50+ Recreation
August 2017

THE CITY OF COLUMBUS
ANDREW J. GINTHER, MAYOR
RECREATION AND PARKS DEPARTMENT

Our mission is to enrich the lives of our citizens. ISSUE 8 www.ColumbusRecParks.com

Summer on the Scioto Mile

Rhythm on the River
Bicentennial Park – Free events
Friday, August 25 **8 pm** BalletMet
Food and beverages will be available for purchase.
For more information, visit www.SciotoMile.com

Festival Latino
Genoa Park
Saturday and Sunday, August 12-13
11 am – 8 pm
http://festivallatino.net

The Scioto Mile Fountain
Sunday – Thursday 9 am-10 pm
Friday and Saturday 9 am-11 p

Columbus Food Truck Festival
Bicentennial Park and West Bank Park
Friday and Saturday, August 18-19
11 am – 11 pm
Over 65 Food Vendors
Large Arts & Craft Alley
Family Fun & Games
2 Stages of Live Music
www.ColumbusFoodTruckFest.com

Golden Hobby Shop

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

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

Golden Hobby Gift Shop will be at the Martin Janis Center during the Ohio State Fair – Come see us! We'll have our traditional Shop stocked with unique souvenirs.

Saturday, August 12 is our third Second Saturday featuring free craft making for kids and adults in our courtyard, 11am-1pm. Second Saturday has been a big hit and we expect the same this month. It's a very fun time for kids and grandparents to hang out together. New items arrive every day in the Shop so think of us for gifts, wearables, home and garden décor and much more.

August 2017 **Issue 8**

COAAA	Page 7
Dance Information	Page 2
Dodge Intergenerational	Page 5
Gillie 50+ Center	Page 6
Golden Hobby Shop	Page 1
Lazelle Woods Multigenerational	Page 7
Marion Franklin Multigenerational	Page 8
Martin Janis 50+ Center	Page 9
Red Hat Activities	Page 2
Trip Information	Page 3, 4
Walk with a Doc	Page 2
Water Exercise	Page 2
Whetstone Multigenerational	Page 10

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: 6:30-7 pm. The DJ begins spinning a variety of dance music at 7 pm. Refreshments will be served, dancing until 9 pm.
Weekly Themes:

August 2	*Birthdays and Anniversaries*
August 9	*Ice Cream Social*
August 16	*Urban Cowboy*
August 23	*Mid-Summer's Dream*
August 30	*No Dance*

Marion Franklin

Line Dance		
Mondays, Wednesdays and Fridays		***10-11 am***
Beginners	***Wednesdays***	***11 am***
Men's	***Tuesdays and Thursdays***	***1 pm***

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

Evening Line Dance
Beginners ***Tuesdays and Thursdays 5:30-6:30 pm***
$20 per person, per session

Urban Ballroom Dancing
Tuesdays 7-8:30 pm $25 per person, per session

Zumba
Wednesdays 6-7 pm $25 per person, per session

50+ Water Exercise

CHANGE IN LOCATION!

The classes no longer will be held at the outdoor pools. They are being consolidated and moved to the Aquatic Center at 1160 Hunter Ave.

Classes will be held Tuesday, Wednesday and Thursday at 10 am. Doors open at 9:45 am.

$1 per visit or $12 for a summer pass; purchase from the instructor at the pool.

Questions? Call the Aquatic Center at 614-645-3129.

Red Hat Activities

Dodge

Washboard Factory in Logan, Ohio
Thursday, August 17

Gillie's Fillies *Mark your Calendars!*

Mystery Lunch and Movie
Tuesday, August 8 10:30 am Cost $3

Red Hat Open House Reception at Gillie
Friday, August 18 Noon
Yes, Gillie ladies, it's an open invitation to women over the age of 50. Learn about the international society that specializes in food, fun and fellowship. You owe it to yourself. **Please register at front desk.**

Hatter of the Year "Sue Nicholson"
at Celebration One in Vandalia, Ohio
Saturday, August 12 11 am-3 pm

Rambling Rose Red Hat Luncheon
American Legion, 705 Court St. Portsmouth, OH
Saturday, September 30 11 am Cost $35
Mail registration form and check to: Raejean Wagner, 81 Coburn Dr. McDermott, OH 45652. Contact Queen Anne for details. ***Deadline for registration is Saturday, September 15.***

Walk with a Doc

Take steps to a healthier you with Walk with a Doc. Take an hour-long walk led by a Mount Carmel Health Physician. Walkers can come and walk for as little or as long as they like and enjoy good company, a healthy snack and fun prizes.

Walks are held inside during bad weather.

2017 Walking Dates - 8:30 - 9:30 am

Marion Franklin & Woodward Park	**Far East & Dodge**
Aug 5, 19	Aug 12, 26
Sept 2, 16	Sept 9, 23
Oct 7, 21	Oct 14, 28
Nov 4	Nov 11

Trips

Dodge 645-8151

Senior Day at The Ohio State Fair
Tuesday, August 1 9:30 am Cost $4
Funnel cakes, butter cows, and rides oh my! Come join Dodge as we attend the Ohio state fair in August, and also see a tribute to the music of the Carpenters. Shuttle service will also be available from Martin Janis to go around the fairgrounds for those who may not feel up to walking as much.

Ohio Christian University Circleville Good Time Quilters Quilt Show
Friday, August 4 8:30 am doors open; show 9 am
Cost $11 ($6 for admission and $5 for van /gas fee)
Join us for the Goodtime Quilters 24th annual show where over 150 quilts will be on display. There will be a raffle, door prizes, quilt vendors, food demos, a silent auction and scissors sharpening. Bring additional money for lunch too.

La Comedia presents Mama Mia
Thursday, August 31 9 am Cost $50
If you love the music of ABBA, join us for this musical event that is guaranteed to make you a "Dancing Queen" and get you singing along with the show. Admission includes a wonderful lunch buffet with plenty of great food, desserts; and after the show, complimentary cookies for all!

Gillie 645-3106

Gillie Trip Policy for 2017:
Persons registering for **Van/Mini Bus Trips** need to be ***current registered*** members. Our **Chartered Bus Trips** are open to both members and adult non-members. Chartered bus trips will be canceled 30 days before departure if we have not met our target number of reservations. **All refund questions will be handled by the staff person in charge of the trip. Trips leave from the back of the center, please be here 30 minutes before departure and PLEASE DO NOT PARK in the first 3 rows. Thank you.**

Mystery Lunch
Friday, August 4 9:30 am Cost $7
Register on Friday, July 28.

Yes MAM! (Munch and Matinee)
Tuesday, August 8 11 am Cost $5
We'll meet to eat and see a movie which begins at 2 pm. Cost covers transportation and matinee. Lunch is on your own. ***Register now!***

Gillie (continued) 645-3106

Broadway Babies
Friday, August 11 10:30 am Cost $63
Join us for "Music Man" at the Wooster College Theater with a snack stop and dinner on your own. Dinner will be after the show.
Register on Friday, July 28.

TECUMSEH OUTDOOR DRAMA
Tuesday, August 15 Leave: 3:15pm -Return: 1am
Cost $55 *(includes Transportation, behind the scenes tour, buffet dinner and show ticket)*
Witness the epic life story of the legendary Shawnee leader as he struggles to defend his sacred Ohio country during the late 1700's.
Check to see if there are seats available.

Gillie Historic Summer Tour Series Present:
Transportation in the Ohio Country
Neil Armstrong Museum in Wapakoneta, OH
Wednesday, August 16 Cost $20
Travel to Auglaize County for signs of the black swamp, canals, old forts, graveyards and astronauts. Lunch will be on our own at The Lucky Steer.
Registration begins Wednesday, August 2.

Take Me Out to the Ball Game
Thursday, August 17 Cost $10
Join us as we cheer on the Columbus Clippers. The trip includes round-trip transportation and admission to game.
Register now!

Mystery Trip
Friday, August 25 9:30 am Cost $32
Register on Friday, August 11.

La Comedia Presents: "Mamma Mia"
Thursday, August 31 8:30 am-5 pm Cost $50
The ultimate feel-good show that combines ABBA'S greatest hits such as "Dancing Queen," "S.O.S," "Super Trooper," Take A Chance On Me" and more. It is an enchanting tail of love, laughter and friendship.
Registration begins Wednesday, Aug. 17.

Trips

Marion Franklin 645-3612

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

Ohio State Fair Senior Day
Tuesday, August 1 9 am Cost $9
Cost covers transportation and admission to fair. A tribute to The Carpenters at 1 pm (FREE!) This year, Senior Day visitors can enjoy a tribute to the timeless music of The Carpenters, featuring Michelle Whited, on Tuesday, Aug. 1 at 1 pm, for free with paid Fair admission! Free Health and Wellness EXPO: Have fun, test your balance, play games and receive free health screenings and services at the "Well Beyond 60!" Health and Wellness EXPO in Central Park, 10 am to 5 pm. Open to all ages and included with fair admission. Free gift only for 2017 Senior Day guests: as a special gift for senior day guests this year only, your group members will be provided with a free bag. Fill it with goodies during your day at the Fair!
Please register at the front desk.

Scavenger Hunt
Wednesday, August 16 9:30 am
Cost $5 (Transportation Only)
Join us as we head out to hunt down deals in the Columbus area and enjoy a nice meal together.
Please register at the front desk.

Martin Janis 645-5954

Dan Emmett Music and Arts Festival
Thursday, August 10 11 am
Cost: $10 for transport, lunch on your own
Music, crafts, cars, competitions, shows, historical tours, and family fun abound at the Dan Emmett Music and Arts Festival in Mt. Vernon. Held to celebrate the legacy of Daniel Decatur Emmett, author of such songs as "Dixie" and "Turkey in the Straw," the Dan Emmett Music and Arts Festival showcases artists and musicians performing such styles as bluegrass, country, folk, oldies, rock-n-roll, Christian and big band. The festival's trademark is its outstanding music and entertainment format and an artisan and handmade crafts exhibition.

Martin Janis 645-5954

Bucyrus Bratwurst Festival
Thursday, August 17 11 am
Cost: $10 for transport, Lunch on your own
This festival packs in tons of family-fun and more than 27 tons of the finest sausage cooking over open pits. The festival celebrates this small Ohio town's German heritage with more than just bratwurst. There are parades, contests, auction and the FOOD – local family recipes that have been handed down from generation to generation dating back to "the old country." And, thanks to our sponsors, there is plenty of FREE live entertainment.

Put-in-Bay
Thursday, August 31 8 am
Cost: $15 for transport, Round trip ferry to island $14, lunch and transport around island on your own
You'll have a full day visiting wineries, historical sites, unique shops, sightseeing, a fun ferry ride and the walleye. Join us for this once a year special day!

Whetstone 645-3217
Note: Any participant signing up for Whetstone trips must present payment at the time of registration.

ALL ARE WELCOME ON THIS TRIP!
Wednesday, August 9 9:30 am
Bring your change purse and your walking shoes, because it's junkin time. Depending upon where we are is where we choose to eat. Please call Mike 614-645-3217 to RSVP today.

Hikes with Mike
Wednesday, August 16 9:30 am
Mirium, it is your turn to pick again. Let Mike know you are going, 614-614-3217.

Mike's Taste of Italia
Wednesday, August 23 10:30 am
We will head to the Olive Garden. Don't miss out on this. Call Mike to RSVP.

50+ Fall Walking Jamboree

Friday, October 6
Smith Farms' Barn
3285 Watkins Rd., 43207
8:30 am check-in; 9 am start

Join us for a fun walk around the farm and Three Creeks Park.
Refreshments, line dancing, hayride and prizes

Senior Council Meeting
Tuesday, August 8 1 pm
Interested in seeing how the senior council works? Join us for a meeting to talk about the happenings at Dodge. We welcome any and all members of Dodge to attend.

Interested in Eating Healthy?
Thursday, August 17 12:30 pm
Come and join us for this healthy eating and nutrition class that extends throughout the year. Lisa Gibson a nutritionist from OSU joins us to teach us all about healthy eating and habits. You are welcome to bring any questions/concerns you may have.

Dodge Walking Club ***Mondays and Wednesdays 9 am***

Come join Mrs. Holly as she heads outside to enjoy those morning walks around Dodge's trail!

Chair Volleyball ***Mondays and Thursdays 1 pm***
Come on out and join us for some chair volleyball two times a week. It's great exercise and everyone loves a little competition!

The Fresh Produce Market is making its return
August 10 and August 24 3-6 pm
First come, first serve! Rain or shine and don't forget to bring your own bag!

Upcoming Opportunities to Showcase Your Talents:

Do you love to sew? We will be having a **Fall fashion show on September 22**! It's open to all of our sewing, craft and crochet classes at Dodge. **Participants are allowed to submit 3 items. These can include clothing or accessories** that you have made in class or related to your class. Deadline to submit descriptions are September 15.

Art Show "Through the Looking Glass to Wonderland" December 15
We know it's early, but we are looking for artists to submit artwork for an art show that will be displayed at the **Columbus Performing Arts Center**. **The Theme is "Through the Looking Glass to Wonderland"** based on Alice in Wonderland. We are looking for all media: painting, drawing, sculpture, mosaics and sewing. So if you love Alice in Wonderland let it inspire you to create a wonderful work of art! The show opens December 15 but the deadline for art is December 8! So you have time to think about what you will do.

This show coincides with Carriage Place's theatrical production: "Steam Punk Alice in Wonderland."

Dodge Chorus
We will be taking a break during the summer, but will return in September! We are always looking for new members so if you would like to sing with our Chorus, please join us in September.

Walk with the Doc
2nd and 4th Saturday of the month 8:30-9:30 am
Saturdays, August 12 & 26
Come out and help us represent the West Side of Columbus. Bring your walking shoes and don't forget your list of questions for the Doc!

Classes for Summer!

Painting	***Mondays***	***10 am–Noon***
You Sew fine	***Mondays***	***1:30-3 pm***
Quilting	***Tuesdays***	***9 am***
50+ Sewing	***Tuesdays***	***1:30-4:30 pm***
Crochet	***Wednesdays***	***1-3pm***
Walking Club	***Mon-Wed***	***9-10 am***
***PaintingMixedMedia**	***Wednesday***	***3:30-5 pm***
Shuffleboard	***Thursdays***	***10:15–10:55 am***
Bingo	***Thursdays***	***11-11:55am***
Chair Volleyball	***Mon & Thurs***	***1-3 pm***
50+ Alterations	***Fridays***	***1-4 pm***
Zendoodle Art	***Fridays***	***1-3 pm***
***Art Journaling**	***Fridays***	***3-5 pm***

Dan Rankin with Medical Mutual
Wednesday, August 16 10 am -Noon
Dan will be here to answer any questions you may have about Medicare.

Screen to Save Colorectal Cancer Education Program
Tuesday, August 29 10:30-11:30 am
Jaci Holland from The James at the Ohio State University will be at Dodge to screenfor males or females ages 50-74. If you or someone you know is interested in preventing Colorectal cancer RSVP to Jaci 614 293-6441 or sign up at Dodge

Alzheimer's awareness workshop will be coming up in September If a friend or loved one may be suffering from Alzheimer's or even if you may have questions or concerns then attend this informative workshop. The date will be in Mid-September.
Register at front desk so we may have an interest list.

No classes or programs August 28 –Sept.1, this includes the fitness and billiard room.

New Art Classes
Tuesdays 9:30 am Cost $3
Learn the basic drawing skills, Sketching, composition, perspective, shading and much more from an instructor with 53 years of experience.
You choose what medium in which wish you to work.
Please register at the front desk.

Senior Day at the Fair
Tuesday, August 1 9:30 am
Transportation and discount ticket.
Come and travel with us to the Ohio State Fair. Your home base will be the Martin Janis Center, where there will be entertainment, food and fun. From there you can walk around the fair and see all the exhibits, animals and rides. ***Check at front desk for the price.***

OSU Extension Service
Friday, August 4 9:30 am

Veteran's Group
Friday, August 4 1 pm
We are calling all members of the Armed forces for a meeting of the brotherhood.

BINGO ***Mondays, August 7 and 21 1 pm***

Eat Better, Feel Better
Tuesday, August 8 11 am
Registered Dietitian Leonor Button from LifeCare Alliance presents: Keeping Your Balance.

Alzheimer's Association
Tuesday, August 8
~Support Group ***12:30 pm*** Everyone is invited.
~Private Consultations ***1:30-4 pm*** *f*or yourself or a caregiver; by appointment (457-6003).

Gillie Recreation Council Meeting
Wednesday, August 9 1 pm

History Roundtable - Battle of Prokhorovka
Wednesday, August 9 1 pm
On this day in 1936, Jesse Owens wins four gold medals and single handedly defeats the Nazi claim for Arian superiority over the world. We will look at what role the XI Olympic Games had on the political and social environment of this pivotal time in American history.

Summer Cook out & Ice Cream Social
Thursday, August 10 11:30 am
Join us for a great cook out and some delightful Ice Cream treats. There will be entertainment and fun starting at **12:15 pm.** ***No tickets needed, regular canteen prices apply. Ice Cream is FREE.***

Vacation Books
Thursdays, August 10 & 17 1:15 pm
Have you ever wanted to scrapbook that perfect vacation? This class is for you. We will be making mini (8"x8") books. You will learn how to use cutting tools, punches and simple die cuts. Please bring scissors and 10-15 photos.

Columbus Public Health Department
Thursday, August 17 9 am-Noon
Free blood pressure and fasting sugar screens.

Columbus Speech & Hearing
Thursday, August 17 10 am-3:30 pm
To schedule an appointment, call 261-5452.

Birthdays and Anniversaries
Thursday, August 17 12:15 pm
Everyone is invited to celebrate the months of May, June, July, and August with our members.
Please join us for some great fun, prizes and refreshments compliments of our sponsor MediGold.

Senior Living Truth Series

Thursday, August 17 10-11:30 am
Every 3rd Thursday of the month, New Directions Realty will present "The Senior Living Truth Empowerment Series", (SLTES) The SLTES provides comprehensive information on a variety of topics of interest to seniors and their families.

Basic Computer Class
Thursdays 10:30-11:30 am
Fall I Session September 7-October 26
Fall II Session November 2-December 14
Space is very limited; register for one session only.

Lazelle Woods Intergenerational Center — 8140 Sancus Blvd., 43081

Anna Marie Brown, Center Manager — 645-5330

Hours: Mon.-Fri.: 8 am-9 pm

Monday

Fitness Fusion	9:30 -10:30am	$30
Open Pottery (must have experience)	6-8pm	$10

Tuesday

Hiit Yoga	10:30-11:30am	$50
Pickle ball	6 – 7:45pm	Free
Photo Scribing	6:30-7:30pm	$30

Wednesday

Fitness Fusion	9:30-10:30am	$18
Yoga	6:30-7:30pm	$30

Thursday

FXP Fitness (Barre, Pilates & Cardio Fusion)
10:30-11:30am $55

Fundamentals of Watercolor
6-7:45pm $65

Friday

Pottery	12-2:00pm	$20 + 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

Take a Step Towards Fall Prevention

Unintentional falls among older adults are a leading cause of fatal and nonfatal injury in the U.S. and Ohio. ***Each week*** in Ohio, there is 1,563 emergency department visits among residents ages 65 and older, 374 hospitalizations, ***and 22 deaths due to fall injuries***. Falls are also costly. Hospital costs associated with injuries sustained by falls account for a substantial share of healthcare dollars spent on injury-related care.
The good news is that many falls are preventable. It's essential to be physically active year round, whether that's a formal exercise program, water aerobics, a casual daily stroll or 'that good-morning stretch'. You have to keep moving! Of course physical activity is just one fall prevention strategy. Other important reminders include eliminating clutter, good lighting, grab bars in the bathroom, staying hydrated, and if you're concerned about falls, talking with your doctor to request a balance assessment.

Contact Jane Acri, Jacri@coaaa.org at the Central Ohio Area Agency on Aging to request a Fall Prevention presentation for your group. Do your part to gear up for Fall Prevention Awareness Day in September! For more tips and resources to Prevent Falls year-round, visit www.steadyu.ohio.gov

Submitted by Jane E. Acri, LSW COAAA Community Education Program Manager

About Our Agency

The Central Ohio Area Agency on Aging plans, funds and develops services that make our communities places where individuals can live with independence and dignity. We also coordinate and arrange services for more than 8,000 individuals who participate in community based long term care programs including PASSPORT, MyCare Ohio, the Ohio Home Care Waiver and the Franklin County Senior Options Program. Working with local Advisory Council Members from our eight counties, we advocate for policies and programs that benefit older adults and people with disabilities. COAAA provides resources and education to families, caregivers and professionals.

Whether you are an older adult, caregiver or a professional, COAAA is here to offer seniors and individuals with disabilities care, choices and information. COAAA is Your Aging and Disability Resource Network.

Fall 1 Registration: Aug. 28-Sept.1 (No Classes)
The Center will be closed: September 4 (Labor Day)
Fall 1 Session Begins: September 5- October 20

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

Marion Franklin Dining Center
Lunch: Tuesday-Thursday 11 am-1 pm
LifeCare Alliance…Nourishing the Human Spirit

Save the Date:
Style Show & Luncheon
Tuesday, September 19 11 am-2:30 pm
Tickets: $35
The Men In Black will be styling with a purpose. Help us support Prostate Cancer Awareness Month with the latest fashions, speakers, exhibitors, entertainment and an afternoon of making a difference. The event will be held at the Creekside Conference & Event Center, 101 Mill Street, Suite 300 Gahanna, Ohio 43230. For more information call the Marion Franklin Community Center 614.645.3612 or mail:crcarrera@columbus.gov. Proud Contributors: The Columbus Cancer Clinic, The James, Lifecare Alliance, African American Male Wellness Walk Initiative and Central Ohio Men Against Prostate Cancer.

Join Team: Marion Franklin 50+
Saturday, August 12
Deadline: August 3
Free T-Shirt (size needed at the time of registration)
Please register at the Marion Franklin Community Center (front desk) to walk with the Marion Franklin 50+ Passion Team in the 2017 **African American Male Wellness Initiative 5K Walk/Run**. Location: Livingston Park, 760 E. Livingston Ave, Columbus, OH 43205. Health Fair & Free Screenings are at 7 am and the 5K Walk/Run will be held at 9:30 am.

Balletmet @ Marion Franklin
Tap Dance Classes
50+ Tap Dance Classes will begin this fall. Anyone interested must register at the front desk.
The six week session cost is $60 per session. Certified tap instructor from BalletMet will instruct the classes. For more information contact: Crystal Carrera.

Bike Club
Interested in biking? We are looking for those interested in shorter (less than 10 mile) rides. Must provide your own bike and be able to meet at location. We will also learn how to maintain and perform minor repairs. If you are interested, please contact Scott.

Walk with a Doc
1st & 3rd Saturdays; August 5 & 19 8:30-9:30 am
Marion Franklin (Walking Track)
This is a free of charge Neighborhood Walking Club. Join us on Saturdays for good company, healthy snacks and fun prizes. Start taking steps to a healthier you.

Book Club Discussion & Social
Every 2nd Wednesday (August 9) 1:30 pm
Book: Copycat
Author: Kimberla Lawson Roby
Dates and Times are subject to change; please call the center if you plan to attend.

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

BINGO ***1st and 3rd Tuesdays 1-3 pm***

Pokeno ***Wednesdays Noon-3 pm***

Classic 8 Ball Tournament
Thursday, August 10 4 pm No Entry Fee

Health & Wellness Information:
Barbara Parker, registered nurse, is available in the Lifecare Alliance Wellness Center Monday, Tuesday and Thursday from 8am-4pm and Friday 8-11am. For an appointment, please call 614-437-2927.

Arthritis Foundation Exercise Program – Meets every Tuesday & Thursday 10am

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

Silver Sneakers: There's a Good Chance You're Eligible!
Did you know 1 out of 5 people, 60 and older are eligible for this fitness benefit? If you are a group retiree or part of a Medicare health plan, you may already have a SilverSneakers membership. Fitness options are free with your insurance! SilverSneakers allows you to get fit the way you want, at your convenience. With this innovative program you can: use all basic amenities, plus take SilverSneakers classes (amenities and classes vary by location). You can have guidance and assistance from a Program Advisor™. Enjoy fun social activities with people like you!

Heads Up!
The Martin Janis Annual Health Fair is coming! Don't miss this year's fair with presentations highlighting good health. We will have a number of resources and exhibits representing a spectrum of health concerns. This year promises to be very special with a multitude of diverse social service agencies and professional wellness companies presenting services and products to help you live a better quality of life. We also plan to offer senior friendly fitness demonstrations and a special heart-healthy lunch! Mark your calendar for September 21st and come by to enjoy this day-long event!

Center-wide Cleaning/Class Scheduling
- August 7 – 11: Martin Janis will be closed for cleaning. No day or night classes or events will be held during this time. Instructors are encouraged to clean and organize their classrooms.
- Make-up classes will start on August 21. We will resume regular scheduling August 28 for the fall session. We will have no evening classes during the month of August; they will resume September 7.
- Our cafeteria will be closed August 7-18.

Gregg's Health Corner
Different Ways to Treat Cancer-According to the National Cancer Institute: Some of the common methods of treatment for cancer include surgery, radiation therapy, and chemotherapy. Surgery may be an option for people with early stage lung cancer. The surgeon usually removes only the part of the lung that contains cancer. Radiation therapy can be use at any stage of cancer. The radiation comes from a large machine that aims high-energy rays at your body to kill cancer cells. The treatment affects cells only in the area being treated. Chemotherapy may be used alone, with radiation, or after surgery. Chemotherapy uses drugs to kill cancer cells. The drugs for lung cancer are usually given intravenously through a small needle. Usually an outpatient procedure, people rarely need to stay in the hospital during treatment.

Save the Date!
King Arts Center Tea
Tuesday, September 5
We will leave the center at 11:30 am.
Register at the front desk.

Breakfast for Lunch
Wednesday, September 6
Our very popular "Breakfast for Lunch" will return!

Martin Janis Annual Casino Party!
Thursday, September 28 Noon – 4:30 pm
Cost $10 per person
Our Casino Party is one of the biggest events of the year so come on in this year and try your luck; enjoy our lunch buffet, prize auction and games (no legal tender allowed)!

Annual Picnic & Potluck
Friday, September 29
Our annual event is free and we welcome everyone to come join in the advent of autumn and also a big 'thank you' to all who helped with the State Fair! Our volunteers are so valuable to us and we could never make this happen without you all!

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; 12:30-3 pm; Free; Community Room

Progressive Bridge
Thursdays; 12:30-3 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. With the warmer months, we will alternate between a salad and baked potato bar. Bring your appetite and $5; and we'll see you every Monday. ***Contact the center with any questions.***

Open Pickle Ball
Tuesdays & Thursdays
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 Park of Roses

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." Meet in the shelter house in the park.
Contact the center with any questions.

Whetstone 50+ Writers: Memory to Memoirs
This group meets every 1st and 3rd Thursday of the month. ***Contact the center with questions about meeting times.***

Monthly Friday Potlucks
Friday, August 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:
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 *$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*
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

COLUMBUS RECREATION AND PARKS DEPT
1111 EAST BROAD STREET, SUITE 103
COLUMBUS, OH 43205

PRESORTED STANDARD
US POSTAGE PAID
COLUMBUS OH
PERMIT NO 719

Fall Dates

Fall 1 Session Registration:
August 28 – September 1

Fall 1 Session:
September 5- October 20

All Centers will be closed Monday, September 4.