Marion Franklin Community Center





SUN MON TUE WED THU FRI SAT



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ColumbusRecParks.com

MONDAY



Activenet	Class/Activity	Time	Instructor	Location
99767	Indoor Walking	8:00am-9:00am	M. Scott	Gymnasium
99749	Cards & Conversation	8:30am-10:00am	Staff	Room #150
99751	Chair Yoga	9:00am-9:45am	Sheets	Auditorium
99747	Brain Aerobics (Skill Building)	9:15am-10:00am	M. Scott	Library
99773	Line Dance (Intermediate)	9:30am-10:30am	Bettis	Gymnasium
99750	Chair Volleyball	9:30am-10:30am	Williams	Room #131
99756	Tai Chi (Intermediate) \$35 Children of the Sun	10:30am-11:30am	Green	Room #150
99792	Scrapbooking (Open Lab)	10:30am-3:30pm	Staff	Room #104
99742	African Dance	10:45am-11:45am	Nkenchor	Multi-P Rm
99760	Everyday Sign Language	11:00am-11:45am	Sheets	Library
99774	Documentary Mini Series	11:30am-12:30pm	12/5	Lib/Canteen
99753	Tai Chi (Advanced) \$35 Children of the Sun	11:45am-12:45pm	Green	Room #150
99738	50+ Basketball (\$10 Sports Pass Required)	12:00pm-2:00pm	Sheets	Gymnasium
99782	No Sew Workshop	1:00pm-4:00pm	Open Lab	Canteen
99784	Open Cards	1:00pm-4:30pm	Staff	Room #150
99803	Underground Railroad (1st/3rd)	2:00pm-3:30pm	Марр	Library
99791	Qigong	2:30pm-3:30pm	Sheets	Auditorium

TUESDAY

99767	Indoor Walking	8:00am-9:00am	M. Scott	Gymnasium
99749	Cards & Conversation	8:30am-10:00am	Staff	Room #150
99740	Ab Workout (Medium Impact)	9:15am-10:15am	B. Smith	Multi-P Rm
99750	Chair Volleyball	9:30am-10:30am	Williams	Room #131
99781	National Arthritis Foundation Exercise Program	10:00am-11:00am	Parker, RN	Auditorium
99797	Step Aerobics: Every Tuesday & Thursday	10:30am-11:30am	V. Jones	Gymnasium
99754	Tai Chi (Beginners I) \$35 Children of the Sun	10:30am-11:30am	D. Green	Room #150
XXXXXX	Lifecare Lunch Program (Registration Required)	11:00am-1:00pm	Sheets/Scott	Canteen
99776	Men's Line Dance - Intermediate	11:15am-12:15pm	J. McKelvey	Auditorium
XXXXXX	AARP: Presentation(CTC)	11:15am-12:15pm	AARP	XXXXXX
99745	Bingo & Lunch (1st) Lifecare Alliance	11:15am-12:15pm	M. Scott	Canteen
99802	The Conversation Project (2 nd) Lifecare Alliance	11:15am-12:15pm	Parker, RN	Appt. Only
99758	Eat Better Feel Better(3 rd) Lifecare Alliance	11:15am-12:15pm	Parker, RN	Library
99785	Pain Care (4 th) Lifecare Alliance	11:15am-12:15pm	Parker, RN	Library
99755	Tai Chi (Beginners II) \$35 Children of the Sun	11:45am-12:45pm	Green	Room #150
99788	Pickleball (\$10 Sports Pass Required)	12:00pm-2:00pm	Sheets	Gymnasium
99775	Line Dance	1:00pm-2:00pm	Baker	Auditorium
99784	Open Cards	1:00pm-4:30pm	Staff	Room #150
99736	"Fall" Paint & Sip Class	2:00pm-3:30pm	Dickenson	Room #104
99739	50+ Pottery/Clay	2:30pm-4:00pm	Sheets	Room #104B
99806	Xtreme Hip Hop Step Aerobics (A)	6:30pm-7:30pm	V. Jones	Auditorium















WEDNESDAY



99767	Indoor Walking	8:00am-9:00am	M. Scott	Gymnasium
99749	Cards & Conversation	8:30am-10:00am	Staff	Room #150
99747	Brain Aerobics (Exercise)	9:15am-10:00am	Sheets	Library
99773	Line Dance (Intermediate) Progressive	9:30am-10:30am	Bettis	Gymnasium
99756	Tai Chi (Intermediate) \$35 Children of the Sun	10:30am-11:30am	Green	Room #150
99742	African Dance	10:45am-11:45am	Nkenchor	Auditorium
XXXXXX	Lifecare Lunch Program (Registration Required)	11:00am-1:00pm	Sheets/Scott	Canteen
99753	Tai Chi (Advanced)	11:45am-12:45pm	Green	Room #150
99738	50+ Basketball (\$10 Sports Pass Required)	12:00pm-2:00pm	Sheets	Gymnasium
99793	Script (Drama) Reading (1st)	12:30pm-2:30pm	Terri "tj" Lynn	Library
99746	Book Club (2 nd)	1:30pm-4:00pm	Talley	Library
99784	Open Cards	1:00pm-4:30pm	Staff	Room #150
99737	50+ Arts and Crafts Class	2:30pm-4:00pm	Sheets	Room #104B
99759	Evening Line Dance (A)	Wed. 6:00p-7:30p	Bettis	Gymnasium

THURSDAY

99767	Indoor Walking	8:00am-9:00am	M. Scott	Gymnasium
99749	Cards & Conversation	8:30am-10:00am	Sheets	Room #150
99740	Ab Workout (Medium Impact)	9:15am-10:15am	B. Smith	Gymnasium
99747	Brain Aerobics (Skill Building)	9:15am-10:00am	M. Scott	Library
99781	National Arthritis Foundation Exercise Program	10:00am-11:00am	Parker, RN	Auditorium
99754	Tai Chi (Beginners I) \$35 Children of the Sun	10:30am-11:30am	Green	Room #150
XXXXXX	Lifecare Lunch Program (Registration Required)	11:00am-1:00pm	Sheets/Scott	Canteen
99783	Nutrition Class w/ OSU-SNAP-Ed	11:00am-12:00pm	Sheets	Canteen
99776	Men's Line Dance- Intermediate	11:15am-12:15pm	McKelvey	Multi-P Rm
99755	Tai Chi (Beginners (II) \$35 Children of the Sun	11:45am-12:45pm	Green	Room #150
99788	Pickleball (\$10 Sports Pass Required)	12:00pm-2:00pm	Sheets	Gymnasium
99804	Veterans Affairs (4 th)	12:30pm-1:30pm	Brown	Library
99775	Line Dance	1:00pm-2:00pm	Baker	Auditorium
XXXXXX	Columbus Speech & Hearing (2 nd) (Testing)	Appt.Only-(614 261-5453)	CS&HC	Library
99784	Open Cards	1:00pm-4:30pm	Staff	Room #150
99739	50+ Clay/Pottery	2:30pm-4:00pm	Sheets	Room #104
99806	Xtreme Hip Hop Step Aerobics (A)	6:30pm-7:30pm	V. Jones	Auditorium

FRIDAY

99767	Indoor Walking (Open)	8:30am-10:30am	M. Scott	Gymnasium
99751	Chair Yoga	9:00am-9:45am	Sheets	Auditorium
99747	Brain Aerobics (Exercise)	9:15am-10:00am	M. Scott	Library
99750	Chair Volleyball	9:30am-11:00am	Williams	Room #131
99744	Line Dance	11:00am-12:00n	Baker	Auditorium
99760	Everyday Sign Language	11:00am-11:45am	Sheets	Library















99794	Sewing 101	12:30pm-3:30pm	Francis	Room #150
99788	Pickleball (\$10 Sports Pass Required)	1:00pm-3:00pm	Terlecky	Gymnasium
99799	Table Tennis (Open)	1:00pm-3:00pm	Staff	Auditorium
99766	Indoor Plants	2:30pm-4:00pm	Sheets	Room #104
99752	Chess Program E/T/A/50+	2:30pm-5:30pm	E. Smith	Library

AFTERSCHOOL REC CLUB (ARC) / CAPITAL KIDS PROGRAMS

Afterschool REC Club @ the Marion Franklin Community Center
We are holding afterschool programming beginning Tuesday, September 5. We will provide academic
assistance as well as a safe place to do homework, play games and enjoy other enrichments activities. If
you are interested in learning more details, please call Felisa Provo at 614-645-5456.

XXXXXX	Capital Kids (K-8 grade)	M-F 3:00pm-6:00pm	Provo	CK Rm
XXXXXX	Fitness Activity	M-F 3:00pm-3:30pm	Staff	Gymnasium
XXXXXX	Academic Assistance	M-F 3:30pm-4:00pm	Staff	CK Rm
XXXXXX	Snack	M-F 4:00pm-5:00pm	Staff	Canteen
XXXXXX	Enrichment (Gym) Activities	M/Fr 5:00pm-5:45pm	Staff	Gymnasium
XXXXXX	Art: Diamond Painting	Tu/W/Th 5:00p-6:00p	Staff	Art Room
99800	Teen Basketball (13-18yrs)	Mon. 5:30pm-7:30pm	Johnson/Lane	Gymnasium
99780	Music Appreciation (Beginners) (E)	Tu/Th/4:00pm-5:00p	Outreach	Room #104B
99789	Poetic Journaling (E/T)	Tu/Th 4:30pm-5:30p	Singleton	Library
99752	Chess Program (E/T)	Tu/Fr 4:00p-5:00pm	E. Smith	Canteen
99795	Skills & Drills/Basketball Conditioning (E)	Tu/Th 4:30pm-5:45p	Johnson	Gymnasium
99743	Art Class (E)	Tu/Th 4:30pm-5:30p	Dickenson	Room #104A
99789	Study Table (E/T)	Tu/Th 4:30pm-7:00p	Terlecky	XXXXXX
99790	Pre-Dance (4-6yrs)	Tu/Th 5:45pm-6:30p	Hartway	Multi-P Rm
99769	Jazz/Ballet Medley I (7-10yrs)	Tu/Th 6:00pm-7:15p	Hartway	Multi-P Rm
99762	Girls Empowerment Program (10-16yrs)	Tu/Th 5:00pm-6:00p	Adams	Room #104B
99777	Mime Class (E/T/A)	Tu/Th 5:45pm-6:30p	Brown	Room #150
99770	Dance-Intermediate (11-15yrs)	Tu/Th 6:00pm-7:15p	Reeves	Multi-P Rm
99800	Teen Basketball (13-18yrs)	Tu/Th 6:00pm-7:30p	Johnson	Gymnasium
99771	Karate Class (E/T)	Tu/Th/6:30pm-7:30p	Hunter	Room #131
99768	Inspirational Dance	Tu/Th 6:45pm-7:30p	Brown	Room #150
99779	Music 101 Reading Music & Recorder Lessons	Wed/Fri 4:00p-5:00p	Freeman	Room #104B
99796	Skills & Drills/Soccer for Success	Wed. 4:30pm-5:30p	Terlecky	Gymnasium
99761	Girl Scouts: Daisies K-1grade	Wed. 5:00pm-6:00p	P. Holley	Library
99772	Boys Empowerment (T)	Wed. 5:30pm-7:00p	Johnson/Lane	Weight Rm
99765	Home Economics for Teens	Wed. 5:45pm-7:30p	Adams	Multi-P Rm
99798	Study Table (Grades 9-12)	Wed. 6:15pm-7:30p	Terlecky	Room #104B
99748	Cardio Drumming (T/A)	Wed. 6:45pm-7:45p	Purdue	Multi-P Rm
99764	Hip Hop Male Dancers (9yrs-Young Adults)	Thurs. 6:00pm-7:00p	Hartway	Multi-P Rm
99801	Teen Financial Literacy Prog.: Me&Money	Thurs. 6:15pm-7:15p	Chase Bank	December 6
XXXXXX	Performing Arts Program	Fri. 5:00pm-6:30pm	Hartway	Multi-P Rm







99807	Young Adult Soccer	Fri. 6:00pm-7:30pm	Cardenas	Gymnasium
99805	Walk With A Doc (April 1-October 28)	Sat. 9:00am-10:00am	Terlecky	Outdoors
99741	Adult Basketball (\$10 Sports Pass)	Sat. 10:00a-12:00pm	Johnson/Lane	Gymnasium
99794	Adult Sewing Class	Sat. 10:00a-12:00pm	Francis	Room #150
100064	Cooking Class (11-16yrs)	Sat. 10:00a-12:00pm	SSKH	Aux. Kitchen
99800	Teen Basketball	Sat. 12:15p-2:15pm	Johnson	Gymnasium
99752	Chess Program E/T/A/50+ (Open Lab)	Sat. 1:00pm-3:30pm	Smith	Library
99787	Pickleball (A)	Sat. 2:30pm-3:30pm	Terlecky	Gymnasium
XXXXXX	Girl Scouts	Sat. Special Events	Oh. Heartland	Auditorium
99757	Double Dutch (Beginners)	Sat. 2:00pm-3:00pm	Terlecky	XXXXXX
99768	Inspirational Dance	Sat. 2:30pm-3:30pm	Brown	Multi-P Rm

Curb Ball Games at the *Marion Franklin Community Center* gives the city an opportunity to take a trip down memory lane with this throwback inner city game. Players of all ages are welcome to join in on the fun. For more information contact the center or Donte' Cook: intercitystudios3@gmail.com

SAFETY PROTOCOL

- All registered program participants must check in/get their leisure card scanned at the front counter.
- All Participants must enter and exit through the front doors only. Other exits are marked as emergency exits only.
- Stand-alone hand & wall-mount hand sanitizing dispensers are available in classrooms and hallways.

MEMBERSHIP & PASSES

Leisure Cards Required

All participants are required to have a leisure card to participate. A leisure card is free, lasts for three years and comes in the form of a key tag. Participants will need to fill out a "Participation Information Form" and show I.D. in order to create a new account or update an old account.

Sports Pass: \$10.00 Each Session

Marion Franklin's open sports are Basketball, Badminton, Pickleball and Volleyball. Not all are offered year round.

- You must have a Sports Pass in order to participate.
- Please register for a Leisure Card and a Sports Pass

https://apm.activecommunities.com/columbusrecparks/Home

<u>Fitness Rooms: Operating hours are 10 minutes after opening to 30 minutes before closing</u> Passes: Session, Annual or One Day

- ✓ Age 49 and under: Session Pass (Winter, Spring, Summer etc.)-\$15 Annual Pass-\$60
- ✓ Age 50+: Session Pass (Winter, Spring, Summer etc.)-\$10 Annual Pass-\$40.00
- ✓ Day Passes: \$1.00, must be used on the day of purchase.
- Our Cardio and Weight Rooms are open for participants who have a current Fitness Pass/Membership.
- A shirt is required when using the Weight or Cardio Rooms at Marion Franklin.



- Please register for a Leisure Card and a Fitness Pass at https://apm.activecommunities.com/columbusrecparks/Home
- All members must complete an updated waiver form. Forms can be obtained at the front desk.

Refund Policy

- A 100% refund will be given only if you withdraw from a class before its start date.
- If you withdraw prior to the second class, a 50% refund will be given.
- No refunds are available after the second class unless extraordinary circumstances apply.

Center Closures

Friday, November 10th -Veteran's Day/Thursday, November 23rd -Thanksgiving Holiday Monday, December 25th -Christmas Holiday.

SPECIAL CENTER PROGRAMS

Lifecare Alliance Meals – Dining Site

Every Tuesday/Wednesday/Thursdays from 11:00 a.m.-1:00 p.m.

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

Walk With a Doc 2023 Season

November 4 is the End of Season Celebration at Franklin Park Adventure Center. Please call the center for more information.

Boys Empowerment: Ages 14-18yrs/Every Wed. 5:30 p.m.-7:00 p.m.

Our goal this Fall II session is to begin to develop "Health Habits" with emphasizes on good nutrition, regular physical activity and improved overall well-being.

Home Economics for Teens

In this 7 week course students will learn basic home economic skills such as budgeting, cooking and meal planning, money saving strategies, managing schedules, child care, sewing basics and more.

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 Nurse, Barbara Parker: 614-437-2927.**

Capital Kids

Capital Kids is an enrichment program for children in grades K-5. Hours of operation are 3pm-6pm. For more information contact: **Felisa Provo @ 614-645-5456.**

Nutrition Class w/OSU-SNAP-Ed

Every Thursday 11:00 a.m.-12:00 p.m.

Free

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



TRIPS/EVENTS

Trip Refund Policy

Refunds are issued if the reservations is filled by another participant or if the center cancels the trip. If you must cancel a reservation, please let the center staff know as soon as possible. All refund questions will be handled by the center staff person in charge of the trip.



Shopping & Lunch Trip \$35

Cincinnati, Ohio 11/7/23 6:00 a.m.

Jungle Jim's International Market/Premium Outlet/Pappadeaux Seafood Kitchen



I-X Center Christmas Connection \$65

Cleveland, Ohio 11/17/23 6:00 a.m.

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!



Disney's The Lion King

Saturday, June 29, 2024 2p.m. Monday, July 1 @7:30pm Cost: \$117 Mezzanine Cost: \$90 Orchestra

Tickets can be purchased at the Marion Franklin Center: **Beginning Oct. 2, 2023.** Disney's THE LION KING, making its triumphant return to the **Ohio Theatre!**



TINA- The Tina Turner Musical

Saturday, May 11, 2024 2p.m. Cost: \$126 Loge \$117 Mezzanine

Tickets can be purchased at the Marion Franklin Center: Beginning Oct. 2, 2023.

Tickets can 50+ Thanksgiving Meal

Wednesday, November 15 11:30p.m.

Please register at the front desk: Deadline-11/13

Youth Thanksgiving Meal

Thursday, November 16 5:30p.m.

Please register at the front desk: Deadline-11/14

CHECKMATE: Holiday Chess Social

Tuesday, December 5

50+ 2:30p.m.-3:30p.m./Youth 4:00p.m.-5:00p.m. Please register at the front desk: Deadline-11/30

50+ Santa's Workshop: DIY
Wednesday December 6

Wednesday December 6

2:30p.m.

Please register at the front desk to get project

information: Deadline-12/1

50+ Ugly Sweater Social

Friday, December 8 Cost \$10 (Includes meal) 11:30a.m.

Please register at the front desk: Deadline-12/4

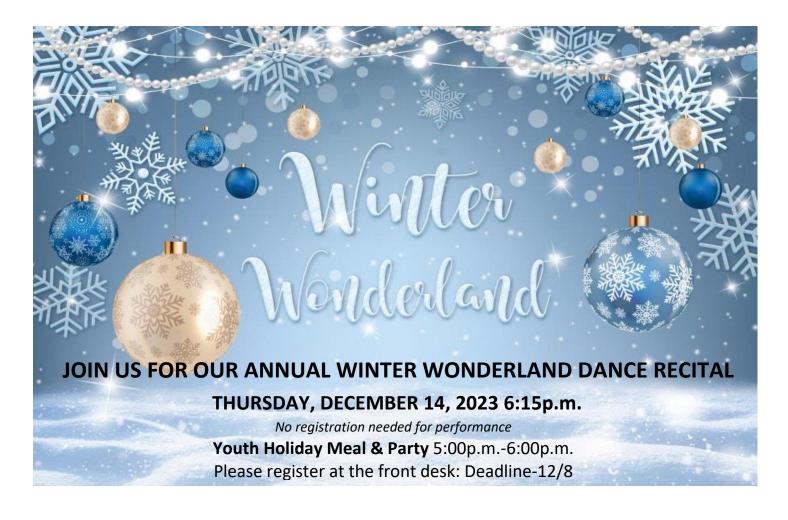
50+ Holiday Meal

Wednesday, December 13

Please register at the front desk: Deadline-12/8

ColumbusRecParks.com





Happy Holidays

From The Marion Franklin Staff

