

Fifty PLUS

SUMMER | 2022

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

Register for Summer Session!

Join us for our summer 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, May 24, at 12:30 p.m.
Session Dates: June 13–Aug. 19

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

Continue to enjoy our parks and trails, which provide a safe and accessible way to stay active and give you lots of opportunities to 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

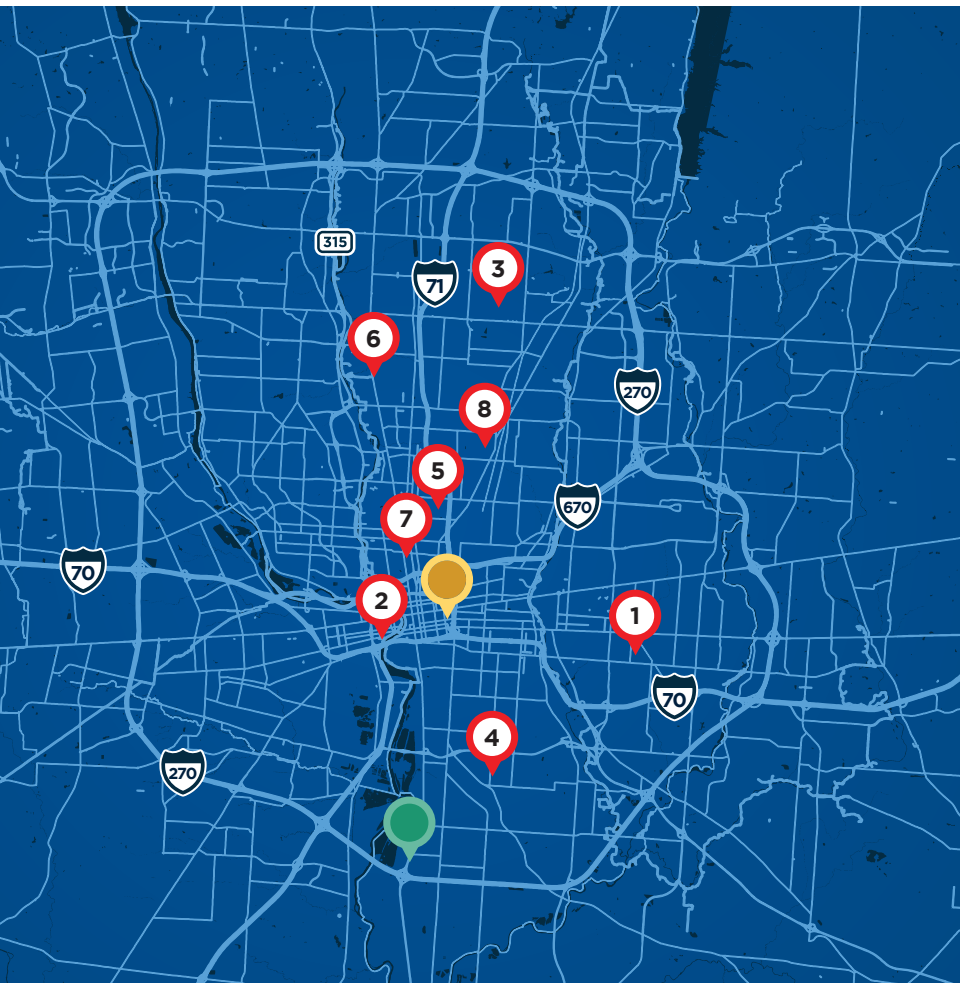
NEWSLETTER UPDATE REMINDER!

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

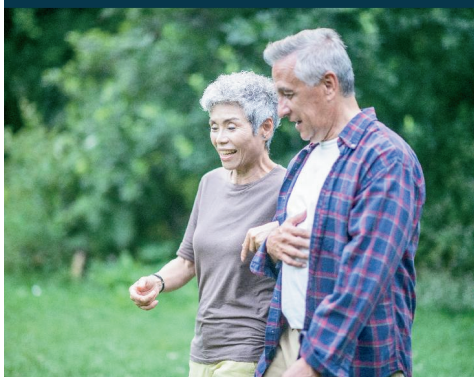
Fifty PLUS

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



- | | | |
|---|---|--|
| <p>1 BARNETT COMMUNITY CENTER
1184 Barnett Rd. 43227
614-645-3065</p> | <p>5 MARTIN JANIS COMMUNITY SENIOR CENTER
Center Closed.
Programming moved to
Thompson Community Center.</p> | <p>CENTRAL OHIO AREA AGENCY ON AGING (COAAA)
3776 S. High St. 43207
614-645-7250
Call for additional information</p> |
| <p>2 DODGE COMMUNITY CENTER
667 Sullivant Ave. 43215
614-724-8151</p> | <p>6 WHETSTONE COMMUNITY CENTER
3923 N. High St. 43214
614-645-3217</p> | <p>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.</p> |
| <p>3 GILLIE COMMUNITY SENIOR CENTER
2100 Morse Rd. 43229
614-645-3106</p> | <p>7 THOMPSON COMMUNITY CENTER
1189 Dennison Ave. 43201
614-645-3082</p> | |
| <p>4 MARION FRANKLIN COMMUNITY CENTER
2801 Lockbourne Rd. 43207
614-645-3612</p> | <p>8 LINDEN COMMUNITY CENTER
1350 Briarwood Ave. 43211
614-645-3067</p> | |

EARN MONEY FOR PARTICIPATING IN FOCUS GROUPS, WEBCAM INTERVIEWS, PRODUCT TESTS, ONLINE DISCUSSIONS, AND MORE!



Get rewarded for sharing your opinion on topics such as food, beverages, entertainment and technology!



REGISTER TODAY BY
SCANNING THE QR CODE
OR VISITING US AT
[FOCUSGROUP.COM](https://focusgroup.com)



Walk with a Doc

Columbus Recreation and Parks Department, YMCA and OhioHealth are partnering to bring you Walk With a Doc. Join us for this FREE event, and take steps to a healthier you. Learn about health from a local doctor, walk for as little or as long you like, and enjoy good company. Learn more and register online at ColumbusRecParks.com/WalkWithADoc.

North Side

1st and 3rd Saturdays,
9 a.m.-10 a.m. Begins May 7-Oct. 15
Woodward Park and

Community Center
5147 Karl Rd.
Columbus, Ohio 43229
614-645-3158

South Side

1st and 3rd Saturdays,
9 a.m.-10 a.m. Begins May 7-Oct. 15
Marion Franklin Community Center
2801 Lockbourne Rd.
Columbus, Ohio 43207
614-645-3160

West Side

2nd and 4th Saturdays,
9 a.m.-10 a.m. May 14-Oct. 22
Dodge Park and Community Center
667 Sullivant Ave.
Columbus, Ohio 43215
614-724-8151

Far East Side

2nd and 4th Saturdays,
9 a.m.-10 a.m. May 14-Oct. 22
Big Walnut Park and Far East
Community Center
1826 Lattimer Dr.
Columbus, Ohio 43227
614-645-3159

Message from Franklin County Office on Aging

The Franklin County Office on Aging is bringing senior residents and their families HOPE! HOPE, or Helping Our residents and families with Purposeful Engagement, is a new initiative with the goal of reaching out to residents and checking in on their mental and physical wellbeing. For more information on the HOPE campaign, contact the Office on Aging at 614-525-5230.

Now through June 30, 2022, residents 60 and older can request Senior Options home delivered meals without income verification. The Franklin County Office on Aging helps residents 60 and older maintain their independence. Through Senior Options, services can include home delivered meals, personal care, adult day care, emergency response systems and minor home repair. To request meals, call 614-525-6200.

Message from Central Ohio Area Agency on Aging

"It just happened..."

How many times have we heard this in reference to a fall? When someone says, "I don't know what happened. I just fell."

Contrary to popular belief, falls don't just happen. In fact, falls aren't the result of just one thing, and upon reflection, falls can be traced to a myriad of factors. If you have a chronic condition, and 43% of the 65+ group have more than one, you are at risk for a fall.

The effects of your chronic conditions may be affecting your abilities to manage all these factors. The daily challenges that come along with arthritis, diabetes, breathing issues and other conditions can be overwhelming.

The good thing is, most falls are preventable and chronic conditions can be managed. Small group workshops are available to help you put a plan into action to address many of the factors like weakness due to inactivity, poor nutrition, dehydration and managing multiple medications.

Health In Action is a six-session workshop series that facilitates the tools you need to address all these factors. Facilitators, with chronic conditions themselves guide the discussion and introduce new topics each week. Participants create their own weekly action plan and provide support to each other. Good habits (as well as bad) develop over time so 'one and done' is not the name of the game. The six sessions, once a week for six weeks, allow you to try out new skills to see what works for you!

Remember, it's never 'Just a fall.'

Contact Jane Acri at COAAA to bring **Health In Action** to your group virtually or in-person. Jacri@coaaa.org or 614-645-3866

Holiday Closures

All community centers will be closed Monday, May 30, for Memorial Day, Monday, June 20, for Juneteenth and Monday, July 4, for Independence Day. The community centers will also be closed on Monday, Sept. 5, for Labor Day.

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. Although most of the governing COVID-19 guidelines have been lifted at this time, we continue to follow some protocols to help best provide a safe space for all.

- Registration and class size may be limited.
- Participants are asked to stay home if you are feeling sick (cough, fever, nausea, runny nose, etc.).

- Face coverings are optional for all City of Columbus employees, registered participants and visitors to City buildings. Masks may be available at the center.
- We continue to encourage social distancing – staying six feet away from others, especially around vulnerable populations.

Barnett

1184 Barnett Rd.,
Columbus 43227, 614-645-3065

We are happy to announce we will have some 50+ classes and programs during the summer. Our management team is still solidifying which classes and programs will continue over the summer. Here's a look into the classes and programs we know we will be providing this summer, please refer to our summer schedule for days and times.

PROGRAM SCHEDULE

OPEN PICKLEBALL

\$10 sports pass required

SOCIAL SEWING

POTTERY CLUB

This is an open studio group.

STAY YOUNG, STAY FIT

This class will be self-paced in the summer. Mr. Kenny will post weekly workout routines in the Fitness Room.

SENIOR CYCLING

CARDIO BOXING

This class will be self-paced in the summer. Mr. Kenny will post weekly workout routines in the Boxing Room.

YOGA

SUMMER MOBILE PRODUCE MARKETS

June 10-3 p.m.

July 8- 3 p.m.

Aug. 12-3 p.m.

RESOURCE ROOM

Are you in need of resources? Barnett now has a Resource Room where we can provide a variety of resources for all ages. Call the center to schedule a time with our Resource officer.

WE WANT TO HEAR FROM YOU!

Our Management Team welcomes you to share any classes, programs, events or trips you would like to see at Barnett or have seen and would like to continue/expand. Thank you for your patience and support to our center.

FITNESS ROOM

Open Monday-Friday 8 a.m.-6 p.m.

Membership fees:

\$10 for a session

\$40 for an annually

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BARNETT

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

*We will be closed for the following holidays:
Monday, June 20, for Juneteenth
Monday, July 4, for Independence Day*

Dodge

667 Sullivant Ave., Columbus 43215
614-724-8151

ANNOUNCEMENTS

*We will be closed for the following holidays:
Monday, June 20, for Juneteenth
Monday, July 4, for Independence Day*

WALK WITH A DOC

Will be on the second and fourth Saturday, May 7—Oct. 29
Time: 9 a.m.

SENIOR RECREATION COUNCIL (SRC) COMMITTEE MEETING

Every Second Tuesday of the month at 1 p.m., June 14, July 12, Aug. 9, Sept. 13

For anyone who would like to join our SRC Committee or those who are interested in seeing what the committee is all about, please feel free to attend our next meeting.

UPCOMING TRIPS FOR SENIORS

Pickaway County Fair
Trip Cost \$7 plus entry fee
Time: 12 p.m.–3 p.m., June 24

This trip entails a lot of walking around, but there will be places to sit. Once we arrive, we will give you

a designated time and location to meet back for our departure from the fair. You will then be able to venture through the fair on your own, at your own pace. Please bring additional money for food, drinks, tickets or anything else you would be interested in purchasing.

Villa Milano Showtime Theatre
Ticket Cost \$62, Trip Cost \$7
Time: 10 a.m.–2:30 p.m., June 28

"Tied up in Knotts: a daughter's tribute to a laughable, loveable dad" is 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 tribute to her famous father. Dinner is included with the cost. Make sure that your payment is submitted by May 2.

The Ohio State Fair
Trip Cost- \$7 plus entry fee
Time 10 a.m.–3 p.m., Aug. 2

This trip entails a lot of walking around, but there will be places to sit. You are on your own once we arrive and will be given a set time and location to meet back up for departure. Please bring additional money for food, drinks, tickets and anything else that you would be interested in purchasing.

Villa Milano Showtime Theatre
Ticket Cost \$62, Trip Cost \$7
Time 10:30 a.m.–3 p.m., Aug. 11

"Welcome to Margaritaville Tribute to Jimmy Buffett." This is a tribute to Jimmy Buffett, which includes: dinner, beverage, dessert. Tom Watt is affectionately known to his loyal fans as "Buffettman." Tom dazzles the audience with his unique tribute to the Island Music and Spirit of Jimmy Buffet. A true double (in looks and voice), Tom even appear as Buffett's photo

double in the popular comedy Mo "Hoot." Tom delights "Parrot Heads" from Vegas Key West with his talented portrayal of Jimmy. Today, Villa Milano becomes Margaritaville with the Summer's Sizzling Sounds of the BUFFETTMAN! Make sure that your payment is submitted by July 1.

Sweet Corn Festival
Trip Cost \$7 plus entry fee
Time 11 a.m.–3 p.m., Sept. 2

This trip entails a lot of walking around, but there will be places to sit. You are on your own once we arrive, and will be given a set time and location to meet back up for departure. Please bring additional money for food, drinks, tickets and anything else you would be interested in purchasing.

Friday on the Town
Cost \$7
Time 10:30 a.m.–3p.m., Sept. 23

We will be heading to the Der Dutchman for lunch. Please be sure to bring additional money for your lunch that day as it is not included with the travel fee.

Fairfield County Fair
Cost \$7 plus entry fee
Time 12 p.m.–3 p.m., Oct. 14

This trip entails a lot of walking around, but there will be places to sit. You are on your own once we arrive and will be given a set time and location to meet back up for departure. Please bring additional money for food, drinks, tickets and anything else you would be interested in purchasing.

Circleville Pumpkin Show
Cost \$7 plus entry fee
Time 10 a.m.–3 p.m., Oct. 21

This trip is a lot of walking around, but there are places to sit. This trip you are on your own. We have a set time to meet back a place, and make sure you are back at the time

that is given to you. Please bring additional money for food, tickets and anything else that you would be interested in purchasing.

SENIOR FOOD BOXES

Pickup Dates - June 24, July 22, Aug. 19, Sept. 23, Oct. 21 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 - June 9, July 14, Aug. 11, Sept. 8, Oct. 13

UPCOMING PARTIES

Summer Kick Off

Friday, June 17, 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.

GOD'S HYGIENE HELP CENTER

Every third Friday of the Month from 10 a.m.-5 p.m. An ID is required.

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

9:30 a.m.

Acrylic Painting

12 p.m.

Pinochle

1:30 p.m.

Watercolors Basic Techniques

TUESDAY

8:30 a.m.

Walking Club

9:30 a.m.

Quilting

11:15 a.m.

Chair Yoga

12 p.m.

Pinochle

12 p.m.

Euchre (Progressive)

1 p.m.

Chair Volleyball

1 p.m.

Sewing

1:30 p.m.

Intermediate Watercolors

WEDNESDAY

9:30 a.m.

Plein Air Paint Intermediate

10 a.m.

Crochet, Needle Craft & Beading

12 p.m.

Pinochle

1 p.m.

OSU SnapEd Nutrition

1:30 p.m.

Intro to Drawing

THURSDAY

11 a.m.

Bingo

11:15 a.m.

Chair Yoga

12 p.m.

Pinochle

1 p.m.

Alterations

12:30 p.m.

Tripoley

1 p.m.

Chair Volleyball

1:30 p.m.

Oil Painting Studio

FRIDAY

9:30 a.m.

Ceramic Studio

12 p.m.

Pinochle

1 p.m.

Sewing Clothes

1:30 p.m.

Wheel Throwing

3:30 p.m.

Ceramics Hand Building

Gillie

2100 Morse Rd.,
Columbus 43229, 614-645-3106

ANNOUNCEMENTS

Classes and programs will be canceled Tuesday, May 31-Friday, June 4 (except for Veterans Group). Gillie will be closed Monday, May 30, for Memorial Day, Monday, June 20, for Juneteenth and Monday, July 4, for Independence Day.

PRODUCE PICK-UP

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

VETERAN'S GROUP

**First Fridays of the month
July 1 and Aug. 5 at 1 p.m.**

We are calling on all members of the Armed Forces for a meeting of the brother/sisterhood to join us and share your stories and memories of your time served.

JUNETEENTH LUNCHEON

**Thursday, June 16,
11:30 a.m., \$8**

What is Juneteenth? This American holiday has been celebrated for over a hundred years here in the United States, but many Americans know very little about it. Come and join us for this unique event and learn about its place in American history. **Tickets on sale at the front desk.**

CENTER ANNIVERSARY CELEBRATION

Open House Week

June 20–24, 9:30 a.m.–3 p.m.

Join us as we open our doors to the

senior public and show off the many classes and programs that we have to offer. Each day we will have fun demonstrations of our art, fitness and educational classes. You will also get to sample presentations by our drama group and choir. Why not learn a few tips for street hockey or even something new like pickleball.

ANNIVERSARY LUNCHEON

**Thursday, June 23,
11:30 a.m.–12:45 p.m.**

Join us as we celebrate our 21st anniversary with our current and previous members and staff. We will also have a presentation of appreciation to past canteen volunteers and to the donor of our new baby grand piano. **Registration is required, please call 614-645-3106.**

ALL AMERICAN COOKOUT

Tuesday, July 5, 11:30 a.m.

Join us for fun in the sun for our cookout at the Gillie Café. We will spin the summer hits and we'll play a few summer games for fun and prizes. **No tickets necessary, regular canteen prices will apply to lunch items.**

NEW MEMBERS RECEPTION & BIRTHDAY/ANNIVERSARY PARTY

Thursday, Aug. 11, 12:15 p.m.

Come and welcome our new members, and let's celebrate our members who had birthdays and anniversaries during the months of **May, June, July and August.** Even if you're not "new" and it's not your special event month yet, come out and share in the celebration.

ANNUAL ICE CREAM SOCIAL

Tuesday, Aug. 16, 12 p.m.

The Ice Cream Man Cometh. You cream, I scream, we all scream for ice cream. Especially on a hot August day we're inviting you to join us for a scoop with all the fixings. Come and enjoy the food and the fellowship.

NEW! CLASSES/PROGRAMS

LEARN HOW TO VLOG 101!

**First and Third Mondays,
beginning June 6, 10 a.m.–11:30am**

What is a vlog? It is a video log, shortened to "vlog," which is a form of journaling or logging the different events in your life or as a way to present information using a video format. YouTube is one of the most popular sharing sites for vloggers and their presentations. It really doesn't take a lot to get started, and you can make recordings of yourself sharing your family's history or maybe you want to share a favorite family recipe. You will need a smartphone for this class. Space is limited, please register at the front desk.

CHAIR YOGA

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

Yoga improves flexibility and strength, it also increases balance and enhances cardio-pulmonary 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 needs the support of a chair. We encourage all participants to work at their own level of fitness and yoga experience.

BEGINNERS PICKLEBALL

Mondays beginning June 6

2 p.m.–4 p.m.

**Location: Woodward
Park Tennis Courts**

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.

TRANSITIONS IN LIFE

**Tuesdays, June 21,
July 19 and Aug. 16
10:45 a.m.–11:30 a.m.**

One thing you can count on life to do is to change. Adapting to the changes, or transitions in life, is not always easy. Life transitions are challenging because they force us to let go of the familiar, which can generate feelings of vulnerability, discomfort and uncertainty. Whether unexpected or planned, transitions are stressful. Our discussion on Transitions in Life will provide you with information on why transitions can be difficult, learning coping skills to better manage when circumstances in our lives change, and understanding that transitions can be opportunities for growth and learning.

GAME TIME!

Tuesdays 3 p.m.

Let's play:

June – Backgammon

July – Dominos

August – Checkers/Chess

SMARTPHONE PHOTOS

**Fridays July 8, 15, 22 and 29
10 a.m.–12 p.m.**

Learn how to take great photographs with your smartphone. You will be surprised and pleased with the results after learning how to focus, zoom in and out and how to take portrait and landscape pictures with your phone.

You must have a smartphone to attend. Class space will be limited, and there is a material fee of \$12.

BOOK CLUB

**Second and Fourth Fridays
1 p.m.–3 p.m.**

Calling all bookworms! If you love to read and share, join us for an afternoon of conversation about best-selling books and authors. Or maybe share your favorite book or genre with the group. In our first meeting, we will determine how we will choose our subjects.

MONTHLY PROGRAMS

BINGO

**Mondays, June 13 and 27, July
11 and 25 and Aug. 8 and 22
1 p.m.**

EAT BETTER, FEEL BETTER

Second Tuesdays 11 a.m.

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

ALZHEIMER'S ASSOCIATION

Second Tuesdays

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 appt.

COLUMBUS SPEECH AND HEARING

**Third Thursdays, June 16, July
21 and Aug. 18, 11 a.m.–3 p.m.**

**Call 614-261-5452 to schedule
your appointment.**

HISTORY ROUNDTABLE

Second Wednesdays 1 p.m.

Topic: TBA (please call the center)

UNDERGROUND RAILROAD

Second and Fourth

Mondays at 6 p.m.

Second 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.

During the months of April through October, we will travel on the fourth Thursdays leaving the center between 8 a.m. and 9 a.m. **These**

trips are only open to class

members. We will be studying

the following places or topics:

June – Delaware County

July – No classes (Annual

Central Ohio UGRR Trip)

August – Coshocton County

Second Thursdays join us on Zoom if you can't come in person, please call 614-645-3106 for Zoom information.

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GILLIE

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UPCOMING TRIPS

(New! Please see front desk receptionist for Travel Policy that must be signed before you travel with us.)

Covered Bridges of Central Ohio

Cost: \$25

Wednesdays (posted below) leaving the center at 9 a.m.

Discover the beautiful covered bridges that can be found throughout the great state of Ohio right here in our own backyard. June 22 – Bridges of Fairfield County, July 20 – Bridges of Licking County and Aug. 24 – Bridges of Pickaway County

Registration begins: June 8, July 6 and Aug. 10

Senior Day at the Fair

Cost: \$10

Tuesday, Aug. 2, (ticket & transportation) Leave: 9:30 a.m.

Come and travel with us to the Ohio State Fair where there will be entertainment, food and fun. You can walk around the fair and see all the exhibits, animals and rides. Enjoy a concert at the Celeste Center at 1 p.m.

Sign up begins Tuesday, July 19.

Tecumseh Outdoor Drama

Cost: \$65

Thursday, Aug. 18, Leave: 3 p.m.

(Includes mini bus/van transportation, backstage tour, buffet dinner and show) Witness the epic life story of the legendary Shawnee leader as he

defends his sacred homeland in the Ohio country during the early 1800s. **Registration begins Thursday, July 28. Seating is limited.**

Lifecare Alliance Wellness Center Mondays and Tuesdays

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

FITNESS ROOM

*Monday and Wednesday, 8 a.m.–8:30 a.m.
Tuesday, Thursday and Friday 8 a.m.–4:30 p.m.*

PROGRAM SCHEDULE

MONDAY

9 a.m.

Stretch & Tone | First & Third Mondays

9:30 a.m.

Service Circle

9:30 a.m.

Wood Crafts

10 a.m.

Learn How to Vlog 101
First and Third Mondays

11 a.m.

Chair Yoga

12 p.m.

Duplicate Bridge

1 p.m.

Bingo | (See dates in newsletter articles)

2 p.m.

Pickleball (Woodward Park Tennis Courts)

4:30 p.m.

Euchre

6 p.m.

Underground Railroad
Second & Fourth 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

10:45 a.m.

Transitions In Life (see dates in newsletter articles)

11 a.m.

Wii Bowling/Wii Play

11 a.m.

Eat Better, Feel Better
Second 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

3 p.m.
Game Time!

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

1 p.m.
History Roundtable
Second 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 & Coloring

12:30 p.m.
Euchre

1 p.m.
Arthritis Exercise

1 p.m.
Underground Railroad | Second &
Fourth Thursdays (Virtual Option)

2 p.m.
Smartphone Basics

3 p.m.
Fitness@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.
Smartphone Photos

11 a.m.
Fit Ball Yoga

11 a.m.
Line Dancing | Beginners

12:30 p.m.
Spades

1 p.m.
Veterans Group | First Fridays

1 p.m.
Book Club | Second and Fourth
Fridays

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Linden

1350 Briarwood Ave.,
Columbus 43211, 614-645-3067

ANNOUNCEMENTS

*Contact Linden Community Center
for more information about their 50+
programming!*

Marion Franklin

2801 Lockbourne Rd.,
Columbus 43207, 614-645-3160

ANNOUNCEMENTS

LIFECARE ALLIANCE MEALS

**Marion Franklin Dining
Center (Open)**

**Every Tuesday and Thursday
from 11 a.m.–12 p.m.**

Nourishing the Human Spirit!
Weekly registration is required.
For more information, contact
Scott Sheets at 614-645-3612.

MOBILE PRODUCE MARKETS - CURBSIDE GRAB & GO

**First Fridays at 3 p.m., except for
holidays. Summer 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. It's 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 **Summer
Mobile Produce Markets: June/
July/August.**

FOR MEN BY MEN!

**June is National Men's
Health Month!**

Calling all men: Join us during the
entire month of June for programs/
classes geared toward men by men.
Our male staff are ready and excited
about having the opportunity to
encourage, uplift and educate the
men in our community. For more
information, please call the center.

ICED TEA FUN IN THE SUN

**Monday, July 11, 12 p.m.–1 p.m.
Patio behind Canteen**

Free

Create your own special blend.
Experiment with different teas,
and enjoy the delicious flavors of
summer. Please call the center to
register.

SUMMER "BROWN BAG" PICNIC

**Monday, July 18, 11 a.m.
Summer Sun and Cool Breeze
Cost \$5**

Join us for outdoor dancing and fun
along with an enjoyable meal. For
more information, please call the
center.

DIY - FOAMY SOAP

**Thursday, July 21,
2:30 p.m.–3:45 p.m.
Cost \$4**

Join us as we DIY "Foamy Hand Soap"
with lavender. We will provide all
the materials needed to make and
take home your own 10 oz. BPA-free
bottle of your foamy creation. Please
register at the front desk by Tuesday,

July 14. Contact Scott for details or
suggestions on future DIY projects.

THE ART OF TEA

**Monday, Aug. 1
12 p.m.–1 p.m.**

Understanding the "Art of Tea" in
its entirety is an age-old question
that we are still continuously
exploring today. With brand-new
tea knowledge and discoveries
unveiling themselves each day, the
journey into the world of tea is an
exciting and limitless adventure
with room for us all to explore,
connect and interact. For more
information, contact the center.

BOOK CLUB DISCUSSION (CENTER LIBRARY)

**Second Wednesdays
1:30 p.m.–4 p.m.**

Marion Franklin Book Club wants
YOU! 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. That's it! If you want
to start reading, if want to read
more, if you're looking for people
to discuss literature with, Marion
Franklin Book Club wants YOU! The
Marion Franklin Book Club typically
meets the second Wednesday of
each month 1:30 p.m.–4 p.m. in the
Marion Franklin Community Center
Library. The books scheduled for
reading and review summer 2022
are: In June - What My Mother
and I Don't Talk About: Fifteen
Writers Break the Silence, Michele
Filgate (Editor); In July - A American

Marriage, by Tayari Jones; In August 2022 - The Vanishing Half.

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.

"SUMMER" CLASS SPOTLIGHT!

Stretch & Tone Class

Every Mon. and Wed.

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) and 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) to 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.

JOURNALISM/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 in a journal 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 SOCIAL

Thursday July 28

12:30 p.m.

Join us for our meet and greet. Learn some of the latest changes and updates to important information. Ajamu' Brown, coordinator of the Veterans Affairs Program at Marion Franklin, will be available

to answer all your questions and concerns. Light refreshment will be served. This is a free event.

VETERANS AFFAIRS/ACTIVITIES

Every Fourth Thursday

12:30 p.m.

We Can Help....

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

CULINARY ART CIRCLE (SPRING RECAP)

Fourth Wednesdays

12:30 p.m.–2:30 p.m.

Culinary, according to 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, herbs). It will include group directed

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MARION FRANKLIN

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discussion, discovery, exploration, experiences, food preparation, cooking and presentations.

During spring 2022, we learned to create silk floral arrangements that one might use as a centerpiece; we delved into the world of herbs, spices, even visiting some international markets. We typically meet the fourth Wednesday of each month 12:30 p.m.–2:30 p.m. Participants should come with culinary topics of interest and a willingness to contribute their knowledge.

UPCOMING TRIPS

Breakfast and Movie

Friday, July 8, 9 a.m.

Cost \$5 (Transportation Only)

Movie will be determined a week prior, based on showings and times. Please submit any movie suggestions the Friday before trip. Please register at the front desk.

Scavenger Hunt

**Wednesday, June 29 and Aug. 31
9:30 a.m.**

Cost \$5 (Transportation Only)

Join us as we head out to local thrift stores and bargain outlets to catch deals legends are made of, and then we grab lunch before heading back to share news of our finds. Please register at the front desk.

Franklin County Fair

Monday July 18, 8:30 a.m.

Cost TBD

Cost includes transportation breakfast, lunch and admission to fair. Bus leaves Marion Franklin at

9 a.m. and returns at 3 p.m. Please register at the front desk.

Travel Meeting

Monday, Aug. 2, 12 p.m.

Welcome travelers! Come to our meeting for new trips around Ohio. Share your ideas, and sign up for preplanned trips. Let's go travel Ohio!

HEALTH & WELLNESS AT MARION FRANKLIN

Lifecare Alliance Wellness Center

- Nurse Barbara Parker, RN

Office: 614-645-7173

Voicemail: 614-437-2927

New Hours:

Tuesday & Thursday,

8 a.m.–4:30 p.m.

Health and Wellness Information

June is National Men's Health Month!

This month is all about encouraging the men in your life (including you, men out there!) to take care of their bodies by eating right, exercising and working to prevent disease. The official symbol for the month is a blue ribbon, and the purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease and depression.

July is UV Safety Month! The skin is the body's largest organ. It protects against heat, sunlight, injury and infection. Yet, some of us don't consider the necessity of protecting our skin. Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) rays from the sun are the main cause of skin

cancer. The good news? Skin cancer can be prevented. The purpose of UV Safety Month is to heighten the awareness of health problems and encourage the everyday steps you can take to safeguard your skin from the harmful effects of UV radiation from the sun. Learn more at www.skincancer.org/prevention.

SUNSCREEN DAY AT MARION FRANKLIN

Tuesday, July 1, 9 a.m.–1 p.m.

Stop by the center, and pick up free sunscreen for your entire family.

BRAIN EXERCISE OPEN LAB

Every Monday and 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 too. 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 a.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
Presented by Nurse Barbara Parker, LifeCare Alliance Wellness Center.

Every Third Tuesday of the Month 11:15 a.m.–12:15 p.m.

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 Services offered:

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. Free

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 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.
 Indoor Walking (Open)

8:30 a.m.
 Cards & Conversation

9 a.m.
 Chair Yoga

9:15a.m.
 Brain Exercise Open Lab

9:30 a.m.
 Line Dance | Intermediate

10:30 a.m.
 Tai Chi | Intermediate

10:30 a.m.
 Scrapbooking (Open Lab)

10:45 a.m.
 Stretch & Tone

11 a.m.
 Everyday Sign Language

11:45 a.m.
 Tai Chi | Advanced

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

1:30 p.m.
 Open Cards

2 p.m.
 Underground Railroad
 First and Third Mondays

2 p.m.
 50+ Art Class

TUESDAY

8:30 a.m.
 Indoor Walking (Open)

9 a.m.
 Chair Yoga

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

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MARION FRANKLIN

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10 a.m.

National Arthritis Foundation
Exercise Program

10:30 a.m.

Tai Chi | Beginner I

11:15 a.m.

The Conversation Project
Second Tuesdays

11:15 a.m.

Eat Better Feel Better Third Tuesdays

11:15 a.m.

Caregivers Support Group
Fourth Tuesdays

11:15 a.m.

Men's Line Dance

11:45 a.m.

Tai Chi | Beginner II

12:30 p.m.

Alzheimer's Support
Group First Tuesdays

12:30 p.m.

Alzheimer's Educational
Class Third 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.

Indoor Walking (Open)

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

11:45 a.m.

Tai Chi | Advanced

12:30 p.m.

Culinary Art Circle
Fourth Wednesdays

1:30 p.m.

Book Club | Second Wednesdays

1:30 p.m.

Open Cards

2 p.m.

Knitting/Finger Looming

THURSDAY

8:30 a.m.

Indoor Walking (Open)

9:15 a.m.

Ab Workout | Medium Impact

9:30 a.m.

Smartphones 101/Appt. 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

11:45 a.m.

Tai Chi | Beginners II

11 a.m.

Nutrition Class with OSU-SNAP-Ed

12:30 p.m.

Veterans Affairs Program
Fourth Thursday each month

1:30 p.m.

Open Cards

Appt. Only

Columbus Speech & Hearing
Second Thursday

FRIDAY

8:30 a.m.

Indoor Walking (Open)

9:15 a.m.

Brain Exercise

9:30 a.m.
Chair Volleyball

11 a.m.
Everyday Sign Language

1 p.m.
No Sew Blanket

2 p.m.
Knitting/ Crocheting

2:30 p.m.
Chess

Martin Janis

1189 Dennison Ave.,
Columbus 43201, 614-645-3082

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

MJ/Thompson will be closed Monday, May 30, for Memorial Day, Monday, June 20, for Juneteenth and Monday, July 4, for Independence Day.

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. 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.

CHAIR FITNESS (SILVER SNEAKERS)

Tuesday and Thursday at 10 a.m.

GREGG'S HEALTH CORNER

Are all sugars the same? Too much added sugar is linked to increased risk of obesity, type 2 diabetes and heart disease, which is why the American Heart Association recommends no more than 25 grams (about 6 teaspoons) of added sugar per day for women and 38 g (9 teaspoons) per day for men. Any added sugar has been processed to concentrate the sugar. Sugar cane, sugar beets and agave plants are naturally only slightly sweet. White, or granulated, sugar is made by extracting and isolating sucrose from sugar cane or sugar beets. Molasses is a thick, sweet byproduct of white sugar production. Most brown sugar is white sugar with some molasses added back. Raw sugar has some of the molasses left in. Coconut sugar and date palm sugar are concentrated from liquid in palm flower stalks. Agave syrup is made by concentrating sugar in agave plants. Compared with most other sweeteners, agave is higher in fructose. Honey is also high in fructose, which is concentrated by bees from flower

nectar. Because they are less processed, alternative sugars have slightly more vitamins, minerals and phytochemicals (healthful substances that contribute flavor and color to plant foods) than white sugar. However, if you eat sugar in the small amounts recommended, the extra vitamins and minerals are insignificant. There isn't much difference between sources of added sugar. The recommendation is to keep your added sugar intake low and use what you like.

Check the Center for special events and trips.

PROGRAM SCHEDULE

MONDAY

9 a.m.

Morning Stretch

9:30 a.m.

Advanced Drawing/Painting Landscapes and Plein Air (weather permitting) \$15

10 a.m.

Wheel Ceramics (Advanced) \$15

1:30 p.m.

Wheel Ceramics (Afternoon/Advanced) \$15

TUESDAY

9:30 a.m.

Fused Glass/Six week class \$30

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MARTIN JANIS

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10 a.m.

Chair Fitness (Silver Sneaker)

10 a.m.

Clay Combo \$15

1:30 p.m.

3D Clay Hand building \$15

2 p.m.

Beginning Italian

1:30 p.m.

Fused Glass/Six week class \$30

WEDNESDAY

9 a.m.

Morning Stretch

9 a.m.

Stained Glass \$15

9:30 a.m.

Painting and Drawing \$15

10 a.m.

Silver Sneaker Classic

10 a.m.

Handbuilding \$15

11 a.m.

Hot Licks/Drumming

12:30 p.m.

Painting, Drawing

2 p.m.

Intermediate Italian

THURSDAY

10 a.m.

Tech Help (by appointment)

10 a.m.

Chair Fitness

10:30 a.m.

Advanced Italian

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.

Beginning Wheel

10 a.m.

Silver Sneaker Classic

1:30 p.m.

Clay Surface Design \$15

Whetstone

3923 N. High St.,
Columbus 43214, 614-645-3217

ANNOUNCEMENTS

FORE!

The Whetstone Senior Golf League will start playing on April 21. Space is very limited so if you are interested please call Mike to reserve your spot in the league. This is a seven-week commitment. The league plays on every third Thursday through the month of October. You will have to pay for your golf and meal. The first tee times are listed below.

5/19/22 Airport 9:30 a.m.

6/16/22 Raymond 8:30 a.m.

7/21/22 Turnberry 10 a.m.

8/18/25 Champions 9:30 a.m.

The van will meet 60 minutes prior to the first tee time.

Pickleball Anyone?

The Whetstone traveling pickleball players will tour Franklin County's outdoor pickleball facilities. These trips will take place on the second Thursday of every month. The places will be determined the day of the trip. Here are the dates. There are only 14 spots. Call now to reserve your spot. May 12, June 9, July 14 and Aug. 11.

Who's Hungry?

The Whetstone Red Hats/Cruising Cougars, will be back to eating lunch at some of the greasiest, most authentic Italian restaurants. We might even choose one that rivals Grandma's cooking. If this sounds good to you, call Mike to save your spot on the van. These trips will take place every second Thursday of the month. The first trip we will be going to will be the Corner Café on Sunbury Avenue in Delaware. This trip will leave at 10:30 a.m.

on April 7. The other dates are May 5, June 2, July 7 and Aug. 4.

PROGRAM SCHEDULE

MONDAY

9:30 a.m.

Open pickleball 3.5 and below
(\$10 sports pass required)

12 p.m.

Open pickleball 4.0 and above
(\$10 sports pass required)

12 p.m.

Canasta

7 p.m.

Folk Dancers

TUESDAY

8 a.m.

Senior open shoot around

9 a.m.

Chair Aerobics

9:30 a.m.

Open pickleball 3.5 and under
(\$10 sports pass required)

10:30 a.m.

Wii bowling

12 p.m.

Open pickleball 4.0 and up
(\$10 sports pass required)

6 p.m.

Wood Carvers

WEDNESDAY

9 a.m.

Columbus Chippers Woodcarving

2 p.m.

Central Ohio Push Hands
(meets Wed. and Sat.)

5:30 p.m.

Do Jung Ishu (meets Wed. and Sat.)

6:30 p.m.

Open volleyball

THURSDAY

8 a.m.

Senior open shoot around

12 p.m.

Bridge

FRIDAY

9:30 a.m.

Open pickleball 3.5 and under
(\$10 sports pass required)

9:30 a.m.

Fearless Falling (must register
for this class \$30 fee)

12 p.m.

Euchre

12 p.m.

Open pickleball 4.0 and up
(\$10 sports pass required)

5 p.m.

Flamenco Dancing (must
register, free class)

SATURDAY

9:30 a.m.

Mindful Yoga (must register
for this class, \$72 fee)



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