2018’s event will be held May 9-18.

Theme: Life is a Circus

The Creative Arts Event is a show of original art and craft work for ages 50 and up.

See page 3 & 4 for entry form.

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
Spring is in the air. Stop in and see all of the wonderful and unique gifts the Hobby Shop has to offer.

Annual 18” Doll Show
Sunday, April 22
1-4 pm
If you have a child in your life who collects American Girl dolls, this event is for you, your children and grandchildren. Activities include doll style show, raffle, crafts and refreshments. Call for more information. Admission fee applies.

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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

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
6:30 pm. Refreshments served, dancing until 9 pm.
Weekly Themes:
April 4 Birthdays and Anniversaries
April 11 Poor Man’s Shuffle
April 18 Earth Day
April 25 Spring Fling

Marion Franklin
Line Dance (Intermediate)
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

50+ Water Exercise
Water aerobics is back in the swim of things. Join us.

Mondays and Wednesdays
Columbus Aquatic Center
1160 Hunter Ave. 43201

Per visit will be $2 and a 6 or 7 week pass will be
$20.
Alice is the instructor. For more information, call
645-3129.

Trips

Barnett 645-3065
Ohio Glass Museum
Thursday, April 12 11:30 am Cost $10
We’ll learn about the history and production of glass,
as well as experience glass blowing demonstrations.
We will stop for lunch on our way. Lunch is on your own.

Library & Lunch
Wednesday, April 25 9:30 am Cost $5
Join us as we visit the newly renovated main branch
of Columbus Metropolitan Library, and then grab
lunch at Old Bag of Nails. Lunch is on your own.

Dodge 645-8151
Friday on the Town
Spring Street Antique Mall near Hocking Hills
Friday, April 6 9:30 am Cost $5
Please bring additional money for lunch and if you think you might find a
one of a kind item that you simply can’t
live without.

Olentangy Indian Caverns near
Delaware
Friday, April 13 9:30 am Cost $5
Cost is transportation only. Bring $9.95 the day of the
trip for admission into the cavern. Wear comfortable
shoes as there will be some walking
involved as well as steps. We will be
going to lunch afterwards so bring
additional money.

Breakfast and a Movie
Friday, April 20 9:30 am Cost $5
Join us we grab breakfast and then go to an early bird
movie (movies before 1 pm). Please bring an
additional $5 that day for movie admission plus
money for breakfast.

Metro 5-0 Camp Senior Camp Blacklick Woods
Friday, April 27 9:30 am Cost $5
Cost is for transportation only.
Join us for a day at senior camp where we will do
fishing, bingo, arts and crafts, take a nature hike or a
tram ride through Blacklick. Wear comfortable shoes
and clothing weather appropriate. Please pack a lunch
that day as we will be eating in the lodge.

Trips continued on page 5.
THE CREATIVE ARTS EVENT 66th YEAR

All events take place at The Martin Janis Center, 600 E. 11th Avenue, Cols. OH 43211. Free Parking and Art Display Admission - Family and Friends Welcome - Open to the Public

Opening Night! May 9: Ceremony and Artists Reception, 6 pm, Doors Open at 5:30. All artists invited. Presentation of awards, entertainment and reception.

Line Dance Showcase: Thursday, May 10, Noon
Line dance acts from Central Ohio including Men in Black from Marion Franklin.

Dinner Dance Party: Friday, May 11, doors open at 5:00 pm; Cost: $18 (includes Dinner and Show)
Featuring Divas Betty Londergan and Cynthia Carr. Registration & Payment deadline: May 9

Line Dance Workshop featuring instructor Derick Steele: Saturday, May 12, 9 am-5 pm; Cost: $35
Includes workshop and lunch. Limited space. Call the Gillie Center to register: 614-645-3106

Poetry & Writing Expo: Monday, May 14, 10 am-Noon
Reading of short stories and poetry.

Central Ohio Area Agency on Aging Hall of Fame Ceremony: Wednesday, May 16, 1 pm
Central Ohio outstanding volunteers are recognized.

Variety Show: Thursday, May 17, 1 pm
Acts from local performers and Recreation Centers.

Coffee and Canvas with Mike Phillips: Thursday, May 17, 10 am; Cost $10
Hands on Painting Fun! Register & pay by May 14 at Martin Janis Center or the Gillie Center.

Bill Cohen Concert: “Growing Older, but still alive and kicking”: Friday, May 18, 7 pm
Admission is free, but donation will be collected for the Central Ohio Alzheimer’s Association.

ENTRY INFORMATION

This year’s theme is: Life is a Circus. Central Ohio area residents Age 50 or over are invited to enter 3 items of original artwork, crafts or writing.

Entrants should take their entries to the Martin Janis Center at 11th Avenue at the Fairgrounds on Wednesday, April 18, between 10 am and 2 pm or on Thursday, April 19, between the hours of 5 and 7 pm. Parking is free and there is no charge to enter your items.

Any type of two or three dimensional art or craft work made by the entrant after the age of 50 is eligible. Winning entries are chosen by area artists and instructors. Ribbons and plaques are awarded by category. The theme: Life is a Circus, is a category for entries in any media. Recycled / repurposed work is a newer category. A pair or group of similar items may be considered as one entry with a limit of two items per person. Painting, photos and other two dimensional entries must be framed with hangers or otherwise ready to display or hang. Quilts and other wall-hangings should also be ready to hang, with casings for dowels or loops attached for hanging.

Writing and poetry entries may include a group of short poems or stories. They should be typed and enclosed in a plastic sleeve or otherwise ready for display or reading.

The event will be open to the public on Wednesday, May 9 and runs through May 18, with special entertainment and programs daily. Admission is free, with a charge for some of the special events.

Family and friends are welcome. Lunch will be served every day from 11:30 am - 12:30 pm. For information, please call event co-chair, Linda Jacobs, at the Gillie Center: 614-645-3106 or Mike Phillips, Martin Janis Center: 614-645-5954

Don’t miss taking part in this special annual event!
66th Annual Creative Arts Event
The Martin Janis Center May 9 - 18, 2018
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 18, 10 am-2 pm or Thursday, April 19, 5-7 pm
• Martin Janis Center, E. 11th Avenue at the Fairgrounds. Limit of 3 entries per person, over age 50.
• Pick up work after the show: Wednesday, May 23 10 am-2 pm or Thursday, May 24, 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 23 or 24.

List and Describe Your Entries:

1. ___________________________________________________________
2. ___________________________________________________________
3. ___________________________________________________________

CREATIVE ARTS EVENT ENTRY FORM

Name ____________________________       Center __________________

List and Describe Your Entries:

1. ___________________________________________________________
2. ___________________________________________________________
3. ___________________________________________________________

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: ___________________________________________________

Please bring your completed entry form with your work on April 18 or 19.
Trips

Gillie  645-3106

Gillie Trip Policy for 2018: Please call 645-3106.

Mystery Lunch
Friday, April 13  Cost $7
Registration begins Friday, April 6.

Gillie Senior Center History Tours Present:
Agriculture in Ohio – Slate Run Farm
Wednesday, April 18  10:30 am-5 pm  Cost $20
We will examine the long agricultural past by exploring the farms, vast growing fields, museums, produce stands and orchards that represent the reason that agriculture is still the #1 business in the state.
Registration begins Wednesday, April 11.

Broadway Babies: TBA
Friday April 20
Please see front desk for more information.

The National Underground Railroad Freedom Center Museum
Tuesday, June 19  8 am  Cost $30
Travel back in time with us as we visit Cincinnati and explore a very interesting and important time in American history. We will visit the Underground Railroad Museum and other U.G.R.R. sites with lunch at the Montgomery Boat House. (Lunch will be on your own.)
Registration begins Thursday, May 31.

Marion Franklin  645-3612

Lake Erie Walleye Head Boat Trip in Port Clinton
Monday, June 4  Cost $70
Cost includes bait and transportation on Lakefront Bus Lines.

Departure from the Marion Franklin Community Center is at 4 am promptly. Estimated time of return to Columbus is 5:30 pm. All are welcome to go. Please register at the front desk at the center. For more information please contact Thomas Glover at 614-777-1077 or the center at 614-645-3612.

Martin Janis  645-5954

First Tuesday Tea
Tuesday, April 3  11:40 am  FREE
Come play with Polymer Clay at MLK Center! Create some adornments with Master Polymer Artist, Debbie Jackson.

Bowling at HPL Lanes
Thursday, April 12  10:30 am
Cost: $5 for transport, $1.50 per person per game, lunch on your own
We’re going to head to the bowling alley for the very first time and see who can bowl a perfect game.

Jungle Jim’s
Thursday, April 19  9 am
Cost: $10 for transport, lunch on your own
Jungle Jim’s International Market near Cincinnati has over six acres of food under one roof! It’s not a supermarket; it’s a zoo-permarket. An international mecca, Jungle Jim’s offers thousands of imported and national brand groceries: 12,000 wines, 1,200 beers, 1,600 cheeses, 1,000 kinds of hot sauce, one full acre of produce (including organic and international). If it’s edible, you’ll find it here. Jungle Jim’s is truly a Food Lover’s Paradise!

Metro Parks Senior Camp
Thursday, April 26  9:30 am  Free
Let’s spend a day at a METRO PARK and enjoy nature! You can fish, take a tram ride, and take a nature walk or some arts and crafts.

Whetstone  645-3217

Taft Art Museum
Wednesday, April 11  9 am  Cost $17
The Whetstone Cruising Cougars will head to Cincinnati. Please call and ask for Maria or Mike so you can your seat for this great trip. 614-645-3217.
Multigenerational Fridays
Join the kids in the game room from 2-4:45 pm
every Friday for special activities and tournaments
suited for those of all ages.
  April 13  8 Ball
  April 20  Wii Bowling
  April 27  Pickleball

Beginner Line Dancing & Aerobics
*Mon & Wed  10:30 am-noon*
Join Trent Clark and dance the morning away as he
breaks down the moves step by step.

Stay Young, Stay Fit
*Mon/Wed/Fri  9-10 am*
An hour of stretching, cardio and weight training for
a total body workout designed with modifications for
all levels.

Open Pickleball
*Mondays  3-5 pm
Thursdays  1:30-3 pm*

Open Basketball
*Tuesdays and Thursdays  10 am-Noon*

BINGO
*Wednesdays  1 pm*

Quick Fix Circuit Training
*Thursdays  11-11:45 am*
A fast paced total body workout for those looking for
a higher intensity challenge.

Scrapbooking/Card Making
*Thursdays  9-10:30 am*

5K Challenge
*Fridays  10-11 am*
A class for all levels! We will gradually increase our
walking and jogging distances to reach that 3 mile mark.

Spring Session
Stay Young, Stay Fit  *Mon, Wed & Fri  9 am*
Walking Club  *Mon & Wed  10 am*
Beginner Line Dance & Aerobics  *Mon & Wed  10:30 am*
Bid Whist  *Mon & Wed  Noon*
Chair Volleyball  *Mondays  1 pm*
Colorful Mosaics  *Tuesdays  9 am*
Intro to Weightlifting  *Tuesdays  2 pm*
Spin  *Tues & Thurs  12:30 pm*
Wii Bowling  *Wednesdays  3 pm*
Scrapbooking/Card Making  *Thursdays  9 am*
Quick Fix Circuit Training  *Thursdays  11 am*
5K Challenge  *Fridays  10 am*
Balance Boost  *Fridays  11 am*
Cards & Coffee  *Fridays  1 pm*

**If there are any 50+ classes or special events you
would like to see offered at Barnett, please let us
know. We are always looking for new ideas!*”

Celebrate April

April 2nd  National Peanut Butter and Jelly Day
April 3rd  National Find a Rainbow Day
April 4th  National Walking Day
April 8th  National Zoo Lovers Day
April 9th  National Former Prisoner of War
  Recognition Day
April 10th  National Siblings Day
April 11th  National Eight Track Tape Day
April 13th  National Scrabble Day
  National Blame Someone Else Day
April 16th  National Orchid Day
April 20th  National Pineapple Upside Down Cake
  Day
April 21st  National Chocolate Covered Cashews Day
April 22nd  National Earth Day
  National Jelly Bean Day
April 23rd  National Take a Chance Day
April 26th  National Audubon Day
  National Pretzel Day
April 27th  National Arbor Day
April 29th  National Pet Parents Day
April 30th  National Adopt a Shelter Pet Day
Dodge Morning Walking Club
*Mondays, Wednesdays and Thursdays* 8:15-9 am
Join Mrs. Holly on morning walks along the river’s Scioto Mile, weather permitting, if not, we will walk around the gym or short trail. Bundle up and bring a travel mug to fill up with coffee or tea before we venture out!

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!

Dodge Chorus
*Tuesdays* 1 pm
We are always looking for new members so if you would like to sing with our Chorus. Please join us.

Crochet Class
*Wednesdays* 1-3 pm
We are looking for new members. All types of needle work are welcome to join - whether it is knitting, macramé, canvas needle work, latch hook, rug making or needle point, etc. Come visit us to join our group.

Dodge Diet Club
*Wednesdays* 3 pm
Need some support maintaining, or motivation to start a healthy diet or healthy eating in 2018?

Interested in eating Healthy?
*Thursday, April 19* 12:30 pm
Lisa Gibson returns with this month’s topic: “Are you drinking your food dollars and breaking down barriers?”

AARP Tax Assistance
*Thursdays and Fridays thru April 6* 9 am-2 pm
Call today to see if appointments are still available. 614-645-3176.

The Creative Arts Event will be held May 9-18. This year’s theme is “Life is A Circus.” If you are interested in submitting art work, unable to take it to Martin Janis and a Dodge participant, please bring it along with completed entry form to Holly Wetmore-Kemeter by the end of April. This is a great event for creatives ages 50 and up. Not limited to painting and drawing! All different types of media can be submitted including writing, sewing, scrapbookimg, jewelry making and sculpture along with many others.
New Activity!
Gillie Walking Group
_Tuesdays, Beginning April 3   9:30 am_
Gillie is teaming up with The Columbus Running Company and LifeCare Alliance Dietitian, Leonor Button to start a walking group.
We will meet at Woodward Park tennis courts to begin our walking sessions. Come and join us for some fresh air, good company and exercise!

Veteran’s Group
_Friday, April 6   1 pm_
Calling all members of the Armed forces for a meeting of the brotherhood.

OSU Extension Service with Lisa Gibson
_Friday, April 6   9:30 am_
**Topic:** Foods to Decrease and it’s Not Just for Breakfast

Open Mic “Poetry Jam”
_Saturday, April 7   2-5pm_
Join us as we celebrate the creative mind with this “Open Mic” program. Come share your original poetry and writings for us to enjoy. Light refreshment will follow. **Please call 645-3106 to register.**

BINGO
_Mondays, April 9 & 23   1 pm_

Eat Better, Feel Better
_Tuesday, April 10   11 am_
LifeCare Alliance Dietitian Leonor Button, RD presents: **What is your metabolism?**

Alzheimer’s Association
_Tuesday, April 10   12:30 pm_ Everyone is invited.
_A~Private Consultations 1:30-4 pm_ for yourself or a caregiver; by appointment (457-6003).

Senior Recreation Council Meeting
_Wednesday, April 11   1 pm_

Underground Railroad Study Group
_2nd and 4th Thursdays  1pm_
We study the role of Ohio and other states during this very interesting time in American History. We then travel to different sites around the state and visit the places we’ve studied.

Columbus Speech & Hearing
_Thursday, April 19   10 am-3:30 pm_
To schedule an appointment, call 261-5452.

Quilting Workshop
_Saturday, April 14   Noon-6 pm   Cost $30_
Join Dorothy Bush, our Thursday Quilting Instructor, who will take you through the steps on how to make a Ruler/Utility bag. If you are interested, please call Dorothy at 614-599-6714 to register.

Senior Living Truth Series:
All About Downsizing from Seniors Who Know
_Thursday, April 19   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.
**Registration Deadline:** Wednesday, April 18; please call 614-561-1621

Birthdays/Anniversaries
_Thursday, April 19   12:15pm_
Everyone is invited to celebrate the months of January, February, March and April with our members. We will also be celebrating a very special 101st birthday. Please join us for some great fun, prizes and refreshments compliments of our sponsor MediGold.

Gillie Senior Council Elections
Voting for the 2018-2020 Council Officers will begin Wednesday, May 1 to Wednesday, May 9, 2018 at noon. You can get a ballot at the front desk.

General Meeting -Gillie Senior Council
_Wednesday, May 9   1 pm_
All members are welcomed to attend and we hope you will vote before noon.

GRAM AND GRAMP CAMP
_Monday-Friday, June 4-8   9-4pm_
This is a chance for grandparents and their grandchildren to fun activities together in an outdoor setting. We have fun with fishing, canoeing, art & crafts, archery, swimming and special programs. **Cost is $120 resident/$130 non-resident for one grandparent and one grandchild.** Registration forms at the front desk.

Save the Date
2018 LiveWell Expo
_Thursday, May 24th   10am – 2:30pm_ **Come LiveWell with us!**
Lazelle Woods Intergenerational Center
Anna Marie Brown, Center Manager
8140 Sancus Blvd., 43081
645-5330

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

Monday
Fitness Fuzion 9:30-10:30am $20
Fitness Fuzion bundle 3x per week $40

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

Wednesday
Fitness Fuzion 9:30-10:30am $20
Get Moving 10-10:45am Free with fitness pass
Body Shop Workout 5-5:45pm $49
LaBlast Dance Fitness 5:30-6:30 pm $35
Yoga 6:30-7:30pm $35

Thursday
Get Moving 1-1:45pm Free with fitness pass
Fundamentals of Watercolor 6-9pm $89
Piano Level 1 8-8:30pm $25 + $3 Mtls.

Friday
Fitness Fuzion 9:30-10:30am $20
Pottery with Phyllis 12-2pm $20

Saturday
Beginner Guitar Class (must provide own guitar) 9:15-9:45am $60
Hatha Yoga 10-11:00am $50
Taiji for Balance 11 – 12:00pm $20

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

Do You Have a Guide On......?

Did you know the Central Ohio Area Agency on Aging produces an extensive list of guides on subjects of interest to older adults and their families? They are kept up to date and have both narrative sections and lists of providers and programs in Central Ohio. All of the guides listed below can be downloaded from the website at www.coaaa.org or you can call 614-645-7250 to request a hard copy be mailed to you.

First of all, there is the Central Ohio Older Adult Resource Guide which is an extensive booklet listing programs and services for older adults and their families throughout the entire Central Ohio area. Second there is a booklet of advice and suggestions called The Caregiver Toolbox which has chapters on Care in the Home, Preventing Caregiver Burnout and Common Family Dynamics among others. Then there are 10 smaller, topical guides which are as follows:

1. Books, Videos, & Websites for Family Caregivers
2. Central Ohio Housing & Home Repair Guide
3. Central Ohio Long Term Care & Hospice Guide
4. Central Ohio Moving and Transition Guide
5. Central Ohio Prescription Guide
6. Central Ohio Private Homecare Guide
7. Central Ohio Respite Guide
8. Central Ohio Support Group Guide
9. Central Ohio Transportation Guide
10. Central Ohio Utility Guide

9
Marion Franklin Intergenerational Center
Bryana Ross, Center Manager
645-3612
2801 Lockbourne Road, 43207
Hours: Monday - Friday 8 am - 5 pm

Marion Franklin Dining Center
Lunch: Tuesday-Thursday 11 am-1 pm
LifeCare Alliance…Nourishing the Human Spirit
Congratulations to the Black History Jeopardy participants!
Nadine Lewis, Joseph McKelvey, Larry Miller and Darryl Green travelled to Barnett Recreation Center along with over 25 of their adoring Marion Franklin Community Center fans to compete in the 2018 Black History Challenge.

Bankers Life/Humana Information Session
Monday, April 9 9:30-11:30 am

Specialty Spring Craft- Sand Art
Monday, April 9 Noon
Bring your special small glass vase or bottle and we will supply the colorful sand for a beautiful piece of spring art in a glass. Lunch will be provided for $5.

Book Club Social & Discussion (Center Library)
Wednesday, April 11 1:30 pm
Book: The Twelve Tribes of Hattie
Author: Ayana Mathis

Canvas & Wine
Friday, June 8 Noon Cost $40
Deadline to Register: June 4
Come out and enjoy an afternoon social of instructional painting and fun. Take-home 16x20 canvas, paint, food, music and wine (non-alcoholic) included in the cost. If you are a beginner don’t worry a fun and qualified teacher will be available to help and give you plenty of guidance to assure you leave with a completed canvas. The event will be hosted by The pARTy Studio. Must register to attend. Please call the center for more information. Date is subject to change.

AARP Tax Program
Hours: 9 am-3 pm Deadline: April 16
Tax Assistance will be available Mondays and Wednesdays. Call the center to make an appointment.

Senior Council Meeting
Monday, April 23 2 pm

BINGO 1st and 3rd Tuesdays 1-3 pm
Pokeno Wednesdays 1-3 pm
Scrapbooking & Snacks Fridays Noon
50+ Basketball Mon/Wed/Fri 10 am-noon
CareSource Information Session
Monday, April 24 10 am-Noon Free

Colorectal Cancer Awareness Presentation
Monday, April 16 11:15 am
Facilitator: Jacquelin Holland, R.N., WHNP-BC-E,
Program Manager
Screen to Save Program sponsored by The James
Purpose: To educate the community regarding signs, symptoms, screening modalities and the fact that it can be prevented! Everyone will complete a written pre-test to determine their current knowledge, a brief PowerPoint presentation on colorectal cancer and post-test. The program is geared toward 50-74 year olds but others may attend. The entire session will take about one hour. Must register at the front desk to attend. Light snacks will be served.

Minority Health and Wellness Fair
Monday, April 30 9 am-2 pm
The Health and Wellness Fair 2018 is presented by the Marion Franklin Black Studies Group and Lifecare Alliance. Join us as we celebrate Minority Health Month with interactive presentations and demonstrations. Exhibitors, Vendors, African Dance, Line Dance, Urban Gardening, Tai Chi, Reflexology, Massage Therapy, Diabetes Screenings and more. All are welcome. For more information, call the center.

Men In Black Fish Fry
Monday, April 30 11:30 am-3 pm Cost $10
Deadline to purchase tickets: April 26
Tickets available at Marion Franklin Center.

Marion Franklin Dance Recital & Open House
Friday, May 11 6-8pm Cost $5 (for dinner)
Join us as we celebrate our annual showcase: “The Many Colors of Spring”. Come prepared to enjoy a delightful evening of entertainment and excitement. All our classes have worked hard this season and are prepared to give you a wonderful show. Tickets are available at the front desk. For more information contact Butch or Crystal.

Health & Wellness Information
Nurse Barbara Parker, Lifecare Alliance Wellness Center Office: 645-7173 Voicemail: 437-2927

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

Lifecare Alliance Eat Better, Feel Better! Every third Friday of the month 11am-12pm
Classes are Free/No Registration Required
Last call for tax assistance!
Don’t forget about the AARP free tax assistance program here at Martin Janis. Tax professionals are here Mondays from 9 – 2 pm. Arrive early: first come, first served. April 16th is the final day.

Tea Luncheon and Fashion Show
“Women on the Move”
Saturday, April 7       2-5 pm
Tickets: $15 in advance
Martin Janis, along with the Red Hat Society Chapter, is holding an afternoon Tea Luncheon and Fashion Show which will include vendors, entertainment and prizes. Sign up and purchase tickets at the front desk. Call for details, 614-645-5954.

Cookbook Entries
Don’t forget to drop off your recipes at the front desk for inclusion in the “Cooks of Martin Janis” cookbook that we are compiling for sale later this year in order to make funds for the center. We are hoping to make this a comprehensive work that will represent all of the great cooks of the center and show off all of our talents. Drop off your recipes (typed or legibly written) at the front desk and see Jack or Celia if you have any questions. Let’s make this a publishing “event!”

Martin Janis Senior Council Meeting
Wednesday, April 25       10 am

Coffee Club
Wednesdays 9 am
Come and join the engaging conversation. New friends always welcome!

“Breakfast for Lunch”
Wednesday, April 4       11:30 am
Come in and enjoy the wonderful breakfast specials our talented kitchen staff serves every month.

Lunch served
Monday-Friday 11:30 am-12:30 pm

GREGG’S HEALTH CORNER: Eat For Better Health. According to the National Center for Health Promotion and Disease Prevention, healthy eating starts with fresh, canned, or frozen fiber-rich vegetables and fruits. Aim for 5-9 servings per day, 5 cups total split between fruits and vegetables. Avoid added sugars, syrups, salt, butter or cream sauces. Select from different vegetable groups, i.e. dark green (broccoli, spinach), orange (carrot, tomato), legumes (kidney, pinto), starchy (potato, corn), and others (beets, artichokes, cabbage). Starchy vegetables contain more calories, so eat less. Eat 3 ounces or more of whole grain cereals, breads, crackers, rice, or pasta. Whole grain should be the first ingredient listed. Eat less than one teaspoon of salt per day and choose food with little added salt.

Coming in April!
• Tired of paying too much for greeting cards?
  Make your own cards using a unique method employing melted crayons. Our talented volunteer artist, Robbie Hay, will be teaching this technique so you can make your own beautiful cards “Creative Me” classes will be held on Friday afternoons (tentatively).

• Join Pat Burke and discover the art of card making and catalog your memories with creative scrapbooking. Learn how to embellish your history artfully, as a keepsake.

The Creative Arts Event
May 9-18
Calling All Artists! The Creative Arts Event is just around the corner. The theme for the 2018 event is: “Life is a Circus.” Never too early to start working on your entries; let your creativity take flight. For more information contact Mike Phillips at 614-645-5954 or Linda Jacobs at Gillie, at 614-645-3106.
Participants must present payment upon registration for all activities with fees.*

**Cards and Board Games**
*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; 12:30-3:30 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. Come inside out of the cold for a delicious bowl of hot soup. Bring your appetite and $5; and we’ll see you every Monday.

**Open Pickle Ball**
*Mondays, Tuesdays & Fridays*
*10 am-12:30 pm Beginner/ Intermediate*
*12:30-3:30 pm Advanced*
*Mondays, Wednesdays & Fridays*
*6:15-8 pm All Levels*

**Cost $10 for 10 week session**
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.

**International Folk Dancing**
*Mondays 7-8:45 pm Free Dance Room*
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.**

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**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*

**Woodcarving**
*Meets every 1st & 3rd Tuesday 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 11 am-noon or noon-1 pm $30 for nine-week session*

**Gentle Yoga**
*Wednesdays 10-11am or 7:15-8:15pm $50 each*

**Chair Aerobics**
*Tuesdays and Thursdays 9:15-10 am Free*

**Beginning Tai’ Chi (nine week Session)**
*Thursdays 6-7 pm $42*

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](http://www.columbusrecparks.com) or [www.whetstonepark.org](http://www.whetstonepark.org). Most of our activities are available for registration online. Register online at: [https://apm.activecommunities.com/columbusrecparks](https://apm.activecommunities.com/columbusrecparks)
2018 Gram and Gramp Camp

Let’s Plant A Rainbow

June 4-8
Mon-Thurs: 9AM-4PM, Fri: 9AM-2PM
Located at the McKnight Outdoor Education Center
3200 Indian Village Road, Columbus 43221
Contact: Monique Mapp at 614.645.3106
or Scott Sheets at 614.645.7575 for more information.

A unique opportunity for Grandparents to spend quality time with their Grandchildren exploring life experiences together in a nature camp environment. Activities will include fishing, swimming, hiking, boating, archery, crafting, creeking, and much more! Substitute activities may be available for our more strenuous programs.

Lunch provided each day, or you can bring your own if you have special dietary needs.

Come discover how the generations can have fun learning and playing together.

Price listed is for one Grandparent of any age and one Grandchild age 8-14.

Mail with payment to: Gillie Recreation Center (Gram/Gramp Camp), 2100 Morse Rd, Columbus, OH 43229

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<thead>
<tr>
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| Address:_________________ | Name:_________________
| Grandchild’s Full Name:_________________ Grandparent’s Full Name:_________________

Cost: $120 for Residents/$130 for Non-Residents
$15/$20 per child per day for extra Grandchildren
Only two Grandchildren per Grandparent
Gramp and Gramp Camp
June 4-8
See page 13 for more information.

Creative Arts Event: May 9-18
See page 3 and 4 for more information.

Happy Spring!