

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

Register for Summer Session

Join us for the **Summer 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, May 21, at 12:30 p.m.**

Session Dates: June 10 - Aug. 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:

- Memorial Day | Monday, May 27
- Juneteenth | Wednesday, June 19
- Independence Day | Thursday, July 4

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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Walk With a Doc Returns See Page 3

Register for an Insurance-Sponsored Program See Page 12



- Summer Session Mailed/Published in late May
- Fall Session Mailed/Published in late August
- Winter Session Mailed/Published in late December
- Spring Session Mailed/Published in late February



Contact: Michael Phillips 614-645-2201 | MRPhillips@Columbus.gov

ColumbusRecParks.com



BARNETT COMMUNITY

1184 Barnett Rd. | 43227 614-645-3065





2100 Morse Rd. | 43229 614-645-3106

MARION FRANKLIN COMMUNITY CENTER

2801 Lockbourne Rd. | 43207 614-645-3612

WHETSTONE COMMUNITY CENTER

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

THOMPSON COMMUNITY CENTER

1189 Dennison Ave. | 43201 614-645-3082 **UINDEN COMMUNITY**

1350 Briarwood Ave. | 43211 614-645-3067

CENTRAL OHIO AREA AGENCY ON AGING (COAAA)

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

GOLDEN HOBBY GIFT SHOP

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

COAAA: HOUSING & HOME REPAIR GUIDE AVAILABLE

Did you know that the Central Ohio Area Agency on Aging (COAAA) has a free Housing & Home Repair guide available?

Central Ohio has numerous housing options for seniors (at least age 55) and individuals with a disability. COAAA's guide includes descriptions of each type of housing, information about how to get a list of apartments or other kinds of housing, and other helpful topics.

To download the guide, visit **COAAA.org/cms/** resources/guides.



COAAA: Friendly Caller Volunteer Program

The Central Ohio Area Agency on Aging's (COAAA) Friendly Caller Program matches a volunteer with an individual who receives services through the COAA for weekly or biweekly friendly chats. Sometimes an older adult or person with a disability would like additional social interaction, and this program is designed to connect them with a community volunteer for six months of friendly calls.

The Friendly Caller Program offers volunteers the opportunity to:

- Provide social support and help reduce isolation for their conversation partner
- Give back in a short period of time
- Create their own volunteer schedule
- Connect with someone with different life experiences
- Leverage their empathy and active listening skills
- Volunteer remotely
- Brighten someone's day

The goal of the friendly calls is to provide social conversation through brief phone calls. These calls are expected to last around 15 minutes once per week or once every other week.

Volunteers are required to attend a virtual orientation and training session prior to being matched with a conversation partner. This training will include conversation starters, communication tips, how to forward concerns, and more so that a volunteer is equipped with the tools they'll need for success.

A one-time background check at COAAA is required before being paired with a consumer. There is no cost to the volunteer. Volunteers must be at least 18 years old for this volunteer opportunity.

Interested in receiving calls? Contact Frances Krumholtz, COAAA Volunteer and Engagement Coordinator, at **CFKrumholtz@coaaa.org** or 614-645-3646.

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

HOLIDAY BINGO

May 23, 12:30 p.m. Register at Barnett Community Center.

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.

SOCIAL SEWING Tuesdays and Thursdays, 1:30 p.m.

STRETCH + FLEX Tuesdays, 10:00 a.m.

GENTLE STRETCH AND RELAXATION Tuesdays, 10:30 a.m.

LINE DANCE Tuesdays and Thursdays, 6:30 p.m.

LADIES WALKING CLUB Fridays, 9:30 a.m.

rnudys, 9:50 d.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.

CANTEEN IS BACK

Tuesdays and Thursdays, 11:30 a.m.-1 p.m. Cost: \$8 for lunch, \$1 for dessertand \$1 for drink The Canteen is back open and running! Visit for a delicious homecooked meal (lunch and dessert).

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 community center.

MOBILE PRODUCE MARKETS

Second Thursday of the month, 2-4:30 p.m. ID required.

WALK WITH A DOC

Second and fourth Saturdays of the month, 9-10 a.m. ID required.

DIVINE DIGNITY

Third Friday of the month, 10 a.m.-4 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.

EVENTS

50+ FRIDAY FISH FRY

FrIday, Aug. 16 Cost: \$7

Gillie

2100 Morse Road | 43229 614-645-3106

ANNOUNCEMENTS

Classes and programs will be

canceled Tuesday, May 31 - Friday, June 4, except for Veteran's Group).

PRODUCE PICK-UP

Call Gillie Community Center for dates.

VETERANS GROUP

First Friday of the month, 1 p.m. All members of the Armed Forces brotherhood are invited to this meeting to share stories and memories of their time served.

GILLIE SENIOR COUNCIL ELECTIONS

Wednesday, May 29 – Wednesday, June 12 at noon Vote for the 2024-2026 Council Officers by getting a ballot at the front desk.

GENERAL MEMBERSHIP MEETING

Wednesday, June 12, 1 p.m. All members are welcome to attend. Make sure you vote before 12 p.m.!

GILLIE SENIOR COUNCIL MEETINGS

Wednesdays, July 10 and Wednesday, Aug. 14 at 1 p.m. All members are welcome to attend.

FLAG DAY LUNCH

Thursday, June 13, 12 p.m. Cost: \$6

Join the G-Clef Chorus as we celebrate Old Glory and learn the history of the American flag during our regular lunch period.

FATHER'S DAY LUNCH

Tuesday, June 18, 12 p.m. Cost: \$6 We are celebrating fathers and all men with free dessert during our regular lunch period. The Gillie Jammers will entertain us with their music.

SAFETY IN THE HOME

Thursday, June 20, 12 p.m.

The Alzheimer's Association will be presenting a very educational program on how to remain safe in your home, avoiding unnecessary trips to the hospital.

JUNETEENTH PROGRAM

Thursday, June 20, 1 p.m.

Come and celebrate this interesting part of American history not taught in school when you were growing up.

RED, WHITE AND BLUE COOKOUT

Tuesday, July 2, 11:30 a.m. Cost: \$12

Join us for good food, great music and refreshing drinks to celebrate "fun in the sun" during our cookout at the Gillie Café. We will enjoy dancing to the summer hits and we'll play a few summer games for fun and prizes. Tickets on sale at the front desk

ICE CREAM SOCIAL

Thursday, Aug. 15, 11:30 a.m. Come and help us celebrate our members who have birthdays and anniversariesduring May, June, July and August. Even if it's not your special event month, come out and share in the celebration.

BIRTHDAYS/ANNIVERSARIES

Thursday, Aug. 1, 12 p.m. You scream, I scream, we all scream

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CENTER NEWS

CENTER NEWS

GILLIE « CONTINUED FROM PAGE 5

for ice cream, especially on a hot August day. We're inviting you to join us for a scoop of joy with all the fix'ins. Come and enjoy the fellowship.

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.

PROGRAMS

BINGO

Mondays, June 10 and 24, July 24 and Aug. 2 2 p.m.

NEW! BOOK CLUB

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

Calling all book worms! 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.

NEW! BEGGINER CARD MAKING

Wednesdays, June 26, July 24 and Aug. 2 2 p.m.

Make a surprise birthday card for your family and friends. Cost includes all material. Space is limited.

COME QUILT WITH ME: BEGGINERS QUILTING 101

Tuesdays, 9 a.m.-12 p.m.

Learn the art of quilting with instructor Dorothy Bush. For the first class you will just need to bring paper and pencil; a supply list will be given out. Space is limited and eventually you will need to bring your own sewing machine. Don't wait, you don't want to miss out on this opportunity!

HEALTH CHAT

Second Tuesdays, 11 a.m.

LifeCare Alliance nurse Peggy Parisot, RN presents interesting topics on how we can help ourselves remain in good health. Please call the center for the Summer Session topics.

ZUMBA GOLD

Mondays and Thursday, 1 p.m. Cost: \$35

Join us for this new upbeat class offered by Joanie Brown FIT, a certified Zumba Instructor. It will get you moving with great music and energetic movements. Make sure to register!

NEW! SILVERFLEX CLASS

Mondays, 5:30 p.m. Cost: \$30

ALZHEIMER'S ASSOCIATION

Second Tuesday of the month 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.

EAT WELL FOR LIFE

Third Thursday of the month 11 a.m.

Join us for our monthly nutrition class just for seniors! Learn about nutrition topics such as All-Star Senior Snacks, Heart Healthy Meals and Eating the Low Sodium Way.

UNDERGROUND RAILROAD

Second and fourth Monday of the month, 6 p.m. Second Thursday of the month, 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. You may join us on Zoom if you can't come in person; please call 614-645-3106 for the Zoom link. May – Oct., we will travel on the fourth Thursdays leaving the center between 8-9 a.m. These are class trips and are only open to class members.

LIFECARE ALLIANCE WELLNESS CENTER

Tuesdays and Wednesdays

The LifeCare Alliance Wellness Center is open for services such as blood pressure checks and 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

Please see front desk receptionist for our Trip Catalog, Travel Policy and Trip Release form that must be signed before you travel with us. For more trips, see the Trip Catalogue.

SENIOR DAY AT THE FAIR

Tuesday, July 30 Departure: 9:30 a.m. Cost: \$5 (transportation only)

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. Registration begins Tuesday, July 16.

TECUMSEH OUTDOOR DRAMA

Thursday, Aug. 17 Departure: 3 p.m. Cost: \$65 Includes transportation, backstage tour and show

Witness the epic life story of the legendary Shawnee leader as he defends his sacred homeland in the Ohio country during the early 1800's. The Kenton House is open each evening for food from 4 p.m. until show time, featuring pub fare favorites such as BBQ pulled pork, pepperoni pizza, pretzels with pub cheese, fries and more for you to purchase. Registration begins Thursday, July 18. Seating is limited.

Linden

1350 Briarwood Ave. | 43211 614-645-3067

ANNOUNCEMENTS

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

Marion Franklin

2801 Lockbourne Road | 43207 614-645-3160

PROGRAMS

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

Thompson

1189 Dennison Ave. 43201 614-645-3082

ANNOUNCEMENTS

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

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 Chair aerobics is a video-based exercise class. All participants must have a Leisure Card (free), which they can obtain from the front desk. Scan the Leisure Card at the desk prior to each 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. 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. 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. It is played by four players in two competing partnerships, with partners sitting opposite each other. Registration required. Scan the Leisure Card at the front desk prior to each class.

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CENTER NEWS

CENTER NEWS

WHETSTONE

PICKLEBALL 4.0 AND UP

Tuesdays and Thursdays, 6:30 p.m. Each class costs: \$10 Sports pass is required.

FEARLESS FALLING

Wednesdays, 9:30 a.m. 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.

VOLLEYBALL

Mondays and Wednesdays, 10 a.m. Cost: \$10 Sports pass required.

PROGRAMS

ART - OPEN STUDIO 50+

Wednesdays, 11:30 a.m. Free

Work on your own in your chosen medium to craft art. Scan the Leisure Card at the front desk prior to each class. No instructors will be present.

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Q

MOBILE PRODUCE MARKETS

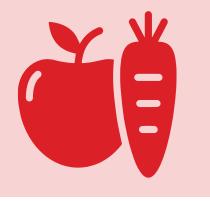
Columbus Recreation and Parks Department offers Mobile Produce Markets which provide a one-week supply of fresh produce to eligible families at no cost to them.

The markets are held on Thursdays and Fridays from April through November at select community centers throughout the City.

Walk-in and drive-thru options are available, and the Mobile Produce Market workers can load the produce into the trunk of your car if requested.

To view a full schedule including dates, times and locations, visit ColumbusRecParks.com/ Mobile-Produce-Markets.

If we don't have a location close to you, you can visit **FreshTrak.com** and enter your ZIP code to find locations hosted by other community partners.



Walk With a Doc Returns

Walk With a Doc is back! Learn about health from a local doctor, walk at your own pace and distance, meet new people and earn prizes. You can participate at any of the following community centers:

- Dodge Community Center 667 Sullivant Ave.
- Far East Community Center 1826 Lattimer Dr.
- Linden Community Center 1350 Briarwood Ave.
- Marion Franklin Community Center
 2801 Lockbourne Rd.
- Woodward Park Community Center
 5147 Karl Rd.

This year, we're introducing a new tracking system that will allow you to keep a record of the steps you take during our walks. This not only helps you stay on top of your fitness goals but also earns you points and prizes.

We'll have a weekly event at all host sites and a walking club for those who want to continue walking throughout the week.

New in 2024:

- Participants will keep track of the steps they take throughout the week and will earn two points for attending a Walk With A Doc event.
- Participants will earn one point for attending a weekly walking club event.
- One of our exciting rewards is a free t-shirt. Once you've earned 10 points, simply show your tracking sheet to a volunteer or CRPD staff at a Walk With A Doc event, and the t-shirt is yours. It's a tangible way to see your progress and a great incentive to keep walking with us.
- At the end-of-year celebration, participants can submit their tracking sheet for the opportunity to earn additional prizes.

Walk With A Doc runs until Oct. 26 and will be followed by an endof-year celebration on Nov. 2 at Woodward Recreation Center. For more information including schedule and how to register for Walk With a Doc, visit **ColumbusRecParks.com/** WalkWithADoc.

SENIOR SLAM PICKLEBALL TOURNAMENT

Are you a pickleball aficionado? Then make sure you join us this summer for the Senior Slam tournament!

The event will be held on Friday, June 14 at Wolfe Park (105 Park Dr., 43209) and is slated to kick off at 10 a.m. The rain date for the tournament is Tuesday, June 18.

Registration is only \$60 per team and runs May 24-June 7. To register, simply email Kimberly Confar at **KAConfar@columbus.gov**.

If you don't want to participate, then come out and support the players! Pickleball is a paddle sport that combines elements of tennis, badminton and pingpong. It's played with a shorthandled, lightweight paddle and a perforated plastic ball on a court with a low net.

If you're interested in learning more about the sport, you can register for a pickleball clinic or sign up to play in a pickleball league at your local community center. To learn more, visit your community center's class and activity schedule at **ColumbusRecParks.com/ Community-Centers**.

SUDOKU

SUDOKU



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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.



THEME:

The 1960s

ACROSS

- 1. "Odyssey" author
- 6. Time in NYC
- 9. Pay as you earn, acr.
- **13.** Avoid paying taxes**14.** Also
- **15.** Rolled up, on a farm
- **16.** From distant past

17. News channel acronym

18. Very angry

- 19.*___ Invasion
- 21. *Vostok I pilot
- 23. Spring water resort
- **24.** Talcum powder ingredient
- **25.** Muted order
- 28. Sports award
- **30.** Doled out,
- as in soup
- **35.** Future atty.'s exam

37. Engage for service

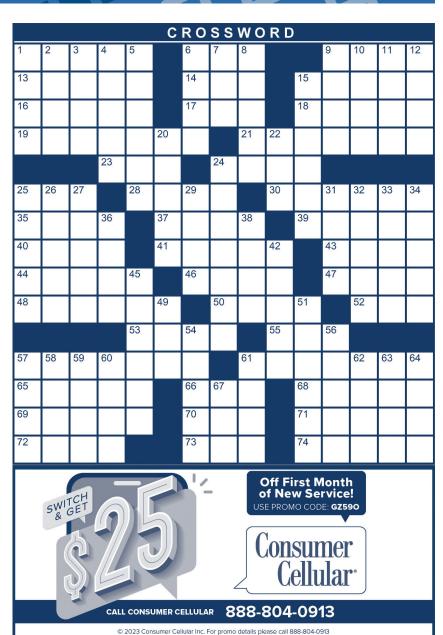
- **39.** In all sincerity
- **40.** *____ Preminger, director of "Exodus"
- **41.** Petri dish jellies
- **43.** DDS exam
- 44. Gordon Gekko:
- "____ is good"
- 46. Barbershop sound
- **47.** Bread pocket
- 48. Rumor
- 50. Whiskey
- straight, e.g.
- 52. Cubby hole
- **53.** One-horse carriage **55.** *#29 Down
- invasion coordinator
- **57.** *TV's Tony Nelson's "dream"
- **61.** *"8 1/2" and "La Dolce Vita" director
- 65. Lake scum
- 66. Toothpaste type

68. Baited
69. Thorny
70. Anger
71. Last eight in college basketball
72. Kill
73. Lamentable
74. Bob Marley, e.g.

DOWN

1. *____ Alpert & the Tijuana Brass **2.** Last word over

- walkie-talkie **3.** Algeria's southern
- neighbor
- 4. Written corrections
- 5. Chef's guide6. *____ A Sketch toy, launched in 1960
- **7.** *Just one of "My Three ____"
- **8.** Polynesian kingdom **9.** Prefix with
- trooper or legal **10.** Resembling wings
- **11.** Abominable humanoid
- **12.** *#57 Across actress
- **15.** Large feline (2 words)
- **20.** The Obamas' daughter
- 22. *"A Man for _
- Seasons" movie
- **24.** Political repression
- **25.** Nordic gl hwein **26.** * Turf
- **27.** Man behind Windows
- **29.** *Bay of _____ Invasion
- **31.** *"Turn on, tune in, ____ out"
- **32.** Shockingly graphic
- **33.** Fill with optimism **34.** *"The Times They Are A-Changin'" singer-songwriter



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36. Three on a certain sloth
38. It's between Ohio and Ontario
42. *#21 Across - first man in _____
45. *"Mary Poppins" producer
49. Not Beta or Kappa

- 51. Farm tool
 54. Front of cuirass
 56. Spurious wing
 57. Kickboxing moves
 58. Twelfth month of Jewish year
 59. City of Taj Mahal
 60. "____a soul"
 61. Ran off
- 62. Purple flower
- 63. Not gross
- 64. Brainchild
- 67. E in B.C.E.



1111 East Broad Street | Columbus, Ohio 43205



Insurance-Sponsored Programs Available

Did you know that you are eligible for a free one-year fitness pass and an adult sports pass at our facilities if you have one of the following insurance-sponsored programs?

- Active & Fit
- Fit & Active
- One Pass
- Renew Active
- Silver Sneakers

There are 20 designated Get Active Centers for you to choose from!

If you're unsure as to whether you qualify for one of these programs, check with your insurance carrier.

If you're eligible, you will be provided with a membership number that you can then use to register at your local community center and enjoy the benefits of the free fitness pass and adult sports pass.

For more information, visit **ColumbusRecParks.com/insurance**.



Get this Newsletter by Email

The FiftyPlus Newsletter is now distributed via email. Physical copies are available for pick up at community centers, and can be viewed online at: **ColumbusRecParks.com/ FiftyPlus**. If you'd like to continue receiving a physical copy, please email Michael Phillips at **MRPhillips@columbus.gov.**