

Fifty PLUS

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

Register for Fall Sessions!

Join us for the fall sessions to enjoy FiftyPlus 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. 5, at 12:30 p.m.

Session Dates:

Sept. 11–Oct. 28

FALL II

Registration Starts:

Tuesday, Oct. 31, at 12:30 p.m.

Session Dates:

Nov. 6–Dec. 16

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

All centers will be closed for the following holidays:

- **Labor Day | Monday, Sept. 4**
- **Veterans Day (Observed) | Friday, Nov. 10**
- **Thanksgiving | Thursday, Nov 23**

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

Be sure to check the Columbus Recreation and Parks Department website frequently for the most up-to-date information on programs and activities, at ColumbusRecParks.com.

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Medicare Annual Open Enrollment

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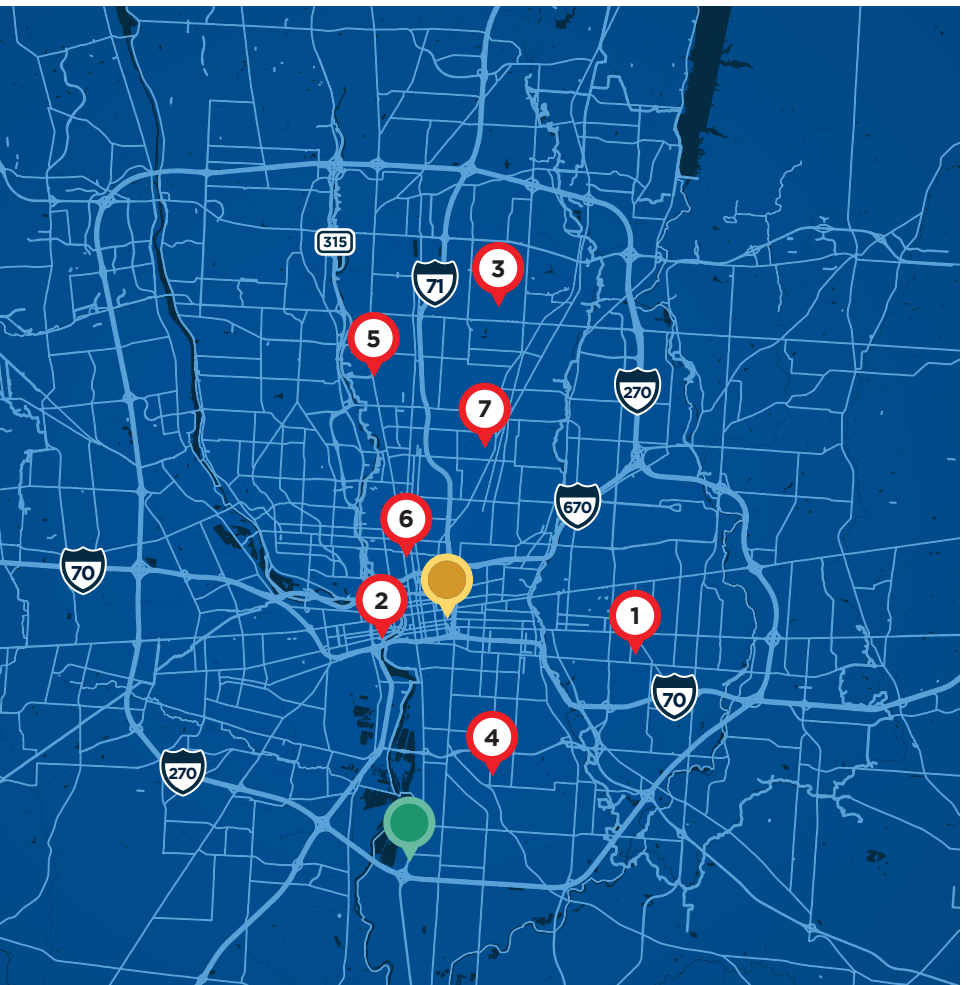
2023 Senior Wellness Jamboree

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



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

Medicare's Annual Open Enrollment Period

BY COAAA

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

- **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 to look for this notice and read it thoroughly.

- **Be aware of aggressive marketing.** If something sounds too good to be true, it likely is. Call the resources provided at the

end of the article with questions before making a decision.

- **If beneficiaries are enrolled in a Medicare Advantage Plan (Part C), they need to check with their providers** before making any changes to ensure that those providers are in the network of the chosen plan. Providers would include primary care doctors, specialists, hospitals, skilled nursing care, etc.

- **Important changes coming to Medicare Part D** to help reduce costs for beneficiaries include:
2023: Insulin copays will be capped at \$35
2025: Part D out-of-pocket spending will be capped at \$2,000/year
2026: The federal government will

be required to negotiate drug prices with manufacturers for some drugs that tend to have the highest cost.

For individuals that have limited income or resources, there may be financial assistance available to help with Medicare expenses. Remember that there are many community agencies and advocates prepared to assist. If you have general questions or would like assistance, 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 **1-800-686-1578**.

Older Adults Resource Guide Now Available

Did you know that the Central Ohio Area Agency on Aging (COAAA) provides an Older Adults Resource Guide? This annual publication includes contact information and resources for a wide range of services available to central Ohioans, including crisis and mental health services, consumer advocacy and legal services, family support and even pet support.

To view it, visit SeniorImpact.com/Columbus. If you have questions or need additional resources, COAAA can point you in the right direction. To contact COAAA, call 800-589-7277.

Visit the Golden Hobby Gift Shop

The Golden Hobby Gift Shop is a senior arts and consignment shop that offers an array of handmade goods for sale, including quilts, ceramics, woodcrafts, paintings and more, all made by Columbus-area

seniors. Located at 549 Franklin Ave., the shop is open Tuesday - Saturday from 10 a.m.-4:30 p.m. September through December, the store is also open on Sundays from 1-4 p.m.

The Golden Hobby Gift Shop is staffed by Columbus Recreation and Parks Department employees and a group of dedicated senior volunteers. Since 1971, more than 5,000 members have sold their items through the shop.

For information about the store, volunteering or consignor opportunities, please call the store at 614-645-8329.



CENTER NEWS

Register online for classes at **ColumbusRecParks.com**. If you have difficulty registering on your own, call or stop by the community center of your choice, and staff will assist you with the process of registration.

All classes are free, except where otherwise indicated. Class fees will vary according to the instructor, so be sure to check with your class instructor for details. All class schedules are subject to change.

Some important things to note:

- 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

BI-MONTHLY BINGO

Third Thursday every other month, 12:30-2 p.m.

Oct. 19, Dec. 21.

Registration: On-site/in-person

MOBILE PRODUCE MARKET

Second Friday of the month

3-5 p.m. (or until produce runs out)

Sept. 8, Oct. 13, Dec. 8

Dodge

667 Sullivant Ave. | 43215
614-724-8151

ANNOUNCEMENTS

SENIOR RECREATION COUNCIL (SRC) COMMITTEE MEETING

Third Tuesday of the month, 1 p.m.

Sept. 19, Oct. 17, Nov. 21, Dec. 19

Anyone interested in joining or learning about the Senior Recreational Council Committee can attend our next meeting.

CANTEEN IS BACK

Tuesdays and Thursdays,

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

Wednesdays

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

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

MOBILE PRODUCE MARKETS

Second Thursday of the

month, 3-4:30 p.m. (or until

produce runs out) Sept. 14,

Oct. 12, Nov. 9, Dec. 14

WALK WITH A DOC

Second and fourth Saturday of the month, 9-10 a.m.
Sept. 9, Sept. 23, Oct. 14, Oct. 28

DIVINE DIGNITY

(Previously God's Hygiene Closet)
Third Friday of the month,
10 a.m.-4:30 p.m.
Sept. 15, Oct. 20, Nov. 17, Dec. 15
Each participant will receive six free hygiene or cleaning items – ID is required.

NUTRITION CLASS WITH THE OHIO STATE UNIVERSITY SNAP-ED

Wednesdays, 1 p.m.
Free
For a full class schedule, stop by the center or visit our website at ColumbusRecParks.com/Community-Center/Dodge/.

UPCOMING PARTIES

FALL HARVEST

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

TRIPS

PEGASUS FARMS

Friday, Sept. 22
Cost: \$7 (Transportation only)
Join us for a field trip to Pegasus Freedom Reins, in Plain City. On this field trip, you will be able to connect and interact with animals and the environment as you learn to live your life to the fullest with confidence and purpose. Transportation will be provided,

as well as complimentary lunch.
CIRCLEVILLE PUMPKIN SHOW

Friday, Oct. 20, 9:30 am
Cost: \$7 (Transportation only)
Join us for our annual pilgrimage to Circleville, where we enjoy everything pumpkin. Let's enjoy the kick-off of our favorite season: Pumpkin season!! Wear comfortable shoes and bring additional money for shopping and eating something delicious (and pumpkin-related).

MOTTS MILITARY MUSEUM

Friday, Nov. 10, 9:30 am
Cost: \$7 (Transportation only), \$10 for Veterans and Seniors, \$12 for adults
Join us as we take a tour of Motts Military Museum, truly a hidden gem located in Groveport. We will also be eating lunch at the New "Little Italy" Restaurant, a hop, skip, and a jump away from the museum! Bring additional money for lunch at the new "Little Italy" restaurant.

VAUDE VILLITIES AND CHRISTMAS TEA

Friday, Dec. 1, 9:30 a.m.
Cost: \$7 (Transportation only), \$18 for show and tea

FITNESS ROOM

Membership fees: \$10 per session, \$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

PROGRAMS CANCELLATION DATES

Classes/Programs canceled
Monday, Aug. 28 - Friday, Sept. 1

PRODUCE PICK-UP

Fridays, 9:30 a.m.- Until produce runs out.

VETERANS GROUP

First Friday of the month, 1 p.m.
Sept. 1, Oct. 6, Nov. 3, Dec. 1
We are calling on all members of the Armed Forces for a meeting of the veteran brotherhood and sisterhood to join us and share your stories and memories of your time served.

BACK TO SCHOOL LUNCH

Tuesday, Sept. 12, 11:30 a.m.
Cost: \$6
Pretend you are back in school and join the rest of your Gillie "classmates" in the cafeteria for a wonderful sack lunch from Lunch Lady Tami. If you've ever gone on one of our field trips, you know what a wonderful treat that will be! Please call or stop by the front office to register. Make sure to wear your favorite school outfit for this event. Please get your tickets at the front desk.

LUNCH 'N' LEARN SPECIAL

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GILLIE

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Tuesday, Sept. 19, 11:30 a.m.

This Lunch 'n' Learn will be about moving and de-cluttering in relation to transitioning to facilities or just downsizing. Our speaker will be Adrian Thomas, owner of the North Columbus College Hunks Hauling Junk and Moving. He has been in the industry for over 7 years. **Please register at the front desk for this lunch.**

GILLIE TALENT SHOW AND KARAOKE PARTY

Thursday, Sept. 21, 12 p.m.

Can you sing, dance, play an instrument or perform like a star? Join us as we encourage community members to show off their talents. All are invited. Sign up now if you have what it takes to entertain. **Deadline for registration is Monday, Sept. 26.**

CITY-WIDE BRAIN HEALTH FAIR

Friday, Sept. 22, 9 a.m.-1 p.m.

Join us for this unique health fair where you will find many resources throughout central Ohio. We are partnering with The Ohio State University College of Nursing, Alzheimer's Association and many more. We will have the following: memory screening, fitness demos, blood pressure screening, as well as opportunities to interact with experts on aging and brain health.

HARVEST PARTY

Thursday, Oct. 12, 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

Tuesday, 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

Thursday, Friday and Saturday, Nov. 2, 3, 4, 11 a.m.-1 p.m.

Cost: \$10

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

HOLIDAY BAZAAR & BAKE SALE

Friday and Saturday,

Nov. 3 and 4, 9 a.m.-2:30 p.m.

Start your holiday shopping now with our unique vendors who have assorted crafts, original art work and special gifts on sale. Our famous baked goods will bring a smile to any face. Don't forget our wonderful raffle. Come out with your family and friends. (Vendors: Check to see if tables are still available. \$25 per table).

CITYWIDE VETERAN'S CELEBRATION

Thursday, Nov. 9, 11 a.m.

Cost: \$12 (Non-veterans)

Free to Veterans

Everyone is welcome to join us for a special celebration honoring our veterans with a lunch and program, which will include a guest speaker, the Gillie G-Clef Chorus and a special moment of honor for our veterans. Please sign up at the front desk.

CLASSES

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

NEW! MAHJONG

Fridays, 10 a.m.

Mahjong, similar to the Western card game rummy, is a game of skill, strategy and luck. The game is played with a set of 144 tiles based on Chinese characters and symbols, although many regional variations may omit some tiles or add unique ones. In most variations, each player begins by receiving 13 tiles. In turn, players draw and discard tiles until they complete a legal hand using the fourteenth drawn tile to form four melds (or sets) and a pair (eye). A player can also win with a small class of special hands.

NEW! COPPER ENAMELING

Fridays, 1 p.m.

Come and learn the process of enameling pieces of copper and glass. You can make unique jewelry, charms and other crafts made from copper. Cost for your materials will depend on your project.

BEGINNERS PICKLEBALL

Mondays and Wednesdays, 10 a.m.
at Gillie Community Center
Mondays, 2 p.m. at Woodward
Park Tennis Courts (as
weather permits)

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, 10 a.m.
Sept. 8, 15, 22, 29

Come and join us as we explore the wonderful connection between our mind and body. When we think of the martial arts, a picture of Bruce Lee with his lightning fast fists may be what comes to mind, but did you know that there are other martial arts that can help us in our quest to find the peaceful balance we seek in our lives? Join this class as we explore those.

EAT WELL FOR LIFE

Third Thursday, 11 a.m.
Sept. 21, Oct. 19, Nov. 16, Dec. 21

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.

BOOK CLUB

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

Sept. 22, Oct. 27, Nov. 24, Dec. 22
 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.

PROGRAMS

BINGO

Mondays, 1 p.m.
Sept. 11, 25; Oct. 9, 23

EAT BETTER, FEEL BETTER

Second Tuesday of the
month, 11 a.m.

Sept. 12, Oct. 10, Nov. 14, Dec. 12
 LifeCare Alliance's 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 Tuesday of the month
Sept. 12, Oct. 10, Nov. 14, Dec. 12
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 Thursday of the
month, 11 a.m.-3 p.m.

Sept. 21, Oct. 19, Nov. 16, Dec. 21
 Call 614-261-5452 to schedule your appointment.

HISTORY ROUNDTABLE

Second Wednesday of
the month, 1 p.m.
Sept. 13, Oct. 11, Nov. 8, Dec. 13

UNDERGROUND RAILROAD

Second and fourth Monday
of the month, 6 p.m.

Sept. 11, Sept. 25, Oct. 9, Oct.
23, Nov. 13, Nov. 27, Dec. 11

Second Thursday of
the month, 1 p.m.

Sept. 14, Oct. 12, Nov. 9, Dec. 14
 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-October we will travel on the fourth Thursdays of the month leaving the center between 8-9 a.m. **These trips are only open to class members.** We will be studying Guersney County in September and Montgomery County in October. If you can't join in-person, join us via Zoom on Mondays and Thursdays. Please call 614-645-3106 for Zoom information.

LIFECARE ALLIANCE WELLNESS CENTER

Tuesdays and Fridays

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.

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GILLIE

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FITNESS ROOM

Monday and Wednesday

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

Tuesday, Thursday and Friday

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

TRIPS

Please see front desk receptionist for a travel catalog and more information on upcoming trips.

CIRCLEVILLE PUMPKIN SHOW

Thursday, Oct. 19, 9:30 a.m.

Cost: \$10

If you love pumpkin everything, join us for a fun trip to the Circleville Pumpkin Show. Registration begins Thursday, Oct. 5.

TRAIN RIDE ON THE LM&M RAILROAD WITH LUNCH AT THE HISTORIC GOLDEN LAMB

Friday, Oct. 20, 9 a.m.

Cost: \$98

This trip will include transportation to Lebanon via train departing at 11 a.m. We will then go 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 in the comforts of the historic beautiful Golden Lambs Presidents Room located upstairs. After lunch, 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. Check to see if we still have tickets.

Linden

1350 Briarwood Ave. | 43211

614-645-3067

Please see front desk receptionist or call the center for information on any upcoming programs, events and classes.

PROGRAMS

LIFECARE ALLIANCE MEALS

Wednesdays and Fridays,
10:30 a.m.-12:30 p.m.

EAT SMART, LIVE STRONG NUTRITION-OSU EXTENSION

Tuedays, 10-11 a.m.

This class provides tips on eating healthy.

CLASSES

BINGO

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

OPEN PICKLEBALL

Mondays, Wednesdays,
and Fridays, 12-2 p.m.

ADULT LINE DANCE

Wednesdays, 10 a.m.-12 p.m.

40+ DOUBLE DUTCH

Mondays, Wednesdays, and
Fridays, 6-8 p.m.

AFRICAN MOVEMENT

Saturdays, 12-1:30 p.m.

YOGA

Wednesdays, 5:30-6:30 p.m.

Marion Franklin

2801 Lockbourne Road | 43207

614-645-3160

PROGRAMS

LIFECARE ALLIANCE MEALS

(Dining Center)

Tuesdays, Wednesdays and
Thursdays, 11 a.m-1 p.m.

Nourishing the Human Spirit!
Registration is required.

BOOK CLUB DISCUSSION

(Center Library)

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

Sept. 13, Oct. 11, Nov. 8, Dec. 13

Please call the center for
the book of the month.

VETERANS AFFAIR/ACTIVITIES

Fourth Thursday of the
month, 12:30 p.m.

Sept. 28, Oct. 26, Nov. 23

We Can Help

The Department of Veterans Affairs runs programs benefiting veterans and family members. It offers educational opportunities and rehabilitation services, and provides compensation payments for disabilities or death related to military service. It also offers home loan guarantees, pensions, burials, and health care that includes the services of nursing homes, clinics and medical centers. Please call the center or Ajamu

614-208-5797 for more information.

WALK WITH A DOC

First and third Saturday of the month, 9–10 a.m.

Sept. 2, Sept. 16, Oct. 7, Oct. 21
Nov. 4 is the End of Season Celebration at Franklin Park Adventure Center. Call the center for more information or register at the front desk.

HEALTH & WELLNESS AT MARION FRANKLIN

Tuesdays and Thursdays, 8 a.m.-4:30 p.m.

Presented by LifeCare Alliance Wellness Center's Barbara Parker, RN. Call 614-645-7173 for more information or leave a voicemail at 614-437-2927.

COLUMBUS SPEECH & HEARING SERVICES

Second Thursday of the month, Sept. 14, Oct. 12, Nov. 9, Dec. 14

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.

EAT BETTER, FEEL BETTER

Third Tuesday of the month 11:15 a.m.-12:15 p.m.

Sept. 19, Oct. 17, Nov. 21, Dec. 19
Presented by LifeCare Alliance Wellness Center's Barbara Parker, RN. register at the front desk.

PAIN & CARE PARTNERING

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

Sept. 26, Oct. 24, Nov. 28
Presented by: LifeCare Alliance. Please register at the front desk.

THE CONVERSATION PROJECT

By appointment only

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, a living will and durable power of attorney (POA) for healthcare. This program is sponsored by LifeCare Alliance and presented by Barbara Parker, RN.

CLASSES

QIGONG WORKSHOP

Monday, Oct. 2, 2 p.m.

Qigong workshop this fall 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 register at the front desk.

MENTAL HEALTH FIRST AID

Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues. The program teaches people 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 Alliance, Barbara Parker, RN: 614-437-2927.

NUTRITION CLASS WITH OSU-SNAP-ED

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

SNAP-Ed works to provide participants with the tools and resources to improve their overall health and wellness and, in turn, improve their families' wellbeing. Through a series of 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. Please register at the front desk.

TRIPS

Register for trips at the front desk.

BREAKFAST & MOVIE FRIDAYS

Friday, Oct. 13, 9 a.m.

Cost: \$5 (Transportation only)

The 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, Sept. 27, 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

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MARION FRANKLIN

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then we grab lunch before heading back to share news of our finds. Please register at the front desk.

LACOMEDIA DINNER THEATER

Friday, Oct. 13, 7 a.m.

Springboro, Ohio

Cost: \$75

Taste of Broadway: Grumpy

Old Men: The Musical

Grumpy Old Men is the hilarious musical comedy about two aging men, Max and John – 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. **Hurry!! Tickets will Go Fast!!**

ROCK & ROLL HALL OF FAME

Friday, Sept. 22, 6 a.m.

Cleveland, Ohio

Cost: \$75

Let's Rock and Roll all the way to Cleveland, Ohio. Join us as we experience the wonderful world of music. If you love music and history, this is the trip for you. Please register at the front desk.

CIRCLEVILLE PUMPKIN SHOW

Friday, Oct. 20, 10 a.m.

Cost: \$10

Please register at the front desk.

I-X CENTER CHRISTMAS CONNECTION

Friday, Nov. 17, 6 a.m.

Cleveland, Ohio

The Christmas Connection is a festive marketplace where you can shop for holiday gifts, see works from local artisans, 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 at the show with hundreds of vendors to explore and unique features to enjoy. **Call the center for price. Hurry!!! This trip will fill up fast.**

DISNEY'S THE LION KING

Saturday, June 29, 2024, 2 p.m.

Ohio Theater

Cost: 117

Winner of six Tony Awards®, including Best Musical, *The Lion King* brings together one of the most imaginative creative teams on Broadway. Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. This is Disney's *The Lion King*, making its triumphant return to the Ohio Theatre! Tickets can be purchased at the Marion Franklin Community Center beginning Oct. 2, 2023.

TINA: THE TINA TURNER MUSICAL

Saturday, May 11, 2024, 2 p.m.

Ohio Theater

Tickets can be purchased at the Marion Franklin Community Center: Beginning Oct. 2, 2023. Call the front desk for cost.

Thompson

1189 Dennison Ave. 43201

614-645-3082

ANNOUNCEMENTS

SRC COMMITTEE MEETING

Third Thursday of the month, 11 a.m.

Sept. 21, Oct. 19, Nov. 16, Dec. 21

SENIOR FOOD BOXES

If you are registered for food boxes, check with the center regarding pick-up.

CLASSES

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

EVENTS

OPEN HOUSE: LUNCH & BINGO

Wednesday, Sept. 13, 12:30 p.m.

Cost: \$10

HARVEST LUNCHEON & BINGO

Wednesday, Oct. 25, 12:30 p.m.

Cost: \$10

THANKSGIVING POTLUCK LUNCHEON & BINGO

Wednesday, Nov. 15, 12:30 p.m.

Cost: \$10

HOLIDAY CRAFT & GIFT SALE

Saturday, Nov. 18, 9:30 a.m.

Tables are available to purchase for \$25.

FITNESS ROOM

Monday, 8 a.m.-5 p.m.

Tuesday - Friday, 8 a.m.-9 p.m.

Saturday, 9 a.m.-6 p.m.

TRIPS

Check with the Thompson Community Center about any upcoming trips.

Whetstone

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

ANNOUNCEMENTS

Check with Whetstone Community Center staff about Senior Trips and special events.

CLASSES

CHAIR AEROBICS

Tuesdays and Thursdays, 9 a.m.

Free

All participants must have a Leisure Card (free), which they can obtain from the front desk. You must scan the Leisure Card at the desk prior to each class. Chair Aerobics - video-based exercise class.

CANASTA

Tuesdays, 12 p.m.

Free

Canasta is a card game resembling rummy, using two packs. It is usually played by two pairs of partners, and the aim is to collect sets (or melds) of cards. All participants must have a Leisure Card (free), which can be obtained from the front desk. Participants must scan the Leisure Card at the front desk prior to each class.

SENIOR WII BOWLING

Wednesdays, 10:30 a.m.

Free

Play Wii bowling with your friends! All participants must have a Leisure Card (free), which they can obtain from the front desk. You must scan

the Leisure Card at the front desk prior to each class.

BRIDGE CLUB

Thursdays, 12 p.m.

Free

Registration required. Participants must scan the Leisure Card at the front desk prior to each class. Contract bridge, or simply bridge, is a trick-taking card game using a standard 52-card deck. In its basic format, it is played by four players in two competing partnerships, with partners sitting opposite each other around a table.

FEARLESS FALLING

Fridays, 9:30 a.m.

Cost: \$30

Safe falling skills and falling prevention exercises.

EUCHRE

Fridays, 12 p.m.

Cost: \$2

Euchre is a card game for two to four players. Registration is required to play.

PROGRAMS

ART - OPEN STUDIO 50+

Wednesdays, 11:30 a.m.

Free

Work on your own in your chosen medium to craft art. Participants must scan the Leisure Card at the front desk prior to each class. Art Open Studio for 50+. No instructors will be present.



2023 Senior Wellness Jamboree

The Senior Wellness Jamboree, sponsored by Dedicated Senior, is back for 2023!

Join your friends for a fun fitness walk with distances available for every fitness level. In addition to the walk, this free event allows participants to sample classes and activities, get tips and resources for a healthy lifestyle, as well as win prizes.

You will be able to enjoy music throughout the event, so make sure you keep your body moving to the beat. Free lunch and beverages will also be provided, so make sure to work up an appetite!

Preregistration for the event is not required, but is strongly encouraged. Priority for free lunch and beverages will be given to participants who have preregistered online.

Details for the Senior Wellness Jamboree can be found below:

Location: Franklin Park Adventure Center (1755 E. Broad St.)

Date: Friday, Oct. 6

Time: 9 a.m.-2 p.m.

For more information, including how to preregister online, visit ColumbusRecParks.com/Jamboree.