



50+ Recreation November 2016

Our mission is to enrich the lives of our citizens.

ISSUE 11

www.ColumbusRecParks.com

Empty Bowls

Help fight hunger...one bowl at a time.

An international fight against hunger. Our local efforts have raised more than \$213,000 in the last 187 years for the Mid-Ohio Foodbank. The project is a collaborative effort between the City of Columbus Recreation and Parks, several churches, businesses and sponsors.

For a \$10 minimum donation, enjoy a meal of soup and bread and select a bowl to take home as a reminder of the meal's intent. All proceeds benefit the Mid-Ohio Foodbank.

Join us for one of these events:

Gillie	Thursday & Friday, November 3 & 4	11 am – 1 pm
Martin Janis	Wednesday, November 9	11:30 am – 1 pm
Whetstone	Friday, November 11	11:30 am – 2 pm

Can't make it to one of the 50+ centers? Come out on Saturday, November 12 from 11 am- 2 pm.

Hillcrest Baptist Church	2480 W. Broad St. 43204
Parkview Methodist Church	344 S. Algonquin Ave. 43204
St. Luke Lutheran Church	4456 Morse Rd. 43230
Tuttle Park Community Center	240 W. Oakland Ave. 43201

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 is showcasing one of the best selections in Columbus for holiday décor, gifts, novelties and cards. Halloween? The cutest hanging bats! Thanksgiving? Lighted centerpieces! Christmas? Pairs of adorable snow boys and girls! And oodles of unique indoor and outdoor wreaths ... Sunday, November 20, is our Holiday Open House and begins our Sip 'n Shop Sundays until Christmas. Come see us!

November 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 *Mondays* *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:

November 2 *Birthdays & Anniversaries*

November 9 *Veterans' Ball*

November 16 *Buckeye Fever Dance*

November 23 *No Dance*

November 30 *Harvest Ball*

Marion Franklin

Line Dance

Mondays, Wednesdays and Fridays *10-11 am*

Beginners *Wednesdays* *11:15 am*

Men's *Tuesdays and Thursdays* *1 pm*

Line Dance Workout *Tuesday and Thursday* *10 am*

Men In Black Rehearsal

Tuesdays and Thursdays *2 pm*

Evening Line Dance

Beginners *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*

Zumba

Wednesdays *6-7 pm* *\$20 per person, per session*

50+ Water Exercise

Turkey, Ham, Yams, Mashed Potatoes, gravy, apple and pumpkin pie, OH MY!

Stay in shape during the holidays by participating in our Monday and Wednesday water aerobics.

Columbus Aquatics Center, 1160 Hunter Ave, 43201.

Doors open at 9:30 am, get in the water at 9:45 and in the water at 9:45 and exercise begins at 10 am.

As the seasons change, so can the weather. Call 645-6122 for up to date conditions. If there isn't a special recording, we are open for business. See you soon!

Red Hat Activities

Dodge

Trip to Tanger Outlet Mall

Thursday, November 3

Join us for a trip to the new Tanger Outlet Mall in Delaware. Wear some walking shoes because there are shops to see everywhere. We will also be stopping for food at a restaurant close by. This will be a great trip to explore a little part of Delaware County.

Dickens Christmas Village

Thursday, November 17

Join us for an early holiday tradition at Dickens Christmas Village! See the sights and explore this cute little village that gets all dressed up for the season. We will also stop for a tea lunch in Cambridge.

Gillie's Fillies *Mark your Calendars!*

Schmidt's & Golden Hobby Shop

Wednesday, November 16 **11:30 am** **Van \$5**

Schmidt's 240 E. Kossuth St. 43206

Golden Hobby Shop 630 S. Third St. 43206

Trips

Dodge

645-3176

Holiday shopping excursion and lunch

Friday, November 4 *10:30 am*

Just \$5 to get a jump start on your Holiday shopping this year in downtown Westerville! Join us as we walk through the quaint shops to support local businesses located in Westerville. We will have lunch at the Westerville Grille, then check out some of the beautiful, one of a kind item that these shops offer. After we get done shopping, we'll stop at Graeter's to get some yummy ice cream. Shop small with Dodge on November 4 and don't forget to shop small on November 26 for Small Business Saturday at the local shops in your neighborhoods. Shop local, shop small! Get to Dodge in the morning because the van departs by 10:30 am.

La Comedia presents "A Christmas Carol"

Thursday, November 10 *8:30 am*

\$50 is due at time of registration

Join the ghosts of the Past, Present and Future as they lead the miserly Ebenezer Scrooge on a classic Journey of forgiveness and redemption. Turning a humbug into a hero. This musical adaptation will include classic Christmas carols including La Comedia's traditional rendering of "O Holy Night" What a wonderful way to start the Holiday season!

Trips

Dodge (continued) 645-3176

Breakfast and the Theatre

Friday, November 18 8:30 am Cost \$15

Join us as we go out for breakfast at Scramblers, then we will see the regional premiere of a new musical "Winesburg Ohio." The stage adaptation is based on the novel written by Sherwood Anderson. This startling unconventional musical explores what lies beneath the "normal" exterior of a small American town, backed by a score steeped in American folk music. The stories intertwine and unfold into a spell binding, moving story.

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.

LaComedia – "A Christmas Carol"

Wednesday, November 10 8:30 am-6 pm Cost \$50

Join the ghosts of Christmas Past, Present and Future as they lead the miserly Ebenezer Scrooge on a classic journey of forgiveness and redemption.

Register now!

Mystery Lunch

Friday, November 11 9:30 am Cost \$7

Lunch will be on your own.

Mystery Trip

Friday, November 18 9:30 am Cost \$17

Lunch will be on your own.

Tour the Christmas Story House

Saturday, November 19 9 am Cost \$129

Visit the house that made "A Christmas Story" a household name. Ralphie's 19th century Victorian house was the sight of all the outside scenes to the movie. It has been renovated to look both inside and outside like the house in the movie. We will also visit the famous Westside Market and have lunch at Sokolowski's University Inn. Cleveland's oldest family owned and operated restaurant.

Register Now!

Christmas in Amish Country, Nappanee, IN December 1 & 2

\$250 double occupancy (includes: tour & show admissions, special events, dinner, continental breakfast, baggage handling and taxes.)

Join us for an overnight trip to Nappanee, Indiana

(Gillie's Christmas in Amish Country continued)

where we will visit the historical Ruthmere Mansion (**unfortunately it is not handicap accessible**) with its beautiful decorations including its collection of antique Nut Crackers. We will be treated to a traditional English Tea and hear a presentation on Downton Abby. We will then make our way to the train museum and tour their wonderful model train exhibit decorated for the holidays. Next, we will check into Amish Acres and enjoy a traditional "Threshers" meal (all home grown/homemade items served family style) in an Amish Barn where we will enjoy a performance of "A Christmas Story". On Friday, we will tour an Amish Farm with time to shop before heading home. **Register now.**

Please note both the English Tea and the Thresher meal will be served traditionally and are not subject to substitutions for those with restrictive or special dietary needs.

Jungle Jim's & Ikea

Wednesday, December 14 8:30 am-6 pm Cost \$20

Time again for our annual journey to find the perfect holiday gift. Lunch will be on our own at Pappadeaux.

Registration begins Friday, December 2.

Marion Franklin 645-3612

La Comedia presents "A Christmas Carol"

Thursday, November 10 9 am

Cost \$50 (Admission and Transportation)

La Comedia Dinner Theatre is located in Springboro, Ohio and is one of the nation's largest professional dinner theaters with Broadway-style productions. Join the ghosts of Christmas Past, Present and Future as they lead the miserly Ebenezer Scrooge on a classic journey of forgiveness and redemption. Along the way, he learns that love and friendship are much more important than amassing a fortune.

Breakfast and Movie

Tuesday, November 15 8:30 am Cost \$5

Movie will be determined a week prior, based on showings and times. Please register at the front desk.

Bargain Shopping

Wednesday, November 30 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.

Senior Council Meeting

Tuesday, November 8 1 pm

Interested in seeing the how the senior council works? Come join us for a meeting and talk about the happenings at Dodge. We welcome any members of Dodge to attend, so that we may better serve the needs of our 50+ participants.

Walk with the Doc

Saturday, November 12 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! It may start getting cool in the mornings so dress for the weather. Last date for this year. Come get your walk on!

Tai Chi with Michael

Tuesdays Noon- 1 pm

Come in to enjoy this calming Martial Arts discipline. A great way to build strength, flexibility and balance and relieve stress. Simple, low-impact fitness. Join us to stay healthy!

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

Classes For Fall 1!

Painting	<i>Mondays</i>	<i>10am-12pm</i>
You Sew fine	<i>Mondays</i>	<i>1:30-3:00 pm</i>
Senior Fitness	<i>Mon & Wed</i>	<i>9:30-10:30am</i>
Cardio	<i>Mon & Wed</i>	<i>11am-12pm</i>
Quilting	<i>Tuesdays</i>	<i>9 am</i>
Pickleball	<i>Tues & Thurs</i>	<i>9:30-10am</i>
50+ Sewing	<i>Tuesdays</i>	<i>1:30-4:30 pm</i>
Acting	<i>Tuesdays</i>	<i>1 pm</i>
Crochet	<i>Wednesdays</i>	<i>1-3 pm</i>
Walking Group	<i>Mon-Wed-Fri</i>	<i>9-10 am</i>
Shuffleboard	<i>Thursdays</i>	<i>10:15-10:55 am</i>
Bingo	<i>Thursdays</i>	<i>11-11:55 am</i>
Chair Volleyball	<i>Mon & Thurs</i>	<i>1-3 pm</i>
Ceramics	<i>Tues & Fri</i>	<i>12:00-3pm</i>
50+ Alterations	<i>Fridays</i>	<i>1-4 pm</i>
Drawing	<i>Fridays</i>	<i>1:30-3:30pm</i>

Indoor Cycling At Dodge!

You signed up and we listened! Thanks to those of you that expressed interest in a cycling class at Dodge. We are going to try to fix up the few bikes we have and make sure they are ready to use. Small class size at first; if more interest, we could get a larger class.

Fall Flea Market/Yard Sale

Saturday, November 12 9 am-2 pm

Dodge is going to bring back a Flea Market/Yard Sale! If you have stuff you would like to sell, you can rent a vendor table for \$10. Sign up at Dodge for interest. For more information please contact **Holly** at HMWetmore-Kemeter@columbus.gov

COAAA is offering "A Matter of Balance"

We are bringing this program to Dodge. Trying to work out a day and time that COAAA can get here so keep your eyes peeled for information. We will post when this is being offered ASAP so you can register.

Empty Bowls Events!

Dodge is taking part of the Empty Bowls program partnered with Mid-Ohio foodbank! Come join Michael at his ceramic class Tuesday from 1-3pm and Friday from 12-3pm or Wednesday nights from 6-8:30pm to help make a bowl. All the bowls made will be donated and sold at the events across Columbus to help support the Mid-Ohio Foodbank.

Medicare Information

Friday, November 11 9-11 am

Dan Rankin, from Medical Mutual, will be at Dodge to discuss Medicare options. If you have Medicare and need questions answered, come by and ask Dan!

Thanks to Veterans Dinner!

Friday, November 11 11 am-1 pm

Cost \$5; Free for Veterans

Come have a turkey dinner with all of the trimmings and give thanks to Veterans, and anything else we have to be thankful for! Help Dodge give a special thanks to all the Veterans by making this event a great one.

Interest for new Programs

Sign up at Dodge to bring this program here!

*Sit and Fit Chair Exercise

This is another class we are can offer if enough sign up for it. We already have a few but if you would like to make sure this comes to Dodge come by and sign up! This class will work on exercise and fitness while being having the safety of being seated.

Gillie will be CLOSED for Thanksgiving

Peyote Stitch Bracelet Making *Cost \$20*
Wednesdays, November 2, 9, 16, & 30 3 – 6 pm

Join Val to create two different bracelets during this 4 week class. We will be learning to use the peyote stitch which is an off loom bead weaving technique. We will also learn both the odd/even stitch throughout the two separate projects.

Supplies will be provided. Fees are due at the time of sign up. Note: Class will not meet on November 23rd because of the holiday week.

Holiday Bazaar & Bake Sale
Thursday & Friday, November 3 & 4
9 am – 2:30 pm

Start your holiday shopping now with our unique vendors who have assorted crafts, original art work, and special gifts on sale for you. Our famous baked goods will bring a smile to any face and don't forget our wonderful raffle. Come out with your family and friends.

Empty Bowls *Cost \$10 and up*
Thur. & Fri., November 3 & 4 11 am – 1 pm
 Help fight hunger in our community by purchasing a ceramic class handmade bowl, soup and bread. 100% of proceeds go to the Mid-Ohio Foodbank.

Fall Proof Balance Class
Tuesdays 2 pm

Have a balance or mobility disorder? Develop your own comprehensive set of progressive exercises that will reduce your risk of falling. Contact Jim.

OSU Extension Service
Friday, November 4 9:30 am

BINGO *Mondays, November 7 & 21 1 pm*

Eat Better, Feel Better
Tuesday, November 8 11 am

Registered Dietitian Leonor Button from LifeCare Alliance presents: *Preventing Muscle Loss as we Age.*

Alzheimer's Association
Tuesday, November 8

~Support Group 12:30 pm Everyone is invited.

~Private Consultations 1:30-4 pm

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

Senior Recreation Council Meeting
Wednesday, November 9 1 pm

Veteran's Group –see *Special Celebration info*

Special Veteran's Celebration
Martin Janis Senior Center

Wednesday, November 9 11:30 am

Everyone is welcome to join us for a special celebration honoring our Veterans with a wonderful lunch and program at the Martin Janis Center, 600 E. 11th Ave. (on the fairgrounds). **Veterans, please sign up with Jim Whetstone. Everyone else, sign up at the front desk.**

Humana – Let's Talk about Medicare

Thursday, November 10 & 22 10:45 am

Step Services – Tuesday, November 15 10:45 am

Deborah Branham will be here to explain this unique service for seniors who may need help keeping up with bill payments.

The Gillie Players presents: "Three Doors to Death"

Tuesday, November 15 Dinner: 6 pm; Show 6:30

Enjoy this dinner theater murder mystery, where you help the detective solve the crime.

Dinner/Show ticket: \$8, Show only ticket: \$5.

Jewelry Class- Thurs., November 17 1:30 pm

Join us for this easy to wear necklace where the toggle, made of Angel wings is in front. You will learn wire manipulation and how to use crimp beads. **Cost: \$17** earrings priced separately.

Columbus Speech & Hearing

Thursday, November 17 10 am -3:30 pm

To schedule an appointment, call 261-5452.

Gillie Thanksgiving Lunch

Thursday, November 17 11:30 am –1 pm Cost \$7

Enjoy turkey, dressing, mashed potatoes, gravy, vegetable, roll, dessert and beverage.

Join us for good food and wonderful entertainment to celebrate the season.

Tickets on sale now! (You must have a ticket for lunch; no other food will be served on this day.)

CONSIDERING A MOVE?

Tuesday, November 29 10:45 am

Are you thinking about selling your home or just downsizing your living space to take up residency in a senior community? Michelle Blackford, of Awesome Realty will give a presentation to bring insight to the often daunting task of relocating.

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

Pickle Ball *Mondays* 8:30-10 am

Wednesdays 1-3 pm

Fridays 8:30-10 am

\$10 for the session

Monday

Zumba 8:30-9:30am \$20

Combo class for \$38 and \$48

Lunch Indoor Cycling 1-1:45pm \$10

Get Moving 1:30-2:30pm Free

Tuesday

Tai Chi 11:30-12:30pm \$35

Lunch Indoor Cycling 1-1:45pm \$10

Combo class for \$20

Aiki Ju Jitsu and Aikido 6:30-8:30pm \$35

Women's Circle 6:30-7:45pm \$30 + \$5 Mtls.

Wednesday

Zumba 8:30-9:30am \$28

Lunch Indoor Cycling 1-1:45pm \$10

Yoga 6:30-7:30pm \$40

Thursday

Lunch Indoor Cycling 1-1:45pm \$10

Get Moving 1-2pm Free

Fundamentals of Watercolor 6-9pm \$85

Piano Level 1 6-6:30pm \$25 + \$3 Mtls.

Adult Pottery 7-9pm \$10 Mtls.

Friday

Zumba 45 8:15-9am \$20

Pottery 12-2pm \$35 + \$15 Mtls.

Check with center or website for complete listing of classes. **COAAA** Central Ohio Area

Agency on Aging

3776 S. High St., 43207

614-645-7250

“Trying to Pour From an Empty Cup”

November is National Family Caregivers Month, and the theme for 2016 is “Take Care to Give Care.” My favorite way to explain the need to remember self-care in caregiving situations is the empty cup.

Let's pretend there's an imaginary cup sitting before you, filled with water. Suddenly, little fires spring up, and you pour a little water on each one, extinguishing them. Great job, and you still have some water left! Now more fires pop up! Keep pouring, and eventually all the fires are out again. But now you're out of water! If you don't find a way to fill that cup back up, you'll end up not being able to put out small fires before they become big ones.

Self-care is the act of refilling your cup, and it's a vital part of caregiving (and life in general). All of the issues that can pop up for caregivers need your time and energy; before long, if you spend all your energy on these issues but don't find a way to replenish yourself, you'll end up burnt out, a state that we've all experienced before, and that makes any task so much harder to complete, whether it's caregiving, work, or any other aspect of your life. There's nothing wrong with needing a break from caregiving; it's some of the hardest work in the world. What other job would expect you to be on call 24/7, with no chance for relaxation?

So how do you fill up your own cup? Find time to do something you love, such as watch a movie, or read a good book. Treat yourself to that fancy coffee. Self-care doesn't have to cost a dime: spend time on yourself, whether that's a warm shower, some alone time, or time with friends. You can also attend a support group for caregivers, and research respite options, to give you a break and let you come back to caregiving renewed. Make sure “caregiving” means you care for yourself as well, and you'll never end up with an empty cup.

The Center will be closed: Thursday, November 24
(Thanksgiving Day)

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.

It's Family Feud & More

...join the "Game Show" production team right here at Marion Franklin. The team will be responsible for bringing TV Games Shows to life at Marion Franklin. Please register at the front desk if this is your passion.

Marion Franklin SRC Council Election

Wednesday, November 2 2-3 pm
Come out and vote! The only requirement is to be a member. Please be on time to meet the candidates and vote. The election period will last one hour.

Book Club Discussion & Social

Every 2nd Wednesday (November 9) 1:30 pm
Book: Tempted by Trouble
Author: Eric Jerome Dickey

Sleep Presentation

Friday, November 11 11 am -Noon
Presenter: Nurse Barbara Parker
This event is sponsored by Lifecare Alliance. Please register at the front desk.

Corn Hole & Corn Dogs

Monday, November 14 12:30 pm Cost \$3
If you plan to eat you must register. For more information, contact the center.

Classic 8 Ball Tournament

Thursday, November 17 3 pm Free Entry
Double elimination, call shot, no ball in hand. Winner gets name and photo on wall. Please register at the front desk.

Thanksgiving Luncheon

Wednesday November 23 11:30 am-1 pm Cost \$6
Deadline to Register: Tuesday, November 21



Join us for a nice home cooked meal while enjoying the live play "Church Ladies" directed by Nadine Lewis. Must register to attend.

Medical Mutual Rep: Daniel Ran
Wednesday, November 23 10 am

Save the Dates:

***Holiday Jazz Event**
Monday, December 5

***Book Club Holiday Party**
Wednesday, December 14 1:30 pm



Book: The Girl on the Train

Author: Paula Hawkins

Come celebrate the holiday with the book club. Read and participate. Please register at the front desk if you plan to attend.

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

Pokeno Every Wednesday 1-3 pm

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

Health & Wellness Information:

November is American Diabetes Awareness Month
Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.

LifeCare Alliance

Eat Better, Feel Better! Class
Every third Thursday of the month 11:15 am

Diabetes Prevention & Nutrition
Tuesday, November 8 Noon-1 pm
Please register at the front desk.

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 Thanksgiving!

Wednesday, November 16 Noon-2 pm

Entertainment 12:30 – 1:15 pm

Come celebrate turkey day and join in the festive cheer during our annual Thanksgiving. You'll definitely get in the spirit of the season – great food, good times, and a fantastic free concert by a great local artist, Bill Cohen, singing songs of gratitude. **Register at the front desk with your potluck dish (or \$7.00 per person).**

Happy Thanksgiving, everyone!

Martin Janis Annual Holiday Craft Bazaar

Thursday, November 10 9 am – 4:30 pm

Friday, November 11 9 am – 3:30 pm

Get a head-start on your holiday shopping this year!

Come in and see all the crafts and items our vendors have to offer. If you are interested in having a table at the bazaar, inquire at the front desk to reserve a space; tables are \$15 per day, per table. Come in early – table space goes quickly, and this is one of our most popular events. See you at the bazaar.

Empty Bowls Event at Martin Janis

Wednesday, November 9 11:30 am-1 pm

Only \$10 for a ceramic bowl of your choice, then all the soup you can eat! ALL the money benefits Mid-Ohio Foodbank. For EVERY \$50 in cash Martin Janis' event raises, the Mid-Ohio Foodbank is able to provide \$150 of groceries to people in need in Central Ohio Area! Please come and enjoy a hot lunch, take home a hand-crafted bowl, and help your neighbors at that same time.

“Breakfast for Lunch”

Wednesday, November 2 11:30 am



Everyone loves the wonderful breakfast specials our talented kitchen staff serves every month! This monthly event has become very popular so come on in and

enjoy a good home-cooked breakfast.

Thank You! We'd like to recognize Amy Kountz for coordinating Martin Janis Casino Day 2016. As always it was a huge hit and fun for all – thanks Amy. See you all next year!

Central Ohio Diabetes Program

“Inch by Inch”

November 1 & 3 10 am – Noon

Work to reach your nutrition and weight goals.

Gregg's Health Corner: Keep Moving Especially

When Temperatures Drop-When the temperature falls and the jackets and coats come out of storage, this is the signal for some to behave like bears and hibernate. This is the worst thing you can do to your body. Think of movement as medicine and schedule it into your day the same way you plan your other prescriptions. According to the USDA “Only moderate and vigorous intensity activities count toward meeting your physical activity needs. With vigorous activities, you get similar health benefits in half the time it takes you with moderate ones. You can replace some or all of your moderate activity with vigorous activity. Silver Sneakers approved activity.

Martin Janis Senior Council 2017

There will be no meetings in November or December.

Council reconvenes on January 18, 2017.

Welcome to our new Council President Celia Eldridge. All center members are welcome to attend our meetings and join the council.

Wheel Throwing!

Martin Janis has added a beginning wheel throwing class on Wednesday

mornings. Come enjoy a cup of coffee with our “Coffee Club” and then get your hands dirty and learn to make your own mug to hold your coffee. Master even more techniques and soon you can have a whole place setting!



Meet for Medicare information sessions:

United Health Care: Monday, Nov. 14; 10 am

Care Source: Tues. 11/15 & Fri. 11/18; 10 am

Medical Mutual: Weds. Nov. 16; 10 am

Save the Date:

Holiday Extravaganza Wednesday, December 14

Celebrate the Holiday Season at Martin Janis. This year we will have a wonderful potluck meal or \$7 per person, gifts for our attendees and our 4th annual Holiday Concert. This year we will feature “Off the Lake Productions” the acappella group from OSU during mealtime and “The Governor” for a Soulful Holiday concert at 2 pm. The concerts are free. Please make reservations for special seating needs.

Lunch served

Monday- Friday

11:30 am – 12:30 pm

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

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. Bring on the soup for the colder months. Bring your appetite and \$5; and we'll see you every Monday.

Contact the center with any questions.

Open Pickle Ball

Mondays, Tuesdays & Fridays

10 am-Noon Beginner

12:30-2:30 pm Intermediate/Advanced

Wednesdays 6:15- 8 pm All Levels

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

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."

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, November 18 Noon

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 or 1 day for \$30

Wii Bowling Tuesdays 10:30am-Noon/ Free
(Everyone comes at this time.)

The Body Shop Workout Tues./Thurs. 3:45 pm, 4:45 pm & 5:45 pm and Sat 9:15 am/ \$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

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, November 9 10 am

The Red Hats/Cruising Cougars will head to the NEW Downtown Columbus Library. This will be the first time Mike has ever been in a library. **Please call Mike to let him know you are coming.**

Hikes with Mike

Wednesday, November 16 10 am

Hikes with Mike will stay close and head to Sharon woods. Lunch will be put to a vote. **Please call Mike to RSVP.**

Mike's Taste of Italia

Wednesday, November 30 11 am

Spaghetti Warehouse it is. **Please call Mike to RSVP.**

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Saluting our Veterans!

**Thank you for your
service.**

November 11, 2016

**Don't forget to exercise your right to vote
on Tuesday, November 8.**



**All centers will be closed
Thursday, November 24 for
Thanksgiving.**