

Fifty PLUS

WINTER 2024

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

Register for Winter Session!

Join us for the **Winter Session** 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.

Registration: **Tuesday, Jan. 9, at 12:30 p.m.**
Session Dates: **Jan. 16 – Mar. 9**

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:

- **New Year's Day | Monday, Jan. 1**
- **Martin Luther King Day | Monday, Jan. 15**
- **Presidents Day | Monday, Feb. 19**
- **Memorial Day | Monday, May 27**

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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The Importance of Caregiving

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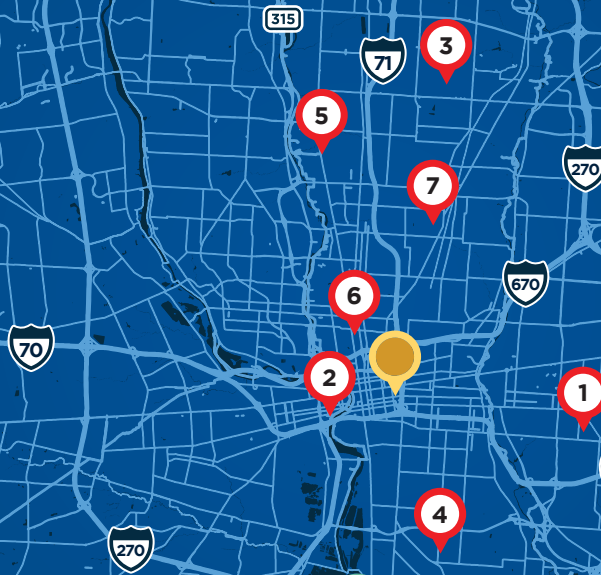
2023 Senior Wellness Jamboree

See Page 12

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

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 | | |

JOIN THE VIRTUAL DEMENTIA SUPPORT GROUP

Central Ohio Area Agency on Aging (COAAA) hosts workshops and support groups to help caregivers.

The Virtual Caregiver Support Group helps family and friends of individuals with dementia. The group is conducted by trained facilitators and helps attendees build a support system with people who have an understanding of how to deal with patients with dementia.

This free group meets virtually each Monday from 10 am-11:30 am on Zoom. To receive information on virtual meetings, email or call Paula Taliaferro MGS, LSW (ptaliaferro@coaaa.org, 614-645-7300) or Lynn Dobb, MSW, LISW-S (Ldobb@coaaa.org, 614-645-3885).

The Importance of Caregiving

BY COAAA

Caregiving is something that can happen in any moment, when least expected, or gradually, over a period of time. In either case, we know that Caregivers need relief and support; caregivers have the propensity to experience burnout; and that most caregivers are not paid for their services. According to a recent article in AARP, "Care provided by millions of unpaid family caregivers across the U.S. was valued at \$600 billion in 2021 and in Ohio alone, the value of care provided is over 21 Billion (Horovitz, 2023)."

For some families, there is no amount of money that can be placed on the love, time, energy, sacrifice, and at times; heartbreak, that comes with care provided for their loved ones. Caregiving can be both rewarding and tough!

Central Ohio Area Agency on Aging (COAAA) partner with eight surrounding counties (Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway, Union) to provide services and support for caregivers under the National Family Caregiving Support Program (NFCSP). Some of those services are in-home-respite, institutional respite, medical

equipment and supplies, support groups, and counseling for the caregiver. We know that caregivers experiencing burnout and having issues with their own health, can create barriers in their ability to serve their loved ones well. Therefore, we also offer tools and education, such as the Caregiver Toolbox Guide and Trualta. The Caregiver Toolbox Guide has information provided on step by step instructions on 30 topics that are essential in the role of a caregiver. Trualta, on the other hand, is web-based; available 24-7, and provides instructional videos, tips, and educational modules on variety of topics Burnout prevention to learning how to cope with a loved with a Dementia diagnosis.

The saying "it takes a village," holds true in various aspects of from life, and especially in caregiving. Therefore, you do not have to do caregiving alone! If you are interested in allowing COAAA to be a part of your village, contact the Caregiver Program Manager, Tammy Smith, MSW, LSW at 614-645-7705.



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

Feb. 15

Registration: On-site/in-person

MOBILE PRODUCE MARKET

Second Friday of the month
3-5 p.m. (or until produce runs out)
Jan. 12, Feb. 9, March 8

PROGRAMS

STAY YOUNG, STAY FIT

Tuesdays and Thursdays, 9 a.m.

BEGINNING LINE DANCE

Mondays and Wednesdays,
10:15 a.m.

INTERMEDIATE LINE DANCE

Mondays and Wednesdays,
12:15 p.m.

CERAMICS

Thursdays and Fridays, 11:30 a.m.
Fee to be determined

SOCIAL SEWING

Tuesdays and Thursdays, 1:30 p.m.

GENTLE STRETCH AND RELAXATION

Tuesdays, 10:30 a.m.

STRETCH + FLEX

Tuesdays, 10 a.m.

LINE DANCING

Tuesdays and Thursdays, 6:30 p.m.

SENIOR CARDS

Mondays, 6:30 p.m.

Dodge

667 Sullivant Ave. | 43215
614-724-8151

ANNOUNCEMENTS

SENIOR RECREATION COUNCIL (SRC) COMMITTEE MEETING

Third Tuesday of the month, 1 p.m.

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

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.

DIVINE DIGNITY

(Previously God's Hygiene Closet)

**Third Friday of the month,
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

Wednesdays, 1 p.m.

Free

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

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

EAT WELL FOR LIFE

Third Tuesday of the month, 11 a.m.

Join this monthly nutrition class just for seniors! You will learn about nutrition topics specific to staying healthy for a long life. On Jan. 18 we will discuss the Biggest Nutrition News from 2023 and Feb. 15 we will talk about Fast Food Facts.

AARP INCOME TAX ASSISTANCE

**Wednesdays, beginning
Feb. 7, 9 a.m.-3 p.m.**

By appointment only. Please call 614-645-3106 or stop at the front desk beginning Wednesday, Jan. 17 to reserve your time.

23 YEARS OF FUN! ANNIVERSARY WEEK OPEN HOUSE

Jan. 22-26

Join us as we turn 23! We are opening our doors to the public and showing off the many classes and programs that we have to offer. Each day, we will have fun demonstrations of our art, fitness and educational classes. Why not learn a few tips for Pickleball or even something new like chair volleyball? We will have cake and ice cream after lunch on Tuesday, Jan. 23 to celebrate. Invite your family and friends.

VETERANS GROUP

No meetings in January or February. Call Gillie Community Center for other dates.

FAT TUESDAY BRUNCH

Tuesday, Feb. 13, 11:30 a.m.

Join us as we celebrate Mardi Gras with a Pancake Brunch special and dance to some great Jazz music provided by our DJ. No tickets are needed, regular prices apply.

UKRAINIAN EGG PAINTING WORKSHOP

**Fridays, March 1, 8, 15,
22, 10 a.m.-2 p.m.**

In Ukraine, Easter egg decorating is an important art form that dates back centuries. Known as pysanky, these Ukrainian Easter

eggs are decorated with stunning motifs often taken from Slavic folk art. Join Val Hinterschied and learn how to make unique and fascinating pieces of art using eggs. All materials provided. Register at the front desk, space is limited.

ST. PATRICK'S DAY LUNCH

Thursday, March 14, 11:30 a.m.

Wear your green and join us for some corned beef and cabbage. You could win a prize for your best outfit or Irish Jig. No tickets are needed, regular prices apply.

ANNUAL LINE DANCE JAMBOREE

**Saturday, March 9,
10 a.m.- 3 p.m.; check
in at 9:30 a.m.**

**Cost: \$18 with lunch or
\$12 dance only**

Celebrate the "wearing of the green" by donning your best green outfit and we'll have plenty of fun! Enjoy as different instructors from all over the state bring new music and dances. There will be cues and step sheets, great food and wonderful door prizes to round out the day. Group registration is encouraged. **Register by Tuesday, March 5 for lunch.**

CLASSES

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

COFFEE & CONVERSATION

Mondays, 10 a.m.

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GILLIE

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POET'S CIRCLE

**Wednesdays, starting
Jan. 11, 1:30-3 p.m.**

Are you a poet and don't know it? Give in to your poetic self and share your talents of expression through the art of poetry.

PROGRAMS

BINGO

**Mondays, Jan. 8, 22 and
Feb. 12, 26, 1 p.m.**

NEW! HEALTH CHAT (FORMERLY EAT BETTER, FEEL BETTER)

**Second Tuesday of the
month, 11 a.m.**

Jan. 9, Feb. 13, March 12

Our LifeCare Alliance Nurse Peggy Parisot, RN will focus on the ever-changing health issues in the news like new medicines, treatments and other health topics.

ALZHEIMER'S ASSOCIATION

**Second Tuesday of the month
Support Group: 12 p.m.**

Jan. 9, Feb. 13, March 12

Everyone is invited.

Private Consultations: 1:30-4 p.m.
for self or caregiver. Call 614-457-6003 to schedule your appointment.

UNDERGROUND RAILROAD

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

Jan 8, 22, and Feb. 12, 26,

**Second and fourth Thursday
of the month, 1 p.m.**

Jan. 11, 25 and Feb. 8, 22,

We study American History through the eyes of the conductors, agents and freedom seekers who were a part of the Underground Railroad. We will be studying the following topic: Ohio Underground Railroad Sites. You may join us on Zoom if you can't come in person; please call 614-645-3106 for the Zoom link.

LIFECARE ALLIANCE WELLNESS CENTER

January: Mondays and Tuesdays

February: Tuesdays and

Wednesdays

The LifeCare Alliance Wellness Center is open to assist you with your health care needs. Please call Peggy Parisot, RN at 614-437-2811 for more information and to make an appointment. Starting in February, the nurse will see clients on Tuesdays and Wednesdays.

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.

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

Tuesdays, 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.

Jan. 10, Feb. 14, March 13

Please call the center for the book of the month.

VETERANS AFFAIR & ACTIVITIES

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

Jan. 25, Feb. 22, March 28

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 guaranties, 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.

HEALTH & WELLNESS AT MARION FRANKLIN

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

Lifecare Alliance Wellness Center
- Nurse Barbara Parker, RN
Office: 614-645-7173
Voicemail: 614-437-2927

COLUMBUS SPEECH & HEARING SERVICES

Second Thursday of the month, Jan. 11, Feb. 8, March 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.

Jan. 16, Feb. 20, March 19

Presented by LifeCare Alliance Wellness Center's Barbara Parker, RN. Please register at the front desk.

PAIN & CARE PARTNERING

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

Jan. 23, Feb. 27, March 26

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, 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.

CLASSES

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.

INTEREST MEETING: STAINED GLASS CLASS

Thursday, Feb. 1, 11 a.m.

Are you interested in taking a stained glass class? Marion Franklin is considering offering a beginner level stained glass art class in the spring/summer. In order to

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MARION FRANKLIN

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assess viability, we are asking that individuals with serious interest contact Scott at the center to pre-register 614-645-3160. More details about the class are: cost \$15 for lab fees, students will be required to procure additional materials (copper foil tape and solder, which costs approximately \$35 prior to class. Class will meet one time per week for 3 hours. Students will be able to make up to two beginner level projects to take home per session.

QIGONG WORKSHOP

Monday, Feb. 12, 2 p.m.

Qigong workshop this winter 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.

SIP & SEW

Friday, Feb. 16, 12:30 p.m.

Bring your project and get some uninterrupted sewing time. We provide the beverages and a snack. Spots are limited. Got a problem project? We're here to help. Or, if you just want some quiet time to

catch up and enjoy the company of other sewers, this is for you! For more information, please call the center. Vernita Francis, Instructor.

VALENTINE'S DAY SWEETS FOR THE SWEET

Wednesday, Feb. 14

Free Candy Giveaway. Please register at the front desk. Deadline: Friday, Feb. 9, 2024 no exceptions.

BLACK HISTORY MONTH CELEBRATION

Wednesday, Feb. 21, 11:30 a.m.

Cost: Lunch \$10

Join us for the many shades of history through song and dance. For more information call the center.

Deadline for lunch ticket: Thursday, Feb. 15

TRIPS

Register for trips at the front desk.

SCAVENGER HUNT

Wednesday, March 27

Cost: \$5 (Transportation only)

Join us as we head out to hunt down deals in the Columbus area and enjoy a nice meal together. Please register at the front desk.

LACOMEDIA DINNER THEATER

Friday, March 29, 7 a.m.

Springboro, Ohio

Cost: \$75

Taste of Broadway: Westside Story

Two feuding street gangs, the Jets and the Sharks, are on a collision course in the gritty slums of

New York City. Out of the chaos, a passionate romance blooms between Tony and Maria, teenagers caught on opposite sides of the turf war. Winner of 10 Academy Awards® and two Tony Awards, Leonard Bernstein's West Side Story is one of the all-time great American musicals. Hurry! Tickets will go fast.

BREAKFAST & A MOVIE

Friday, April 12

Columbus Area

Join us we head to Cracker Barrel breakfast for Breakfast then to the movies. The movie we see will be determined a week prior, based on showings and times. Please register at the front desk.

TINA: THE TINA TURNER MUSICAL

Saturday, May 11, 2 p.m.

The Ohio Theater

Cost: \$126 Loge; \$117 Mezzanine

Tickets can be purchased at the Marion Franklin center. Please call for more information

Thompson

1189 Dennison Ave. 43201
614-645-3082

ANNOUNCEMENTS

JANUARY LUNCHEON & BINGO

Wednesday, January 17, 12 p.m.

Price: \$10

Join us for lunch and bingo.

VALENTINE'S DAY LUNCHEON & BINGO

Wednesday, February 14, 12 p.m.

Price: \$10

Join us for lunch and bingo.

ST. PATRICK'S DAY LUNCHEON & BINGO

Wednesday, March 13, 12 p.m.
Price: \$10

Wear your green and join us for some corned beef and cabbage and potatoes. Bingo to follow lunch.

SRC COMMITTEE MEETING

Third Thursday of the month, 11 a.m.
Jan. 18, Feb. 15, March 21

SENIOR FOOD BOXES

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

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

Lifelike bowling with your friends using the Wii! No classes. 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

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. Registration required. Participants must scan the Leisure Card at the front desk prior to each class.

PICKLEBALL 3.5 AND BELOW

Each class costs: \$10
Sports pass is required.

Mondays 10 a.m.
Tuesdays 10 a.m.
Fridays 10 a.m.

PICKLEBALL 4.0 AND UP

Each class costs: \$10
Sports pass is required.
Mondays 12:30 p.m.
Tuesdays 12:30 p.m.
Fridays 12:30 and 7 p.m.

FEARLESS FALLING

Fridays, 9:30 a.m.
Cost: \$30
Safe falling skills and falling prevention exercises.

EUCHRE

Fridays, 12 p.m.
Cost: \$2

A card game in which each player is dealt five cards and the player making trump must take three tricks to win a hand. Must register 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.

Thanks to All of Our Adopt a Center Sponsors

Each holiday season, generous groups, organizations, businesses and individuals make the holiday season brighter for those in need in our community through the Adopt a Center program. Sponsors 'adopt' a community center and provide gifts and meals that are distributed at a group meal, holiday party or other community event.

The goal is to relieve some of the financial burden many families experience during the holidays and make sure every child in our community is able to experience the magic of receiving a gift during the holiday season.

Almost all of Columbus Recreation and Parks' community centers are located in high poverty areas. Community members look to our centers as a safe place for their children and families to play, learn, and participate in fitness, recreation and more. People also count on our centers for assistance and referrals when times are tough.

We want to extend a big thank you to our wonderful partners who made this year's Adopt a Center program such a success! Almost 6,000 hot meals were distributed and thousands of children were provided warm winter items and gifts for the holiday. A special thanks to the following

sponsors who made Adopt a Center 2023 possible:

- Amerihealth Caritas
- AEP
- Boar's Head
- Columbia Gas
- CareSource
- Columbus Crew
- Crane Group
- Crowe LLP
- Dedicated Senior
- Encova
- Irvin PR
- In the Numbers
- Lindy Infante Foundation
- Look Ma' No Hands
- T&M Associates
- Grove City Vineyard
- Walmart
- Advanced Engineering Consultants

If you are looking to get involved in Adopt a Center, you can help our community centers in one of the following ways:

- **Making a financial donation.**
Donations will be used to purchase toys, food and other needed items for children and families.
- **Purchasing a wish list item.**
Visit our Amazon Wishlist and purchase an item(s) for a family or child in need.

- **Adopting a community center.** Your organization or company can contribute through monetary or in-kind donations. Sponsorships range from \$1,000 to \$10,000. For questions and to learn more, please email Alaina Reimer at ALReimer@columbus.gov.

If you're interested in supporting Adopt a Center in the future, head over to CRPFoundation.org/AdoptaCenter to learn more. Help make a difference in someone's life!



CROSSWORD

THEME:

Year-in-Review

ACROSS

1. *Herald, Idalia or Ophelia
6. Do this in the bud
9. Parts of play
13. Cocoon dwellers
14. Paleozoic or mesozoic, e.g.
15. Alexandre Duma's "The Black ____"
16. Concerning, archaic
17. Talking Heads' "And She ____"
18. Give a speech
19. *2023 World Series winners
21. *Imploded submersible's destination
23. *Kali Uchis' "I Wish ____ Roses"
24. Don't step on it twice!
25. *Ryan Gosling's #48 Across role
28. Winter window picture
30. Imprisons
35. Aphrodite's son
37. Hindu serpent deity
39. Toughness
40. Angler's hope
41. Stephen Curry, e.g.
43. Opposed to
44. Tastes like lemon
46. Seven-year desire
47. Turf alternative
48. *Highest-grossing 2023 movie to-date
50. Chris Hemsworth's repeating role
52. Auction batch
53. Cheese on Peloponnese

55. Kombucha, e.g.
57. *Retired media magnate
61. *King Charles III's Royal House
65. On the radio (2 words)
66. *Ryder Cup 2023 runner-up
68. 1000 kilograms
69. "Beat it!"
70. Lake, in France
71. Manila hemp
72. Foot digits
73. Freudian topic
74. Runner

DOWN

1. Joust verbally
2. Cat food flavor
3. Word before sesame
4. Gangly
5. Type of shower
6. *Company from which #57 Across retired, ____ Corp
7. Nest egg, acr.
8. Trattoria staple
9. Sign of a saint
10. Kin group
11. South American monkey
12. Design detail, for short
15. Sacred objects on a pole
20. Bitterly regretting
22. Dwight D. Eisenhower
24. Boat race
25. Meat on a stick
26. "Fear of Flying" author Jong
27. Post-it user
29. *Site of tragic wildfires
31. Objectivity preventer

CROSSWORD														
1	2	3	4	5		6	7	8		9	10	11	12	
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48					49		50			51		52		
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57	58	59	60					61				62	63	64
65						66	67			68				
69						70				71				
72						73				74				

SWITCH & GET \$25

Off First Month of New Service!
USE PROMO CODE: **GZ590**

Consumer Cellular

CALL CONSUMER CELLULAR **888-804-0913**

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32. Declare invalid
33. Like 1950s style, today
34. *"The Eras Tour" star
36. Balkan native
38. St. Louis attraction
42. Hindu garment
45. Combining two forms
49. What kneecap and leech have in common
51. Airbnb offering
54. Northernmost land, to the ancients
56. a.k.a. adobar or carne de vinha d'alhos
57. Lion's share
58. Beyond natural, in U.K.
59. Steak preference
60. Days, in Havana
61. *Showtime's "____": The Aftermath"
62. Certain social media message
63. A third of thrice
64. Infantry's last rows
67. *____-AFTRA



Join the FiftyPlus Program

Are you already a member of the FiftyPlus program? By becoming a member of Columbus Recreation and Parks' FiftyPlus program, you can gain access to some of the moderate to high activity programs available, as well as some active relaxation programs.

Membership is free and all members have access to senior fitness centers as well as to the senior sports programs. Sound interesting? If so, sign up for this great membership at any of the following community centers:

- Barnett
- Dodge
- Gillie
- Linden
- Marion Franklin
- Thompson
- Whetstone

Some of the additional benefits include priority for vacationing and educational trips; priority registration for all FiftyPlus classes and activities; and membership to any of the 50+ centers and all four multi-generational facilities.

Registration must be renewed at your community center every January. A Columbus Recreation and Parks Leisure Card is also required, and registration must be completed in person.

Receive the FiftyPlus Newsletter by Email

The FiftyPlus Newsletter will be distributed via email beginning with the Spring 2024 issue. Physical copies will continue to be available for pick up at community centers as well as online at [ColumbusRecParks.com/FiftyPlus](https://columbusrecparks.com/FiftyPlus). If you'd like to continue receiving a physical copy, please email Michael Phillips at MRPhillips@columbus.gov.