

Fifty PLUS

SPRING 2022

Columbus Recreation and Parks Department's
newsletter for *residents ages 50 and older*

Register for Spring Session!

Join us for our spring session to enjoy 50+ programs and activities, including dance, fitness and arts classes, wellness workshops and access to fitness rooms. While most classes are available in person, some are offered virtually; check with your community center directly for details.

Registration Starts: Tuesday, March 15, at 12:30 p.m.
Session Dates: March 21-May 20

Search and register for activities via [Activenet](#), our online registration system. Contact your community center with any questions.

Strong safety protocols remain in place to ensure the safety of all residents and staff. **All City of Columbus employees, registered participants and visitors to city buildings are required to wear a face covering.**

Continue to enjoy our parks and trails, which provide a safe and accessible way to stay active and enjoy time outdoors. Even outside, it is important to follow all safety protocols – practice social distancing, clean your hands often with soap and water or hand sanitizer, and stay home if you're not feeling well.

Be sure to check our **NEW** website frequently for the most up-to-date information on programs and activities, at [ColumbusRecParks.com](#).

Q Inside this Issue

NEWSLETTER UPDATE REMINDER!

The 50+ newsletter will now be published on the same schedule as our programming sessions. This means that the newsletter will now be coming your way on the following schedule:

- **Fall I Session** - Mailed/Published in late August
- **Fall II Session** - Mailed/Published in late October
- **Winter Session** - Mailed/Published in late December
- **Spring Session** - Mailed/Published in late March
- **Summer Session** - Mailed/Published in late May



THE CITY OF
COLUMBUS
RECREATION AND PARKS

Contact: Michael Phillips
614-645-2201 | MRPhillips@Columbus.gov

Fifty PLUS

Of Columbus Recreation and Parks Department's 28 community centers, several sites offer enhanced programming tailored for residents ages 50 and older.



- 
BARNETT COMMUNITY CENTER
 1184 Barnett Rd. | 43227
 614-645-3065
- 
DODGE COMMUNITY CENTER
 667 Sullivant Ave. | 43215
 614-645-3176
- 
GILLIE COMMUNITY SENIOR CENTER
 2100 Morse Rd. | 43229
 614-645-3106
- 
MARION FRANKLIN COMMUNITY CENTER
 2801 Lockbourne Rd. | 43207
 614-645-3612
- 
MARTIN JANIS COMMUNITY SENIOR CENTER
 Center Closed.
 Programming moved to
 Thompson Community Center.
- 
WHETSTONE COMMUNITY CENTER
 3923 N. High St. | 43214
 614-645-3217
- 
THOMPSON COMMUNITY CENTER
 1189 Dennison Ave. | 43201
 614-645-3082
- 
LINDEN COMMUNITY CENTER
 1350 Briarwood Ave. | 43211
 614-645-3067
- 
CENTRAL OHIO AREA AGENCY ON AGING (COAAA)
 3776 S. High St. | 43207
 614-645-7250
 Call for additional information
- 
GOLDEN HOBBY GIFT SHOP
 549 Franklin Ave. | 43215
 614-645-8329
 Hours: Tuesday-Saturday,
 10 a.m.-4:30 p.m.,
 Sunday, 1-4 p.m.

Get **Paid** to participate in Focus Groups, Webcam Interviews, Product Tests, Online Bulletin Boards, and more!

Register today by scanning the QR code or visiting us at:
FocusGroup.com



We want to hear your opinions.
Joining is free, easy and secure!



New Campus Coming to Old Town East

Plans for the new Creative Campus in Olde Town East are moving forward!

The new site will provide creative programming and wellness activities, including many of the popular programs from Martin Janis and Golden Hobby Shop. A preferred site layout for the building, parking and park has been developed, and it will continue to be refined. The design team is now looking at the landscaping

and park amenity options, and how the new facility interacts with the surrounding neighborhood. These design options will be presented at the public meeting in winter 2022. Watch for details.

For more information about the project, visit CbusCreativeCampus.com.

Message from Central Ohio Area Agency on Aging

Special Medicare Programs: LIS & MSP

Are you eligible? Could you possibly save some money? There are two specific programs for Medicare eligible individuals that may be of help to you.

Low Income Subsidy (LIS)

LIS is also known as "Extra Help." It is a subsidy that assists Medicare beneficiaries in paying for their Medicare Part D prescription drug coverage. If eligible, LIS could mean reduced or no monthly premium, no deductible and reduced or no copays for prescriptions. Beneficiaries enrolled on Home and Community Based Waivers (such as PASSPORT and Assisted

Living waivers) have no copays. Eligibility is based on an individual's or couple's income and assets. Income eligibility is based on 150% of the Federal Poverty Level (FPL).

Social Security is the administrator of the LIS program and processes the applications. You can call COAAA Medicare Outreach Specialists at 614-645-7250 to explore this further. Those on Medicaid or enrolled in a Medicare Savings Program (MSP) automatically qualify for LIS, meaning an application is not necessary.

What is a Medicare Savings Program (MSP)?

MSPs are programs that assist Medicare beneficiaries in paying for their Medicare A and B expenses including the Part B premium. There are three levels of MSPs based on a person's or couple's income and assets.

1. Qualified Medicare Beneficiary (QMB)
 - Pays for all copays and deductibles not covered by Medicare A and B
 - Pays the Part B premium (if eligible for premium assistance, Social Security will just stop taking the premium out of their Social Security check).
2. Specified Low Income Medicare Beneficiary (SLMB)
 - Pays the Part B premium only
 - Will pay premiums for the past three months of eligibility
3. Qualified Individual (QI)
 - Pays the Part B premium only (the difference between QI and SLMB

is that QI has a limited number of slots available).

Message from Franklin County Office on Aging

Ultimately the application to apply for MSP goes through the Department of Job and Family Services. Verifications such as proof of income and bank statements are needed to complete the application. To talk with one of our Medicare Outreach Specialists to learn more about these programs and possible eligibility, call COAAA at 614-645-7250 and ask for a Medicare Outreach Specialist today!

Free Home-Delivered Meals

Franklin County residents 60 and older are eligible to receive home delivered meals without income verification now through March 31, 2022. To request meals and other available services, call Senior Options at 614-525-6200, Monday-Friday, 9 a.m.-4:30 p.m.

Franklin County Office on Aging Day with the Columbus Clippers

Join us Thursday, June 16, for the Franklin County Office on Aging Day with the Columbus Clippers!

Gates open at 11 a.m. and game time is 12:05 p.m. as the Columbus Clippers host the St. Paul Saints. Fans aged 60 and over attending the event will be treated to reduced ticket prices of just \$5 for reserved seats and \$4 for bleacher seats, with a

boxed lunch and special door prizes included. Tickets must be purchased in advance and may be obtained by mailing the attached form to the Columbus Clippers or by calling 614-462-5250.

Gram and Gramp Camp

This camp is designed for grandparents and grandchildren ages 8-12 to spend quality, structured time together. There will be a mix of activities with options to accommodate all activity levels. All participants should bring a packed lunch and water bottle each day. Please note: Registrations are per person; you must register at least one grandparent and one grandchild, separately for this camp. Families can decide to register two campers per one or two grandparents, but no more than two campers per grandparent should be registered.

This camp meets at the Whetstone Shelterhouse Monday through Thursday 9 a.m.- 3 p.m. On Friday, camp will meet at McKnight Outdoor Recreation center for special activities. Friday afternoon, participants will travel to a local pool (please plan your own transportation to the pool). Costs to enter the pool are covered by the camp.

Registration and Fees:
\$78 per person/ Non-resident: \$93

Please choose only one week to attend this camp.

CENTER NEWS

Register online for classes at ColumbusRecParks.com. If you have difficulty registering on your own, call or stop by the center of your choice and staff will help you get registered. All classes are free, except where indicated. Class fees will vary according to the instructor. Be sure to check with your class instructor for details. All schedules are subject to change. Some classes are taking place virtually. Please call your center to confirm which classes are in person and which ones are virtual. The health and safety of participants and staff is our top priority, and as such, we have implemented

rigorous, department-wide procedures, which include:

- Registration and class size are limited.
- Participants must perform daily wellness checks at home. If you are feeling sick (cough, fever, nausea, runny nose, etc.), you must stay home.
- Face coverings are required for all City of Columbus employees, registered participants and visitors to city buildings.
- Social distancing – staying six feet away from others – must be observed at all times, with an understanding of the

challenges and limitations for social distancing with very young children and individuals with disabilities.

- To ensure the health and safety of participants, a limited number of people are allowed in the fitness rooms at one time, and users must reserve a time block online.

View the full list of COVID-19 precautions for all Columbus Recreation and Parks Department facilities here: Columbus.gov/RecParksCOVID19.

We will be closed for the following holidays:

Monday, May 30 – Memorial Day

Monday, June 20 – Juneteenth

Dodge

667 Sullivant Ave., 614-645-3176

ANNOUNCEMENTS

AARP INCOME TAX ASSISTANCE

Tuesday, Thursday and Friday, starting Feb. 1-April 12

By appointment only, call our front desk at 614-724-8151 or stop at the front desk to reserve your appointment time.

SENIOR RECREATION COUNCIL (SRC) COMMITTEE MEETING

Every 2nd Tuesday of the month, 1 p.m. April 12, May 10 and June 14

Anyone who would like to learn more about or join the SRC Committee is welcome to attend the next meeting.

LUNCH AND LEARN

Tuesday, April 12, from 12 p.m.-1 p.m.

"Doc Talk" and Q/A session.

Sponsored by Dedicated Senior Medical Center. A box lunch will be provided. Sign up in advance at the front desk or by phone. Speaker TBA.

UPCOMING TRIPS FOR SENIORS

Thrifting in Newark

March 5 from 9:30 a.m.-2:30 p.m. (\$5 for travel – please bring additional money for lunch and shopping)

We will go to Goodwill, St. Vincent DePaul Thrift Store, Granville Thrift Store and Sophie's Thrift Store.

Lunch will be at Lee's Chicken. Be prepared for walking in the stores.

Museum and lunch in Lancaster

March 25 from 9:30 a.m.-2:30 p.m. (\$5 for travel – please bring additional money for lunch and shopping)

We will be going to the Museum Of Decorative Arts to see the exhibit "Hindsight: the Art of Looking Back."

It showcases nostalgic works of folk artists of the 1800s and 1900s. These artists were collectively known as "Memory Painters" who captured the simplicity of early rural life using bold color choices. Lunch will be on your own at one of

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DODGE

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the museums near the museum – Maria's Mexican is closest, and The Downtown Bistro or The Well are also close. The museum itself is small, and there is access to an elevator.

Bowling at Columbus Square Bowling Palace

April 29 from 12 p.m.-3 p.m.
(\$5 for travel plus \$7 per game and \$4 for shoe rental)

Senior Day Camp

May TBA from 10 a.m.-3 p.m. (\$5 for travel)
McKnight Center, Indian Village

Enjoy a day of camp activities with Dodge staff in collaboration with Columbus Recreation and Parks' amazing outdoor education team. The day will include a pontoon boat ride or nature hike; nature bingo; archery; crafting; fishing; and s'mores. There will be some walking involved so please wear comfortable shoes and clothing. Additionally, please bring a packed lunch that day. Let's get ready for the outdoor season and spend a day at camp!

Fishing at Buckeye Lake

May 27 from 9:30 a.m.-2:30 p.m. (\$5 for travel – please bring additional money for lunch, your fishing license, and bait) Bring your fishing pole and gear for a fun day of fishing at Buckeye Lake. We will be stopping at Lee's Chicken afterward.

"Tied up in Knotts: A Daughter's Tribute to a Laughable,**Loveable Dad" show at the Villa Milano Showtime Theatre**

June 28 from 10 a.m.-2:30 p.m. (cost is \$62). A must-see show for kids of the 50s, 60s and 70s. Enjoy a fun-filled afternoon dedicated to the memory of one of America's most beloved character actors, Don Knotts. It's a father-daughter story, as Karen Knotts performs the show as a tribute to her famous father. Dinner is included with the cost. Make sure that payments are submitted by May 2.

SENIOR FOOD BOXES**Pickup Dates – April 22, May 20 and June 24 between 12 p.m. – 4 p.m.**

If you or someone you know would like to register and meet eligibility requirements, please call 614-724-8151. There are a few spots available.

EXTENDED PRODUCE DROPS

Dates – April 14, May 12, June 9, July 14

UPCOMING PARTIES**Spring Fling**

Friday, April 22, 11:30 a.m.-1 p.m.

Summer Kick Off

Friday, June 24, 11:30 a.m.-1 p.m.

End of Summer Blast

August 19, 11:30 a.m.-1 p.m.

Our Red Hat ladies are always looking for new members to join - Please give Dodge Community Center a call for more information.

Red Hat Trips are the third Thursday of every month.

FITNESS ROOM

Membership fees: \$10 for a session \$40 for an annual pass.

If you have Silver Sneakers, Renew Active or Silver and Fit, your fitness room fee is waived.

PROGRAM SCHEDULE**MONDAY****9 a.m.**

Beading

9 a.m.

Indoor Cycling

10 a.m.

Acrylic Painting

10 a.m.

50+ Basketball (Sports Pass Required)

10 a.m.

Line Dancing

12 p.m.

Pinochle

1 p.m.

Chair Volleyball

2 p.m.

Intro to Watercolors

TUESDAY**9:30 a.m.**

Quilting

10 a.m.

Cardio Step Aerobics

10 a.m.

Senior Wii Golf

11:15 a.m.

Chair Yoga

12 p.m.

Chair Fitness

12 p.m.

Euchre (Progressive)

1 p.m.

Sewing

1 p.m.

Intermediate Watercolors

3:30 p.m.

Art Journaling

5 p.m.

Senior Stick Fighting & Tai Chi

WEDNESDAY

8:30 a.m.

Senior Fitness

9 a.m.

Ceramic Studio

10 a.m.

Crochet & Needlecraft

10 a.m.

Pickleball

10:30 a.m.

Slip Casting

11 a.m.

Senior Wii Bowling

12 p.m.

Pinochle

1 p.m.

OSU SNAP-Ed Nutrition

5 p.m.

Line Dancing

5 p.m.

Senior Stick Fighting & Tai Chi

THURSDAY

9 a.m.

Intro to Oils

10 a.m.

Senior Wii Tennis

11 a.m.

Bingo

11:15 a.m.

Chair Yoga

12 p.m.

Chair Fitness

12 p.m.

Pinochle

12:30 p.m.

Tripoley

1 p.m.

Adult Open Gym

1 p.m.

Alterations

1 p.m.

Chair Volleyball

1:30 p.m.

Oil Painting Studio

3:30 p.m.

Adult Fitness

3:30 p.m.

Intro to Drawing

5 p.m.

Senior Stick Fighting & Tai Chi

FRIDAY

8:30 a.m.

Senior Fitness

9 a.m.

Senior Board Games

10 a.m.

Shuffleboard

11 a.m.

Senior Wii Bowling

12 p.m.

Pinochle

1 p.m.

Book Club

1 p.m.

Wheel Throwing

1 p.m.

Sewing Clothes

3:30 p.m.

Ceramics Hand Building

SATURDAY

9 a.m.

Line Dancing

9:30 a.m.

Senior Weight Lifting

10 a.m.

Cardio Boxing

12 p.m.

Pinochle

Gillie

2100 Morse Rd., 614-645-3106

ANNOUNCEMENTS

Gillie will be closed Monday, May 30, for Memorial Day.

SENIOR PRODUCE PICK-UP

Fridays at 9:30 a.m. until produce runs out

VETERANS GROUP

First Fridays of the month – March 4, April 1 and May 6 at 1 p.m.

All members of the Armed Forces are invited for a meeting to share stories and memories of their service.

ANNUAL LINE DANCE JAMBOREE

Tuesday, March 15 (9:30 a.m. check in) 10 a.m – 3 p.m.
Cost: \$18 with lunch or \$12 dance only

Celebrate the “wearing of the green” by donning your best green outfit and we’ll have fun, fun and more fun! Enjoy your time as different instructors from all over the state bring new music and dances. There will be cue/step sheets, great food and wonderful door prizes to round out the day. Group registration is encouraged.

Register by Thursday, March 10 for lunch reservations.
AUDITORIUM AND CANTEEN WILL BE CLOSED FOR THIS EVENT.

ST. PATRICK’S DAY LUNCH

Thursday, March 17, 11:30 a.m.
St. Patrick’s Day (also known as the Feast of Saint Patrick) is a holiday

that remembers one of Ireland’s patron saints, St. Patrick, and is a day of recognition of Irish and Irish American culture. Wear your green and join us for some corned beef, cabbage and other fixings, as we celebrate everything Irish. You could win a prize for your best Irish Jig or outfit. No ticket needed, regular prices apply.

BIRTHDAYS/ANNIVERSARIES

Tuesday, April 5, at 12:15 p.m.

Everyone is invited to celebrate members with special events during the months of January, February, March and April. Even if it’s not your month yet, come out and celebrate.

Shhh, we will be celebrating a very special 105th birthday so join us for some great fun, prizes and refreshments.

EASTER LUNCHEON

Tuesday, April 12, 11:30 a.m. -12:45 p.m.

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 the front desk.**

MOTHER’S DAY BRUNCH

Tuesday, May 3, 11:30 a.m.

Columbus Recreation and Parks Department is celebrating all women with good food and great entertainment. If you would like to participate in our lip sync show “Mystery Singer” please pick up more

information at the front desk.
No tickets needed, regular lunch prices apply.

NEW CLASSES!

UKRAINIAN EGG PAINTING

Mondays, March 21, 28 & April 4, 11 & 18 from 1 p.m.-3 p.m.
Cost: \$25

Ukrainian egg painting likely dates back to ancient times, and numerous folk legends and superstitions are associated with the art. Regions, villages and families all have their own rituals, symbols and meanings for the painted eggs. Join Val Hinterschied, and make unique and fascinating pieces of art using eggs. All materials included. **Register at the front desk, space is limited.**

LEARN HOW TO PLAY: PICKLEBALL

Mondays & Wednesdays 10 a.m.

Pickleball is a paddleball sport that combines elements of badminton, table tennis and tennis. Two or four players use solid paddles to hit a perforated polymer ball, much like a wiffle ball, over a net. The sport shares features of other racket sports with the dimensions and layout of a badminton court, and a net and rules somewhat similar to tennis. Come to learn and have some fun.

CHAIR YOGA

Mondays 11 a.m.-11:45 a.m.

Yoga improves flexibility and strength, it also increases balance and enhances cardiopulmonary health in people of all ages. This class is designed for those who are not able to get down and

up from the floor and need the support of a chair. We encourage all participants to work at their own level of fitness and yoga experience.

POOL SCHOOL FOR BEGINNERS

Fridays 9 a.m.-11 a.m.

Have you ever wanted to learn how to play pool? We will be offering classes in the game, taught by some of our local pool sharks.

Please sign up at the front desk.

MIND AND BODY CONNECTION

**Fridays, April 1, 15, 22,
& 29 at 10 a.m.**

Find the connection between our mental status and our physical well-being and how one affects the other in both positive and negative ways. Join us for this 7-week workshop by signing up at the front desk.

CLASSES/PROGRAMS

BINGO

**Mondays, March 14 & 28, April 11
& 25, and May 9 & 23 at 1 p.m.**

COFFEE & CONVERSATION

Mondays at 10 a.m.

Topic: What are your favorite memories of SPRING?

Come and share some friendly conversation with some center friends. Research shows that strong social connections are necessary for a long, healthy, happy life. Join us to share your thoughts and experiences with others who also want to stay connected.

HISTORY ROUNDTABLE

Wednesday, April 13 &

May 11 at 1 p.m.

Topic: TBA (please call the center)

EAT BETTER, FEEL BETTER

Second Tuesdays at 11 a.m.

LifeCare Alliance Dietitian Leonor Button, RD, presents interesting topics on the foods we eat and how they can both help and harm us. Please call the center for the Winter Session topics.

ALZHEIMER'S ASSOCIATION

Second Tuesdays of the month

Support Group - 12 p.m.

Everyone is invited.

Private Consultations 1:30 p.m.-

4 p.m. for self or caregiver.

Call 614-457-6003 to schedule your appointment.

COLUMBUS SPEECH & HEARING

Thursday, March 17, April 21

and May 19 at 11 a.m.-3 p.m.

Call 614-261-5452 to schedule your appointment.

UNDERGROUND RAILROAD

Second and fourth

Mondays at 6 p.m.

Second and fourth

Thursdays at 1 p.m.

We study American history through the eyes of the conductors, agents and freedom seekers who were a part of the Underground Railroad. We will be studying the following topics:

March-Oh, Canada!

April - Elgin or Buxton Settlement

May - "Midnight to Dawn"

To join us on Zoom please call

614-645-3106 for the Zoom link.

LIFECARE ALLIANCE WELLNESS CENTER

Mondays and Tuesdays

The LifeCare Alliance Wellness center is open for services including blood pressure checks or toenail cutting. Please call Peggy Parisot, RN at 614-437-2811 to make an appointment.

FITNESS ROOM

Register and pay for a monthly or annual pass at the front desk.

PROGRAM SCHEDULE

MONDAY

9 a.m.

Stretch & Tone | 1st & 3rd Mondays

9:30 a.m.

Service Circle

9:30 a.m.

Wood Crafts

10 a.m.

Coffee & Conversation

10 a.m.

Pickleball

11a.m.

Chair Yoga

12:30 p.m.

Duplicate Bridge

1 p.m.

Bingo

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GILLIE

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3 p.m.

Fitness at 3

4:30 p.m.

Euchre

6 p.m.Underground Railroad
2nd & 4th Mondays
(Virtual Option)**7:30 p.m.**Movin & Groovin (Hip
Hop/R&B Line Dance)**TUESDAY****8:30 a.m.**Walking (Meet at Woodward
Park Tennis Courts)**9 a.m.**

Fitness Plus

10 a.m.

Stay Young, Stay Strong

11 a.m.

Wii Bowling/Wii Play

11 a.m.

Eat Better, Feel Better | 2nd Tuesdays

12 p.m.

Alzheimer's Association

1 p.m.

Arthritis Exercise

1 p.m.

Line Dance (Beginners/Intermediate)

1:15 p.m.

Art Journaling

2 p.m.

Line Dance (Advanced)

2 p.m.

Balance Class

2:30 p.m.

Backgammon/Chess

3 p.m.

Yoga

WEDNESDAY**9 a.m.**

Stretch & Tone

9:30 a.m.

Ceramics

9:30 a.m.

Bobbin Lace

10 a.m.

Crochet & Knitting | Advanced

10 a.m.

Pickleball

1 p.m.History Roundtable
2nd Wednesdays**1 p.m.**

Square Dancing

1:30 p.m.

Crochet & Knitting | Beginners

2 p.m.

Card Making

3 p.m.

Bid Whist

4:15 p.m.

Tap Dancing | Advanced

5:15 p.m.

Beginning Ballet

6:30 p.m.

Tap Dancing | Beginners

6 p.m.

Ballroom Dancing

THURSDAY**9 a.m.**

Fitness Plus

10 a.m.

Stay Young, Stay Strong

11 a.m.

Wii Bowling

11 a.m.

Coffee and Coloring

12:30 p.m.

Euchre

1 p.m.

Arthritis Exercise

1 p.m.Genealogy 101
(1st & 3rd Thursdays)**1 p.m.**Underground Railroad | 2nd &
4th Thursdays (Virtual Option)**2 p.m.**

Smartphone Basics

3 p.m.
Fitness at 3

3 p.m.
Yoga

FRIDAY

9 a.m.
Stretch & Tone

9 a.m.
Pool School | Beginners

9:30 a.m.
Scrapbooking

10 a.m.
American Civics 101

11 a.m.
Fit Ball Yoga

11 a.m.
Line Dancing | Beginners

12:30 p.m.
Spades

1 p.m.
Veterans Group | 1st Fridays

Linden

1350 Briarwood Ave., 614-645-3067

ANNOUNCEMENTS

LIFECARE ALLIANCE MEALS

Wednesdays & Fridays

11 a.m.-1 p.m.

Available for free, pre-registration
or onsite during meal service

SENIOR BINGO

Wednesdays 11:30 a.m.-12:30 p.m.

PRODUCE GIVEAWAY

**The third Friday of each
month at 3 p.m.**

PROGRAM SCHEDULE

MONDAY

12 p.m.
Beginners Pickleball

6:30 p.m.
Ceramics - Hand Building

6 p.m.
Beginners Sewing

TUESDAY

10 a.m.
Eat Smart Live Strong Nutrition class

6 p.m.
Beginners Sewing

6:30 p.m.
Adult Wex + Linden Rec Painting

WEDNESDAY

10 a.m.
Line Dance

11:30 a.m.
Senior Bingo

5:30 p.m.
Rise Up Yoga

6 p.m.
Intermediate Sewing

6 p.m.
Women's Double Dutch

THURSDAY

11:30 a.m.
Inclusive Sports

6 p.m.
Intermediate Sewing

FRIDAY

11:30 a.m.
Inclusive Sports

12:30 p.m.
Open Pickleball

12 p.m.
Ceramics

SATURDAY

9 a.m.
Mindful Meditation

9:30 a.m.
Women's Double Dutch

10 a.m.
Rise Up Yoga

12 p.m.
African Movement

Marion Franklin

2801 Lockbourne Rd., 614-645-3612

ANNOUNCEMENTS

AARP TAX PROGRAM

Mondays & Wednesdays

9 a.m.-3 p.m.

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MARION FRANKLIN

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Marion Franklin Tax Preparers will be doing tax preparation on site. Please call **614-724-4701 or 614-645-3612** to make an appointment.

**LIFECARE ALLIANCE MEALS
- CURBSIDE GRAB & GO**

Every Tuesday from 11:30 a.m.-12:30 p.m.

Must be registered to participate. Please call the center for more information.

**MOBILE PRODUCE MARKETS
- CURBSIDE GRAB & GO**

Fourth Thursdays at 2:30 p.m., except for holidays.

Spring 2022 Health Awareness & Nutrition Month Giveaways**

One of the most effective tools we have to fight challenging health issues is the power of human connection. This is one of the reasons health awareness campaigns are so important: they help us rally together to spread awareness and show support. In the spirit of connection, education and awareness, we are offering giveaways and health information during our **Spring Mobile Produce Markets in March, April and May.**

VOTING 101-GET THE FACTS

Thursday, March 24

12:30 p.m.-2 p.m.

Sponsored by the League of Women Voters of Metropolitan Columbus (LWVMC). The LWVMC encourages informed and active participation in government, works to increase understanding of major policy

issues, and influences public policy through education and advocacy. The League is where hands-on work to safeguard democracy leads to civic improvement. The League is nonpartisan – it neither supports nor opposes candidates for office at any level of government. Please call the center to register.

DIY - HERB GARDEN

Wednesday March 23

Free

Join us as we DIY "Herb garden." We will provide planting materials needed to make and take home your own tiny garden starts (from seed). Please register at the front desk by Wednesday, March 16. If you like DIY and are not interested in this event specifically, our next creation will be in April. See Scott for details or suggestions on future DIY.

TEA IN THE GARDEN

Wednesday April 20

2 p.m.-3 p.m.

Patio behind Canteen

Free

Please call the center to register.

**CULINARY ART CIRCLE
HOLIDAY EVENT**

Fourth Wednesdays

12:30 p.m.-2:30 p.m.

Thank you for all your support during our Holiday Culinary Art Event!

The Marion Franklin Community center Culinary Art Circle (The Circle) convened its monthly program Dec. 15. The Circle's activity focused on chef knives. Chef Michael Peaks gave an awesome presentation that included a demonstration of chef knives,

which knife to use for what purpose, what a good chef knife is, and what chef knife do you really need.

CULINARY ART CIRCLE

Fourth Wednesdays

12:30 p.m.-2:30 p.m.

Culinary, according to the Random House dictionary, means "pertaining to, or used in the kitchen or cookery." Art refers to a skill used to conduct activity in any broad area of interest. Circle means a number of persons bound by a common tie. With these terms in mind, the Culinary Art Circle is planned to be an opportunity for the individual to bring his/her curiosity, knowledge, senses (sight, hearing, smell, touch – and of course taste) and/or abilities to embark on a journey with others around all things food (including beverage, spices and herbs). It will include group directed discussion, discovery, exploration, experiences, food preparation, cooking and presentations. In fall 2021, we explored charcuterie and the use of chef knives. In winter 2022, we delved into the world of herbs, spices and health-centered substitutions. Spring 2022 will be another exciting adventure. Participants should come with culinary topics of interest.

**BOOK CLUB DISCUSSION
(CENTER LIBRARY)**

Second Wednesdays

1:30 p.m.-4 p.m.

Whether you love, like, or hate books; whether you read fast or slow, whether you like long novels or short stories –we want YOU! Marion Franklin Book Club is a group of people who read and talk

about books. The books scheduled for reading and review for Spring 2022 are: "Jell-O Girls" by Allie Rowbottom, "Sin of a Woman" by Kimberla Lawson Roby, and "Sisters In Arms" by Kala Alderson.

Dates and times are subject to change; please register if you plan to attend. You may also call the center to add your name to our email list to receive Book Club information.

CLASS SPOTLIGHT!

Stretch & Tone Class Every Monday & Wednesday 10:45 a.m.-11:45 a.m.

Muscle tone is important to maintain posture, to support joints (for stability and prevention of sudden changes in their position), and to store energy used in movement (better muscle tone, more fluid-like movement). Stretch and Tone is being offered as one mode of exercise for participants. It will be a guided practice of exercises to give participants an opportunity to achieve and maintain muscle tone and flexibility. Stretch and Tone is offered to participants at all levels, with each participant having the freedom to work at their level while striving to advance. Stretch and Tone will include the use of an individual's own body weight, and MAY include the use of equipment. Participants should have the ability to exercise using the individual's own body weight against gravity without assistance, and the ability to do standing (or sitting) floor exercises. Each participant should bring a mat for floor exercises, a towel for extra padding and for

drying oneself, and water to hydrate. Participants may bring light weights.

UNDERGROUND RAILROAD

First & third Mondays 2 p.m.-3:30 p.m.

The Underground Railroad (UGRR) was a metaphor for a large, interconnected network composed of smaller local systems that helped fugitives (runaway slaves) make their way to freedom by providing money, transportation, food, clothing, other goods and legal services. Join this class as we study American history through the eyes of the conductors, agents and freedom seekers. For more information please call the center.

JOURNALING/WRITING CLASS

Wednesdays 10:15 a.m.-11:45 a.m.

Journaling isn't just for writers and students. The simple act of writing can help seniors embrace their creativity, share significant memories, and keep their minds healthy and active. Whether you prefer a pencil and paper, a computer, or even a typewriter, writing is a great way to combat memory loss. However, if you aren't accustomed to writing, you may not know where to start! Join this new and exciting class and enjoy the wonderful world of writing. Call the center for more information.

VETERANS AFFAIRS/ACTIVITIES

Every fourth Thursday 12:30 p.m.

The Department of Veterans Affairs runs programs benefiting veterans and members of their families. It offers education opportunities

and rehabilitation services. It also provides compensation payments for disabilities or death related to military service, home loan guarantees, pensions, burials, and health care that includes the services of nursing homes, clinics, and medical centers. Please call the center for more information.

HEALTH & WELLNESS AT MARION FRANKLIN

New Hours:

Tuesday & Thursday, 8 a.m. - 4:30 p.m.

Lifecare Alliance Wellness center
- Nurse Barbara Parker, RN
Office: 614-645-7173
Voicemail: 614-437-2927

HEALTH & WELLNESS INFORMATION

March is Colorectal Cancer

Awareness Month: Cancer of the colon and rectum is the second leading cancer killer. Are you at risk? Do you have a close relative with colorectal polyps or colorectal cancer? Do you have inflammatory bowel disease? Screenings starting at age 50 could save your life, because colorectal cancer can start without symptoms.

National Nutrition Month:

Lifecare Alliance and the Central Ohio Diabetes Association provide in-home education, meal planning by a registered dietitian to help you lower your blood sugar and control your diabetes. Services may be covered by your insurance.

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For more information call Nurse Barbara Parker Lifecare Alliance Wellness center, at 614-645-7173.

April is Minority Health Month:

To learn more about National Minority Health Month and what the U.S. Department of Health and Human Services is doing to reduce health disparities and achieve health equity, see www.minorityhealth.hhs.gov.

For planned activities at the center for Minority Health & Wellness Month, call 614-645-3612.

BRAIN EXERCISE OPEN LAB

**Every Monday & Wednesday
9:15 a.m.-10 a.m.**

The brain is involved in everything we do, and like any other part of the body, it needs to be cared for and exercised. People of all ages can benefit from incorporating a few simple brain exercises into their daily life, which we will explore in more detail on Monday and Wednesday mornings. The focus will be to provide self-directed ways for participants to exercise the brain to improve memory, focus and daily functionality which should be a top priority for everyone, especially as we get older.

ALZHEIMER'S SUPPORT GROUP

**Every first Tuesday of the month
12:30 p.m.-1:30 p.m.**

**Presented by Central Ohio
Alzheimer's Association**

The Alzheimer's Association Support group will meet monthly

at Marion Franklin to provide caregivers with an opportunity to share their experiences and receive support and problem solving from others coping with Alzheimer's disease and dementia. There is no cost to participate.

THE CONVERSATION PROJECT

**Every second Tuesday
of the month**

11:15 p.m.-12:15 p.m.

The Conversation Project designed to help people talk about their final wishes and end-of-life care. Topics will include: how to start the talk, what's most important to talk about and completing legal documents. Everyone will be provided with a starter kit, Living Will and Durable Power of Attorney (POA) for healthcare. This program is sponsored by LifeCare Alliance and presented by Nurse Barbara Parker. Call the center for more information.

EAT BETTER, FEEL BETTER

**Every third Tuesday of the month
11:15 p.m.-12:15 p.m.**

Presented by Nurse Barbara Parker, LifeCare Alliance Wellness center.

ALZHEIMER'S EDUCATIONAL CLASS

**Every third Tuesday of the month
12:30 p.m.-1:30 p.m.**

Presented by Central Ohio Alzheimer's Association

CAREGIVERS SUPPORT GROUP

Every fourth Tuesday of the month

Presented by Lifecare Alliance
Are you a caregiver? Are you struggling with juggling work,

family and caregiving? Do you feel stressed and burned out? There is help! Join us for topics that include: what caregiving is, resources, equipment and self-care. Please call the center for more information.

COLUMBUS SPEECH & HEARING SERVICES

**Every second Thursday
of the month**

Columbus Speech & Hearing offers free hearing evaluations, hearing aid fitting and maintenance, and follow-up hearing aid services. For more information or to schedule an appointment, please call 614-261-5452.

NUTRITION CLASS WITH OSU SNAP-ED

Every Thursday 11 a.m.-12 p.m.

SNAP-Ed works to provide participants with the tools and resources to improve their overall health and wellness and, in turn, improve their families' wellbeing. Through a series of free interactive lessons, the program seeks to introduce participants to new ways to add fruits, vegetables, and grains into each meal, as well as learn ways to stretch their food budgets.

PROGRAM SCHEDULE

MONDAY

8:30 a.m.

Cards & Conversation

9 a.m.

Chair Yoga

9:15 a.m.

Brain Exercise Open Lab

9:30 a.m.
Line Dance | Intermediate

10:30 a.m.
Tai Chi | Intermediate

10:45 a.m.
Square Dancing

10:45 a.m.
Stretch & Tone

11 a.m.
Everyday Sign Language

12:15 p.m.
Tai Chi | Advanced

12 p.m.
50+ Basketball \$10 (Sports
Pass Required)

1 p.m.
No Sew Blankets
(Supplies Not Included)

1:30 p.m.
Open Cards

2 p.m.
Underground Railroad
1st and 3rd Mondays

2 p.m.
50+ Art Class

TUESDAY

8:30 a.m.
Pickleball / Instructional \$40

9 a.m.
Chair Yoga

9:15 a.m.
Ab Workout | Medium Impact

10 a.m.
National Arthritis Foundation
Exercise Program

10:30 a.m.
Tai Chi | Beginner I

11:15 a.m.
The Conversation Project
2nd Tuesdays

11:15 a.m.
Eat Better, Feel Better | 3rd Tuesdays

11:15 a.m.
Caregivers Support Group 4th
Tuesdays

11:15 a.m.
Men's Line Dance

12 p.m.
Tai Chi | Beginner II

12 p.m.
Pickleball \$10 Sports Pass Required

12:30 p.m.
Alzheimer's Support Group 1st
Tuesdays

12:30 p.m.
Alzheimer's Educational Class 3rd
Tuesdays

1 p.m.
(Appointment only)
Guitar Lessons

1 p.m.
No Sew Blankets
(Supplies Not Included)

1:30 p.m.
Open Cards

2 p.m.
Chess

2 p.m.
50+ Art

WEDNESDAY

8:30 a.m.
Cards & Conversation

9:15 a.m.
Brain Exercise Open Lab

9:30 a.m.
Line Dance | Intermediate

10:15 a.m.
Journaling/Writing Class

10:30 a.m.
Tai Chi | Intermediate

10:45 a.m.
Stretch & Tone

12 p.m.
50+ Basketball (\$10 Sports
Pass Required)

12:15 p.m.
Tai Chi | Advanced

12:30 p.m.
Culinary Art Circle | 4th Wednesdays

1:30 p.m.
Book Club | 2nd Wednesdays

1:30 p.m.
Open Cards

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MARION FRANKLIN

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2 p.m.

Knitting/Finger Looming

6 p.m.

Evening Line Dance

THURSDAY

8:30 a.m.

Novice Pickleball (\$10
Sports Pass Required)

9:15 a.m.

Ab Workout | Medium Impact

9:30 a.m.

Smartphones 101/Appointment Only

10 a.m.

National Arthritis Foundation
Exercise Program

10:30 a.m.

Tai Chi | Beginners I

11:15 a.m.

Men's Line Dance

11 a.m.

Nutrition Class

12 p.m.

Tai Chi | Beginners II

12 p.m.

Pickleball (\$10 Sports Pass Required)

12:30 p.m.

Veterans Affairs Program
4th Thursday each month

1:30 p.m.

Open Cards (Appointment Only)
Columbus Speech & Hearing
2nd Thursday

FRIDAY

8:30 a.m.

Indoor Walking (Open)

9:15 a.m.

Brain Exercise

11 a.m.

Everyday Sign Language

12:30 p.m.

Indoor Tennis

1 p.m.

No Sew Blanket

2 p.m.

Knitting/Crocheting

2:30 p.m.

Chess

Martin Janis

1189 Dennison Ave., 614-645-2201

*All programming will take
place at Thompson Community
Center until further notice.*

FITNESS ROOM

*Membership fees: \$10 for a session
\$40 for an annual pass.*

*If you have Silver Sneakers, Renew
Active or Silver and Fit, your
fitness room fee is waived.*

ANNOUNCEMENTS

SENIOR FOOD BOXES

For those who have pre-registered, food boxes will be available for pick-up on the days and times listed. Participants must have a current 2022 application on file with Martin Janis/Thompson. Call before you come, and we'll be happy to assist you.

PAINTING, DRAWING AND PRINTMAKING

Wednesdays at 9:30 a.m. | \$15

Drawing, painting, printmaking projects, discussion and instruction.

PICKLEBALL INTRODUCTION

Fridays 1p.m., Beginners Only

CHAIR FITNESS (SILVERSNEAKERS)

Tuesday and Thursday at 10 a.m.

50+ BASKETBALL

**Monday, Wednesday and
Friday at 10 a.m.**

(\$10 Sports Pass required)

QUILTING AND SEWING

Wednesdays 2 p.m.-4 p.m.

Quilting with Amy. All skill levels are welcome. Hand sew or machine sew. Bring your supplies.

LUNCH 11:30 A.M.-12:30 P.M.

Light lunches on Tuesday, Wednesday and Thursday that include soups, salads, etc.

GREGG'S HEALTH CORNER

Depression and Bad Moods - According to the publication 'Living a Healthy Life With Chronic Conditions' feeling sad at times is natural. "Normal" sadness is a temporary feeling, often linked to a specific event or loss. We sometimes use the word depressed to describe feeling sad or disappointed: "I'm really depressed about missing out visiting with my friends." In these circumstances we feel sad, but we can still relate to others and find joy in other areas of our lives. Sometimes depression lasts longer, as when we lose a loved one or are diagnosed with a serious illness.

If you're depressed or sad feelings are severe, long-lasting, and recurring, you may be experiencing clinical depression. It drains the pleasure out of life, leaving you feeling hopeless, helpless and worthless. With severe depression, feelings may become numb, and even crying brings no relief. While heredity, chronic illness, medications, and negative thoughts play a role in depression, medications, counseling, exercise, socializing, and positive thinking can help relieve depression.

Check the center for special events and trips for the spring.

All events are dependent upon COVID protocols.

PROGRAM SCHEDULE

MONDAY

9 a.m.
Morning Stretch

10 a.m.
50+ Basketball (\$10 Sports Pass Required)

10 a.m.
Wheel Ceramics (Advanced) \$15

11 a.m.
Beginning Digital Photography

12:30 p.m.
Pickleball (\$10 Sports Pass required)

1 p.m.
Henna Instruction \$10 Supply Fee

1:30 p.m.
Wheel Ceramics
(Afternoon/Advanced) \$15

TUESDAY

9 a.m.
Pickleball (\$10 Sports Pass required)

9:30 a.m.
Fused Glass | Six week class \$30

10 a.m.
Chair Fitness (Silver Sneaker)

10 a.m.
Clay Combo \$15

1:30 p.m.
3D Clay Hand building \$15

1:30 p.m.
Fused Glass | Six week class \$30

2 p.m.
Beginning Italian

WEDNESDAY

9 a.m.
Morning Stretch

9 a.m.
Stained Glass \$15

9:30 a.m.
Painting, Drawing \$15

10 a.m.
50+ Basketball (\$10 Sports Pass Required)

10 a.m.
Silver Sneaker Classic

10 a.m.
Handbuilding \$15

11 a.m.
Hot Licks/Drumming

12 p.m.
Tai Chi

12:30 p.m.
Painting, Drawing and Printmaking

2 p.m.
Intermediate Italian

2 p.m.
Beginning Quilting and Sewing

THURSDAY

9 a.m.
Pickleball (\$10 Sports Pass required)

10 a.m.
Chair Fitness

10:30 a.m.
Advanced Italian

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MARTIN JANIS

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10 a.m.

Tech Help (by appointment)

1 p.m.Jewelry Making/Beading
Six-week class \$30**1:30 p.m.**Clay Studio for currently
enrolled participants ONLY*
*Must be enrolled in an instructor
led clay/ceramics class.**FRIDAY****9 a.m.**

Morning Stretch

10 a.m.

Painting & Drawing Studio

10 a.m.50+ Basketball (\$10 Sports
Pass Required)**10 a.m.**

Beginning Wheel

10 a.m.

Silver Sneaker Classic

12 p.m.

Crafts, Crafts, Crafts \$15

1 p.m.

Pickleball Instruction (Not Open Play)

1:30 p.m.

Clay Surface Design \$15

*Thompson/Martin Janis will
be closed Monday, May 30, in
observance of Memorial Day.*

Whetstone

3923 N. High St., 614-645-3217

ANNOUNCEMENTS

Every Tuesday and Wednesday starting Tuesday, Feb. 8, through Wednesday, April 13, trained and certified AARP Tax-Aide counselors will be available at Whetstone to help taxpayers with their 2021 tax returns. This includes preparation and electronic filing of both Federal and State returns. Tax counselors will be available from 9 a.m.-4 p.m. Tuesdays and 10:30 a.m.-4 p.m. Wednesdays. While there is no charge for this service, **taxpayers must have an appointment made through the internet.**

For appointments go to www.aarp.org/taxaide and click on the Site Locator link right under the Get Started button.

Taxpayers must bring photo IDs, last year's tax returns, social security cards and all their 2021 tax-related documents, including any Economic Impact Payment letters (6475).

For more information regarding locations and schedules for other sites, contact AARP at 1-888-227-7669 or visit the AARP website at www.aarp.org/taxaide.

All programming will take place at the Whetstone Community Center.

FOLK DANCERS (MUST REGISTER)

Mondays at 7-8:30 a.m.

PICKLEBALL CLINICS (MUST REGISTER)

Tuesday, Wednesday and Thursday at 8:45 a.m.

WII BOWLING (MUST REGISTER)

Tuesday at 10:30 a.m.

ART – OPEN STUDIO (MUST REGISTER)

Wednesday at 11:30 a.m.

Drawing, painting, mixed media

BRIDGE CLUB (MUST REGISTER)

Thursday at 12 p.m.

EUCHRE (MUST REGISTER) (FEE \$2)

Thursday and Friday at 12 p.m.

FEARLESS FALLING (MUST REGISTER) (FEE \$30)

Friday at 10:45 a.m.

Fall prevention and how to fall safely exercise class.

Check the center for special events and trips for the spring.

All events are dependent upon COVID protocols.

PROGRAM SCHEDULE

MONDAY

9 a.m.

Stained Glass (\$35, \$5 materials fee)

9:30 a.m.

Pickleball (\$10 Sports Pass required)

10:30 p.m.

Wii Bowling

12 p.m.

Canasta

7 p.m.
Folk Dancing

TUESDAY

9 a.m.
Stained Glass (\$35, \$5 materials fee)

9 a.m.
Chair Aerobics

9:30 a.m.
Pickleball (\$10 Sports Pass Required)

10:30 a.m.
Wii Bowling

6 p.m.
Wood Carvers
First and third Tuesday of the month

WEDNESDAY

9 a.m.
Chippers Wood Carving

11:30 a.m.
Art-Open Studio 50+

12:15 p.m.
Mike's 3.5 Pickleball League

2 p.m.
Central Ohio Push-Hands
(martial art – Tai Chi for two)

5:30 p.m.
Stained Glass (\$35, \$5 materials fee)

THURSDAY

9 a.m.
Stained Glass (\$35, \$5 materials fee)

12 p.m.
Bridge Club (must register)

12 p.m.
Euchre (must register – \$2 fee)

5 p.m.
Yang Style Tai Chi

5:30 p.m.
Stained Glass (\$35, \$5 materials fee)

FRIDAY

9:30 a.m.
Mindful Yoga

9:30 a.m.
Pickleball (Sports Pass Required) \$10

11 a.m.
Fearless Falling

12 p.m.
Euchre

SATURDAY

9:30 a.m.
Mindful Yoga

2 p.m.
Central Ohio Push-Hands
(martial art – Tai Chi for two)



Know the Facts: Older Adults and COVID-19

- Risk for severe illness with COVID-19 increases with age, with older adults at highest risk.
- Certain medical conditions can also increase risk for severe illness.
- People at increased risk, and those who live or visit with them, need to take precautions to protect themselves from getting COVID-19.

COVID-19 VACCINE

Ohio is distributing safe, effective COVID-19 vaccines statewide in phases. Vaccine supply is very limited, and it will take time to move through the phases and get everyone vaccinated.

Eventually, everyone who wants a vaccine will be able to get one.

The vaccine:

- Does not give you COVID-19.
- Will not cause you to test positive on COVID-19 tests.
- Does not alter your DNA.
- Does not contain fetal or human cells.
- Does not contain pork or animal products.
- Does not contain a tracking device.

FIND A COVID-19 VACCINE PROVIDER

Check with your health care provider, local pharmacy or health department

to see if they have vaccines available. Columbus and Worthington residents can call Columbus Public Health at 614-645-1519 to check on vaccine availability. To see a listing of COVID-19 vaccine providers in Ohio, visit coronavirus.ohio.gov.

Recommended resources:

Centers for Disease Control

Phone: 800-232-4636

Web: cdc.gov/coronavirus/2019-ncov

Ohio Department of Health

Phone: 1-833-427-5634

Web: coronavirus.ohio.gov

Columbus Public Health

Phone: 614-645-1519

Web: columbus.gov/coronavirus