrick's Day Lunch

Thursday, March 17 11:30 am-1 pm

Join us for some traditional Irish Colcannon or an Irish-American favorite; corned beef and cabbage.

Our very own Gillie Tappers will entertain you along with a special guest thanks to our sponsor Medical Mutual. Don't forget to wear your "green" and join the fun. **Tickets are not required, regular canteen prices apply.**

Columbus Speech & Hearing

Thursday, March 17 10 am -3:30 pm

To schedule an appointment, call 261-5452.

"Line Dance Jamboree"

Saturday, March 19 10 am-4 pm

Cost: \$9 with lunch and \$7 dance only

Celebrate the "wearing of the green" by donning your best green outfit and we'll have fun, fun, and more fun! Enjoy different instructors from all over the state will bring new music and dances. Cue/step sheets plus wonderful door prizes will round out the day. Group registration is encouraged.

Register by Tuesday, March 15 for lunch.

Easter Luncheon and Spring Concert

Tuesday, March 22 11:30 am Cost \$6

Menu: Baked Chicken, Roasted Potatoes,

Vegetables, Dessert and Beverage

Join us for a wonderful lunch and concert with the Gillie G-Clef Chorus as we celebrate the season of spring and its renewal of life.

You must have a ticket; regular canteen will be closed for this event. Tickets On Sale Now!

★ 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.

Lazelle Woods Intergenerational Center

Anna Marie Brown, Center Manager

Hours: Mon.-Fri.: 8 am-9 pm; Sat.: 9 am-6 pm

8140 Sancus Blvd., 43081

645-5330



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.

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

Sneeze into Your Sleeve, Please!

You may see more people sneezing and coughing into their sleeve or the bend of their arms rather than their hands when they don't have a tissue. It may look strange at first, but health professionals are currently educating the general public to sneeze and cough in a new way that doesn't spread cold and flu germs. Sneezing and coughing into your sleeve is actually the best way to stop the spread of germs from a sneeze or cough when you don't have a tissue. Germs die much more quickly in cloth or fabric than on hands. Hands then touch doorknobs, faucets, phones and other hard surfaces and spread the germs to them. Germs can live on metals and other hard surfaces for up to 48 hours.

Many adults grew up being taught to sneeze and cough into their hands when they didn't have a tissue. Of course, covering our mouths kept the germs from spreading into the air - - but our hands spread the germs to hard surfaces. That's why the Centers for Disease Control reminds adults to sneeze and cough into the bend of their elbow, not their hands, when a tissue isn't handy. Many children today are already doing that, and we need adults to learn this new way of sneezing and coughing too. It's important for all of us to practice what is being called "respiratory etiquette." It's a courteous and simple way to keep our germs to ourselves. You can help stop the spread of germs, especially during this flu and cold season. Start today by practicing respiratory etiquette.

Summer Camp Registration

Looking for something for your children or grandchildren to do this summer? We have lots of different programs that we offer. View our online brochure at www.ColumbusRecPark.com or pick up a hard copy at one of our recreation centers.

Camp Registration begins:

Thursday, March 17 at 7 pm Outdoor Education Camps (Camp Terra, Indian Village and Camp Walnut)
Saturday, March 19 at 10 am Center Camps, Sports, Performing Arts and Art Camps

Marion Franklin Dining Center

Lunch: Tuesday-Thursday 11 am-1 pm

LifeCare Alliance...Nourishing the Human Spirit

AARP Tax Program

Mondays & Wednesdays 9 am-3 pm

Please call to schedule an appointment.

Medical Mutual Rep. Daniel Rankin

Every 4th Wednesday in March & April 10 am- Noon

Indoor Produce Stand

Now-March 2016 9-11 am

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

Marion Franklin will be the site for the Indoor Produce Stand. Join us as we partner up with Clarfield Urban Farm to bring free fresh produce to you each week.

African Americans: Many Rivers to Cross (Documentary)

Mondays, beginning March 7 11:30 am

A six-part series on African-American history by Harvard scholar, Henry Louis Gates, Jr. Walk-ins welcome.

Underground Railroad

Book of Negroes Documentary and Discussion, pt II

Monday, March 7 1-4 pm

All are welcome. Please register at the front desk.

Book Club discussion @ Easton's BJ's Restaurant & Brewhouse

Every 2nd Wednesday 1-4 pm

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

March 11

Book: Dark Summer **Author:** Iris Johansen
Devon Brady is a devoted veterinarian working in a makeshift hospital on a remote search and rescue mission. When a man arrives with his wounded black Lab named Ned, Devon has no idea that she's about to be plunged into a whirlwind of terror and destruction...

Pool Tourney

Wednesday, March 16 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.

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

Pokeno *Every Wednesday 1-3 pm*

"The Afternoon After"

St. Patrick's Day Lunch & Learn

Friday, March 18 11:30 am Meal Ticket \$6

Enjoy a nice meal of corned beef and cabbage.

Free Birthday Bash

Monday, March 28 11:15 am

Come and celebrate your special day with the Marion Franklin staff and friends. All are welcome to enjoy fun and laughter for those born in January, February and March.

Volunteer Recognition Social (Rescheduled)

(January '15 - December '15)

Friday, April 1 11:30 am -1 pm

Volunteer: Free Guest: \$7

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.

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.

Zumba

Every Wednesday 6-7 pm \$25 per person, per session

Afternoon Workout *Mon, Wed & Fri 4-5 pm*

50+ Basketball

Every Mon/Wed/Fri 10 am-Noon

Pickleball: Two inside courts

Mon/Wed/Fri 9-10 am

Tues/Thurs Noon-2 pm

Needlework Social Club

Every Mon/Thurs 1-4 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

Arthritis Foundation Exercise Program

Every Tuesday & Thursday 10 am

**St. Patrick's Celebration at Martin Janis****Wednesday, March 16 11:30 am-2 pm**

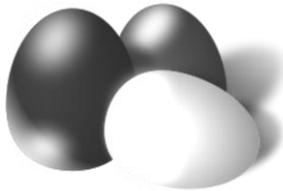
Wear your best green and come on in for our annual bash featuring some great traditional Irish foods and treats. Medical Mutual will be giving a presentation, and Toni will start calling bingo at 1:00! *Erin go Braugh!*

Tax Time!

Tax season is here. 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.

Mondays 9 am-4 pm Walk-in only

Call us at 645-5954 for details.

**Easter Brunch and Egg Hunt****Wednesday, March 23 11:30 am**

Easter comes early this year so let's start off the celebration here at Martin Janis! Join in our annual Easter Egg Hunt. Activities include games and egg decorating, with prizes donated by MediGold.

Martin Janis Art Show!**Runs thru March 8**

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

Martin Janis Senior Council**Wednesday, March 16 10 am****Coffee Club****Wednesdays 9 am**

Come join the engaging conversation. New friends always welcome!

"Breakfast for Lunch"**Wednesday, March 2 11:30 am**

Come in and enjoy the wonderful breakfast specials our talented kitchen staff serves every month. You'll really enjoy their homemade breakfast quiche!

Lunch served Monday-Friday; 11:30 am-1 pm**Gregg's Health Corner:**

LET'S TALK FOOD SAFETY: Last year we addressed the topic of food safety so here are some additional tips for safe preparation. First, you know to wash all fruit under tap water and scrub hard skinned fruit with a clean brush, but did you know you should wash the outside fruit you have to peel (e.g., oranges) because you can transfer contaminants from the skin to your hands then back to the fruit. Use one cutting board for produce and another for raw meat, poultry and sea food. Never put cooked food on a plate that previously held raw meat, poultry, sea food or eggs (in order to avoid cross-contamination). Next month, we'll review using a food thermometer.

Save the Date:**Annual Antique Appraisal Event****Friday, April 8**

Bring in your items to find out their true value. We will have experts on hand to help you research the worth of your valuables! You may have hidden treasure in your attic! **Just a \$3.00 fee per item.**

March/April Birthday Party and Bingo!**Friday, April 8**

Do you have a March/April birthday? Come on in and celebrate with cake and refreshments! Medical Mutual will be providing prizes.

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.

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, March 17; 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: 11 am-1 pm Beginner-Intermediate
1-3 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, March 18 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 or 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 & 6 pm and Sat 9:15 am/ \$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

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

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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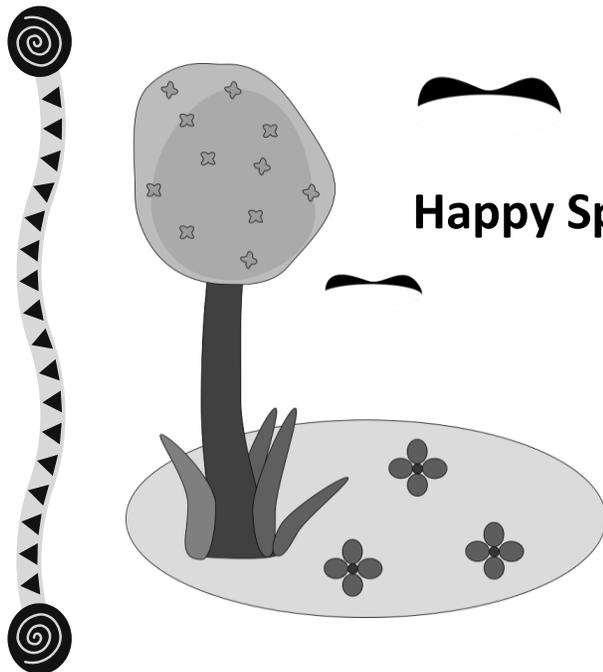


Upcoming dates:

**Summer Camp Registration
March 17 and 19**

See page 8 for more information.

**Egg Hunts for Kids
Saturday, March 26
10 am**



Happy Spring!