Creative Arts Event

Come to Martin Janis May 8-17 for, workshops great entertainment and artwork.

Creative Arts Event Opening Night
*Wednesday, May 8*
*Doors open at 6pm. Ceremony begins at 7pm.*
Light refreshments and entertainment.

Line Dance Showcase:
*Thursday, May 9*  
Noon

Dinner and Dance Party w/Michael Rose & Co.
*Friday, May 10*  
5 pm  
Cost $15
Deadline to register: May 7

Line Dance workshop: Derik Steele
*Saturday, May 11*  
9:30 am-3:30 pm
Cost: $35 for registrations received before May 4; $40 late registrations.
Limited space-Questions call Linda Jacobs at The Gillie Center (614-645-3106) or email, anitaebbert@gmail.com or Roger at lingofun@sbcglobal.net

Poetry & Writing Expo:
*Monday, May 13*  
Event starts at 9:30 am

Central Ohio Hall of Fame:
*Wednesday, May 15*  
1 pm

Variety Show:
*Thursday, May 16*  
1 pm

**Nonagernian** (a person who is from 90 to 99 years old)

Celebration of Good Times
*Friday, May 17*  
11 am  
Cost: Free to those over 90, $10 for everyone under 90 years  
Includes Lunch and Entertainment.
Get tickets at The Gillie Center (645-3106) or The Martin Janis Center (645-5954)

50+ Water Exercise

Join Alice Irwin for a lower-intensity workout that focuses on stretching, range of motion and gross-motor function.

**Session V**  
April 8-May 22  
Mondays and Wednesdays  
10-11 am
$20 per session or $2 per class
Columbus Aquatic Center  
1160 Hunter Ave. 43201

For information, call 645-6122.
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  4:15 pm
              Beginning  Wednesdays  6:30 pm
Ballet Class  Wednesdays  5:15 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 6:30 pm. Refreshments served, dancing until 9 pm.
Weekly Themes:
April 3  Birthdays/Anniversaries
April 10  Poor Man’s Shuffle
April 17  Easter Parade
April 24  Spring Fling

Marion Franklin
Line Dance (Intermediate)
Mondays, Wednesdays and Fridays  10-11 am
“Step by Step”  Wednesdays  11:15 am
Men’s  Tuesdays and Thursdays  11:15 am

Line Dance Workout  Tuesday and Thursday 10 am
Evening Line Dance
Open  Wednesday  6-7 pm  $10
Zumba  $30 per person, per session
Mondays  7-8 pm
Saturdays  10:30-11:30 am

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

The Golden Hobby Gift Shop has Spring and Easter items that make you feel good just walking around. Wreaths, centerpieces, many kinds of small, medium and large décor, bunnies, baskets, ornamental fused glass, pottery, greeting cards for the season and much more. Come in and browse! Also, on Saturday, April 13, 11:00 am – 1 pm, we’re having a free Make It Take It class featuring an Easter project. Call to register 614-645-8329.

Red Hats

Gillie’s Fillies Red Hatters: Mark your calendars!

Longhorn Steakhouse
Thursday, April 11  Noon
4950 N. Hamilton Rd. Gahanna

Birthday Bash – Register NOW!
Saturday, April 27
Berwick Party House
Send your $45 registration fee before April 15 to:
Sherry Thompson
300 Midland
Columbus, OH 43223
(614-571-0038)

Trips

Barnett  645-3065
National Underground Railroad Freedom Center
Tuesday, April 2  8 am  Cost $25
Travel with us to Cincinnati as we visit the Freedom Center. Our visit will include a guided tour focusing on the highlights of the museum, as well as time for you to explore on your own. We will stop at Montgomery Inn –The Boathouse for lunch before we head back to Columbus (lunch is on you).

Amish Country
Tuesday, April 16  8 am  Cost $10
Join us as we venture to Walnut Creek for shopping and delicious food. On our way, we will stop at Harvest Thrift Store and Walnut Creek Cheese. You will then have time to explore the shops in Walnut Creek, and lunch will be on you at Der Dutchman.

Dodge  645-8151

Flower Shop Hop
Friday, April 12  9 am
Cost $5 (transportation only);
Franklin Park admission $16 (60-up) & $19 general admission
Join us as we hop around to do some flower shopping for Spring! We will be stopping at Franklin Park Conservatory, getting lunch at The Old Bag of Nails, and then heading over to Demoyne’s to get some flowers, bulbs, or just take a look around to get you in a Spring flower fling frame of mind. Please bring money the day of the trip for lunch, shopping and admission to Franklin Park as we will be paying at the door.

Dodge trips continued on page 3.
Trips

**Dodge (continued)**

645-8151

**Jungle Jim’s and Snooty Fox**

*Friday, April 26 8 am sharp! Cost $20*

Join us as we travel down to Cincinnati to check out Jungle Jim’s and the lovely Snooty Fox consignment shops in the area. We will be doing this in collaboration with Marion Franklin so you can register at either location for this trip. We will be using a bus, 30 spots will be available, first come first served. Please bring additional money if you plan to shop around and eat some lunch. We will be leaving Dodge at 8:00 am sharp so please be on time.

**Gillie**

645-3106

**Gillie Trip Policy**

Motor Coach Trips are open to any adults 21 years and over. For van or mini bus trips, you must be a member. Please call 645-3106 for more policy info.

**Mystery Lunch**

*Wednesday, April 12 9:30 am Cost $7*

Registration begins April 5.

**Gillie History Tours Present:**

Flint Ridge State Park, Wilson’s Garden Center and Stacy’s Homestyle Buffet

*Wednesday, April 17 8:30 am-4 pm Cost $20*

Explore one of the most prodigious and sacred flint quarries in North America on a ridge outside of Newark. We’ll look at some of the past cultures that used this rock to make weapons and tools for thousands of years. We’ll stop at Wilson’s Garden Center for some perennials and annuals and have lunch (on your own) at Stacy’s Homestyle Buffett.

*Registration begins April 3.*

**Treasure Bag Tour**

*Tuesday, April 23 8 am Cost $125 (includes motor coach, tours & lunch)*

We will visit the Pine Tree Barn where we will enjoy a pastry and morning beverage. Then, we will visit Everything Rubbermaid to browse and shop. Next, we will tour the P. Graham Gallery to see Amish craftsmen at work and then off to Lehman’s Hardware where the Amish go for their houseware and home life needs. And finally, we will visit the JM Smucker Store, a trusted name and quality products for over 100 years. You will receive a gift for your Treasure Bag at every stop. *Register now!*
Marion Franklin (continued) 645-3612

Trips

National Museum of the United States Air Force
Wednesday, April 24  7:30 am  Cost $25
Located in Dayton, it is the birthplace, home and future of aerospace. Wright-Patterson AFB is "one of the largest, most diverse and organizationally complex bases in the Air Force" with a long history of flight test spanning from the Wright Brothers into the Space Age. Lunch is on your own. Please register at the front desk.

Snooty Fox
Friday, April 26  8:30 am
Cost $20 (transportation Only)
Join us on a trip Cincy area for some shopping and lunch. Our first 2 stops are Snooty Fox, lunch at Olive Garden and finishing up at Jungle Jim’s international grocery store.

Lake Erie Walleye Head Boat Trip
Port Clinton, Ohio
Wednesday, June 5  Cost $80
Lakefront Bus Lines
Departure from the Marion Franklin Community Center is at 4 am promptly. Trip cost will include bait. Estimated time of return to Columbus is 5:30 pm. All are welcome to go, please register at the front desk. For more information, please contact the center at 614-645-3612.

Conversations and Coffee
Thursday, April 11  11 am
Cost: $5 for transport, lunch on your own
Take a sip of coffee as the Martin Janis Hot Licks Drummers play for you at Cultural Arts Center. Afterwards we’ll put some sticks in your hands and see if you can pick up the beat!

Senior Camp
Thursday, April 25  9 am
Cost: Free, bring your own lunch
It’s time for our annual trip to Blacklick Woods for fun at one of our scenic Metro Parks. You can take a tram ride, go fishing, nature walk, or arts and crafts. There’s also a live animal viewing and nature Bingo!

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, April 10  10 am  Cost $10
The Red Hats/Cruising Cougars will be visiting the Ohio history Center. Please call Mike to RSVP.

Mike’s Taste of Italia
Wednesday, April 17  10:30 am
We will go to Antonio’s on Sunbury. Please call Mike to RSVP.

Hikes with Mike
Wednesday, April 24  10 am
Hikes with mike resume hiking with a hiker’s choice. Call Mike to let him know you are hiking.

COAAA Central Ohio Area Agency on Aging
3776 S. High St., 43207  614-645-7250

The Times They Are a Changing
Medical marijuana use is now currently legal in Ohio, with some restrictions. Here’s some information on who might qualify, how to obtain medical marijuana, and why you may want to speak to a doctor about whether it’s right for you.
In June of 2016, House Bill 523 was approved in both the Ohio House and Senate, and signed into law by then Governor Kasich. It allowed for marijuana products to be manufactured and sold in Ohio for very specific and limited medical conditions. The program has taken several years to be fully implemented. As of now there are eight approved dispensaries in Ohio, located within Lorain, Stark, Columbiana, Lake, Erie, Jackson, and Jefferson counties, none of which are located within central Ohio, although a planned dispensary in Grandview, OH is currently being debated (1). In order to legally obtain medical marijuana in Ohio, a patient who has been diagnosed with one of the following medical issues (AIDS, amyotrophic lateral sclerosis, Alzheimer’s disease, cancer, chronic traumatic encephalopathy, Crohn’s disease, epilepsy or another seizure
Continued on page 8.
Barnett Bookworms
*Thursday, April 11 & 25  1:30 pm*
This month we will be reading *Becoming* by Michelle Obama. On April 11, we will be discussing the first half of the book, and the second half on April 25th. Light snacks will be provided on the 11th, please feel free to bring something to share on the 25th.

Mosaic Flower Pots
*Thursday, April 4  2:30 pm*
Spring is around the corner! Join us as we plant flowers in the mosaic pots we made last month.

Water Aerobics
*Monday, March 18  9:30 am  Cost $2*
We will head to the Aquatics Center for a low resistance, low-impact workout. Please register at the front desk if interested in participating.

Sewing
*Tuesdays  1:30 pm*
If you a beginner just learning how to get started or more advanced looking for a little motivation, dust off your machine and join our sewing class.

Knit & Crochet Club
*Wednesdays  1:30 pm*
Open to those of all abilities! Come pick up a new hobby, or share your skills with those who are just learning.

Tai Chi
*Fridays  11 am  Cost $35/session*
Tai Chi is said to improve flexibility and balance, while reducing stress. Register at the front desk or online today!

Pickleball
*Mondays  1:30 pm  Thursdays  12:30 pm*
Barnett offers Pickleball twice a week. All levels welcome – come learn the rules or share your talents.

Open Basketball
*Tuesdays and Thursdays  10 am-Noon*

Game Room
*Monday-Friday  10 am-3 pm*
Stop in for puzzles, a game of cards, billiards or even Skee-Ball at your leisure.
Organized games and activities take place Mondays and Wednesdays from noon-1 pm.

Produce Giveaway begins April 12!
Doors open at 2 pm to sign up and the giveaway will start at 3 pm.
Bring your ID and bags.

*April 12  May 10  June 14  July 12  August 9  September 13*

Interested in volunteering? Have a special skill to share?
We are always looking for volunteers to help at the front desk, as well as with classes and special events. Please contact the center for opportunities.

Spring Class Schedule

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stay Young, Stay Fit</td>
<td>Mon, Wed &amp; Fri</td>
<td>9:00 am</td>
</tr>
<tr>
<td>Walking Club</td>
<td>Mon, Wed &amp; Fri</td>
<td>10:00 am</td>
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<tr>
<td>Beginner Line Dance</td>
<td>Mon &amp; Wed</td>
<td>10:30 am</td>
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<tr>
<td>Showcase Line Dancing</td>
<td>Mon &amp; Wed</td>
<td>12:15 pm</td>
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<tr>
<td>Tai Chi</td>
<td>Tuesdays</td>
<td>10:00 am</td>
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<tr>
<td>50+ Stretching</td>
<td>Tuesdays</td>
<td>11:00 am</td>
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<tr>
<td>Chair Fitness</td>
<td>Tuesdays</td>
<td>1:30 pm</td>
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<tr>
<td>Sewing</td>
<td>Tuesdays</td>
<td>9:00 am</td>
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<tr>
<td>Rise &amp; Ride</td>
<td>Tues &amp; Thurs</td>
<td>1:30 pm</td>
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<tr>
<td>Knit &amp; Crochet Club</td>
<td>Wednesdays</td>
<td>10:00 am</td>
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<tr>
<td>Core &amp; More</td>
<td>Tues &amp; Thurs</td>
<td>11:00 am</td>
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<tr>
<td>Women’s Weightlifting</td>
<td>Thursdays</td>
<td>11:00 am</td>
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<tr>
<td>Senior Boxing</td>
<td>Thursdays</td>
<td>12:00 pm</td>
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<tr>
<td>Tai Chi</td>
<td>Fridays</td>
<td>12:30 pm</td>
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<tr>
<td>Tennis</td>
<td>Fridays</td>
<td>1:30 pm</td>
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</tbody>
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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!
Health and Nutrition
**Thursday, April 18 12:30-1:30 pm**
Nutritionist Lisa Gibson from OSU will be here to answer all your nutrition questions.

Walk with a Doc
**Saturdays, April 13 & 27 8:30-9:30 am**

Active Shooter Training
**Thursday, April 25 8:30 am-noon**
The Franklin County Sheriff’s Department will be doing a Civilian Response to Active Shooter Training here at Dodge.
Please register at the front desk or call so we can plan accordingly.

Dodge Morning Walking Club with Holly
**Mondays & Wednesdays 8:15-9 am**
It’s still pretty chilly out but it’s always beautiful walking along the river front! We will walk various paths throughout the area so bring a cup of coffee, tea or water, dress warm and come get some exercise in with us. Tell your friends, put your walking shoes on and let’s log some steps together with new walking challenges each week!

Chair Volleyball
**Mondays and Thursdays 1-3 pm**
Come on out and join us for some chair volleyball. It’s great exercise and everyone loves a little competition!

Dodge Chorus
**Tuesdays 1-2:30 pm**
We are always looking for new members and amazing vocals so if you would like to sing with our Chorus, please come join us on Tuesdays!

Upcycled Ice Cream Carton Easter Baskets
**Friday, April 5 10:30 am-noon**
Join Leslie for this fun and festive activity! Create a beautiful Easter basket using ribbon and a recycled ice cream container. A thoughtful way to package an Easter gift of flowers, candy, or something special for spring. Who doesn’t love a homemade gift? Register today.

Bobbin Lace Workshop
**Wednesday, April 17 10 am-noon**
The Lace Makers of Central Ohio will be conducting a workshop on bobbin lace. They will bring some examples of handmade lace and demonstrate traditional bobbin lacemaking techniques. You will also have the opportunity to try your hand at making bobbin lace too!

Crochet
**Wednesdays 1-3 pm**
Don’t worry if you’re just a beginner or even if you’re more advanced, all skill levels are welcome! Come learn tips about knitting or work on crochet projects geared towards your skill level!

Dodge Diet Club
**Wednesdays 3-4 pm**
Need help keeping those resolutions on track? Join us today!

Food Boxes
For those who have signed up for the Food Boxes, they are only available for pick up on **Fridays, April 19 and 26; Noon-4 pm**. They will not be available for pick up any other times or days of the week. Please plan your schedule accordingly.

AARP Tax Preparation
**Thursdays and Fridays through April 12 9 am-2 pm**
Register today. Spaces are limited.

### Spring Classes (March 19-May 17)

- **Walking Club** Mon & Wed 8:15 am
- **Senior Fitness** Mon 9:00 am
- **Shuffle Board** Mon 10:00 am
- **Painting** Mon 10:30 am
- **You Sew fine** Mon 1:30 pm
- **Indoor Cycling** Mon & Wed 9:30 am
- **Art Journals OTG** Mon 3:00 pm
- **Mosaics** Tue 9:30 am
- **Chorus** Tue 1:00 pm
- **Euchre** Tue 12:00 pm
- **Ceramics** Tue &Fri 1:00 pm
- **50+ Sewing** Tue 1:30 pm
- **Coloring Club** Tue 2:30 pm
- **Warm up Cardio** Wed 8:30 am
- **Seasonal crafts** Wed 10:30 am
- **Chair fitness** Wed 11:00 am
- **Clogging** Wed 10:00 am
- **Service Circle** Wed 9:00 am
- **Crochet** Wed 1:00 pm
- **Dodge Diet Club** Wed 3:00 pm
- **Bingo** Thur 11:00 am
- **Oil Painting** Thur 1:30 pm
- **Chair Volleyball** Mon & Thur 1:00 pm
- **50+ Alterations** Fri 1:00 pm
Basic Sign Language
**Thursdays 10 am**
Learn the basics of American Sign Language from the alphabet to basic conversation.

OSU Extension Service with Lisa Gibson
**Friday, April 5 9:30 am**
Topic: Flavored Milk Debate and Importance of Eating Lean.

Veterans’ Group
**Friday, April 5 1 pm**
We are calling on all members of the armed forces for a meeting of the brotherhood.

BINGO
**Mondays, April 8 & 22 1 pm**

Eat Better, Feel Better
**Tuesday, April 9 11 am**
LifeCare Alliance Dietitian Leonor Button, RD
**Topic:** Healthy Resources

Alzheimer’s Association
**Tuesday, April 9**
~**Support Group 12:30 pm**~ Everyone is invited.
~**Private Consultations 1:30-4 pm** for yourself or a caregiver; by appointment (457-6003).

Gillie Recreation Council Meeting
**Wednesday, April 10 1 pm**
All are welcome.

Open Mic “Poetry Jam”
**Saturday, April 13 2-5 pm**
Join us as we celebrate the creative mind with this “Open Mic” program. Share your original poetry and writings as we fellowship with fine artists.
**Please call 645-3106 to register.**

Jewelry Class
**Monday, April 15 6-8 pm  Cost $11/$15**
Join our guest instructor Cynthia Carr to learn a new technique and learn how to make a “stretch” bracelet that will fit any wrist. You can bring your own beads ($11) or beads will be provided ($15) (limited colors).
**Register at the front desk.**

History Roundtable
**Wednesday, April 17 1 pm**

Columbus Speech & Hearing
**Thursday, April 18 10 am-3:30 pm**
To schedule an appointment, call 261-5452.

Easter Luncheon
**Tuesday, April 16 11:30 am-12:45 pm  Cost $7**
Let’s celebrate the coming of spring with baked chicken, mashed potatoes, vegetable medley, dessert and beverage. The G-Clef chorus will entertain us. **No other food will be served.**
**Tickets are now on sale at front desk.**

Retro Video Gaming
**Thursday, April 18 11 am**
Videos are not just for kids and they are a great way to maintain dexterity and keeping our minds alert. Come and take advantage of playing or learning how to play retro (older) and current video games.

Birthdays/Anniversaries
**Thursday, April 18 12:15 pm**
Everyone is invited to celebrate the months of February, March and April with our members. **We will also be celebrating a very special 102th birthday.** Join us for some great fun, prizes and refreshments compliments of our sponsor MediGold.

AARP Income Tax Assistance
**Wednesdays Only, Now-April 10**
By appointment only, call 645-3106 or stop at the front desk to reserve your time.

★ Creative Arts Event  **May 8 – 17 ★**
Get your paint brushes, potter’s wheel, knitting needles and all other art supplies ready for a week of fun, dancing, art performances and workshops. The theme this year will be “Art & Music Around the World” (Art work does not have to be theme related.) Artists can enter up to three (3) pieces of art work.
Intake will be Wednesday, April 24 and Thursday, April 25 at the Martin Janis Center.

GRAM AND GRAMP CAMP
**Monday-Friday, June 3-7  9 am-4 pm**
**Cost: $120 resident/$130 non-resident for one grandparent and one grandchild.** 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. Registration forms at the front desk.
Euchre/Potluck Party for Pickleball Players

Friday April 26; Please arrive by 5 PM. We eat first then play cards afterwards till 8:45 pm.

Must know how to play how to play Euchre. Spouses or a friend are welcome. Please bring a dish to share and whatever you want to drink, but no alcohol.

Monday
Fitness Fuzion 8:15-9:15am $35
Walking Club 12-12:45pm Free
Open Clay Class 6:45-8:45pm $10

Wednesday
Fitness Fuzion 9:30 – 10:30am $35
Walking Club 10:30 – 11:15am Free
Yoga 6:30 – 7:30pm $35

Breathe into Spring / Energize with Ease 3/30 & 4/17
$10 for each session

COAAA Central Ohio Area Agency on Aging
3776 S. High St., 43207  614-645-7250

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disorder, fibromyalgia, glaucoma, hepatitis C, inflammatory bowel disease, multiple sclerosis, pain that is either chronic and severe or intractable, Parkinson’s disease, positive status for HIV, post-traumatic stress disorder, sickle cell anemia, spinal cord disease or injury, Tourette’s syndrome, traumatic brain injury, and ulcerative colitis) must see an approved physician with an Ohio License to Recommend Medical Marijuana, then register as a Medical Marijuana Patient (which includes a small fee), and then travel to an approved dispensary to purchase medical marijuana products (2). Although there are a limited number of dispensaries currently operating, as well as a limited number of physician who are able to provide a recommendation to use the products, as the program continues to evolve more dispensaries and physicians are expected to be available.

Although marijuana as medicine is seen as quite controversial in the United States, studies have shown a benefit to its use in older adults. Many side effects of cancer treatments, such as nausea, vomiting, or a lack of appetite, can be ameliorated by marijuana use, and although smoking marijuana is a common method of ingesting, other preparations (such as edibles, vaping, CBD oil, or lotions) are available at dispensaries. Medical marijuana can also be used for such conditions as chronic pain, Alzheimer’s disease, anxiety, eating disorders, and glaucoma (3). Many preparations of medical marijuana that do not include the chemicals that produce a “high” are available as well. If you have a qualifying condition and would like more information about how to obtain medical marijuana, please follow the links below for more information. Please note: in Ohio, it is legal for caregivers to register on behalf of a patient who is too ill to purchase their own medical marijuana products.

Note: While vaporizing plant material is legal in Ohio, smoking it is not. It is also illegal to bring medical marijuana products purchased in other states back to Ohio, although you can legally purchase it in any state that will accept an Ohio Medical Marijuana card, such as Michigan.

2. https://www.medicalmarijuana.ohio.gov/
Marion Franklin Intergenerational Center
Bryana Ross, Center Manager 645-3612

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

Congratulations! Black History Jeopardy Participants: Nadine Lewis, Joseph McKelvey, Larry Miller and Traci Lewis who travelled to Barnett Recreation Center along with over 25 of their adoring Marion Franklin Community Center fans to compete in the 2019 Black History Challenge.

AARP Tax Program
Deadline: April 15 Hours: 9 am-3 pm
Tax Assistance will be available Mondays and Wednesdays. Call the center to make an appointment.

New Afternoon Adult Stretch Class
Tuesdays & Thursday 1 pm
We’re introducing a new “hour” class to get your flexibility on. If you are not flexible, don’t worry your instructor, Tay Drew, will lead you through various exercises to reach your goal. Each class will explore areas of modified stretches to more complex stretching. Please register at the front desk.

Script Reading (Drama)
Every 3rd Wednesday 1:15 pm
If you like drama, you will love this class. Please register at the front desk.

Senior Council Meeting
Every 4th Monday of the Month (April 23) 2 pm

Check Mate Chess Club Social
Friday, April 5 1 pm Free
Ernest Smith, the Chess Club instructor, invites you out for a meet and greet. If you are a beginner or a pro, come out for an afternoon of chess at its best. Refreshments will be served. Register at the front desk. Event is sponsored by the Senior Recreation Council.

Specialty Spring Craft – Sand Art
Monday, April 8 1 pm
Bring your special small glass vase or bottle and we supply the colorful sand for a beautiful piece of spring art in a glass.

Book Club Social & Discussion (center library)
Wednesday, April 10 1:30 pm
Book: The Reckoning Author: John Grisham

Classic 8 Ball Tournament
Thursday, April 11 4 pm Free
Double elimination, call shot, no ball in hand. Winner gets name and photo on wall. Participants receive discounted prices at Papa Joes. Register at the front desk.

Earth Day
Friday, April 19 3:30-5:30 pm Free
Join us as we clean up our learning gardens and plant a peace garden. A peace garden is made up of river rocks painted with designs, a single word or phrase; even animals to inspire, add color and fun to any garden.

Canvas & Wine
Friday, April 26 1 pm Cost $20
Enjoy an afternoon of social painting and fun. Take-home large canvas, paint, snacks, music and wine (non-alcoholic) included in the cost. If you are a beginner...don’t worry we all are. Everyone will leave with a completed painted canvas. Hosted by Bobbie Smith and the Senior Recreation Council. Registration deadline is April 23.

Minority Health and Wellness Fair
Monday, April 29 9 am-2 pm Free
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.

Canning, Preserving and Freezing 101
This new series of workshops will begin in the spring with an intro to Canning, Preserving and Freezing fruits and vegetables. Early registration ends April 29. Summer session-preserve fruits/ fall session- techniques of canning vegetables.

Marion Franklin Dance Recital & Open House
Friday, May 10 6-8 pm 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.

Mental Health First Aid
Discussion Meeting: April 18 12:30 pm Free
Mental Health First Aid is a training program that teaches members of the public how to help a person developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. Like traditional first aid, Mental Health First Aid does not teach people to treat or diagnose mental health or substance use conditions. Instead, the training teaches people how to offer initial support until appropriate professional help is received or until the crisis resolves. Please register at the front desk.

Health & Wellness Information
Barbara Parker, registered nurse. For an appointment, please call office: 614-645-7173; voicemail: 614-437-2927. Have your blood sugar checked to get more information about how to manage your Diabetes.
**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 am–3 pm. Arrive early: first come, first served! April 15th is the final day.

**Easter Brunch and Egg Hunt!**

*Wednesday, April 17*

Come and join in the celebration and all the fun activities at our annual Martin Janis Easter Brunch and Egg Hunt! We’ll have games and egg decorating, good food and we usually have a surprise or two. Toni will be calling bingo as always. Don’t miss out on our annual party; we look forward to seeing you.

**Senior Council Meeting**

*Wednesday, April 17*

**Breakfast for Lunch**

*Wednesday, April 3 11:30 am*

Come in and enjoy the wonderful breakfast specials our talented kitchen staff serves every month.

**Quilting Project**

The “Fair & Square” quilting group has been sewing at Martin Janis since August, 2015. They recently pieced and quilted placemats which will be donated to Meals on Wheels in celebration of National Quilt Day. Thanks go out to the dedicated quilters for their generous time and talent!

**Chair Volleyball**

*Mondays 1 pm*

Chair Volleyball is back in the auditorium! Come join Mary Williams for all the fun! Check at the front desk for details.

**Gregg’s Health Corner:** Add More Vegetables to Your Diet-

According to the USDA eating vegetables is important because they provide vitamins and minerals and are low in calories. Some tips to add vegetables to your diet include:

1. Steam fresh or frozen vegetables in the microwave in a container with a small amount of water for a quick side dish.
2. Cut up an assortment of vegetables to pre-package them when time is short.
3. Choose vegetables rich in color to insure you get all of their vitamins and minerals.
4. Sip on some vegetable soup.
5. Buy vegetables in season for maximum flavor at lower cost.

**Census Job Opportunities!**

Census positions provide the perfect opportunity to earn extra income while helping your community. The results of the 2020 Census will help determine your state’s representation in Congress, as well as how certain federal funds are spent for schools, hospitals, roads, and more. In addition to supporting the community, census jobs offer great pay every week, flexible hours, and paid training. Office workers are paid $14.50/hour. Field workers are paid $18.00/hour plus 58¢ per mile. Applying for jobs is easy. Visit [2020census.gov/jobs](http://2020census.gov/jobs) to learn more, and click on **Apply Now.**

**The Artists of Martin Janis**

A big THANK YOU to the artists of Martin Janis for all of your fantastic art submitted for the 5th annual Martin Janis Art Show. Talent, imagination and creativity was on full display. Kudos to you all.

**Save the Date:**

**The Creative Arts Event**

*May 8-17*

Calling All Artists! The Creative Arts Event is just around the corner. The theme for the 2019 event is: “Music in the Air.” Now is the time to start thinking about your project; let your creativity harmonize and sing. For more information, contact Mike Phillips at the Janis Center at 645-5954 or Linda Jacobs at Gillie at 645-3106.

**Lunch is served!**

*Monday-Friday 11:30 am-12:30 pm*
Canasta  
Mondays 1-4 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 your appetite and $5; and we’ll see you every Monday.

Open Pickle Ball  
Monday, Tuesday, Friday  
9:30-11:30 beginner (2.5-3.0 rating)  
12:30-2:30 Advanced (3.5-5.0 rating)  
Mon., Wed. and Fri.: 6:15am -8:00am 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 for any questions.

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.”

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.

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.  
**Wii Bowling** Tuesdays 10:30-12:00pm/ Free  
(Everyone comes at this time)  
**The Body Shop Workout** Tues./Thurs. 4pm, 5pm & 6pm and Sat 9:15am / $10-1 class pass, $70-10 class pass, $97.50-15 class pass, $120-20 class pass,  
**Full Body Conditioning** – Weds and Fri. 9:15 -10:15  
$49 for 1 day; $79 or two days  
**Woodcarving** Meets every 1st & 3rd Tuesday at 6pm/Free/ bring your own supplies  
**Wood Chippers**- Wednesdays 9am-12pm/ Free/Bring your own supplies  
**Walking- Gym** M, T, Th, & F 8-8:45  
**Fearless Falling** (Adult Safety Skills) Fridays 10:30-11:30am/ $30-9 weeks  
**Gentle Yoga** Wednesdays 10-11am or 7:15-8:15pm/$50 each – 9 weeks  
**Chair Aerobics** – Tuesday and Thursday – 9:15am – 10:00am – Cost – Free  
**Tai Chi for Balance** – Tuesday – 10:00am – 11:00am or Friday – 9:30am – 10:30am – Cost - $35 – 9 weeks  
**Beginning Tai Chi** – Thursday - 6:00pm – 7:00pm – Cost - $45-9 weeks  
**Slow Down and Flow Yoga** – Monday – 10:00am – 11:00am - $50 – 9 weeks  
**Water Color Open Studio** –Tuesday – 11:30 – 1:30 – Cost – Free; Bring your own supplies  
**Pilates Yoga** – Wednesday – 6:00pm – 7:00pm – Cost: $45 – 9 weeks  
**Beginning Stained Glass** - Thursday – 9:00am – 11:30am – Cost - $25 – 9 weeks  
**Ashtanga Vinyasa Yoga** – Thursday – 6:00pm – 7:15pm – Cost: $70 – 8 weeks  
**Total Conditioning Workout** – Mon, Weds, Fri, - 6:15am – 7:00am - $50 – 10 class pass

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)
Creative Arts Event
May 8-17
Come to enjoy art and live entertainment.
More information on page 1.

Gram and Gramp Camp
Indian Village
June 3-7
Bring your grandchild along with you to this week long camp or come by yourself to enjoy the wonders of nature.
More information on page 7.