

Fifty PLUS

FALL | 2022

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

Fall I and Fall II Programming

Join us for fall I and fall II sessions 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 center directly for details.

Fall I Registration Starts:

Tuesday, Sept. 6, at 12:30 p.m.

Session Dates: Sept. 12–Oct. 22

Fall II Registration Starts:

Tuesday, Oct. 25, at 12:30 p.m.

Session Dates: Nov. 1–Dec. 17

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

All centers will be closed for the following holidays:

Monday, Sept. 5–Labor Day

Friday, Nov. 11–Veterans Day

Thursday, Nov. 24–Thanksgiving

Monday, Dec. 26–Christmas Holiday (Observed)

Monday, Jan. 2–New Year's Day (Observed)

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

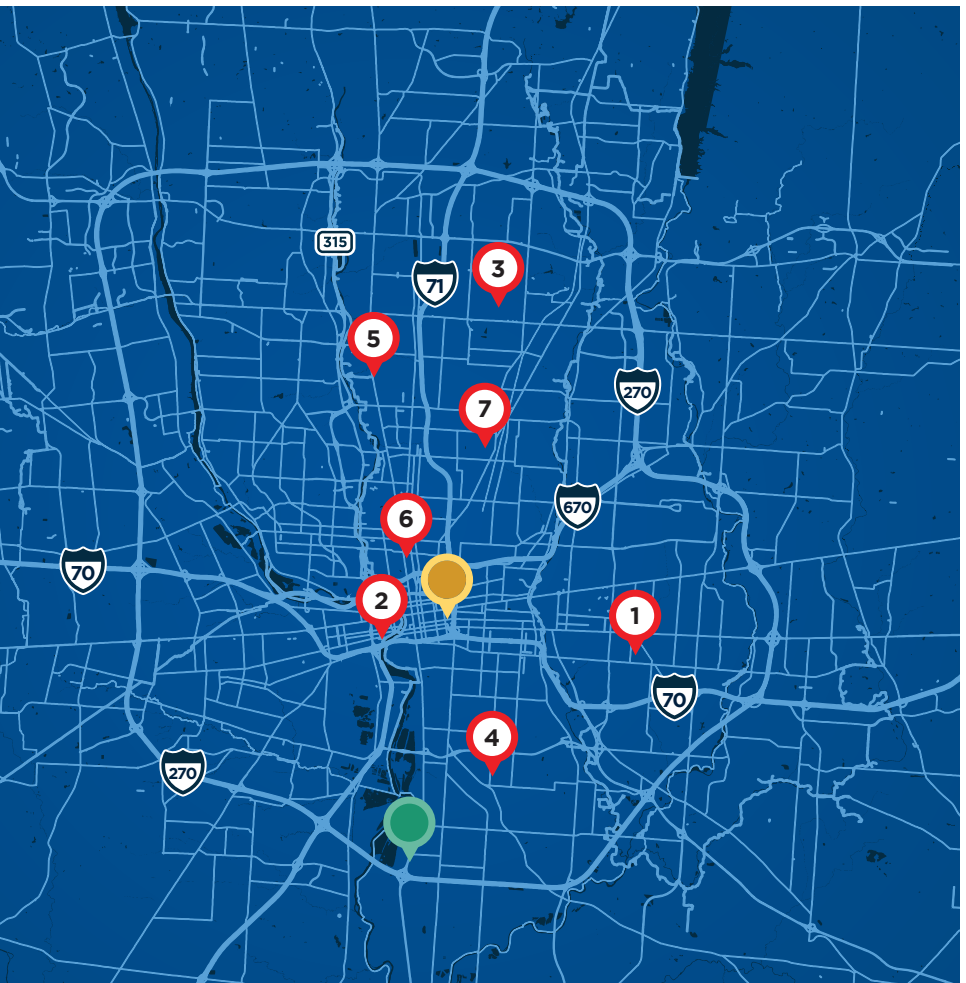
NEWSLETTER UPDATE REMINDER!

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 and II Session** - Mailed/Published in late August
- **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 WHETSTONE COMMUNITY CENTER
3923 N. High St. 43214
614-645-3217</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 THOMPSON COMMUNITY CENTER
1189 Dennison Ave. 43201
614-645-3082</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 LINDEN COMMUNITY CENTER
1350 Briarwood Ave. 43211
614-645-3067</p> | |
| <p>4 MARION FRANKLIN COMMUNITY CENTER
2801 Lockbourne Rd. 43207
614-645-3612</p> | | |



ARE YOU TURNING 65 OR NEW TO MEDICARE?

Turn to me, your local licensed sales agent, for a free consultation*

I'll help you find a Humana Medicare plan that fits your needs and your budget

A Humana Medicare Advantage plan gives you everything you get with Original Medicare, and may include additional benefits and services that matter to you.



Call a licensed Humana sales agent



Lincoln Yutzy

740-604-6187 (TTY: 711)

Monday – Friday, 8 a.m. – 5 p.m.

lyutzy@humana.com

Humana®

**A more human way
to healthcare™**

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*No obligation to enroll.

Medicare's Annual Open Enrollment Period

Medicare's annual open enrollment is Oct. 15 through Dec. 7. This is the time of year when Medicare beneficiaries can evaluate their current coverage to determine if there is a better alternative available for the new year. Below are some key things to keep in mind for open enrollment:

- Plans will begin mailing the Annual Notice of Change (ANOC) by the end of September. This notice informs

beneficiaries of any changes that will be made to premiums, covered medications, providers, etc. It is important for beneficiaries to look for this notice and read it thoroughly.

- Be aware of aggressive marketing (TV, mail, etc.). If something sounds too good to be true, it most likely is. Feel free to call the resources below.

- If beneficiaries are enrolled in a Medicare Advantage Plan (Part C), they need to check with their providers before making any changes. This is to ensure that those providers would be in the new plan's network before you enroll. Providers would include primary care doctor, specialists, hospitals, skilled nursing care, etc.

- Medicare has created a new "Plan Finder" for people who use the

computer and like to compare plans on their own. The new Plan Finder offers a lot of additional information and resources and a new log-in option for a more personalized experience. Use the same URL to search www.medicare.gov.

- For individuals who have limited income and limited resources, there may be financial assistance available to help pay for some Medicare expenses.

If you have questions or would like additional information, you may contact the Central Ohio Area Agency on Aging (COAAA) at 614-645-7250 or the Ohio Senior Health Insurance Information Program (OSHIIP) at 800-686-1578.



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 Road,
Columbus 43227, 614-645-3065

BARNETT OPEN HOUSE

SEPT. 3, 11 a.m.–2 p.m.

Come try out our classes, and see what we have to offer!

LUNCH & LEARN - FREE

Aug. 15 and Sept. 21, 11:15 a.m.
Lunch is provided.

MONTHLY BINGO

Third Thursday each month from 12-2 p.m. beginning in September
Registration: On-site in person

LIFECARE ALLIANCE MEALS

Third Thursday each month at 11 a.m. beginning in September
Available for free, must pre-register in advance at the center.

PRODUCE GIVEAWAY

Second Friday of each month at 3 p.m.

Dodge

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

SENIOR RECREATION COUNCIL (SRC) COMMITTEE MEETING

Second Tuesday of the month at 1 p.m.

Sept. 13, Oct. 11, Nov. 8

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

LUNCH & LEARN – FREE

Tuesday, Sept. 13, 12-1 p.m.
Lunch is provided.

UPCOMING TRIPS FOR SENIORS

FRIDAY ON THE TOWN!

Sept. 2 at 10 a.m.

Cost \$7 for travel, bring additional money for lunch and/or shopping. Carriage Place Plaza *Lunch, shopping and/or movie options will be available.*

FRIDAY ON THE TOWN!

Sept. 23 at 10 a.m.

Cost \$7 for travel, bring additional money for lunch and/or shopping. Local stops, then lunch at Der Dutchman.

SENIOR WALKING JAMBOREE

Oct. 7, 9 a.m.

Free

CIRCLEVILLE PUMPKIN SHOW

Oct. 21, 9:30 a.m.

Cost \$7 for travel, senior entry is free. Bring additional money for lunch and/or activities.

MOTTS MILITARY MUSEUM

Nov. 10, 10 a.m.

Cost \$7 for travel, \$8 for a senior ticket = \$15

Bring additional money for lunch and/or activities

VAUD-VILLITIES CHRISTMAS AND TEA SHOW

Dec. 2, 10:30 a.m.

Cost \$7 for travel, \$20 per ticket = \$27

SENIOR FOOD BOXES

Pickup Dates – Sept. 23, Oct. 21, Nov. 25 between 12-4 p.m.

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

EXTENDED PRODUCE DROPS

Curbside Pick-Up Dates – Sept. 8, Oct. 13, Nov. 10

UPCOMING PARTIES

Holiday Party

Dec. 9, 11:30-1 p.m.

Our Red Hat ladies are always looking for new members to join! Give the Dodge 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.

Gillie

2100 Morse Road,
Columbus 43229, 614-645-3106

ANNOUNCEMENTS

Classes and programs will be canceled Monday, Aug. 29, through Friday, Sept. 2 (except for Veterans Group). Gillie will be closed Monday, Sept. 5, for Labor Day.

Gillie will be closed Monday, Dec. 26, and Monday, Jan. 2, 2023. There will be no classes or programs Dec. 19 – Jan. 2, 2023. If you come to use the fitness or pool rooms, enter the building through the front door during this time, the back entrance will be closed.

SPECIAL PROGRAMS AND EVENTS

PRODUCE PICK-UP

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

HOLIDAY BAZAAR TABLES \$20 PER TABLE

Tables for the Holiday Bazaar are now on sale. Get them while they last. The Holiday Bazaar & Bake Sale will be Friday & Saturday, Nov. 4–5, 9 a.m. – 2:30 p.m.

No food, alcohol or firearms sales allowed.

VETERANS GROUP

**First Fridays of the month
Sept. 2 and Oct. 7 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.

BACK TO SCHOOL LUNCH

Tuesday, Sept. 6, 11:30 a.m. \$6

Attention all Gillie students, Principal Mapp and the Gillie Student Council invite you to the cafeteria for a wonderful sack lunch from Lunch Lady Tami, and if you've ever gone on one of our field trips, you know what a wonderful treat that will be. Call or stop by the front office to register. You have permission to wear your favorite school outfit for this event, but just a friendly reminder, Sister Linda Mary Agnes may be there with her yardstick! Get your tickets at the front desk.

OKTOBERFEST

Thursday, Sept. 15, 11:30 a.m.–12:45 p.m.

Roll out the barrel, we'll have a barrel of fun. Join us as we celebrate the food and fun of this unique German festival. Rose Trecker, our council president, will share with us the history and traditions. No tickets needed, regular canteen prices apply.

UNDERSTANDING PAIN IN OLDER ADULTS

Tuesday, Sept. 27, 11 a.m.

Michelle Crum from The Ohio State University will be here to talk about a study being conducted to determine how older people, especially those with Alzheimer's, experience pain so that ways can be discovered to better manage and treat their pain.

GILLIE LIP SYNC/KARAOKE SHOW

Friday, Sept. 29, 11:45 a.m.

Deadline to sign up:

Monday, Sept. 26

Can you sing and perform like a star, or can you at least pretend to?

GILLIE

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Join us as we encourage people to show off their talents. All are invited to sign up and sing. Sign up now if you have what it takes to entertain.

HARVEST PARTY

Thursday, Oct. 6, 11:30 a.m.

We will celebrate fall and everything that comes with it starting with delicious comfort foods and games played by our ancestors back in the time of harvest festivals. No tickets needed, regular canteen prices apply.

HALLOWEEN LUNCH

Monday, Oct. 31, 11:30 a.m.

Come in your favorite costume and join us in the monster mash, you know it was a graveyard smash! We will have games, prizes and our famous costume parade where the best costumes will win a prize. No tickets needed, regular canteen prices apply.

EMPTY BOWLS

Nov. 3, 4, 5, 11 a.m.-1 p.m.

Cost \$10

Help fight hunger in our community by purchasing a ceramic class handmade bowl! You will also receive soup, bread and water. A total of 100 percent of the donations will go to the Mid-Ohio Food Collective.

HOLIDAY BAZAAR & BAKE SALE

Nov. 4, 5, 9 a.m.-2:30 p.m.

Start your holiday shopping now with our unique vendors who have assorted crafts, original artwork and special gifts on sale for you. Our famous baked goods will bring a

smile to any face, and don't forget our wonderful raffle. Come out with your family and friends!

CITYWIDE VETERANS CELEBRATION AT MARION FRANKLIN COMMUNITY CENTER

Nov. 10, 10:30 a.m.,

\$10 for non-veterans

Everyone is welcome to join us for a special celebration honoring our veterans with a wonderful brunch and program at the Marion Franklin Community Center at 2801 Lockbourne Road. Please sign up at the front desk. Veterans receive a free meal.

THANKSGIVING LUNCHEON

Thursday, Nov. 17,

11:30 a.m.-1 p.m. \$8

Enjoy turkey, dressing, mashed potatoes, gravy, vegetable, roll, dessert and beverage. Join us for good food, fellowship and wonderful entertainment to celebrate the season. Tickets on sale beginning Nov. 3. (You must have a ticket for lunch; no other food will be served on this day.)

CHRISTMAS CARD MAKING

Friday, Dec. 2, 9, 10 a.m. Cost: \$5

Make a wonderful gift of a special made card for someone special. Celebrate the holidays by learning a new skill. Please sign up at the front desk.

NEW MEMBERS' RECEPTION AND BIRTHDAYS/ ANNIVERSARIES PARTY

Thursday, Dec. 8, 12:30 p.m.

Come and welcome our new members, and let's celebrate our

members who had birthdays and anniversaries during the months of **September, October, November and December.** Even if you're not "new" and it's not your special event month yet, come out and share in the celebration. Everyone is invited for cake, ice cream, games and prizes.

BOOK CLUB

Friday, Dec. 9, 1 p.m.

Bring your favorite holiday book, and join us for a special hot beverage and holiday treat. We'll have a wonderful time discussing our books, and you can make recommendations for further reading.

GILLIE HOLIDAY LUNCHEON

Thursday, Dec. 15, 11:30 a.m. \$8

Deadline to sign up: Friday, Dec. 9

Come and enjoy: pot roast, potatoes, vegetable, roll, dessert and beverage. Tickets on sale Dec. 1. (You must have a ticket for lunch; no other food will be served on this day.)

A VERY MERRY GILLIE HOLIDAY PARTY

Thursday, Dec. 15,

12:15 p.m. Cost: Free

Enjoy the "Sights and Sounds of the Seasons," and join us for some good old-fashioned holiday fun with our G-Clef Chorus with special guests. We'll have holiday games, and we will finish off with some line dancing. Wear your ugliest holiday sweater or tie, and you might win a prize!

NEW CLASSES/PROGRAMS!

BEGINNERS PICKLEBALL

Monday 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.

MIND AND BODY CONNECTION

Fridays, Sept. 9, 16, 23, 30, 10 a.m.

Come and explore the connection between your mind and body. 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 workshop by signing up at the front desk.

EAT WELL FOR LIFE

Third Thursdays 11 a.m.

Join us for our monthly nutrition class just for seniors! We will learn about nutrition topics specific to staying healthy for a long life. Topics will include All Star Senior Snacks, Heart Healthy Meals and Eating the Low Sodium way.

GAME TIME!

Tuesdays at 3 p.m.

Backgammon

SMARTPHONE PHOTOS

Wednesdays, Sept. 21, 28 and Oct. 5, 12, at 6 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.

MONTHLY PROGRAMS

BINGO - 1 p.m.

Mondays, Sept. 12, 26, Oct. 10, 24, Nov. 7, 21, and Dec. 5, 19

EAT BETTER, FEEL BETTER

Second Tuesdays 11 a.m.

LifeCare Alliance Nurse Peggy Parisot, RN, presents interesting topics on the foods we eat and how they can both help us and harm us.

ALZHEIMER'S ASSOCIATION

Second Tuesdays

Support Group:

12 p.m. - Everyone is invited.

Private Consultations:

1:30-4 p.m. for self or caregiver.

Call 614-457-6003 to schedule your appointment.

COLUMBUS SPEECH & HEARING

Third Thursdays, Sept. 15, Oct. 20, Nov. 17 and Dec. 15, 11 a.m.-3 p.m.

Call 614-261-5452 to schedule your appointment.

HISTORY ROUNDTABLE

Second Wednesdays at 1 p.m.

Topic: TBA (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 Thursday, 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:
September - Guernsey County
October - Montgomery County
November - Union County
Second Thursdays join us on Zoom if you can't come in person, call 614-645-3106 for Zoom information.

BOOK CLUB

Second and fourth Fridays 1-3 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.

TRIPS!

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

CINCINNATI FREEDOM MUSEUM

Leave: 8 a.m. Cost: \$35 (includes bus transportation and admission)

We will visit this famous museum located in downtown Cincinnati, just a few steps from the banks of the Ohio River, the great natural barrier that separated the slave states of the South from the free states of the North. Learn the stories of "freedom" from a different point of view in our nation's history.

GILLIE

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Lunch will be on your own.

Registration begins

Thursday, Aug. 25.

CIRCLEVILLE PUMPKIN SHOW

Friday, Oct. 21

Leave: 9:30 a.m. \$10

If you love pumpkin everything, join us for a fun trip to the Circleville Pumpkin Show.

Sign up begins on Friday, Oct. 7.

TRAIN RIDE ON THE LM&M RAILROAD

With lunch at the Historic Golden Lamb

Wednesday, Oct. 19, leave at 9 a.m. Cost: \$98

This trip will include transportation to Lebanon, for an hour and 15-minute train ride departing at 11 a.m. From there, you will proceed to the **Golden Lamb** for lunch at 12:30 p.m. Lunch and the **Air Plant Garden Workshop** courtesy of Thimble Gardens will all take place and be completed in the comforts of the historic beautiful Golden Lamb's Presidents Room located upstairs. Once you are full of great food, we will walk across the street to the **Harmon Museum and Art Gallery**. The museum contains paintings, decorative arts and historic collections from prehistoric eras to the mid-20th century. **Registration begins Thursday, Sept. 8.**

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

Linden

1350 Briarwood Ave.,

Columbus 43211, 614-645-3067

LUNCH & LEARN – FREE

Nov. 3, 11:30 a.m.

Lunch is provided.

Marion Franklin

2801 Lockbourne Road,

Columbus 43207, 614-645-3160

ANNOUNCEMENTS

Fall I Session Registration:

Sept. 6-Sept. 9, 12:30 p.m. (No Classes)

Center will be closed:

Sept. 6 (Labor Day)

Fall I Session Begins:

Sept. 13-Oct. 22

Fall II Session Registration:

Oct. 25-29, 12:30 p.m. (No Classes)

Center will be closed:

Nov. 11 (Veterans Day)

Nov. 24 (Thanksgiving Day)

Dec. 26 (Holiday)

Fall II Session Begins:

Nov. 1-Dec. 17

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.

Fall I and II 2022 Fall 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 Fall I and Fall II Mobile Produce Markets.

FOR MEN BY MEN!

Thank you for joining us during the entire month of June for programs/ classes geared toward men by men. A special thank you to Joseph McKelvey Jr. and Scott Sheets for all their hard work and dedication in making the (June) Men's Health Month Awareness a success.

KIDNEY AWARENESS OVERVIEW

Wednesday, Sept. 15, 11:30 a.m.

Cost: Free

Thank you to our members for suggesting this topic! Note: some risk factors for kidney disease include: diabetes, high blood pressure and being 60 years or older. Molly DeBrosse from the Kidney Foundation will present "Kidney Awareness Overview" and answer questions via a Zoom presentation for those of you with questions or concerns.

DIY

Wednesday, Oct. 10, 11 a.m.

Cost: Free (must bring your own materials)

Come and enjoy an hour of creativity. We will make projects which can be completed in one hour. We will focus on inexpensive, but fun summer-themed ideas. Due to materials not being provided, register to get the project material list by the Monday before the event. Projects will not be revealed until the Monday before the event.

THE ART OF TEA

Monday, Oct. 10, 12-1 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.

CLASSIC 8 BALL TOURNAMENT

Wednesday, Oct. 10, and

Dec. 14, 2 p.m. Cost: Free

Whether you're a shark or minnow, come join us in on the fun. Tournament is double elimination; call shot, no ball in hand. Winner gets name and photo on wall. Participants can order Papa Joe Pizza's discounted enough to make everyone a winner. Please register at the front desk.

TRAVEL MEETING

Monday, Oct. 17, 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!

CITYWIDE VETERANS DAY BRUNCH HISTORY & HONOR

Thursday, Nov. 10, 10:30 a.m.

Cost: \$10 (non-veterans)

Veterans Free

This event honors veterans of our armed services and will feature a procession of colors, guest speakers and patriotic music. We are also implementing an outreach initiative at this event: The Senior Recreation Council (SRC) will provide greeting cards to anyone who would like to write a thank you, motivational quote or holiday greeting to military personnel. Tickets are available at the Marion Franklin front desk. Please come out and show your support.

THANKSGIVING MEAL

Wednesday, Nov. 16, 11:30 p.m.

Join us at Marion Franklin to celebrate Thanksgiving with a holiday meal. For more information, contact the center.

SANTA'S WORKSHOP: DIY

Wednesday, Dec. 7, 11 a.m.

Cost: Free (must bring your own materials)

Come and enjoy an hour of creativity. We will make projects which can be completed in 1 hour. We will focus on inexpensive, but fun holiday-themed ideas. Due to materials not being provided, please register to get the project material list by the Monday before the event. Projects will not be revealed until the Monday before the event.

CHECKMATE: HOLIDAY SOCIAL

Tuesday, Dec. 6, 2:30- p.m.

For more information, call the center.

UGLY SWEATER SOCIAL

Friday, Dec. 9, 11:30 a.m.

Call the center for more information.

HOLIDAY MEAL

Wednesday, Dec. 14, 11:30 a.m.

Join us at Marion Franklin Community Center to celebrate the holiday with a meal. For more information, contact the center.

BOOK CLUB DISCUSSION (CENTER LIBRARY)

Second Wednesdays 1:30-4 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! So, if you want to start reading, read more, or find people to discuss literature with, Marion Franklin Book Club wants YOU!

MARION FRANKLIN

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The Marion Franklin Book Club typically meets the second Wednesday of each month 1:30–4 p.m. in the Marion Franklin Community Center Library. The books scheduled for reading and review Fall I and Fall II 2022 are: September – *Never Tell* by Lisa Gardener; October – *These Ghosts are Family* by Maisy Card; November – *The Stolen Hours* by Allen Eskens; December – *Win* by Harlan Coben. 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.

BINGO

Interested in BINGO this fall? Call the center for more information.

SPOTLIGHT FITNESS CLASSES FOR FALL I AND II

Tai Chi Classes

Cost: \$35 per Session

***Please notice the time change**

Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Monday/Wednesday 10:30–11:30 a.m. (Intermediate)

Monday/Wednesday 11:45 a.m.–12:45 p.m. (Advanced)

Tuesday/Thursday 10:30–11:30 a.m. (Beginners I)

Tuesday/Thursday 11:45 a.m.–12:45 p.m. (Beginners II)

*ARTHRITIS FOUNDATION EXERCISE PROGRAM

Tuesday/Thursday 10–11 a.m.

This class covers a variety of range-of-motion and endurance-building activities, relaxation techniques and health education topics.

*CHAIR YOGA

Monday/Tuesday 9:30–10:30 a.m.

Explore traditional yoga poses with the support of a chair. Beginners are welcome.

*AB WORKOUT

Tuesday/Thursday 9–9:50 a.m.

Not only is your core the center of your entire body, but it's utilized in practically every single movement that you make and plays a huge role in your overall strength. This class offers you tools to strengthen your abdominal muscles.

UNDERGROUND RAILROAD

First & third Mondays

2–3:30 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, call the center.

JOURNALING/WRITING CLASS

Wednesdays, 10:15–11:45 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/ACTIVITIES

Every 4th Thursday at 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 healthcare that includes the services of nursing homes, clinics and medical centers. Call the center for more information.

CULINARY ART CIRCLE

4th Wednesdays, 12:30–2:30 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 or 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 discussion, discovery, exploration, experiences, food preparation, cooking and presentations. Participants should come with culinary topics of interest and a willingness to contribute their knowledge.

UPCOMING TRIPS

Breakfast and Movie

Friday, Sept. 9, at 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.

CINCINNATI TRIP

Friday, Nov. 18, 8 a.m.

Dates and times are subject to change, please call for price. Join Marion Franklin Community Center as we travel to the Cincinnati Premium Outlets then on to both Jungle Jim International Markets: Fairfield and Eastgate. Our last stop will be for a late lunch at Pappadeaux's Seafood Kitchen. Register in person or by phone.

SCAVENGER HUNT

Wednesday, Nov. 30, 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. Register at the front desk.

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

September is Prostate Cancer Awareness Month

Get the Facts Presentation:

Prostate Cancer

Call the center for date and time

One in six men will be diagnosed with prostate cancer in their lifetime, making it the most common cancer in men. This year, an estimated 238,000 men will be diagnosed with the disease - many with almost no symptoms - and more than 30,000 men will lose their lives to it. The need for greater public education is why September had been designated as Prostate Cancer Awareness Month, a month dedicated toward engaging and connecting the public around a disease that affects us all on some level. Prostate Cancer Awareness Month was geared toward spreading the word in as accurate, diverse and widespread a manner possible. Women throughout the United States have a valuable addition to their to-do list. We are urging women to take advantage of this month, and remind the men in their lives to get screened.

NOVEMBER IS DIABETES AWARENESS MONTH

8.1 million people in U.S. are living with diabetes but do not know it. Lifecare Alliance is offering free glucose testing, will show you how to use your glucometer and help you manage your diabetes with foot care included. Call Barbara Parker, RN, 614-437-2927 for more information or to make an appointment.

DIETITIANS

LifeCare Alliance registered dietitians can come right to your home (or a location of your choosing) to counsel with you about your diabetes. This would include how to manage your diabetes, diet instruction and answer questions that you may have. The goal is to help improve your A1C and other complications of diabetes.

GREAT NEWS

Many of your insurances will pay for this life-changing program. To find out more or to make an appointment, call Elana at LifeCare Alliance at 614-437-2912 or email eburak@lifecarealliance.org.

MENTAL HEALTH FIRST AID

Free Information

Mental Health First Aid is a training program that teaches members of the public how to help a person developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. Like traditional first aid, Mental Health First Aid does not teach people to treat or diagnose mental health or substance use conditions.

MARION FRANKLIN

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Instead, the training teaches people how to offer initial support until appropriate professional help is received or until the crisis resolves. For more information, call 616-645-3612 or Lifecare Nurse Parker at 614-437-2927.

BRAIN EXERCISE OPEN LAB

Every Monday & Wednesday

9:15–10 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

First Tuesday of the month

12:30–1:30 p.m.

Presented by: Central Ohio Alzheimer's Association

The Alzheimer's Association Support group will meet monthly at Marion Franklin Community Center 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, but you must register.

THE CONVERSATION PROJECT

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.

Third Tuesday of the month

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

CAREGIVERS SUPPORT GROUP

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. Call the center for more information.

NUTRITION CLASS WITH OSU-SNAP-ED

Every Thursday 11 a.m.–1 p.m.

Cost: 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.

WE WANT YOU!

Volunteers needed for the following Planning Communities:

- Educational Resource Program
- Juneteenth
- Harvest Celebration
- Jazz Juice and Jam
- Breast Cancer Awareness Luncheon
- Rhythm Workshop
- Mentorship

Contact Crystal for more information.

Thompson

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

*Closed Sept. 5 for Labor Day
and Nov. 11 for Veterans Day*

FALL OPEN HOUSE

Sept. 7, 11 a.m.

SENIOR RECREATION COUNCIL MEETING

Sept. 15, 11 a.m.

SENIOR VOLUNTEER PICNIC

**Sept. 16, 10 a.m. departure
time from Thompson**

CIRCLEVILLE PUMPKIN SHOW

**Oct. 20, 11:30 a.m. departure
time from Thompson.**

\$5 Transportation

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SENIOR RECREATION COUNCIL MEETING

Oct. 20, 11 a.m.

FALL HARVEST PARTY

Oct. 26, 6-8 p.m.

THANKSGIVING LUNCHEON

Nov. 16, 11:30 a.m.

HOLIDAY CRAFT BAZAAR

Nov. 19, 9 a.m.-6 p.m.

HOLIDAY LUNCHEON

Dec. 14, 11:30 a.m.-2 p.m.

NEW CLASSES

CREATING WITH PAPER

Monday from 1-3 p.m. \$15

From pictures to paper mache animal sculptures, decoupage, origami, mosaics, etc.

NEEDLEPOINT/ EMBROIDERY CLUB

Wednesday 1-3 p.m. \$15

A time and place to gather and share ideas. This will not be a 'proper' class, but an opportunity to seek and learn from others.

PAINTING ON FABRICS

Friday 1-3 p.m. \$15

Create with permanent dyes, paints, inks and markers all on different fabrics, clothes, purses/totes, etc.

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 Thompson. Call before you come, and we'll be happy to assist you.

THOMPSON

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50+ FITNESS ROOM MEMBERSHIP:

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.

Whetstone

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

FORE!

Join the Whetstone Senior Golf
League! Space is very limited so
if you are interested, 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. Here is
what we have scheduled now.

The dates are Sept. 15 and Oct.
20. The van will meet 60 minutes
prior to the first tee time.

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 at
614-645-3217 to save your spot on
the van. These trips will take place
the first Thursday of the month.
The dates are Sept. 1 and Oct. 6.

*Please check out our full schedule
of activities for the center at
www.ColumbusRecParks.com.*

Medicare Fairs

Come and join us for the
Medicare fairs! Learn more about
important potential changes to
your Medicare insurance plans.

Barnett Community Center

Monday, Oct. 3, 11 a.m.-12 p.m.

Marion Franklin Community Center

Tuesday, Oct. 4, 9:30-11 a.m.

Linden Community Center

Wednesday, Oct. 5, 12:30-1:30 p.m.

Dodge Community Center

Tuesday, Oct. 11, 12-1 p.m.

Thompson Community Center

Wednesday, Oct. 12, 9:30-11 a.m.

Gillie Community Center

Thursday, Oct. 13, 11 a.m.-12:30 p.m.

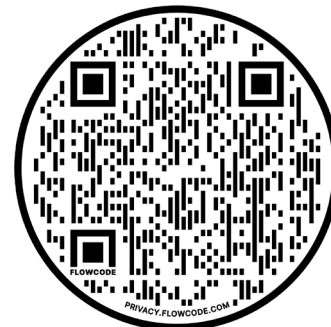
FiftyPlus - Communications Survey

We want to hear from you!

It's important that you have information about FiftyPlus programs and events, and that you receive information in the way you want. Please complete a brief survey to tell us what you think; this information will help shape communication efforts going forward. There are several ways to complete the survey:

- Complete the survey on paper and bring it in or mail it to your local community center
- Complete the survey online – scan the QR code (*right*) with your phone's camera to open the survey, or type this URL into your web browser:

www.surveymonkey.com/r/Cbus50plus.



Thank you for taking a few minutes to share your thoughts!

1. How do you like to get information about FiftyPlus programs and activities? Check all that apply.

- ☐ FiftyPlus newsletter
- ☐ FiftyPlus website
- ☐ Center staff
- ☐ Other - Please explain: _____

2. What information is most important for you? Check all that apply.

- ☐ New classes
- ☐ Trips
- ☐ Special events and programs
- ☐ Information about senior-focused issues like COVID-19 resources, how to prevent scams, etc.
- ☐ Information about resources that benefit me as a senior, such as tax preparation services, food access, etc.
- ☐ Other - Please explain: _____

3. Are there other ways you'd like to receive information about FiftyPlus programs and activities?

4. Do you read the FiftyPlus newsletter?

- ☐ Every issue

- ☐ About half the issues
- ☐ I never read the newsletter

5. If you don't read the newsletter, why not? (Leave blank if you read the newsletter.)

- ☐ I don't have time
- ☐ The information isn't useful to me
- ☐ I didn't know there was a newsletter
- ☐ Other - Please explain: _____

6. How do you receive the FiftyPlus newsletter?

- ☐ I read it on the FiftyPlus website
- ☐ I read the paper copy mailed to my home
- ☐ I read the paper copy I pick up in the community center

7. If you read the newsletter, what suggestions do you have to improve the newsletter? What would you change and what would you keep?

8. If you would like to receive emails about FiftyPlus programs and activities, please provide your email address. We won't send a lot of emails!



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.

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