FALL 2024



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

Register for Fall Session

Join us for the **Fall 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, Sept. 10, at 12:30 p.m.**

Session Dates: Sept. 16 - Nov. 23

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. 2
- Indigenous People's Day | Monday, Oct. 14
- Veterans Day | Monday, Nov. 11
- Thanksgiving Day | Thursday, Nov. 28

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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Exploring Ohio: Field Trips with FiftyPlus See Page 3

Register for the Senior Wellness Jamboree 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.

LEARN ABOUT COAAA AND COLUMBUS RECREATION AND PARKS IN OTHER LANGUAGES

Did you know that the Central Ohio Area Agency on Aging (COAAA) and Columbus Recreation and Parks Department have websites that can be translated into multiple lanaguages?

When you visit **COAAA.org** or **ColumbusRecParks.com**, you have the option to translate these pages into other languages including Spanish and Somali, the second-most and thirdmost languages spoken in Columbus.

The translation option for **COAAA.org** is near the top left corner, while the translation option for **ColumbusRecParks.com** is on the lower left corner. Simply select the needed language from the dropdown menus. Tell a friend!

Exploring Ohio: Field Trips with FiftyPlus

Ready to get out and experience the best this state has to offer? Join one of the many FiftyPlus trips organized by our community centers for an opportunity to connect with your home state. Whether you're a fan of theatre and art, love attending sporting events or enjoy exploring new restaurants, you'll surely to find a trip you'll love.

Throughout the year, several field trips take place to encourage individuals to experience the best that Columbus and Ohio have to offer. These trips provide the perfect opportunity to discover hidden gems and popular spots. With these trips, you will always find something new to explore. Take advantage of the chance to make new friends and create lasting memories.

Some places and events our FiftyPlus residents have attended include:

 Production of "West Side Story" at the La Comedia Dinner Theatre in Springsboro

- Otherworld Immersive Art Museum in Columbus
- National Air Force Museum in Dayton
- Jungle Jim's International Market in Cincinnati
- Scavenger Hunt across Columbus

If you love the idea of a field trip but need help deciding on a destination, a mystery trip could be the perfect solution for you. These trips only charge for transportation and take you to an exciting surprise location. Embarking on a surprise adventure could turn out to be your best travel yet!

Find the perfect trip and how to register in the **Center News** section of this newsletter. We can't wait to explore the unique charm of Ohio with you!

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

LUNCH & MOVIE

July 25, 11:30 a.m. Register: Onsite in person

PROGRAMS

STAY YOUNG, STAY FIT Tuesdays and Thursdays, 9 a.m.

OPEN LINE DANCE Mondays and Wednesdays, 12:15 p.m.

WALK AND ROW Mondays and Wednesdays, 9 a.m.

SUMMER POTTERY

Mondays, Thursdays and Fridays, 3 p.m. Fee: To Be Determined

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

GENTLE STRETCH AND RELAXATION

Tuesdays, 10 a.m.

STRETCH + FLEX Tuesdays, 10 a.m.

LINE DANCING WITH DEREK PAYNE Tuesdays and Thursday, 6:30 p.m.

FIT FACTORY ZUMBA Thursdays, 7 p.m.

Dodge

667 Sullivant Ave. | 43215 614-724-8151

ANNOUNCEMENTS

FUNERAL CONSUMER ALLIANCE OF CENTRAL OHIO'S END OF LIFE PLANNING

Wednesday, Sept. 25, 1:30 p.m. An opportunity for those 50+ to have their questions answered. In the

Wednesday, Oct. 2, 5:30 p.m. An opportunity for family and caregivers to have their questions answered. In the library.

Register at the front desk or call 614-724-8171.

PROGRAMS

WORKSHOP WEDNESDAYS: MAKING YEAST ROLLS

Making Yeast Rolls Wednesday, Oct. 16 12:30-2 p.m. Cost: \$5 for materials Instructed by Ms. Joyce

WORKSHOP WEDNESDAYS: FUN FALL CRAFTS

Wednesday, Oct. 23 1-2:30 p.m. Cost: \$5 for materials Instructed by Ms. Erica

WORKSHOP WEDNESDAYS: VETERANS BILLIARD TOURNAMENT & LUNCHEON

Wednesday, Nov. 13 Time TBA

WORKSHOP WEDNESDAYS: HOLIDAY CERAMIC DECORATIONS

Wednesday, Dec. 4 12:30-2:30 p.m. Cost: \$8 for materials Instructed by Ms. Erica

THURSDAYS WITH COAAA

Held on the second Thursday of each month. Each presentation is designed to inform. Dates and topics are listed below.

Caregiver: Dementia Thursday, Sept. 12 6 p.m. Caregiver: Planning Ahead Thursday, Oct. 10 6 p.m.

Health and Fraud Scams Thursday, Nov. 14 10 a.m.

Emergency Preparedness Thursday, Dec. 12 10 a.m.

WALK WITH A DOC

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

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

TRIPS

FALL FUN FRIDAYS: NATIONAL AFRICAN AMERICAN MUSEUM

Wilberforce, OH Friday, Sept. 20 9:30 a.m.-2:30 p.m. Cost: \$7

FALL FUN FRIDAYS: DER DUTCHMAN

Plain City, OH Friday, Sept. 20 9:30 a.m.-2:30 p.m. Cost: \$7

FALL FUN FRIDAYS: JUNGLE JIMS

Fairfield Location Saturday, Oct. 4 9 a.m.-3 p.m. Cost TBA

CENTER NEWS

FALL FUN FRIDAYS: APPLE PICKING LYND FARM & FARMERS MARKET

Oct. 1, 10 a.m. – 2:30 p.m. Cost: \$3 for transportation Individual prices for U-Pick: 10 lb. bag for \$25 or 20 lb. bag for \$35

Varieties for picking: Rome, Evercrisp, Ludacrisp

FALL FUN FRIDAYS: CIRCLEVILLE PUMPKIN SHOW

Oct.18, 9:30 a.m.-2:30 p.m. Cost: \$7

FALL FUN FRIDAYS: MOVIES AND LUNCH

Nov. 1, 10 a.m.-2:30 p.m. Cost: \$3 trip, \$10 movie

FALL FUN FRIDAYS: HOLIDAY GIFT SHOPPING

Nov. 15, 10 a.m.-2:30 p.m. Cost: \$7

FALL FUN FRIDAYS: GRATITUDE LUNCHEON

Nov. 22, 10 a.m.-2:30 p.m. Cost: \$7

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.

CENTER NEWS

Gillie

2100 Morse Road | 43229 614-645-3106

ANNOUNCEMENTS

PRODUCE PICK-UP

Fridays, 9:30 a.m. until produce is gone

VETERANS GROUP

First Friday of the month 1 p.m.

We are calling on all members of the Armed Forces for a meeting of the brother/sisterhood to join us and share your stories and memories of your time served.

BACK TO SCHOOL LUNCH

Tuesday, Sept. 10 11:30 a.m. Cost: \$6

Attention all Gillie Students, Principle Mapp and the Gillie Student Council invite you to 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.

OKTOBERFEST

Tuesdays, Sept. 17, 11:30 a.m.

Roll out the barrel, we'll have a barrel of fun. Join us as we celebrate the food and fun of this unique German Festival. Rose Trecker, our council president, will share with us its history and traditions. No tickets needed, regular canteen prices apply.

CREATING ART FROM PHOTOGRAPHS

Tuesdays, Sept. 17 - Oct. 8, 1:15 p.m. Cost: \$25

Join us for this fun class that will make you look at photographs differently. Bring water colors and colored pencils. Everything else will be provided.

GILLIE TALENT SHOW

Thursday, Sept. 19 12 p.m.

Can you sing, dance, play an instrument or perform like a star? Join us as we encourage people to show off their talents. All are invited! Sign up now if you have what it takes to entertain. The deadline to sign up is Monday, Sept. 16.

BRAIN HEALTH FAIR

Friday, Sept. 20 9 a.m.-2 p.m.

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

RUMMINKUZB

Fridays,12:30 p.m.

It's easy to learn, It's fun to play and it activates your mind.

MAHJOHG

Fridays, 10 a.m. Mahjong is similar to the Western

card game rummy. Mahjong is a game of skill, strategy and luck.

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.

BIGINNERS PICKLEBALL

Mondays and Wednesdays, 10 a.m. at Gillie Mondays, 2 p.m. at Woodward Park Tennis Courts (for as long 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.

SAFETY IN THE HOME

Thursday, June 20 12 p.m.

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

BIRTHDAYS & ANNIVERSARIES

Thursday, Aug. 1 12 p.m.

You scream, I scream, we all scream 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.

ICE CREAM SOCIAL

Thursday, Aug. 15 1:30 a.m.

Come and help us celebrate our members who have birthdays and anniversaries during May, June, July and August. Even if it's not your special event month, come out and share in the celebration.

POETIC REFLECTIONS: TRADITION & FAMILY CHANGES

Wednesday, Oct. 9 6 - 8 p.m.

Addressing family traditions and changes through poetry, song and dance. Creating a wonderful experience for you, the audience. **Open mic after performance, those interested can sign-up with Joanne Hollman from 6-6:15 p.m., the performance begins at 6:20 p.m.**

HARVEST PARTY

Thursday, Oct. 10 11:30 a.m.

We will celebrate fall and everything that comes with it starting with delicious comfort foods followed by games played by our ancestors back in the time of harvest festivals. **No tickets needed**, **regular canteen prices apply.**

HALLOWEEN LUNCH & PARTY

Thursday, Oct. 31 11:30 a.m.

Come in your favorite costume and join us in the monster mash, you know it was a grave yard smash. **No tickets needed**, **regular canteen prices apply.**

EMPTY BOWLS

Oct. 31 – Nov. 2 11 a.m.-1 p.m. Cost: \$10

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

HOLIDAY BAZAAR & BAKE SALE

Nov. 1-2, 9 a.m.-2:30 p.m. Oct. 31 – Nov. 2, 11 a.m.-1 p.m. Cost: \$10

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

Tables for the Holiday Bazaar are now on sale. The bazaar will be held on Friday Nov. 1 and Saturday, Nov. 2. No food, baked goods, alcohol or weapon sales are allowed. The cost is \$30 per table.

CITYWIDE VETERAN'S CELEBRATION

Thursday, Nov. 7 11 a.m.

Cost: \$12 (non-veterans)

Everyone is welcome to this special celebration honoring our Veterans. This lunch program 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 for van transportation and lunch. Veterans are free.

THANKSGIVING LUNCHEON

Thursday, Nov. 21 11:30 a.m. Cost: \$12

Enjoy turkey, dressing, mashed potatoes, gravy, vegetable, roll, dessert and a beverage. Join us for good food, fellowship and entertainment to celebrate the season. Tickets on sale Nov. 1-15. You must have a ticket for lunch; no other food will be served on this day.

A VERY MERRY GILLIE HOLIDAY LUNCHEON & PARTY

Thursday, Dec. 12, Lunch: 11:30 a.m. Party: 12 p.m. Cost: \$12 for lunch

Come and enjoy pot roast, potatoes, vegetables, roll, dessert and a beverage. Enjoy the "Sights and Sounds of the Seasons" and join us for some good old fashion holiday fun with our Gillie Players, G-Clef Chorus, the Gillie Jammers and a special guest. Wear your ugliest holiday sweater or tie and you might win a prize. Lunch tickets on sale Nov. 29 - Dec. 6. You must have a ticket for lunch; no other food will be served on this day.

CLASSES

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

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CENTER NEWS

GILLIE « CONTINUED FROM PAGE 7

NEW! WIRE WRAPPING WORKSHOP

Wednesday, Oct. 23, 5 p.m.. Mary Byrley is back to instruct us in making beautiful jewelry with polished stones and silver wire. Learn the unique skills that are involved with wire wrapping. Call the center for more class information including cost.

PROGRAMS

BINGO

Mondays, Sept. 9 and 23, Oct. 7 and 21, Nov. 4 and 18 and Dec. 2 and 16 (Holiday Bingo), 1 p.m.

NEW! BOOK CLUB

Fourth Friday of the month 1-2:30 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 Tuesday of the month 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 fall 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. Sept - Oct., we will travel on the fourth Thursdayof the month, 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.

CIRCLEVILLE PUMPKIN SHOW

Friday, Oct 18 Departure: 9 a.m. Cost: \$10

If you love everything pumpkin, join us for a fun trip to the Circleville Pumpkin Show. **Registration begins Friday, Oct. 4.**

FALL FOLIAGE TRAIN RIDE ON THE HOCKING VALLEY SCENIC RAILWAY

Tuesday, Oct. 15 Departure: 8:15 a.m. Cost: \$75

We're off to Nelsonville, OH, where we will board the Hocking Valley Scenic Railway to view the beautiful fall foliage of Southeast Ohio. We will first visit the Historic Nelsonville Public Square with its unique stores and historic buildings before we board our train. Following the train ride, we will travel to Lancaster for our afternoon meal **Tickets on sale now!**

Linden

1350 Briarwood Ave. | 43211 614-645-3067

ANNOUNCEMENTS

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

INTRO TO PICKLEBALL

Mondays 11 a.m.-12 p.m.

OPEN PICKLEBALL

Mondays 12-2 p.m.

SENIOR NUTRITION

Tuesdays 10 -11 a.m.

SENIOR FITNESS

Wednesdays 9-10 a.m.

LINE DANCE

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

BINGO

Wednesdays 11:30 a.m.-1 p.m.

SENIOR MEALS

Wednesdays 11:30 a.m.-1 p.m.

OPEN PICKLEBALL Wednesdays and Fridays 12 -2 p.m.

LINE DANCE

Fridays 10 a.m.-12 p.m.

SENIOR MEALS

Fridays 11:30 a.m.-1 p.m.

Marion Franklin

2801 Lockbourne Road | 43207 614-645-3160

PROGRAMS

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

Thompson

1189 Dennison Ave. 43201 614-645-3082

ANNOUNCEMENTS

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

FALL PICNIC

Friday, Sept. 20. 10 a.m.-3 p.m. McKnight Outdoor Adventure Center Must sign up by Sept. 13. Rain date Sept., 27.

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CRAFT AND GIFT SALE

Saturday, Oct. 26 9 a.m.-3 p.m. Tables are available for purchase for \$25. Set up will take place Friday, Oct. 25 from 4 -7 p.m.

FALL HARVEST PARTY AND BINGO

Wedensday, Oct. 30 12-3 p.m. Cost: \$10 Please sign up in advance.

THANKSGIVING PARTY AND BINGO

Wdnesday, Nov. 20 12-3 p.m. Cost: \$10 Please sign up in advance.

HOLIDAY LUNCHEON AND BINGO

Wednesday, Dec. 18 12-3 p.m. Cost: \$10 Please sign up in advance.

We are looking for volunteers to help decorate our center for holidays and events. To volunteer, call the center.

Whetstone

3923 N. High St. 614-645-3217

ANNOUNCEMENTS

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

PICKLE BALL 3.5 AND BELOW (SPORTS PASS REQUIRED)

Monday, Tuesday and Friday 10 a.m. Cost: \$10 (sports pass required)

PICKLE BALL 4.0 AND UP (SPORTS PASS REQUIRED)

Monday, Tuesday and Friday 12:30 p.m. Cost: \$10 (sports pass required)

MUSIC CLASSES (PIANO, VIOLIN, VIOLA)

Class times range from 4 p.m.- 8 p.m. Cost: \$25

FOLK DANCING

Mondays 7 p.m.

CHAIR AEROBICS

Tuesdays 9 a.m.

CANASTA

Tuesdays 1 p.m.

CHIPPERS WOODCARVING

Wednesdays 9 a.m. Cost: Free (must bring your tools and supplies)

SENIOR WII BOWLING

Wednesdays 10:30 a.m.

ART-OPEN STUDIO 50+

Wednesdays 11:30 a.m.

FEARLESS FALLING

Wednesdays, 6 p.m. Fridays, 9:30 a.m. Cost: \$30

CHAIR AEROBICS

Tuesdays and Thursdays, 9 a.m.

BRIDGE CLUB

Thursdays, 12 p.m. Cost: Free (must register)

EUCHRE

Fridays 12 p.m. Cost: \$2.00 (must register)

PET PORTRAIT WORKSHOP (ADULT)

Saturdays 1 p.m. Cost: \$50

CENTRAL OHIO PUSH-HANDS (MARTIAL ART – TAI CHI FOR TWO)

Saturdays 2 p.m.



65. Cell phone bill item

THEME:

Fall's in the Air

ACROSS

1. Furry bamboo consumer

6. Cuban dance syllable

9. 100-meter race, e.g.

13. S-shaped moldings

14. Excessively theatrical actor

15. Chap

- 16. Will alternative
- 17. Sailor's affirmative

18. At full speed

19. *Cause for fall celebration

21. *Applerelated game

23. European Union, acr.

24. Hawaiian tuber

25. Pen on a farm

28. Color of a bruise

30. *Pumpkins and squash, e.g.

35. "Give me your tired, your ____...."

37. " Free,"

movie about lions 39. Disdain

40. Caribbean color

41. Shiny suit

43. Spaghetti aglio and

44. Peevish

46. Half a round, in golf

47. ____-do-well

48. Battles royale

50. Change for a twenty

52. Banned insecticide, acr.

53. *Back-to-School event

- 55. Hermey the Dentist
- 57. *Apple sauce
- 61. *____ weather

66. Bar association 68. Wombs

69. Begin, began, ____

- 70. Cut grass
- 71. Romanov rulers
- 72. Command with "at"
- 73. Stiff grass bristle
- 74. "Hobby" animal

DOWN

1. Beckham of "Spice Girls"

- 2. Turkish honorific
- 3. Not far
- 4. Look into
- 5. In the Land of Nod

6. Online conversation

7. *Cushion for certain seasonal ride

- 8. Naked protozoa
- 9. Obtuse, as in person

10. ____ bowl, frozen dish

11. Largest human organ

12. Precedes Kong

15. Hindi courtesy title, pl.

20. Modern-day aqua-lung, acr.

22. Domain

24. Wood-eating house hazard

25. Involuntary contraction

26. Chef's headgear

27. Phil Collins' " Be in My Heart"

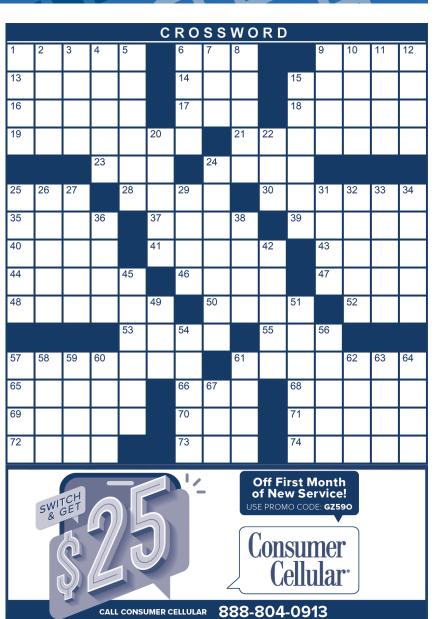
- 29. *Maze plant
- 31. Upward and onto
- 32. Wide-
- notebook
- 33. *Like leaves in fall 34. Stall call

42. Extend subscription

fall garden tool

38. Not any

- 36. *Much-used



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45. Unquestioning ones 49. Fraternity house 51. Miss Marple, e.g. 54. "Is Your Mama a ____ ?" 56. Dom DeLuise in 1980 role

57. Rubik's puzzle 58. Away from port 59. The state before riches? 60. Malaria symptom 61. Saw, sawed, _ 62. Drop of sorrow 63. Makes a mistake

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64. Precedes shine 67. Gift topper



1111 East Broad Street | Columbus, Ohio 43205



Register for the Senior Wellness Jamboree

Join us on Friday, Oct. 4 from 9 a.m.-1 p.m. at Schiller Park for this year's edition of the Senior Wellness Jamboree!

This free event includes a fun fitness walk with different distances for every fitness level, as well as music and dancing. You can participate in classes and activities, get tips and resources for a healthy lifestyle from Columbus Recreation and Parks Department and other vendors, or enter to win prizes. To register for this event or learn more information, visit **ColumbusRecParks.com/senior**wellness-jamboree.

The Senior Wellness Jamboree is done in collaboration with the Franklin County Office on Aging and in partnership with Dedicated Senior Medical Center.



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.**