# Marion Franklin Community Center



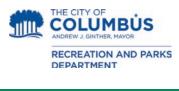
# Center Hours

SUN MON TUE WED THU FRI SAT

# **Senior Hours**

SUN MON TUE WED THU FRI SAT

# **Q** Location





ActiventClass/ActivityTimeInstructorLocation107173Indoor Walking8:00am-9:00amM. ScottGymnasium107180Cards & Conversation8:30am-10:00amStaffRoom #150107152Chair Yoga9:00am-9:45amSheetsAuditorium107174Brain Acrobics (Skill Building)9:13am-10:00amM. ScottLibrary107175Tair Volleyball9:30am-10:30amBettisGymnasium107175Tair Volleyball9:30am-10:30amGreenRoom #150107195Scrapbooking (Open Lab)10:30am-11:30amGreenRoom #150107160Documentary Mini Series (2 <sup>no</sup> )11:30am-12:30pmStaffRiotante107164Everyday Sign Language11:00am-11:45amSheetsLibrary107155Sor Basketball (Sto Sports Pass Required)12:00pm-2:00pmStaffRoom #150107136No Sew Workshop1:00pm-4:30pmStaffRoom #150107137Indoor Walking8:00am-9:00amMappLibrary107140No Sew Workshop1:00pm-4:30pmStaffRoom #150107130Indoor Walking8:00am-9:00amMsetsRoom #150107140National Arthritis Foundation Exercise ProgramNoetsGymnasium107140Ab Worksotu (Medium Impact)9:15am-10:15amB. SmithMulti-P Rn107140Ab Worksotu (Medium Impact)9:15am-10:15amB. SmithMulti-Riotante107140Stap Aerobics: Every Tuesday & Thursday10:03	MONDAY				RECREATION AND PARKS
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107192Pickleball (\$10 Sports Pass Required)12:00pm-2:00pmSheetsGymnasium107181Men's Line Dance - Intermediate1:00pm-2:00pmJ. McKelveyAuditorium107178Line Dance1:00pm-2:00pmBakerAuditorium107189Open Cards1:00pm-4:30pmStaffRoom #15010713650+ Pottery/Clay2:30pm-4:00pmSheetsRoom #104B	107162	New Series Chat w/the Nurse: Health in the News	11:15am-12:15pm	Parker, RN	Library
107192Pickleball (\$10 Sports Pass Required)12:00pm-2:00pmSheetsGymnasium107181Men's Line Dance - Intermediate1:00pm-2:00pmJ. McKelveyAuditorium107178Line Dance1:00pm-2:00pmBakerAuditorium107189Open Cards1:00pm-4:30pmStaffRoom #15010713650+ Pottery/Clay2:30pm-4:00pmSheetsRoom #104B					
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107178 Line Dance 1:00pm-2:00pm Baker Auditorium   107189 Open Cards 1:00pm-4:30pm Staff Room #150   107136 S0+ Pottery/Clay 2:30pm-4:00pm Sheets Room #104B	107192	Pickleball (\$10 Sports Pass Required)	12:00pm-2:00pm	Sheets	Gymnasium
107189 Open Cards 1:00pm-4:30pm Staff Room #150   Mathematical Room 2:30pm-4:00pm Sheets Room #104B	107181	Men's Line Dance - Intermediate	1:00pm-2:00pm	J. McKelvey	Auditorium
Image: Non-State Image: Non-State<	107178	Line Dance	1:00pm-2:00pm	Baker	Auditorium
Image: Non-State Image: Non-State<	107189	Open Cards		Staff	Room #150
	107136	50+ Pottery/Clay	2:30pm-4:00pm	Sheets	Room #104B
	107213	Xtreme Hip Hop Step Aerobics (A)	6:30pm-7:30pm	V. Jones	Auditorium









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WEDNESDAY					
107173	Indoor Walking	8:00am-9:00am	M. Scott	Gymnasium	
107150	Cards & Conversation	8:30am-10:00am	Staff	Room #150	
107148	Brain Aerobics (Exercise)	9:15am-10:00am	Sheets	Library	
107177	Line Dance (Intermediate) Progressive	9:30am-10:30am	Bettis	Gymnasium	
107157	Tai Chi (Intermediate) \$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	
107154	Tai Chi (Advanced) \$35 Children of the Sun	11:45am-12:45pm	Green	Room #150	
107135	50+ Basketball (\$10 Sports Pass Required)	12:00pm-2:00pm	Sheets	Gymnasium	
107200	Script (Drama) Reading (1 <sup>st</sup> )	12:30pm-2:30pm	Terri "tj" Lynn	Library	
107145	Book Club (2 <sup>nd</sup> )	1:30pm-4:00pm	Talley	Library	
107189	Open Cards	1:00pm-4:30pm	Staff	Room #150	
107196	Stained Glass (\$20)	2:30pm-4:00pm	Sheets	Room #104B	
107163	Evening Line Dance (A)	Wed. 6:00p-7:30p	Bettis	Gymnasium	

## THURSDAY

107173	Indoor Walking	8:00am-9:00am	M. Scott	Gymnasium
107150	Cards & Conversation	8:30am-10:00am	Sheets	Room #150
107140	Ab Workout (Medium Impact)	9:15am-10:15am	B. Smith	Gymnasium
107148	Brain Aerobics (Skill Building)	9:15am-10:00am	M. Scott	Library
107186	National Arthritis Foundation Exercise Program	10:00am-11:00am	Parker, RN	Auditorium
1071155	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
107188	Nutrition Class w/ OSU-SNAP-Ed	11:00am-12:00pm	Sheets	Canteen
107156	Tai Chi (Beginners (II) \$35 Children of the Sun	11:45am-12:45pm	Green	Room #150
107192	Pickleball ( \$10 Sports Pass Required)	12:00pm-2:00pm	Sheets	Gymnasium
107211	Veterans Affairs (4 <sup>th</sup> )	12:30pm-1:30pm	Brown	Library
107181	Men's Line Dance - Intermediate	1:00pm-2:00pm	J. McKelvey	Multi-P Rm
107178	Line Dance	1:00pm-2:00pm	Baker	Auditorium
XXXXXX	Columbus Speech & Hearing (2 <sup>nd</sup> ) (Testing)	Appt.Only-(614 261-5453)	CS&HC	Library
107189	Open Cards	1:00pm-4:30pm	Staff	Room #150
107136	50+ Clay/Pottery	2:30pm-4:00pm	Sheets	Room #104
107213	Xtreme Hip Hop Step Aerobics (A)	6:30pm-7:30pm	V. Jones	Auditorium

# FRIDAY

107173	Indoor Walking (Open)	8:30am-10:30am	M. Scott	Gymnasium
107152	Chair Yoga	9:00am-9:45am	Sheets	Auditorium
107148	Brain Aerobics (Exercise)	9:15am-10:00am	M. Scott	Library
107151	Chair Volleyball	9:30am-11:00am	Williams	Room #131
107179	Line Dance	11:00am-12:00n	Baker	Auditorium
107164	Everyday Sign Language	11:00am-11:45am	Sheets	Library











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107142	African Dance	12:30pm-1:30pm	Nkenchor	Gymnasium
107201	Sewing 101	12:30pm-2:30pm	Francis	Rm #150
107206	Table Tennis (Open)	1:00pm-3:00pm	Staff	Auditorium
107172	Indoor Plants	2:30pm-4:00pm	Sheets	Room #104
107153	Chess Program E/T/A/50+	2:30pm-5:30pm	E. Smith	Library

## AFTERSCHOOL REC CLUB (ARC)/YOUTH/SATURDAY PROGRAMS

Afterschool REC Club (ARC) @ the Marion Franklin Community Center We are holding afterschool programming beginning Tuesday, September 3, 2024. We will provide academic assistance as well as a safe place to do homework, play games and enjoy other enrichment activities. If you are interested in learning more details, please call Felisa Provo at 614-645-5456.

106996	Afterschool Rec Club (K-8 grade)	M-F 3:00pm-6:00pm	Provo	ARC Rm
XXXXXX	Nutrition	M-F 3:00pm-3:30pm	Staff	Gymnasium
XXXXXX	Academic Assistance	M-F 3:30pm-4:30pm	Staff	ARC Rm
XXXXXX	Recreation and Socialization	M-F 4:00pm-5:00pm	Staff	Canteen
XXXXXX	Enrichment (Gym) Activities	M/Fr 5:00pm-5:45pm	Staff	Gymnasium
XXXXXX	Enrichment Opportunities	Tu/W/Th 5:00p-6:00p	Staff	Art Room
107207	Teen Basketball (13-18yrs)	Mon. 5:30pm-7:30pm	Johnson/Lane	Gymnasium
107153	Chess Program (E/T)	Tu/Fr 4:00p-5:00pm	E. Smith	Canteen
107202	Skills & Drills/Basketball Conditioning (E)	Tu/Th 5:00pm-6:15p	Johnson	Gymnasium
107143	Art Class (E)	Tu/Th 4:30pm-5:30p	Dickenson	Room #104A
107205	Study Table (E/T)	Tu/Th 4:30pm-7:00p	Staff	XXXXXX
107195	Pre-Dance (4-6yrs)	Tu/Th 5:45pm-6:30p	Hartway	Multi-P Rm
107175	Jazz/Ballet Medley I (7-10yrs)	Tu/Th 6:00pm-7:15p	Hartway	Multi-P Rm
107182	Mime Class (E/T/A)	Tu/Th 5:45pm-6:30p	Brown	Room #150
107159	Dance-Intermediate (11-15yrs)	Tu/Th 6:00pm-7:15p	Reeves	Multi-P Rm
107207	Teen Basketball (13-18yrs)	Tu/Th 6:30pm-7:30p	Johnson	Gymnasium
107174	Inspirational Dance	Tu/Th 6:45pm-7:30p	Brown	Room #150
XXXXX	Library Helpers	Wed/Fri 4:00p-5:00p	Staff	Library
107203	Skills & Drills/Soccer for Success	Wed. 4:30pm-5:30p	Lane	Gymnasium
XXXXXX	Girl Scouts: Daisies K-1grade	Wed. 5:00pm-6:00p	P. Holley	Library
107147	Boys Empowerment (T)	Wed. 5:30pm-7:00p	Johnson	Weight Rm
107171	Home Economics for Teens	Wed. 5:45pm-7:30p	Adams	Kitchen
XXXXX	Study Table (Grades 9-12)	Wed. 6:15pm-7:30p	Provo	Room #104B
107169	Hip Hop Male Dancers (9yrs-Young Adults)	Thurs. 6:00pm-7:00p	Hartway	Multi-P Rm
107208	Teen Financial Literacy Prog.: Me&Money	Thurs. 6:15pm-7:15p	Chase Bank	Nov. 14
XXXXXX	Performing Arts Program	Fri. 5:00pm-6:30pm	Hartway	Multi-P Rm
107214	Young Adult Soccer Class (Instructional)	Fri. 6:00pm-7:30pm	Cardenas	Gymnasium
107212	Walk With A Doc (April 6-October 26)	Sat. 9:00am-10:00am	Provo	Outdoors
107141	Adult Basketball (\$10 Sports Pass)	Sat. 10:00a-12:00pm	Johnson/Lane	Gymnasium
107183	Beginner's Sewing Class T/A/50+	Sat. 10:00a-12:00pm	Francis	Room #150
107207	Teen Basketball	Sat. 12:15p-2:15pm	Johnson	Gymnasium





107176	Beginner's Crochet Class E/T/A/50+	Sat. 12:30pm-1:30pm	Francis	Room #150
107193	Pickleball (A)	Sat. 2:30pm-3:30pm	Provo	Gymnasium
XXXXXX	Girl Scouts	Sat. Special Events	Oh. Heartland	Auditorium
107174	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: <u>intercitystudios3@gmail.com</u>

## 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

CONTINUED

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**

October 14<sup>th</sup> -Indigenous Peoples' Day, November 11<sup>th</sup> -Veteran's Day, November 28<sup>th</sup> -Thanksgiving Holiday, December 25<sup>th</sup> -Christmas Holiday, January 1, 2025 -New Year's 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 2024 Season

**November 2** is the End of Season Celebration at Woodward Park. 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 4 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.** 

#### **After School Program**

Afterschool Rec Club is an enrichment program for children in grades K-8. 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.

<u>Scanvenger Hunt \$5</u> Columbus Area 9/25 & 11/27 9:30 a.m. Find the hidden gems in Columbus. This trip is for anyone looking for the best deals.

Breakfast & a Movie \$5 Marcus Theater/Pickerington, Ohio 10/10 & 12/13 9:00 a.m. Please register at the front desk.

La Comedia Dinner Theatre \$75 Saturday Night Fever Springboro, Ohio 10/17/24 7:00 a.m. Please register at the front desk.

#### Shopping & Lunch Trip \$45

Jungle Jim's International Market/Premium Outlet/Lunch Cincinnati, Ohio 11/21/24 7:00 a.m.

Youth Harvest Fest Thursday, October 24 5:30p.m.-7:00p.m. Come dressed in your favorite costume and enjoy Games, Candy and Fun

50+ Thanksgiving Meal Give-Away Wednesday, November 20 11:30p.m. Please register at the front desk: Deadline-11/15

50+ Holiday Meal Give-Away Tuesday, December 10 11:30a.m. Please register at the front desk: Deadline-11/22 "Harvest Fun" 50+ GAME DAY Every 2<sup>nd</sup> Monday Light refreshments will be served Please register at the front desk

Youth Thanksgiving Meal Give-Away Thursday, November 21 5:30p.m. Please register at the front desk: Deadline-11/15

50+ Holiday Social (SRC) Thursday, December 12 Cost \$10 (Includes meal) 11:30a.m. Please register at the front desk: Deadline-11/22





Happy Holidays

From The Marion Franklin Staff

