New Tax Form for Seniors 1040-SR
submitted by COAAA

Lawmakers have been trying for years to cut seniors a bit of a break at tax time, and the Bipartisan Budget Act of 2018 finally took a solid step in that direction by simplifying tax filing for individuals aged 65 and older. Older adults now have their own tax form, the 1040-SR which is now available for the 2019 tax year on the website www.irs.gov. It is similar to the 1040-EZ in several ways and much easier to negotiate than Form 1040. The print is also larger than the other tax forms. Many older Americans were previously forced to file the longer, more complicated Form 1040, because they couldn't meet the requirements for filing form 1040-EZ which does not accommodate Social Security retirement benefits and income from qualified retirement plans or annuities. Form 1040-EZ also limits overall income to $100,000 and interest income to $1,500 annually.

The 1040-SR doesn't put limits on interest, dividends, or capital gains, nor does it cap overall income. Taxpayers can reach their 65th birthday at any time during the tax year—even Dec. 31—to qualify to use the 1040-SR. Also tax filers do not have to be retired yet to use the new form. However, be aware that the new tax form also does not allow itemized deductions. You must claim the standard deduction for your filing status if you choose Form 1040-SR, but the Tax Cuts and Jobs Act has pretty much doubled the standard deductions for all filing statuses so this shouldn't be much of a hardship for older adults. And those ages 65 or older are also entitled to an extra standard deduction of $1,300. Also remember that the IRS provides free fillable forms on its website and allows many taxpayers to efile for free this year.
Of Columbus Recreation and Parks Department's 29 Community Centers, 7 offer enhanced programming tailored for residents ages 50 and older.

**BARNETT COMMUNITY CENTER**
1184 Barnett Rd. | 43227
(614) 645-3065
Monday–Friday 8 AM–5 PM

**DODGE COMMUNITY CENTER**
667 Sullivant Ave. | 43215
(614) 724-8151
Monday–Friday 8 AM–5 PM

**GILLIE COMMUNITY SENIOR CENTER**
2100 Morse Rd. | 43229
(614) 645-3106
Monday 8 AM–9 PM
Tuesday 8 AM–5 PM
Wednesday 8 AM–9:30 PM
Thursday-Friday 8 AM–5 PM

**LAZELLE WOODS COMMUNITY CENTER**
8140 Sancus Blvd. | 43081
(614) 645-5330
Monday–Friday 8 AM–5 PM

**MARION FRANKLIN COMMUNITY CENTER**
2801 Lockbourne Rd. | 43207
(614) 645-3612
Monday–Friday 8 AM–5 PM

**MARTIN JANIS COMMUNITY SENIOR CENTER**
600 E. 11th Ave. | 43211
(614) 645-5954
Monday–Wednesday
8 AM–5 PM
Thursday 8 AM–9 PM
Friday 8 AM–5 PM

**WHETSTONE COMMUNITY CENTER**
3923 N. High St. | 43214
(614) 645-3217
Monday–Thursday
7 AM–7:45 PM
Friday 7 AM-5:45 PM

**CENTRAL OHIO AREA AGENCY ON AGING (COAAA)**
3776 S. High St. | 43207
(614) 645-7250
Monday–Friday 8 AM–5 PM

**GOLDEN HOBBY GIFT SHOP**
630 S. Third St. | 43206
(614) 645-8329
Tuesday–Saturday
10 AM–5 PM
**Barnett**

**SYMPHONY - PEAKS OF BEAUTY AND DEVOTION**
- Friday, March 6
- Departure Time: 9 AM
- Cost: $15; lunch not included
Join us at the Ohio Theatre to enjoy Joshua Roman’s cello concerto of Bruckner’s Symphony No. 7 under conductor Rossen Milanov. After the show, we will stop for lunch.

**AFTERNOON AT THE MOVIES**
- Tuesday, March 31
- Departure Time: 12 PM
- Cost: $5
We will head to Pickerington for an afternoon at the movies. Show will be chosen the week prior.

**Dodge**

**GLASS ROOSTER CANNERY TOUR**
- Friday, March 13
- Departure Time: 10 AM
- Cost: $5 (due at registration); Bring additional money for lunch and shopping.
Delaware is our tour destination.

**DECORATIVE ARTS MUSEUM**
- Friday, March 27
- Departure Time: 9:30 AM
- Cost: $10, includes transportation and tour; lunch not included
We are traveling to Lancaster.

**Marion Franklin**

Register for trips at the front desk.

**SCAVENGER HUNT**
- Wednesday, March 25
- Departure Time: 9:30 AM
- Cost: $5; transportation only
Join us as we head out to local thrift stores and bargain outlets.

**ROCK & ROLL HALL OF FAME**
- Friday, March 27
- Departure Time: 6:30 AM
- Cost: $30

**Gillie**

**GILLIE LUNCH BUNCH**
- Wednesday, March 18
- Departure Time: 11 AM
- Cost: $5; lunch not included
Tour historic John Clark Log House after lunch at Café Creekside.
Registration begins Wednesday, March 4.

**BROADWAY BABIES**
- Friday, March 27
- Departure Time: 5 PM
- Cost: $20; tickets and transportation only; dinner not included
Join us for our first dinner and show of the season.
We are going to the Curtain Players Theater to see “Fire Flies.” A retired school teacher lives a quiet life until a hole in her roof brings Abel Brown into her life.
Registration begins Friday, March 13.

**JUNGLE JIM INTERNATIONAL MARKET**
- Friday, April 10
- Departure Time: 7:30 AM

**BROADWAY SHOW: WICKED**
- Saturday, May 9
- Matinée: 2 PM
- Ticket cost: $105
Let Marion Franklin be your “Will Call.” We have reserved the perfect seats: Mezzanine Center Section Rows A-E. A non-refundable deposit of $35 will secure your ticket. You can pay in full or follow the center payment schedule.

**AMISH COUNTRY WINE TOUR**
- Wednesday, May 13
- Departure Time: 7:30 AM
- Cost: $75; lunch included
Let the Marion Franklin “Grapevine Excitement Tour” do the driving while you sit back and enjoy the beautiful countryside during a day trip down to the wineries of Amish Country in Coshocton County. We will travel to Breitenbach Winery and Raven Glen Winery for tastings and a buffet lunch at the latter. Our next stop is to the Wooly Pig Brewery and lite shopping at the country store.

**LAKE ERIE WALLEYE HEAD BOAT TRIP**
- Wednesdays, May 13 and July 8
- Departure Time: 4 AM sharp
- Cost: $80; transportation and bait
All are welcome. Estimated return 5:30 PM.

>>> CONTINUED ON PAGE 4
**TRIPS**

**Martin Janis**

**FIRST TUESDAY TEA**
Tuesday, March 3  
Departure Time: 11:30 AM  
Cost: Free  
Join us at the MLK Center for a presentation featured for the month. Preceding the presentation will be a light lunch and an assortment of beverages.

**HPL BOWLING**
Thursday, March 12  
Departure Time: 11:45 AM  
Cost: $1.75 each for 2 games; $3 for shoe rental; lunch NOT included  
Let's have a great time with a fun activity and see who can bowl the highest score!

**OLD DUTCH RESTAURANT**
Thursday, March 19  
Departure Time: 11:45 AM  
Cost: $10 for transportation; lunch NOT included  
Join us for a sumptuous meal Amish style! Afterwards, you can visit an antique mall, craft mall, bulk food and deli store, and a glass factory outlet.

**LUNCH AND A MOVIE**
Thursday, March 26  
Departure Time: 10:30 AM  
Cost: $5 for transportation; $5 admission; lunch NOT included  
Let's get together and enjoy that special movie you've been waiting to see and tell your friends! Afterwards, we will enjoy a nice lunch.

**Whetstone**

**LUNCH AND A FICK**
Time will be determined on movie that is selected. Last, hopefully, for the winter months. Call Mike for details.

**MIKE’S TASTE OF ITALIA**
Wednesday, March 18  
Departure Time: 10:30 AM  
We will go to TAT.

**Voicecorps provides access to print for seniors with disabilities**
Seniors who have lost the ability to read print due to blindness, low vision or other medical conditions that prevent reading can reconnect to community news and information with Voicecorps reading service, a tool to help maintain independence.

Voicecorps Ambassadors will present a talk about the service at Martin Janis Senior Center, E. 11th Ave., on March 18 at 10:30 a.m. They will visit Gillie for the second time this summer.

Volunteers read aloud from print material including The Columbus Dispatch, local area newspapers, well-known magazines and books of all kinds at the Voicecorps studios. Regularly scheduled programs are streamed online on select cable systems and aired 24 hours a day on special radios, as well as online through the Voicecorps website, Amazon Alexa smart speakers and the TuneIn Radio app for smartphones.

Typical Voicecorps programs include Diabetes Forecast Magazine; Homemaking Magazines; Grocery Ads; Retail Ads; Community News (Franklin County neighborhood weeklies); and Get Fit, a guided armchair exercise program.

Since 1975, Voicecorps has read aloud from print newspapers and periodicals to provide a tool for people who can no longer use the printed page.

For more information about Voicecorps, call (614) 274-7650, e-mail info@voicecorps.org or visit www.voicecorps.org. Voicecorps is located at 2955 West Broad St, Columbus, OH 43204 and is a member of Community Shares of Mid Ohio.

**HIKES WITH MIKE**
Wednesday, March 25  
Departure Time: 10:30AM  
We're taking a chance with the weather. If we can hike, we will go somewhere close.
Barnett

LINE DANCE
Beginners
Mondays and Wednesdays
10:30 AM-12 PM
Showcase Line Dance
Mondays and Wednesdays
12:15-1:30 PM

Gillie

LINE DANCE
Beginners | Tuesdays 1 PM
Intermediate | Fridays 10:30 AM
Advanced | Tuesdays 2 PM
Move & Groove |
Mondays 7:30 PM

Marion Franklin

LINE DANCE
Mondays, Wednesdays
and Fridays 10-11 AM
"Step by Step" (beginners)
Wednesdays 11:15 AM
Line Dance Workout
Tuesdays and Thursdays 10-11 AM
Men’s
Tuesdays and Thursdays 11:15 AM

EVENING LINE DANCE
Cost: $10 per session
Wednesdays 6-7:15 PM

Gillie’s Fillies Red Hatters

LINE DANCE
Mondays and Wednesdays
10:30 AM-12 PM
Showcase Line Dance
Mondays and Wednesdays
12:15-1:30 PM

Gillie

LINE DANCE
Beginners | Tuesdays 1 PM
Intermediate | Fridays 10:30 AM
Advanced | Tuesdays 2 PM
Move & Groove |
Mondays 7:30 PM

EVENING DANCE
Wednesdays 6:30-9 PM
Admission: $5
Arrive early for a line dance
session from 6:30-7 PM. The
DJ will begin spinning a variety
of dance music at 6:30 PM.
Refreshments will be served.
Weekly Themes:
- March 4: Birthdays
  and Anniversaries
- March 11: St Patrick’s Day
- March 18: Spring Fling
- March 25: Bring a Friend Night

TAP DANCE
Beginners | Wednesdays 6:30 PM
Advanced | Wednesdays 4:15 PM

BALLET
Wednesdays 5:15 PM

AT THE PATIO
Friday, March 20
11:30 AM
1488 Morse Rd.

LAWSHEA’S SOUL FOOD

SilverSneakers®

Columbus Recreation and Parks is now offering Silver Sneakers,
a fitness program for adults 65+ that is included with many
Medicare Advantage plans, at the following locations:
- Barnett Community Center
- Dodge Community Center
- Gillie Community Center
- Lazelle Woods Community Center
- Marion Franklin Community Center
- Martin Janis Community Center

ARRIVE EARLY FOR A LINE DANCE SESSION FROM 6:30-7 PM. THE DJ WILL BEGIN SPINNING A VARIETY OF DANCE MUSIC AT 6:30 PM. REFRESHMENTS WILL BE SERVED.

WEEKLY THEMES:
- March 4: Birthdays and Anniversaries
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WEEKLY THEMES:
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TAP DANCE
Beginners | Wednesdays 6:30 PM
Advanced | Wednesdays 4:15 PM

BALLET
Wednesdays 5:15 PM
**Barnett**

**SPECIAL EVENTS**

**50+ DINNER AND DANCE**
Friday, March 13
5:30 PM doors open; 6 pm dinner begins
Cost: $15
Join us for an evening of dinner, dancing and entertainment to kick off spring. Contact Barnett or Schiller (614-645-3156) for more information.

**MATTER OF BALANCE**
Tuesdays, beginning March 17
1:30 PM
Matter of Balance (MOB) is a free program designed to reduce the fear of falling and increase the activity level of older adults who have this concern. During a series of eight 2-hour workshops, participants learn to:
- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Recognize fall risk factors and
- Engage in range of motion exercises to increase strength & balance
Contact Jessica with any questions or to register.

**DEMENTIA & ALZHEIMER’S DISCUSSION**
Wednesday, March 25
12 PM
Dottie Odrosky, a volunteer and facilitator with the Alzheimer’s Association for the Bexley/Berwick Caregiver Support Group, will lead a discussion on Dementia and Alzheimer’s disease. She will present practical information, ways of coping, and share community resources. Light refreshments will be provided.

**FEATURED WEEKLY**

**OPEN PICKLEBALL**
Mondays | 12:30-3 PM
Thursdays | 10:30 AM-12:30 PM
Cost: $10 per session (Drop in Sports Pass)
All levels welcome.

**SEWING**
Wednesdays | 1:30-3:30 PM

**BARNETT BOOKWORMS**
Thursday, March 19
1:30 PM
Contact center for current book.

**TAI CHI**
Beginners: Fridays 10-10:45 AM
Advanced: Fridays 11 AM-12 PM
Cost: $35 per session
Tai Chi is said to improve flexibility and balance while reducing stress.

**JEWELRY MAKING**
Fridays 1:30-3:30 PM

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**Dodge**

**SPECIAL EVENTS**

**AARP TAX ASSISTANCE**
Thursdays and Fridays 9 AM-2 PM
Call 614-645-8151 today to make an appointment.

**CONTEST - DESIGN A T-SHIRT FOR DODGE**
Design submissions should be done with black, no more than two colors (black and one other color) Finalists will be picked by the committee. Center members will vote for a winner on April 15. Once a design has been chosen, T-shirts will be available for purchase as a fundraiser for Dodge.

**NUTRITION**
Thursday, March 14
12:30-1:30 PM
Nutritionist, Lisa Gibson with OSU, will be here to answer all of your nutrition questions.

**FIRE PREVENTION**
Wednesday, March 18
11 AM
Vicki Fox from The Fire Prevention Bureau will be here to discuss reducing the risk of fires in your home and the top three causes of fires, how to extinguish fires as well as escape planning, programs that are available for testing and installing smoke detectors and carbon monoxide alarms.
MOVIE DAY
Thursday, March 19
1 PM
Free
Beat the winter blues by joining us for a movie. Snacks will be available for purchase.
$2 Popcorn, drink and cookie
75¢ Ala Carte

FEATURED WEEKLY
COFFEE, TALK AND WALK
Mondays, Tuesdays and Thursdays
8 AM
Grab a cup of coffee (hot tea or cocoa) and join us for beautiful winter walks along the river front. If it is icy or really cold, we will walk inside Dodge.

INDOOR CYCLING CLASS
Mondays and Thursdays 9:30 AM
Silver Sneakers members are free! You may also purchase a Get Active fitness pass which includes this class for free and can be used at all City of Columbus Rec Centers. Fitness Passes: $10 Seniors (50 & up); $15 Adults

CHAIR VOLLEYBALL
Mondays and Thursdays 1-3 PM
Come out and join us for 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 join us.

STAND UP VOLLEYBALL
Tuesdays and Thursdays 9 AM

CHAIR FITNESS WITH KINTA
Wednesdays 11 AM
All fitness levels are welcome.
Silver Sneakers members are free!

CHAIR YOGA
Thursdays 10:15-10:45 AM
All fitness levels are welcome!
You will be guided through a progressive series of yoga poses that will incorporate the use of a chair to assist with balance, strength, flexibility while focusing on breathing and relaxation. Silver Sneakers are free so come join us!

CELL PHONE TECH HELP WITH NIKKI
Thursdays 12 PM
Got a new phone for Christmas? Or do you have a smart phone that you need help understanding all of it's functions or how to use it? Ms. Nikki is ready to help you with any questions you may have.

SPECIAL EVENTS
FOOD BOXES
For those who have signed up for the Food Boxes, they are only available for pick up on Fridays, March 20 and 27; 12-4 PM, not before or after. They will not be available for pick up any other times or days of the week. Please plan your schedule accordingly.

SAVE THE DATE
SPRING PARTY
Friday, April 17
11 AM-1 PM
Cost: $5

Gillie
ANNOUNCEMENT
CANTEEN CLOSED MARCH 20
Canteen will be closed for the Line Dance Jamboree.

SPECIAL EVENTS
LET’S TALK DEMENTIA WITH OAKLEAF VILLAGE
Tuesday, March 3
11 AM
"Most of us are familiar with the term 'Dementia' but may not understand what to expect with this disease or how to identify if a loved one is showing signs. Join Oakleaf Village and Enliven Home Health as we discuss the signs and symptoms of dementia, best ways to interact with someone with dementia, and the different stages of the disease."
Register at the front desk.

OSU EXTENSION SERVICE WITH LISA GIBSON
Friday, March 6
9:30 AM
Topic: Shift to Healthier Choices/ Stretching Your Food Dollar

VETERANS GROUP
Friday, March 6
1 PM
We are calling on all members of the Armed forces for a meeting of the brotherhood.
BINGO
Mondays, March 9 and 23
1 PM

BREAKFAST AT BERNIE’S
Tuesday, March 10
9 AM
Join us in the canteen for a continental breakfast, lively conversation and great fellowship.

EAT BETTER, FEEL BETTER
Tuesday, March 10
11 AM
LifeCare Alliance Dietitian Leonor Button, RD
Topic: Mind Your Minerals

ALZHEIMER’S ASSOCIATION
Tuesday, March 10
12:30 PM
Support Group meets at 12:30 PM. Everyone is invited. Private consultations are 1:30-4 PM for yourself or a caregiver by appointment. Call (614) 457-6003.

ZEN INSPIRATIONAL DOODLE
Tuesdays, March 10, 17 and 24
1:15 PM
Cost: $9 per class
Inspired by the elements of Earth, Air and Fire. We will execute three projects using various art mediums such as ripped paper, masking fluid and layer inking. This popular art form has been known to be very relaxing. The repetitive patterns promotes a sense of focus and calm. Register at the front desk.

UNDERGROUND RAILROAD STUDY GROUP
2nd & 4th Mondays 6 pm
2nd & 4th Thursdays 1 pm
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.

GILLIE RECREATION COUNCIL MEETING
Wednesday, March 11
1 PM
All are welcome.

HISTORY ROUNDTABLE
Wednesday, March 11
1 PM

AMERICAN CIVICS 101- “IN THE BEGINNING”
Begins Friday, March 13
1 PM
How much do you remember from your high school civics’ class? Join us as we revisit “How Our Government Works” and discuss the function and history of our government. In our first class we will discuss the Articles of Confederation and the Constitution. Leave your politics at home and join us every 2nd Friday of the month.

ST. PATRICK’S DAY LUNCH
Thursday, March 17
11:30 AM
Wear your green and join us for some corned beef and cabbage. You could win a prize for your best Irish Jig or outfit. No tickets needed, regular prices apply.

GUEST CHEF OF THE MONTH
Canceled for St. Patrick’s Day.

ANNUAL LINE DANCE JAMBOREE
Friday, March 20
9:30 AM check in
10 AM-3 PM
Cost: $16 with lunch; $13 dance only
Enjoy the day as different instructors from all over the state bring new music and teach new dances. There will be cue/step sheets great food and wonderful door prizes to round out the day. Group registration is encouraged. We’ll have fun, fun, and more fun! Register by Wednesday, March 18 for lunch.

FEATURED WEEKLY

BASIC COMPUTER CLASS
Mondays
10-11 AM
Spring Session: March 16–May 11
Register at the front desk. Space is very limited.

BASIC SIGN LANGUAGE
Thursdays
10 AM
Learn the basics of American Sign Language from the alphabet to basic conversation.
**Lazelle Woods**

**WINTER CLASS SCHEDULE**

**PICKLEBALL**  
Mondays, Wednesdays and Fridays  
12:30-2:30 PM  
Cost: $10 Drop in Sports Pass

**MONDAY**  
9:30-10:30 AM  Dance and Fitness Toning | $30

**TUESDAY**  
9:30-10:30 AM  Women’s Fitness | $10  
11 AM-12 PM  Tai Chi | $25  
4:15-5 PM  Women’s Toning and Weights | $10  
6:30-8:30 PM  Martial Arts- Aiki Ju Jitsu | $35

**WEDNESDAY**  
9:30-10:30 AM  Dance Fitness and Toning | $30  
6:30-7:30 PM  Yoga | $35

**THURSDAY**  
9:30-10:30 AM  Women’s Fitness | $10  
4:15-5 PM  Women’s Toning and Weights | $10  
6-8:45 PM  Fundamentals of Watercolor | $85  
6:45-7:15 PM  Bollywood Dance & Fitness | $35

**FRIDAY**  
10:30 AM-12 PM  Euchre and Card Games | Free  
12-3 PM  Pottery | $20

**SATURDAY**  
10-11 AM  Yoga for Beginners | $60  
11 AM-12 PM  Tai Chi | $25

**Marion Franklin**

Unless otherwise noted, please register at the front desk and call the center for more information.

**SPECIAL EVENTS**

**AARP TAX PROGRAM**  
Mondays and Wednesdays  
9AM-3 PM  
Call the center to make an appointment.

**KIDNEY EDUCATION PRESENTATION**  
Monday, March 9  
11:30 AM-2 PM  
Free screenings  
Join us as we discuss how the kidneys function, simple lab tests that diagnose Chronic Kidney Disease (CKD); management of Blood Pressure and Diabetes as they both are leading causes of kidney failure. Good cardiovascular health is the common denominator for blood pressure, diabetes, heart heath, kidneys and other conditions affected by the health of the vascular system.

**Program format:** Two nurses will be presenting on the topic. Other nurses will be set up to take blood pressures, perform diabetes testing and share health education around preventative measure.

This kidney education program is provided by Gamma Eta Chapter, Chi Eta Phi Sorority Incorporated, a professional nursing organization. Their focus is to provide services in the community around health promotion and disease prevention.

**CHECK MATE: CHESS SOCIAL CLUB**  
Friday, March 6  
2-4 PM  
Ernest Smith, 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 from 2-3pm.

**MOVIE DISCUSSION**  
Friday, March 6  
11:15 AM  
Free  
**Movie - Just Mercy;** sponsored by the Black Studies Group

**VETERANS AFFAIRS/ACTIVITIES**  
Tuesday, March 10  
12:30 PM  
We can help...  
The Department of Veterans Affairs runs programs benefiting veterans and members of their families. Lite snacks will be served.

**BOOK CLUB SOCIAL AND DISCUSSION**  
Wednesday, March 11  
1:30 PM  
Call center for book details.

**DIY**  
Thursday, March 12  
11 AM
Cost: $3
Join us as we make a DIY "herb garden" in the library. We will provide planting materials needed to make and take home your own tiny garden starts (from seed). If you like DIY and are not interested this go around, our next creation will be April 9. See Scott for details or suggestions on future DIY. *Register by March 11.*

**ST. PATTY’S LUNCHEON**
Monday, March 16
11 AM
Cost: $9
Come for fun games, prizes and a traditional St Patty’s meal of corned beef, cabbage, red skin potatoes, dessert and punch. *Must register and pay by Friday March 13th at front desk, no tickets sales day of event.*

**SENIOR COUNCIL MEETING**
Monday, March 23
1:30 PM

**CLASSIC 8 BALL TOURNAMENT**
Thursday, March 26
4 PM
Free
Double elimination, call shot, no ball in hand. Winner gets name and photo on wall. Hot dogs and punch included. *Please register in pool room the day of tournament.*

**FEATURED WEEKLY**

**LUNCH**
- Tuesdays-Thursdays
  - 11 AM-1 PM
Marion Franklin Dining Center
LifeCare Alliance…Nourishing the Human Spirit

**CHAIR VOLLEYBALL**
- Mondays-Fridays
  - 11 AM-12 PM

**50+ BASKETBALL**
- Mondays, Wednesdays & Fridays
  - 10 AM-12 PM
Cost: $10 per session

**50+ PICKLEBALL**
- Mondays, Wednesdays & Fridays
  - Beginners | 9-10 AM
  - Intermediate | 12-2 PM
Cost: $10 per session

**50+ BASKETBALL**
- Tuesdays & Thursdays
  - 1-2:30 PM

**BINGO**
- Tuesdays,
  - March 3 and 17
  - 1-3 PM  Free
First and third Tuesdays

**PO-KE-NO**
- Wednesdays
  - 12-3 PM  Free

**HEALTH & WELLNESS**
Barbara Parker, registered nurse, is available in the LifeCare Alliance Wellness Center Monday and Tuesday 8am-4:30pm;

Thursday 8-11am; Friday 8am-4pm. For an appointment, please call 614-437-2927.

**EAT BETTER, FEEL BETTER!**
- Tuesday, March 24
  - 11 AM-12 PM
Free class offered by LifeCare Alliance every fourth Tuesday of the month. *No registration required.*

**ARTHITIS FOUNDATION EXERCISE PROGRAM**
- Tuesdays and Thursdays
  - 10 AM

**FREE HEARING EVALUATIONS FOR SENIORS**
Call Columbus Speech and Hearing at (614) 261-5452 for more information or to schedule an appointment.

**ST. PATRICK’S CELEBRATION**
Wednesday, March 18
11:30 AM-2 PM
Wear your best green and come on in for our annual bash featuring great traditional Irish foods, vegan options and treats! Toni will start calling bingo at 1:00! Erin go Braugh!

**TAX TIME**
Tax season is here. Don’t forget about the AARP free tax assistance program here at Martin Janis. Tax representatives are here 9am – 2pm through April 13. Get here early, as the service is first
SAVE THE DATE

EASTER BRUNCH AND EGG HUNT

Wednesday, April 8
11:30 AM
Celebrate Easter at Martin Janis! Join in the annual Easter egg hunt, play games and try your hand at festive egg decorating! Bingo starts at 1pm. Sponsored in part by MediGold.

MARTIN JANIS ART SHOW
Opens Monday, March 2 (thru March 13)
Join us for the second annual “Martin Janis Artist Only” exhibit and show. Reception and light refreshments at 1 pm. Contact Mike or D'Lyn for information, 614-645-5954.

BREAKFAST FOR LUNCH

Wednesday, March 4
11:30 AM
Come in and enjoy the wonderful breakfast specials our talented kitchen staff serves every month. You’ll really enjoy their homemade breakfast quiche!

VALENTINE’S DAY PARTY

Wednesday, February 12
12 PM
Join the fun as we celebrate St. Valentine’s Day! Be a sweetheart and revel in the celebration of good food and enjoy the company of friends.

SENIOR COUNCIL MEETING

Wednesday, March 18
10 AM

MEDICAL MUTUAL

Monday, March 23
10 AM-12 PM
Bring your questions and concerns!

FEATURED CLASSES

WOODCARVING

Tuesdays, March 3 and 17
6 PM
Bring your own supplies.

LUNCH

Wednesday, March 4
11:30 AM
Cost: $5
Join us for lunch in the Community Room. Let Mike know if you are attending.

OPEN PICKLE BALL

Mondays, Tuesdays and Fridays
Beginner 9:30-11:30 AM
Intermediate/Advanced 12-2 PM
Wednesdays
All Levels 6:15-8 AM
Cost: $10 (Open Sports Pass Needed)

INTERNATIONAL FOLK DANCING

Mondays 7-8:45 PM

CANASTA

Mondays 1:30-3:30 PM
Free

GROOVE FIT

Mondays and Wednesdays 6:45 PM
Cost: $50 for 10 Classes

WII BOWLING

Tuesdays 10:30 AM-12 PM
Free

BID EUCHRE

Tuesdays 12-3 PM
Free
6, 7 or 8 handed can be played

TAIJI FOR BALANCE

Tuesdays 10-11 AM
Thursdays 2-2:45 PM
Fridays 9:30-10:30 AM
Cost: $35

GENTLE YOGA

Wednesdays 10-11 AM or
Wednesdays 7:15-8:15 PM
Cost: $40/each

FULL BODY CONDITIONING WITH MIKE JOHNSON

Wednesdays and Fridays
9:15-10:15 AM
Cost: $79 for two days per week
$49 for one day per week

PROGRESSIVE BRIDGE

Thursdays 12-3 PM
Free

PROGRESSIVE REGULAR EUCHRE

Thursdays and Fridays 12-3 PM
Cost: $2 per person
Dance room. Have fun and win grocery prizes!
68th Annual Creative Arts Event
Tentative Program Schedule
Martin Janis Center

May 6-15, 2020

Wednesday, May 6: Artist Reception 6 PM Doors open 6:30 PM Program
Thursday, May 7: Line Dance Showcase
Friday, May 8: Dinner/ Dance Party with Live Entertainment 5:30 PM Doors open 6 PM Dinner 7 PM Show
Cost: $15 May 4: Deadline to register with payment

Monday, May 11: Poetry and Writing Expo, readings of short stories and poetry
Tuesday, May 12: Demonstration Day - Different art demos throughout the day | Free
Wednesday, May 13: COAAA Hall of Fame 1 PM
Thursday, May 14: Variety Show 1 PM

Entry Information

This year's theme: **COLORS OF LIFE**. Central Ohio area residents are invited to enter three items of original artwork, crafts or writings.

Entries must be taken to Martin Janis Center, 600 E. 11th Ave at the Ohio State Fairgrounds, on Wednesday, April 15 from 10 AM-2 PM or Thursday, April 16 from 5-7 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 is eligible. Entries are judged by area artists and instructors. Ribbons are awarded by category.

The theme, **Colors of Life**, is a category for entries in any media. A pair or group of similar items may be considered as one entry with a limit of two items per entrant. **Paintings, photos and other two dimensional entries must be framed with WIRE HANGARS, ready to display or hang. Quilts and other wall hangings should be ready to hang with casings for dowels or loops attached for hanging.**

**ART WORK NOT PREPARED TO HANG WILL NOT BE ACCEPTED UNTIL FIXED/ADDRESSED.**

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

The event is open to the public Wednesday, May 6 at 6pm through Friday, May 15 with special entertainment and programs daily. Admission is free with the exception of some special events. Family and friends are welcome to attend. Lunch is available for purchase daily from 11:30am-12:30pm.

**CLOSED SUNDAY, MAY 10 FOR MOTHER’S DAY.**

For more information, call Linda Jacobs, Gillie Center | 614-645-3106 or Mike Phillips, Martin Janis Center | 614-645-5954.
50+ WATER EXERCISE
Join Alice Irwin for a lower-intensity workout that focuses on stretching, range of motion and gross-motor function.

Session 4: February 25- April 1
Mondays & Wednesdays
10–11 AM
$25 per session / $3 per class

Columbus Aquatic Center
1160 Hunter Ave.
Columbus, OH 43201
614-645-6122

CREATIVE ARTS EVENT
May 6-15
See page 12 for more information.

GOLDEN HOBBY GIFT SHOP
Be done with Winter! Visit our seasonal shop for an explosion of Spring flowers and lovely décor for Easter. Always unique gifts for all ages plus clothing, homegoods, art, jewelry, handmade greeting cards at amazingly low prices and so much more.

Our first Make-n-Take class for adults and kids is Saturday, April 11 – it’s free and supplies are provided for making fuzzy bunny cards and Spring décor. Call to register.

Tuesday-Saturday 10 AM-5 PM
630 S. Third St. | German Village
(614) 645-8329
Free parking/Wheelchair accessible