

Fifty PLUS

SUMMER 2023

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

Register for Summer Session!

Join us for 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 center directly for details.

Registration Starts: Tuesday, May 23, at 12:30 p.m.

Session Dates: June 12 – Aug. 18

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, May 29 – Memorial Day

Monday, June 19 – Juneteenth

Tuesday, July 4 – Fourth of July

Additional closure dates:

Barnett: May 31 – June 12

Gillie: June 5-9 (Veterans Group will still meet)

Marion Franklin: May 24 – May 28

Thompson: May 8 – June 12

Whetstone: June 2 – June 5

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

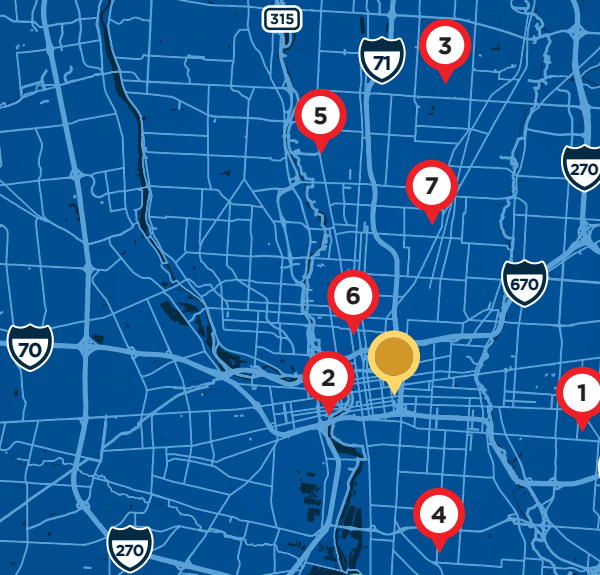
NEWSLETTER UPDATE REMINDER

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:

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

Fifty PLUS

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



1

BARNETT COMMUNITY CENTER

1184 Barnett Rd. | 43227
614-645-3065

5

WHETSTONE COMMUNITY CENTER

3923 N. High St. | 43214
614-645-3217



CENTRAL OHIO AREA AGENCY ON AGING (COAAA)

3776 S. High St. | 43207
614-645-7250
Call for additional information

2

DODGE COMMUNITY CENTER

667 Sullivant Ave. | 43215
614-724-8151

6

THOMPSON COMMUNITY CENTER

1189 Dennison Ave. | 43201
614-645-3082



GOLDEN HOBBY GIFT SHOP

549 Franklin Ave. | 43215
614-645-8329
Hours: Tuesday-Saturday,
10 a.m.-4:30 p.m.

3

GILLIE COMMUNITY SENIOR CENTER

2100 Morse Rd. | 43229
614-645-3106

7

LINDEN COMMUNITY CENTER

1350 Briarwood Ave. | 43211
614-645-3067

4

MARION FRANKLIN COMMUNITY CENTER

2801 Lockbourne Rd. | 43207
614-645-3612

A Message From COAAA

The saying "a society grows great when elders plant trees whose shade they know they shall never sit in" may have inspired the theme for Earth Month this past April, which was "Invest In Our Planet," but it holds true all year long. There are so many ways that we as individuals can use both this theme and this adage to guide us, not just in long term plans, but in daily life as well.

While buying "green" or "eco-friendly" products is often a smart move, it's sometimes not the most environmentally-friendly choice, especially if what you're buying is replacing a product that works fine already. Using what you have and limiting purchases of new items is the most environmentally sound and the most economical option available

to us. Buying used is also a great choice when available and possible. If you have the space available, creating a garden with native plants will not only beautify the outdoors, it will support native wildlife as well. Planting trees like serviceberry (one of our favorites!) will provide a ready food product not just for native songbirds, but also for yourself. Even potted herbs such as dill or parsley can create both shelter and food for native butterfly populations, like the absolutely stunning Eastern Black Swallowtail. Just be careful to watch for the possible eggs and very tiny caterpillars before harvesting.

If you have an abundance of fresh vegetables or fruits and want to preserve them, look into a home food preservation or a canning class.

An excellent resource for this is the Ohio State University Extension Office, which holds canning classes

Be very conscientious of which sources you go to for canning, however. Although canning high-acid foods is low risk, improper canning of low-acid foods can be deadly. Only use tested recipes from trusted sources, and no, doing it the way Grandma did it doesn't mean it is safe. Everyone can make changes to their lifestyles to support creating a sustainable future for those who come after us. This summer, adjust your choices to promote a benefit you may never see, but which can be enjoyed for generations to come.

Walk With A Doc is Back!

Walk With a Doc is back for 2023! This FREE event lets you walk and talk about health with a local doctor, meet new people and earn some prizes. These Saturday morning walks occur at rotating locations every Saturday until Oct. 28 at each of the following community centers:

- First and third Saturdays:
Marion Franklin and Woodward Park
- Second and fourth Saturdays:
Dodge and Far East
- Fourth Saturday: **Linden**

Visit ColumbusRecParks.com/WalkWithADoc for more information and specific dates.

Fran Ryan Center Progress

Work on the new Fran Ryan Center in Olde Town East continues. In January and February, the old Douglas School Building was demolished in preparation for construction. The new facility will provide senior-focused creative programming and wellness activities. In addition to housing many of the popular

programs from the Martin Janis Community Senior Center and Golden Hobby Gift Shop, there is an opportunity to offer new programs and amenities in this space. The Fran Ryan Center will open in Fall 2024.

Stay up to date by visiting ColumbusRecParks.com/FranRyanCenter.



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 they 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. | 43227
614-645-3065

ANNOUNCEMENTS

SELF-PACED SENIOR CLASSES

Barnett has Self-Paced Senior Classes during the summer months. Come in and find out which classes will be available on our program schedule!

MOBILE PRODUCE MARKETS

Second Friday of the month from 3-5 p.m. (or until produce runs out)
June 9, July 14, Aug. 11 and Sept. 8

Dodge

667 Sullivant Ave. | 43215
614-724-8151

ANNOUNCEMENTS

SENIOR RECREATION COUNCIL (SRC) COMMITTEE MEETING

Third Tuesday of the month at 1 p.m.

June 20, July 18, Aug. 15, Sept. 19

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

CANTEEN IS BACK

Tuesday and Thursday 11:30 a.m.-1 p.m.

Our Canteen is back open and running, come see us for a delicious

home-cooked meal (lunch and dessert). All meals are under \$5!

LIFECARE ALLIANCE MEALS

Wednesday

11:30 a.m.-1 p.m.

We are partnering with LifeCare Alliance to provide FREE lunches every Wednesday. A one-time registration form will need to be filled out. Please pre-register in advance at the center.

SENIOR FOOD BOXES

Pickup Dates: The week of

June 12, July 17, Aug. 21, Sept. 18

If you or someone you know would like to register and you meet eligibility requirements, call 614-724-8151. There is a waitlist, but we do have a few spots available!

MOBILE PRODUCE MARKETS

Second Thursday of the month
from 3-5 p.m. (or until produce
runs out)

June 8, July 13, Aug. 10 and Sept. 14
ID is required.

WALK WITH A DOC

Second and Fourth Saturday of
the month from 9-10 a.m.

June 10, June 24, July 8, July 22,
Aug. 12, Aug. 26, Sept. 9
and Sept. 23

DIVINE DIGNITY

(Previously God's Hygiene Closet)

Third Friday of the month
from 10 a.m.-4:30 p.m.

Each participant will receive
six free hygiene or cleaning
items – ID is required.

NUTRITION CLASS WITH THE OHIO STATE UNIVERSITY SNAP-ED

Every Wednesday at 1 p.m.
Free

For a full class schedule, stop by
the center or visit our website
at [ColumbusRecParks.com/
Community-Center/Dodge/](http://ColumbusRecParks.com/Community-Center/Dodge/).

UPCOMING PARTIES

DODGE'S 50+ TEA PARTY

Friday, May 5, 11:30 a.m.-1 p.m.
Cost: \$6

END OF SUMMER BASH

Tuesday, Aug. 8, 11:30 a.m.-1 p.m.
Cost: \$6

FALL HARVEST

Friday, Oct. 6 at 10:30 a.m.- 1 p.m.
Cost: \$6

TRIPS

50+ SPRING CAMP

Friday, May 26, at 9 a.m.
Cost: \$10

Pack a lunch, bring a t-shirt to
decorate and wear comfortable
shoes and clothing. The camp
will take place at the McKnight
Outdoor Education Center at
Wyandot Lodge. Options include
seasonal nature arts/crafts, nature
bingo, hiking, archery, karaoke,
fishing and a pontoon boat ride.

PURPLE PLAINS LAVENDER FARM

Friday, June 23, at 10 a.m.
Cost \$7 + Tour Fee (TBD)

The total cost will be given closer
to the date – please call the center
for an update. We will be stopping
for lunch and then going to the
quaint Purple Plains Lavender
Farm to take a tour and learn
all about lavender. You'll have
the opportunity to pick some
lavender (for an additional cost).

FRIDAY ON THE TOWN

July 21 at 9 a.m.
Cost: \$7

Join us as we go antique hunting
around Powell, Ohio. We will have
lunch in the area, which has a few
different restaurants to choose
from, while we check out the various
shops along the way. Be sure to
wear some comfortable shoes!

RED HAT

Our Red Hat ladies are always
looking for new members to join! Red
Hat trips are every third Thursday of
the month. Call Dodge Community
Center for more information.

FITNESS ROOM

Membership fees: \$10 per session
(June 12 – Aug. 18), \$40 annually

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

Gillie

2100 Morse Road | 43229
614-645-3106

ANNOUNCEMENTS

PRODUCE PICKUP

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

VETERANS GROUP

First Friday of the month,
July 7 and Aug. 4 at 1 p.m.

We are calling on all members of the
Armed Forces to join us and share
their stories and memories of their
time served.

LEGAL AID SOCIETY OF COLUMBUS

Legal Aid Society of Columbus will
be offering various senior-related
presentations throughout the
summer. Please check with the front
desk for more information.

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GILLIE

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JUNETEENTH PROGRAM

Tuesday, June 20, at 11:30 a.m.

What is the Emancipation Proclamation and what does it have to do with Juneteenth? Join us to find out the answers to these and other questions as you learn more about American history.

RED, WHITE AND BLUE COOKOUT

Thursday, June 29, at 11:30 a.m.

Cost: \$10

Join us for good food, great music and refreshing drinks as we enjoy some fun in the sun during a cookout at the Gillie Café. You can dance to summer hits or play a few summer games for fun and prizes.

Tickets on sale at the front desk.

BIRTHDAYS AND ANNIVERSARIES

Thursday, Aug. 3, at 12:15 p.m.

Everyone is invited to celebrate our members with special events during the months of May, June, July and August. Even if it's not your month yet, come out and celebrate!

ICE CREAM SOCIAL

Tuesday, Aug. 15, at 12 p.m.

CLASSES

Please view the full class schedule at ColumbusRecParks.com or pick up a class schedule at the center.

DRAWING WITH PERSPECTIVE WORKSHOP

Tuesday, 1:15 p.m.

June 13, 20, 27

Cost: \$20

Have you always wanted to paint and draw more realistic buildings and landscapes? Then this is the class for you! In this class, you will learn the technique of perspective under the instruction of Carol Wooten. Cost includes instruction and materials. Please register at the front desk.

BEGINNERS PICKLEBALL

Mondays, 2-4 p.m.

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 similar to tennis. Come to learn and have some fun!

EVENING CERAMIC CLASS

Monday, 5-8:30 p.m., June 12, 26; July 10, 24 and Aug. 7, 21

Come and learn various techniques used in the production of beautiful ceramic art, such as how to clean and reshape greenware, stamping, marbling and much more. Check the front desk for more information including price.

BOOK CLUB

Fourth Friday of the month, 1-3 p.m.

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

BEGINNER CARD-MAKING CLASS

Wednesday, June 28

Cost: \$7

Make a surprise birthday card for your family and friends. The cost includes all materials.

JEWELRY WORKSHOP

TBD

Learn how to make jewelry beads using polymer clay. Check for details and registration at the front desk.

ZEN DOODLE WORKSHOP

Tuesday, Time TBD

July 11, 18, 25 and Aug. 1

Cost: \$20

Zen Doodle is the latest art craze sweeping across the nation. Join us for this four-week workshop as we explore this art form using three different mediums.

PROGRAMS

BINGO

**Mondays at 1 p.m., June 12, 26
July 10, 24 and Aug. 7, 21**

EAT BETTER, FEEL BETTER

Second Tuesdays at 11 a.m.

LifeCare Alliance Peggy Parisot, RN, presents interesting topics on the foods we eat and how they can both help us and harm us. Call the center for the summer session topics.

ALZHEIMER'S ASSOCIATION

Second Tuesday of the month

Support Group:

12 p.m. - Anyone can attend.

Private Consultations:

1:30-4 p.m. - Individual

or with a caregiver.
Call 614-457-6003 to schedule your appointment.

COLUMBUS SPEECH & HEARING

Third Thursday of the month
June 15, July 20, Aug. 17
11 a.m.-3 p.m.

Call 614-261-5452 to schedule your appointment.

EAT WELL FOR LIFE

Third Thursday of the month
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.

HISTORY ROUNDTABLE

Second Wednesday of the month
1 p.m.

UNDERGROUND RAILROAD

Second and fourth Mondays of the month at 6 p.m.
Second and fourth Thursdays of the month 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. May-October, travel will occur on the fourth Thursday of the month, leaving the center between 8-9 a.m. These trips are only open to class members. To join on Zoom, call 614-645-3106 for the Zoom link.

LIFECARE ALLIANCE WELLNESS CENTER

NEW DAYS: Tuesday & Thursday

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 p.m.

Tuesday, Thursday and Friday

8 a.m.-4:30 p.m.

TRIPS

New this year, please ask at the front desk for our new trip packet, which includes our travel policy, the trip release form and a catalog listing our trips for the year. The catalog will give you details about our various destinations, cost and fees along with modes of transportation. Get it and mark your calendars for your 2023 travel adventures!

MYSTERY TRIP

Friday, July 21, at 9 a.m.

Cost: \$20, register by July 7

Join us as we explore a historic and fun undisclosed destination. We will also go shopping and enjoy food.

SENIOR DAY AT THE FAIR

Tuesday, Aug. 1, at 9:30 a.m.

Cost: \$5, register by July 18

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.

TECUMSEH OUTDOOR DRAMA

Thursday, Aug. 17, at 3 p.m.

Cost: \$65, register by July 27

Witness the epic life story of the legendary Shawnee leader as he defends his sacred homeland in the Ohio country during the early 1800s. Cost includes transportation, a backstage tour, buffet dinner and the show.

BROADWAY BABIES SERIES

All shows will take place at the Weathervane Playhouse. **Cost is \$47 per show**, which includes a ticket and transportation leaving at 3 p.m. Dinner will be on your own.

MILLION DOLLAR QUARTET

Friday, June 9

Register by May 26

On Dec. 4, 1956, the music industry changed. Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley came together for an impromptu jam session at a recording studio in Memphis, Tennessee. Soon after, this group was known as the Million Dollar Quartet. Follow along with their classic hits!

ONCE UPON A MATTRESS

Friday, July 7

Register by June 23

Taking a hilarious spin on the classic Princess and the Pea fairy tale, follow along as the "shy" swamp princess, Winnifred the Woebegone, tries to take the hand

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GILLIE

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of Prince Dauntless in marriage. None of the other princesses could pass the impossible tests given to them by Queen Aggravain. Can Winnifred be the first? Join us for this romantic and melodic musical that will have you laughing from the beginning.

KINKY BOOTS

Friday, Aug. 4

Register by July 21

What would you do if you inherited your father's shoe factory that is on the verge of bankruptcy? Charlie Price knows first-hand as he tries to save the family business. He teams up with Lola, an entertainer who needs a pair of stilettos, to turn the factory around. The duo makes it their mission to change the whole world. This award-winning musical features music that will have you dancing in your seat!

Linden

1350 Briarwood Ave. | 43211
614-645-3067

PROGRAMS

MOBILE PRODUCE MARKETS

Third Thursday of the month from
3-5 p.m. (or until produce runs out)
June 15, July 20, Aug. 17 and
Sept. 21

SENIOR FOOD BOXES

Pickup Dates: TBD

If you or someone you know would

like to register and you meet eligibility requirements, call 614-724-8151.

These are free and are available once per month. There is a waitlist, but we do have a few spots available!

LIFECARE ALLIANCE MEALS

Wednesday and Friday

11 a.m.-1 p.m.

Nourishing the human spirit!

WALK WITH A DOC

Fourth Saturday of the month
from 10-11 a.m.

June 24, July 22, Aug. 26 and
Sept. 23

CLASSES

PICKLEBALL

Monday, Wednesday, Friday
4-5:30 p.m.

SENIOR NUTRITION

Tuesday, 10-11 a.m.

COMPUTER LITERACY & SMARTPHONE USE

Tuesday, 11 a.m.-12 p.m.

LINE DANCE

Wednesday, 10-11:30 a.m.

SENIOR BINGO

Wednesday, 11:30 a.m.-12:30 p.m.

FISHING

Thursday, 10-11 a.m.

Marion Franklin

2801 Lockbourne Road | 43207
614-645-3160

ANNOUNCEMENTS

JUNE: NATIONAL MEN'S HEALTH MONTH

June is all about encouraging the men in your life 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 Men's Health Month serves to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease and depression. Stop by our center during the month of June for planned activities for men.

JULY: 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 it. Skin cancer is the most common type of cancer in the United States and ultraviolet (UV) rays from the sun are the main cause of skin cancer. The good news? It can be prevented! UV Safety Month serves to heighten awareness of health problems related to UV exposure and provide information on the everyday steps you can take to safeguard your skin from the harmful effects of UV radiation from the sun. Stop by the center on Monday, July 3, from 9 a.m.-1 p.m.

and pick up a free sample of sunscreen. Learn more at skincancer.org/prevention.

EVENTS

JUNETEENTH CELEBRATION

Thursday, June 15

6-7:30 p.m.

Discover the history of Juneteenth, through a magical journey of music and dance in an evening that will be filled with healing, hope and empowerment. Register at the front desk.

THE BOMB: BINGO EXPLOSION

Monday, July 3

11:30 a.m.

Just the kind of fun we need before the Fourth of July. An explosive game of bingo with prizes. Register at the front desk by June 26.

JEOPARDY: THE GAMESHOW

Monday, Aug. 7

1:30 p.m.

Back by popular demand! Whether you watched or participated in the last Jeopardy gameshow, you are sure to have fun. If you have a team and want to participate, please register at the front desk by July 28.

PROGRAMS

MOBILE PRODUCE MARKETS

First Friday of the month from 3-5 p.m. (or until produce runs out)

June 2, July 7, Aug. 4 and Sept. 1

WALK WITH A DOC

First and third Saturday of the month from 9-10 a.m.

June 3, June 17, July 1, July 15, Aug. 5, Aug. 19, Sept. 2 and Sept. 16

LIFECARE ALLIANCE MEALS

Tuesday and Thursday

11 a.m.-12 p.m.

Nourishing the human spirit! Weekly registration is required. Takes place at the Marion Franklin Dining Center.

BOOK CLUB DISCUSSION (CENTER LIBRARY)

Second Wednesday of the month

1:30-4 p.m.

Please call the center for the book of the month.

HEALTH & WELLNESS AT MARION FRANKLIN

Tuesday & Thursday

8 a.m.-4:30 p.m.

LifeCare Alliance Wellness Center, ran by Nurse Barbara Parker, RN. You can call her office at 614-645-7173 or leave her a voicemail at 614-437-2927

EAT BETTER, FEEL BETTER

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

Presented by Nurse Barbara Parker, LifeCare Alliance Wellness Center. Register at the front desk.

COLUMBUS SPEECH & HEARING SERVICES

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, call 614-261-5452.

PAIN & CARE PARTNERING

Fourth Thursday of the month

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

Register at the front desk.

Presented by LifeCare Alliance.

THE CONVERSATION PROJECT

By appointment only

This program helps people talk about their final wishes and end-of-life care. Topics include how to start the talk, topics to discuss and how to complete legal documents.

A starter kit, a living will and durable power of attorney (POA) for healthcare will be provided.

To register call 614-645-7173 or

614-437-2927 (voicemail). Call

the center for more information.

Sponsored by LifeCare Alliance.

VETERANS AFFAIRS & ACTIVITIES

Fourth Thursday of the month

12:30 p.m.

The Department of Veterans Affairs runs programs benefiting veterans and members of their families.

It offers education opportunities and rehabilitation services 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 or 614-208-5797 and ask for Ajamu Brown, Coordinator for Veterans Affairs, for more information.

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MARION FRANKLIN

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CLASSES

NUTRITION CLASS WITH OSU-SNAP-ED

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

Free

SNAP-Ed provides participants with the tools and resources to improve their overall health and wellness and, in turn, improve their families' well-being. Through a series of interactive lessons, the program introduces participants to new ways to add fruits, vegetables and grains into each meal, reduce the amount of sodium, sugar and fats in their diets, as well as ways to stretch their food budgets. Please register at the front desk.

MENTAL HEALTH FIRST AID

A skills-based training course that teaches participants about mental health and substance-use issues. Learn how to offer initial support until appropriate professional help is received or until the crisis is resolved. For more information, call 614-645-3160 or LifeCare Nurse, Barbara Parker at 614-437-2927.

QIGONG

Friday, Aug. 4 (Interest meeting) 12 p.m.

Qigong involves using exercises to optimize energy within the body, mind and spirit, with the goal of improving and maintaining health and well-being. Qigong has both psychological and physical components and involves the regulation of the mind, breath and

body's movement and posture. If you are interested, please sign up for this informational session.

BRAIN EXERCISE OPEN LAB

All day, every day

The brain is involved in everything we do, and it needs to be cared for and exercised. People of all ages can benefit from incorporating a few simple brain exercises into their daily life, which we will provide in the library every day. These exercises will help improve memory, focus and daily functionality. For more information call the center.

TRIPS

Register for trips at the front desk.

BREAKFAST & MOVIE FRIDAYS

Fridays, June 9, Aug. 11, Oct. 13

Cost: \$5 (Transportation only)

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

AMISH COUNTRY: WALNUTCREEK & SUGAR CREEK

Friday, July 21, at 7 a.m.

Cost: \$40

COLUMBUS CLIPPERS GAME

Thursday, Aug. 3, at 11 a.m.

Cost: \$20

Join us as we visit Huntington Park to cheer on our home team, the Columbus Clippers, while they take on the St. Paul Saints. Game time is 12:05 p.m. The cost covers admission to the game, a boxed lunch, and transportation to and from the game.

SCAVENGER HUNT

Fridays, July 28 and Sept. 27 at 9:30 a.m.

Cost: \$5 (Transportation only)

Join us as we visit local thrift stores and bargain outlets to find deals and grab some delicious lunch before heading back home.

ROCK & ROLL HALL OF FAME

Friday, Sept. 22 at 6 a.m.

Cost: \$45

Let's rock and roll all the way to Cleveland to experience the wonderful world of music. If you love music and history, this is the trip for you.

LACOMEDIA DINNER THEATER

Friday, Oct. 6, at 7 a.m.

Cost: \$75

Taste of Broadway - Grumpy Old Men: The Musical

A musical comedy about two aging men, neighbors who have been feuding for most of their lives. Invigorated by their shared affection for their new beautiful neighbor across the street, they face off as romantic rivals who will stop at nothing to win her heart.

CIRCLEVILLE PUMPKIN SHOW

Friday, Oct. 10, at 10 a.m.

Cost: \$10

I-X CENTER CHRISTMAS CONNECTION

Saturday, Nov. 17, at 6 a.m.

The Christmas Connection is a festive marketplace where you can shop for holiday gifts, see local artisans' works, experience holiday displays that will inspire your own decorations

and much more! Whether you're joining us at the I-X Center with a long shopping list or just looking for a fun day out with friends, there's something for everyone with hundreds of vendors to explore and unique features to enjoy. Call the center for price. This trip will fill up fast, so hurry!

Thompson

1350 Briarwood Ave. | 43211
614-645-3067

CLASSES

Please view the full class schedule at **ColumbusRecParks.com** or pick up a class schedule at the center.

EVENTS

SHORT NORTH YARD SALE

Saturday, June 3

9 a.m.-3 p.m.

Join us at Thompson Community Center for this yard sale featuring vendors from the local neighborhood. For more information, call the community center.

TRIPS

Check with the Thompson Community center about upcoming trips. We have multiple trips scheduled in June, July and August.

Whetstone

3923 N. High St. | 43214
614-645-3217

ANNOUNCEMENTS

CLASSES OFFERED INCLUDE:

- Art Open Studio
- Bridge
- Canasta
- Chair Aerobics
- Euchre
- Flamenco Dancing
- Folk Dancing
- Martial Arts
- Pickleball
- Senior Wii Bowling
- Wood Carving
- Yoga
- Zumba Ton

Contact center for details.

PROGRAMS

WOOD CARVERS

First and third Thursday of the month at 6 p.m.

Meet once a month to work on the craft of wood carving. There is no instruction.

ART - OPEN STUDIO 50+

**Second Wednesday of the month
1:30-4 p.m.**

Work on your own in your chosen medium to craft art. There is no instruction.



Free Mobile Produce Markets

Columbus Recreation and Parks Department offers Free Mobile Produce Markets throughout the year. The markets are staffed by volunteers who can assist with the produce so you can load it directly into your trunk or car. These markets run from 3-5 p.m. or until produce runs out on the following dates:

- First Thursday: **Barack, Douglas, Glenwood and Sullivant Gardens**
- First Friday: **Marion Franklin and Scioto Southland**
- Second Thursday: **Dodge and Holton**
- Second Friday: **Barnett and Far East**
- Third Thursday: **Linden and Tuttle**
- Third Friday: **Adams and Beatty**
- Fourth Thursday: **Feddersen and Howard**

This schedule may change due to holidays. Visit

ColumbusRecParks.com/Mobile-Produce-Markets for more information and specific dates. If there's not a site in your area, visit FreshTrak.com to find a resource near you.