

# Fifty PLUS

MARCH 2020

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

## New Tax Form for Seniors 1040-SR

submitted by COAAA

Lawmakers have been trying for years to cut seniors a bit of a break at tax time, and the Bipartisan Budget Act of 2018 finally took a solid step in that direction by simplifying tax filing for individuals aged 65 and older. Older adults now have their own tax form, the 1040-SR which is now available for the 2019 tax year on the website [www.irs.gov](http://www.irs.gov). It is similar to the 1040-EZ in several ways and much easier to negotiate than Form 1040. The print is also larger than the other tax forms. Many older Americans were previously forced to file the longer, more complicated Form 1040, because they couldn't meet the requirements for filing form 1040-EZ which does not accommodate Social Security retirement benefits and income from qualified retirement plans or annuities. Form 1040-EZ also limits overall income to \$100,000 and interest income to \$1,500 annually.

The 1040-SR doesn't put limits on interest, dividends, or capital gains, nor does it cap overall income. Taxpayers can reach their 65th birthday at any time during the tax year—even Dec. 31—to qualify to use the 1040-SR. Also tax filers do not have to be retired yet to use the new form. However, be aware that the new tax form also does not allow itemized deductions. You must claim the standard deduction for your filing status if you choose Form 1040-SR, but the Tax Cuts and Jobs Act has pretty much doubled the standard deductions for all filing statuses so this shouldn't be much of a hardship for older adults. And those ages 65 or older are also entitled to an extra standard deduction of \$1,300. Also remember that the IRS provides free fillable forms on its website and allows many taxpayers to efile for free this year.

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#### Creative Arts

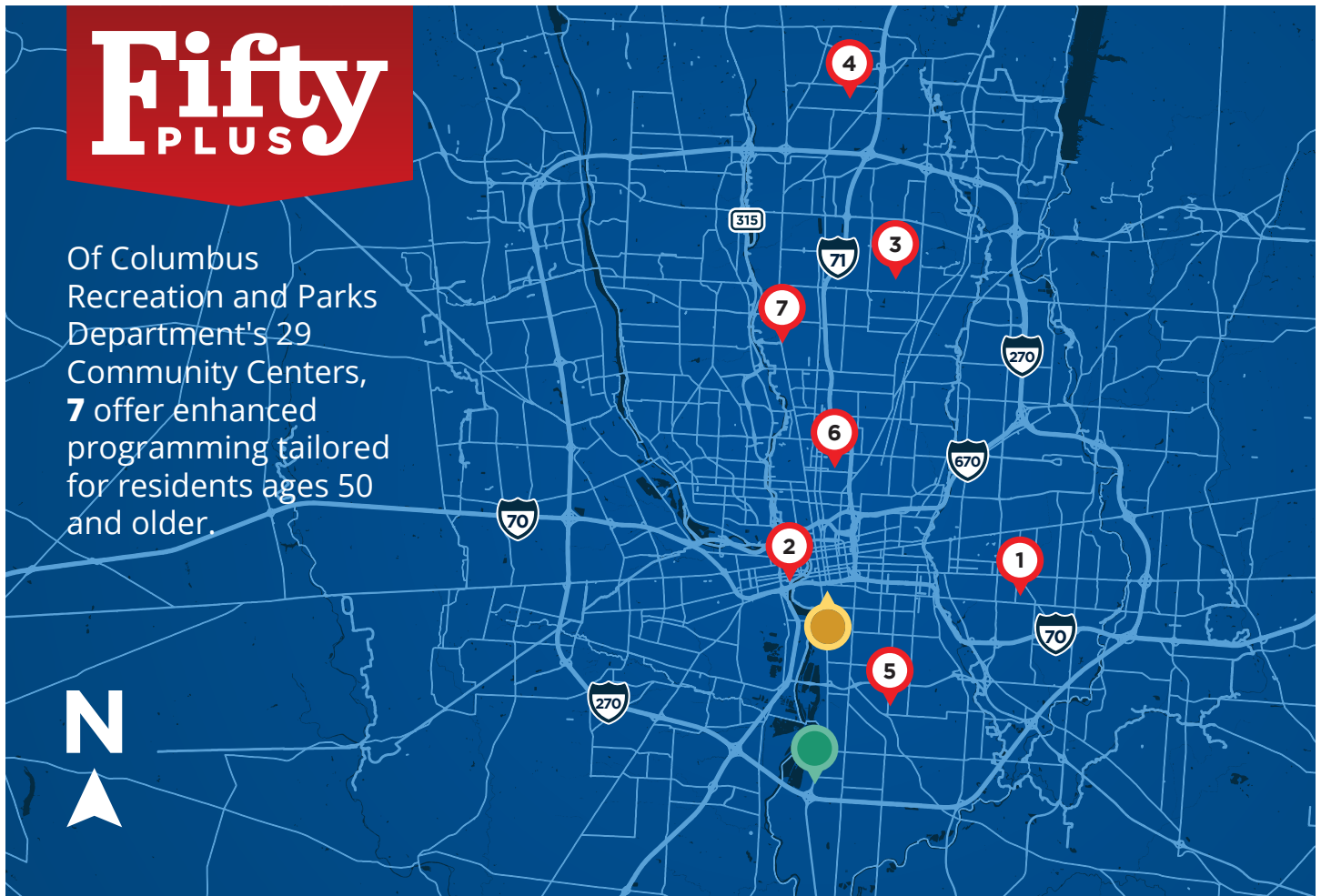
##### Event

Show and entry information

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# Fifty PLUS


Of Columbus Recreation and Parks Department's 29 Community Centers, **7** offer enhanced programming tailored for residents ages 50 and older.



- |  |   |   |
|--|---|---|
| <p><b>1 BARNETT COMMUNITY CENTER</b><br/>1184 Barnett Rd.   43227<br/>(614) 645-3065<br/>Monday–Friday 8 AM–5 PM</p>   | <p><b>4 LAZELLE WOODS COMMUNITY CENTER</b><br/>8140 Sancus Blvd.   43081<br/>(614) 645-5330<br/>Monday–Friday 8 AM–5 PM</p>   | <p><b>7 WHETSTONE COMMUNITY CENTER</b><br/>3923 N. High St.   43214<br/>(614) 645-3217<br/>Monday–Thursday 7 AM–7:45 PM<br/>Friday 7 AM–5:45 PM</p> |
| <p><b>2 DODGE COMMUNITY CENTER</b><br/>667 Sullivant Ave.   43215<br/>(614) 724-8151<br/>Monday–Friday 8 AM–5 PM</p>   | <p><b>5 MARION FRANKLIN COMMUNITY CENTER</b><br/>2801 Lockbourne Rd.   43207<br/>(614) 645-3612<br/>Monday–Friday 8 AM–5 PM</p>   | <p><b>CENTRAL OHIO AREA AGENCY ON AGING (COAAA)</b><br/>3776 S. High St.   43207<br/>(614) 645-7250<br/>Monday–Friday 8 AM–5 PM</p>                 |
| <p><b>3 GILLIE COMMUNITY SENIOR CENTER</b><br/>2100 Morse Rd.   43229<br/>(614) 645-3106<br/>Monday 8 AM–9 PM<br/>Tuesday 8 AM–5 PM<br/>Wednesday 8 AM–9:30 PM<br/>Thursday–Friday 8 AM–5 PM</p> | <p><b>6 MARTIN JANIS COMMUNITY SENIOR CENTER</b><br/>600 E. 11th Ave.   43211<br/>(614) 645-5954<br/>Monday–Wednesday 8 AM–5 PM<br/>Thursday 8 AM–9 PM<br/>Friday 8 AM–5 PM</p> | <p><b>GOLDEN HOBBY GIFT SHOP</b><br/>630 S. Third St.   43206<br/>(614) 645-8329<br/>Tuesday–Saturday 10 AM–5 PM</p>                                |


## Barnett

### SYMPHONY - PEAKS OF BEAUTY AND DEVOTION

 **Friday, March 6**  
**Departure Time: 9 AM**  
**Cost: \$15; lunch not included**

Join us at the Ohio Theatre to enjoy Joshua Roman's cello concerto of Bruckner's Symphony No. 7 under conductor Rossen Milanov. After the show, we will stop for lunch.


### AFTERNOON AT THE MOVIES

 **Tuesday, March 31**  
**Departure Time: 12 PM**  
**Cost: \$5**

We will head to Pickerington for an afternoon at the movies. Show will be chosen the week prior.


## Dodge

### GLASS ROOSTER CANNERY TOUR

 **Friday, March 13**  
**Departure Time: 10 AM**  
**Cost: \$5 (due at registration);**  
**Bring additional money**  
**for lunch and shopping.**


Delaware is our tour destination.

### DECORATIVE ARTS MUSEUM


 **Friday, March 27**  
**Departure Time: 9:30 AM**  
**Cost: \$10, includes transportation**  
**and tour; lunch not included**  
 We are traveling to Lancaster.

## Gillie

### GILLIE LUNCH BUNCH

 **Wednesday, March 18**  
**Departure Time: 11 AM**  
**Cost: \$5; lunch not included**  
 Tour historic John Clark Log House after lunch at Café Creekside.  
*Registration begins*  
*Wednesday, March 4.*


### BROADWAY BABIES

 **Friday, March 27**  
**Departure Time: 5 PM**  
**Cost: \$20; tickets and**  
**transportation only;**  
**dinner not included**  
 Join us for our first dinner and show of the season. We are going to the Curtain Players Theater to see "Fire Flies." A retired school teacher lives a quiet life until a hole in her roof brings Abel Brown into her life.  
*Registration begins Friday, March 13.*

## Marion Franklin

*Register for trips at the front desk.*

### SCAVENGER HUNT

 **Wednesday, March 25**  
**Departure Time: 9:30 AM**  
**Cost: \$5; transportation only**  
 Join us as we head out to local thrift stores and bargain outlets.


### ROCK & ROLL HALL OF FAME

 **Friday, March 27**  
**Departure Time: 6:30 AM**  
**Cost: \$30**

## JUNGLE JIM INTERNATIONAL MARKET

 **Friday, April 10**  
**Departure Time: 7:30 AM**


### BROADWAY SHOW: WICKED

 **Saturday, May 9**  
**Matinée: 2 PM**  
**Ticket cost: \$105**  
 Let Marion Franklin be your "Will Call." We have reserved the perfect seats: Mezzanine Center Section Rows A-E. A non-refundable deposit of \$35 will secure your ticket. You can pay in full or follow the center payment schedule.

### AMISH COUNTRY WINE TOUR

 **Wednesday, May 13**  
**Departure Time: 7:30 AM**  
**Cost: \$75; lunch included**  
 Let the Marion Franklin "Grapevine Excitement Tour" do the driving while you sit back and enjoy the beautiful countryside during a day trip down to the wineries of Amish Country in Coshocton County. We will travel to Breitenbach Winery and Raven Glen Winery for tastings and a buffet lunch at the latter. Our next stop is to the Woolly Pig Brewery and lite shopping at the country store.

### LAKE ERIE WALLEYE HEAD BOAT TRIP

 **Wednesdays, May 13 and**  
**July 8**  
**Departure Time: 4 AM sharp**  
**Cost: \$80; transportation and bait**  
 All are welcome. Estimated return 5:30 PM.

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## Martin Janis

### FIRST TUESDAY TEA

 **Tuesday, March 3**  
**Departure Time: 11:30 AM**  
**Cost: Free**


Join us at the MLK Center for a presentation featured for the month. Preceding the presentation will be a light lunch and an assortment of beverages.

### HPL BOWLING

 **Thursday, March 12**  
**Departure Time: 11:45 AM**  
**Cost: \$1.75 each for 2 games; \$3 for shoe rental; lunch NOT included**


Let's have a great time with a fun activity and see who can bowl the highest score!.

### OLD DUTCH RESTAURANT

 **Thursday, March 19**  
**Departure Time: 11:45 AM**  
**Cost: \$10 for transportation; lunch NOT included**

Join us for a sumptuous meal Amish style! Afterwards, you can visit an antique mall, craft mall, bulk food and deli store, and a glass factory outlet.

### LUNCH AND A MOVIE

 **Thursday, March 26**  
**Departure Time: 10:30 AM**  
**Cost: \$5 for transportation; \$5 admission; lunch NOT included**


Let's get together and enjoy that special movie you've been waiting to see and tell your friends! Afterwards, we will enjoy a nice lunch.

## Whetstone


### LUNCH AND A FLICK

Time will be determined on movie that is selected. Last, hopefully, for the winter months. Call Mike for details.

### MIKE'S TASTE OF ITALIA

 **Wednesday, March 18**  
**Departure Time: 10:30 AM**  
 We will go to TAT.

### HIKES WITH MIKE

 **Wednesday, March 25**  
**Departure Time: 10:30AM**  
 We're taking a chance with the weather. If we can hike, we will go somewhere close.



### Voicecorps provides access to print for seniors with disabilities

Seniors who have lost the ability to read print due to blindness, low vision or other medical conditions that prevent reading can reconnect to community news and information with Voicecorps reading service, a tool to help maintain independence.

Voicecorps Ambassadors will present a talk about the service at **Martin Janis Senior Center, E. 11th Ave., on March 18 at 10:30 a.m.** They will visit Gillie for the second time this summer.

Volunteers read aloud from print material including The Columbus Dispatch, local area newspapers, well-known magazines and books of all kinds at the Voicecorps studios. Regularly scheduled programs are streamed online on select cable systems and aired 24 hours a day on special radios, as well as online through the Voicecorps website, Amazon Alexa smart speakers and the TuneIn Radio app for smartphones.

Typical Voicecorps programs include Diabetes Forecast Magazine; Homemaking Magazines; Grocery Ads; Retail Ads; Community News (Franklin County neighborhood weeklies); and Get Fit, a guided armchair exercise program.

Since 1975, Voicecorps has read aloud from print newspapers and periodicals to provide a tool for people who can no longer use the printed page.

For more information about Voicecorps, call (614) 274-7650, e-mail [info@voicecorps.org](mailto:info@voicecorps.org) or visit [www.voicecorps.org](http://www.voicecorps.org). Voicecorps is located at 2955 West Broad St, Columbus, OH 43204 and is a member of Community Shares of Mid Ohio.

# !! DANCE

## Barnett

### LINE DANCE

#### Beginners

Mondays and Wednesdays

10:30 AM-12 PM

#### Showcase Line Dance

Mondays and Wednesdays

12:15-1:30 PM

## Gillie

### LINE DANCE

**Beginners** | Tuesdays 1 PM

**Intermediate** | Fridays 10:30 AM

**Advanced** | Tuesdays 2 PM

**Move & Groove** |

Mondays 7:30 PM

### EVENING DANCE

**Wednesdays 6:30-9 PM**

**Admission: \$5**

Arrive early for a line dance session from 6:30-7 PM. The DJ will begin spinning a variety of dance music at 6:30 PM. Refreshments will be served.

#### Weekly Themes:

- March 4: Birthdays and Anniversaries
- March 11: St Patrick's Day
- March 18: Spring Fling
- March 25: Bring a Friend Night

### TAP DANCE

**Beginners** | Wednesdays 6:30 PM

**Advanced** | Wednesdays 4:15 PM

### BALLET

Wednesdays 5:15 PM

## Marion Franklin

### LINE DANCE

Mondays, Wednesdays

and Fridays 10-11 AM

**"Step by Step" (beginners)**

Wednesdays 11:15 AM

**Line Dance Workout**

Tuesdays and Thursdays 10-11 AM

**Men's**

Tuesdays and Thursdays 11:15 AM

### EVENING LINE DANCE


**Cost: \$10 per session**

Wednesdays 6-7:15 PM

## RED HAT GROUPS

## Gillie's Fillies Red Hatters

**LAWSHEA'S SOUL FOOD AT THE PATIO**

 **Friday, March 20**  
**11:30 AM**  
1488 Morse Rd.



## SilverSneakers®

Columbus Recreation and Parks is now offering Silver Sneakers, a fitness program for adults 65+ that is included with many Medicare Advantage plans, at the following locations:


Barnett Community Center  
Dodge Community Center  
Gillie Community Center  
Lazelle Woods Community Center  
Marion Franklin Community Center  
Martin Janis Community Center



## Barnett

### SPECIAL EVENTS

#### 50+ DINNER AND DANCE

 **Friday, March 13**  
**5:30 PM doors open;**  
**6 pm dinner begins**  
**Cost: \$15**

Join us for an evening of dinner, dancing and entertainment to kick off spring. Contact Barnett or Schiller (614-645-3156) for more information.

#### MATTER OF BALANCE

 **Tuesdays,**  
**beginning March 17**  
**1:30 PM**

Matter of Balance (MOB) is a free program designed to reduce the fear of falling and increase the activity level of older adults who have this concern.

During a series of eight 2-hour workshops, participants learn to:

- View falls and fear of falling as controllable
  - Set realistic goals for increasing activity
  - Recognize fall risk factors and
  - Engage in range of motion exercises to increase strength & balance
- Contact Jessica with any questions or to register.

## DEMENTIA & ALZHEIMER'S DISCUSSION

 **Wednesday, March 25**  
**12 PM**

Dottie Odrosky, a volunteer and facilitator with the Alzheimer's Association for the Bexley/Berwick Caregiver Support Group, will lead a discussion on Dementia and Alzheimer's disease. She will present practical information, ways of coping, and share community resources. Light refreshments will be provided.

### FEATURED WEEKLY

#### OPEN PICKLEBALL

**Mondays | 12:30-3 PM**  
**Thursdays | 10:30 AM-12:30 PM**  
**Cost: \$10 per session**  
**(Drop in Sports Pass)**  
All levels welcome.

#### SEWING

**Wednesdays | 1:30-3:30 PM**

#### BARNETT BOOKWORMS

**Thursday, March 19**  
**1:30 PM**  
Contact center for current book.

#### TAI CHI

**Beginners: Fridays 10-10:45 AM**  
**Advanced: Fridays 11 AM-12 PM**  
**Cost: \$35 per session**  
Tai Chi is said to improve flexibility and balance while reducing stress.

#### JEWELRY MAKING

**Fridays 1:30-3:30 PM**

## Dodge

### SPECIAL EVENTS

#### AARP TAX ASSISTANCE


**Thursdays and Fridays**  
**9 AM-2 PM**

Call 614-645-8151 today to make an appointment.

#### CONTEST - DESIGN A T-SHIRT FOR DODGE

Design submissions should be done with black, no more than two colors (black and one other color) Finalists will be picked by the committee. Center members will vote for a winner on April 15. Once a design has been chosen, T-shirts will be available for purchase as a fundraiser for Dodge.

#### NUTRITION

 **Thursday, March 14**  
**12:30-1:30 PM**

Nutritionist, Lisa Gibson with OSU, will be here to answer all of your nutrition questions.

#### FIRE PREVENTION

 **Wednesday, March 18**  
**11 AM**

Vicki Fox from The Fire Prevention Bureau will be here to discuss reducing the risk of fires in your home and the top three causes of fires, how to extinguish fires as well as escape planning, programs that are available for testing and installing smoke detectors and carbon monoxide alarms.

## MOVIE DAY



**Thursday, March 19**  
**1 PM**

**Free**

Beat the winter blahs by joining us for a movie. Snacks will be available for purchase.

\$2 Popcorn, drink and cookie  
75¢ Ala Carte

## FEATURED WEEKLY

### COFFEE, TALK AND WALK



**Mondays, Tuesdays and Thursdays**

**8 AM**

Grab a cup of coffee (hot tea or cocoa) and join us for beautiful winter walks along the river front. If it is icy or really cold, we will walk inside Dodge.

### INDOOR CYCLING CLASS



**Mondays and Thursdays**  
**9:30 AM**

Silver Sneakers members are free! You may also purchase a Get Active fitness pass which includes this class for free and can be used at all City of Columbus Rec Centers. Fitness Passes: \$10 Seniors (50 & up); \$15 Adults

### CHAIR VOLLEYBALL

**Mondays and Thursdays 1-3 PM**

Come out and join us for chair volleyball. It's great exercise and everyone loves a little competition!

### DODGE CHORUS

**Tuesdays 1-2:30 PM**

We are always looking for new members and amazing vocals so if you would like to sing with our chorus, please join us.

## STAND UP VOLLEYBALL

**Tuesdays and Thursdays 9 AM**

### CHAIR FITNESS WITH KINTA

**Wednesdays 11 AM**

All fitness levels are welcome.

*Silver Sneakers members are free!*

### CHAIR YOGA

**Thursdays 10:15-10:45 AM**

All fitness levels are welcome!

You will be guided through a progressive series of yoga poses that will incorporate the use of a chair to assist with balance, strength, flexibility while focusing on breathing and relaxation. Silver Sneakers are free so come join us!

### CELL PHONE TECH HELP WITH NIKKI

**Thursdays 12 PM**

Got a new phone for Christmas? Or do you have a smart phone that you need help understanding all of it's functions or how to use it? Ms. Nikki is ready to help you with any questions you may have.


## SPECIAL EVENTS

### FOOD BOXES

For those who have signed up for the Food Boxes, they are only available for pick up on **Fridays, March 20 and 27; 12-4 PM**, not before or after. They **will not** be available for pick up any other times or days of the week. Please plan your schedule accordingly.

### SAVE THE DATE

### SPRING PARTY

 **Friday, April 17**  
**11 AM-1 PM**

**Cost: \$5**

# Gillie

## ANNOUNCEMENT

### CANTEEN CLOSED MARCH 20

Canteen will be closed for the Line Dance Jamboree.

## SPECIAL EVENTS

### LET'S TALK DEMENTIA WITH OAKLEAF VILLAGE



**Tuesday, March 3**  
**11 AM**

"Most of us are familiar with the term 'Dementia' but may not understand what to expect with this disease or how to identify if a loved one is showing signs. Join Oakleaf Village and Enliven Home Health as we discuss the signs and symptoms of dementia, best ways to interact with someone with dementia, and the different stages of the disease." *Register at the front desk.*

### OSU EXTENSION SERVICE WITH LISA GIBSON



**Friday, March 6**  
**9:30 AM**

**Topic:** Shift to Healthier Choices/ Stretching Your Food Dollar

### VETERANS GROUP



**Friday, March 6**  
**1 PM**

We are calling on all members of the Armed forces for a meeting of the brotherhood.

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## Gillie

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### BINGO

 **Mondays, March 9 and 23**  
**1 PM**

### BREAKFAST AT BERNIE'S

 **Tuesday, March 10**  
**9 AM**

Join us in the canteen for a continental breakfast, lively conversation and great fellowship.


### EAT BETTER, FEEL BETTER

 **Tuesday, March 10**  
**11 AM**

LifeCare Alliance Dietitian  
Leonor Button, RD

**Topic:** Mind Your Minerals

### ALZHEIMER'S ASSOCIATION

 **Tuesday, March 10**  
**12:30 PM**

Support Group meets at 12:30 PM. Everyone is invited. Private consultations are 1:30-4 PM for yourself or a caregiver by appointment. Call (614) 457-6003.

### ZEN INSPIRATIONAL DOODLE

 **Tuesdays, March 10, 17**  
**and 24 1:15 PM**

**Cost: \$9 per class**

Inspired by the elements of Earth, Air and Fire. We will execute three projects using various art mediums such as ripped paper, masking fluid and layer inking. This popular art form has been known to be very relaxing. The repetitive patterns promotes a sense of focus and calm. *Register at the front desk.*

### UNDERGROUND RAILROAD STUDY GROUP

 **2nd & 4th Mondays 6 pm**  
**2nd & 4th Thursdays 1 pm**

We study the role of Ohio and other states during this very interesting time in American History. We then travel to different sites around the state and visit the places we've studied.

### GILLIE RECREATION COUNCIL MEETING

 **Wednesday, March 11**  
**1 PM**

All are welcome.

### HISTORY ROUNDTABLE

 **Wednesday, March 11**  
**1 PM**

**Topic:** "The Great Locomotive Chase" or Andrews Raid occurred in Northern Georgia on April 12, 1962 with guest speaker, Roy Nichols.


### AMERICAN CIVICS 101- "IN THE BEGINNING"

 **Begins Friday, March 13**  
**1 PM**

How much do you remember from your high school civics' class?

Join us as we revisit "How Our Government Works" and discuss the function and history of our government. In our first class we will discuss the Articles of Confederation and the Constitution. Leave your politics at home and join us every 2nd Friday of the month.

### ST. PATRICK'S DAY LUNCH


 **Thursday, March 17**  
**11:30 AM**

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

### GUEST CHEF OF THE MONTH

**Canceled for St. Patrick's Day.**

### ANNUAL LINE DANCE JAMBOREE

 **Friday, March 20**  
**9:30 AM check in**  
**10 AM-3 PM**

**Cost: \$16 with lunch;**  
**\$13 dance only**

Enjoy the day as different instructors from all over the state bring new music and teach new dances. There will be cue/step sheets great food and wonderful door prizes to round out the day. Group registration is encouraged. We'll have fun, fun, and more fun! *Register by Wednesday, March 18 for lunch.*

### FEATURED WEEKLY

#### BASIC COMPUTER CLASS

 **Mondays**  
**10-11 AM**

Spring Session: March 16-May 11  
Register at the front desk.  
Space is very limited.

#### BASIC SIGN LANGUAGE

 **Thursdays**  
**10AM**

Learn the basics of American Sign Language from the alphabet to basic conversation.



# Lazelle Woods

## WINTER CLASS SCHEDULE

### PICKLEBALL

Mondays, Wednesdays and Fridays

12:30-2:30 PM

Cost: \$10 Drop in Sports Pass

### MONDAY

9:30-10:30 AM Dance and Fitness Toning | \$30

### TUESDAY

9:30-10:30 AM Women's Fitness | \$10

11 AM-12 PM Tai Chi | \$25

4:15-5 PM Women's Toning and Weights | \$10

6:30-8:30 PM Martial Arts-Aiki Ju Jitsu | \$35

### WEDNESDAY

9:30-10:30 AM Dance Fitness and Toning | \$30

6:30-7:30 PM Yoga | \$35

### THURSDAY

9:30-10:30 AM Women's Fitness | \$10

4:15-5 PM Women's Toning and Weights | \$10

6-8:45 PM Fundamentals of Watercolor | \$85

6:45-7:15 PM Bollywood Dance & Fitness | \$35

### FRIDAY

10:30 AM-12 PM Euchre and Card Games | Free

12-3 PM Pottery | \$20

### SATURDAY

10-11 AM Yoga for Beginners | \$60

11 AM-12 PM Tai Chi | \$25

## Marion Franklin

*Unless otherwise noted, please register at the front desk and call the center for more information.*


### SPECIAL EVENTS

#### AARP TAX PROGRAM

 Mondays and Wednesdays 9AM-3 PM

Call the center to make an appointment.

#### KIDNEY EDUCATION PRESENTATION

 Monday, March 9 11:30 AM-2 PM


##### Free screenings

Join us as we discuss how the kidneys function, simple lab tests that diagnose Chronic Kidney Disease (CKD); management of Blood Pressure and Diabetes as they both are leading causes of kidney failure. Good cardiovascular health is the common denominator for blood pressure, diabetes, heart health, kidneys and other conditions affected by the health of the vascular system.

**Program format:** Two nurses will be presenting on the topic. Other nurses will be set up to take blood pressures, perform diabetes testing and share health education around preventative measure.


This kidney education program is provided by Gamma Eta Chapter, Chi Eta Phi Sorority Incorporated, a professional nursing organization. Their focus is to provide services in the community around health promotion and disease prevention.

#### CHECK MATE: CHESS SOCIAL CLUB

 Friday, March 6 2-4 PM

Ernest Smith, Chess Club Instructor, invites you out for a meet and greet. If you are a beginner or a pro, come out for an afternoon of chess at its best. Refreshments will be served from 2-3pm.


#### MOVIE DISCUSSION

 Friday, March 6 11:15 AM

##### Free

Movie - *Just Mercy*; sponsored by the Black Studies Group

#### VETERANS AFFAIRS/ACTIVITIES

 Tuesday, March 10 12:30 PM

##### We can help...

The Department of Veterans Affairs runs programs benefiting veterans and members of their families. Lite snacks will be served.

#### BOOK CLUB SOCIAL AND DISCUSSION

 Wednesday, March 11 1:30 PM

Call center for book details.

#### DIY

 Thursday, March 12 11 AM

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# Marion Franklin

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## Cost: \$3

Join us as we make a DIY "herb garden" in the library. We will provide planting materials needed to make and take home your own tiny garden starts (from seed). If you like DIY and are not interested this go around, our next creation will be April 9. See Scott for details or suggestions on future DIY. *Register by March 11.*


## ST. PATTY'S LUNCHEON

 **Monday, March 16**  
**11 AM**

## Cost: \$9

Come for fun games, prizes and a traditional St Patty's meal of corned beef, cabbage, red skin potatoes, dessert and punch. *Must register and pay by Friday March 13th at front desk, no tickets sales day of event.*

## SENIOR COUNCIL MEETING

 **Monday, March 23**  
**1:30 PM**

## CLASSIC 8 BALL TOURNAMENT

 **Thursday, March 26**  
**4 PM**

## Free

Double elimination, call shot, no ball in hand. Winner gets name and photo on wall. Hot dogs and punch included. *Please register in pool room the day of tournament.*


## FEATURED WEEKLY

## LUNCH


 **Tuesdays-Thursdays**  
**11 AM-1 PM**

Marion Franklin Dining Center  
LifeCare Alliance...Nourishing  
the Human Spirit

## CHAIR VOLLEYBALL

 **Mondays-Fridays**  
**11 AM-12 PM**

## 50+ BASKETBALL

 **Mondays, Wednesdays &  
Fridays**  
**10 AM-12 PM**

**Cost: \$10 per session**

## 50+ PICKLEBALL


 **Mondays, Wednesdays &  
Fridays**

**Beginners | 9-10 AM**


**Intermediate | 12-2 PM**

**Cost: \$10 per session**

## 50+ BASKETBALL

 **Tuesdays & Thursdays**  
**1-2:30 PM**


## BINGO

 **Tuesdays,**  
**March 3 and 17**

**1-3 PM Free**

First and third Tuesdays

## PO-KE-NO


 **Wednesdays**  
**12-3 PM Free**

## HEALTH & WELLNESS

Barbara Parker, registered nurse, is available in the LifeCare Alliance Wellness Center Monday and Tuesday 8am-4:30pm;

Thursday 8-11am; Friday 8am-4pm. For an appointment, please call 614-437-2927.

## EAT BETTER, FEEL BETTER!

 **Tuesday, March 24**  
**11 AM-12 PM**

Free class offered by LifeCare Alliance every fourth Tuesday of the month. *No registration required.*

## ARTHRITIS FOUNDATION EXERCISE PROGRAM

 **Tuesdays and Thursdays**  
**10 AM**


## FREE HEARING EVALUATIONS FOR SENIORS

Call Columbus Speech and Hearing at (614) 261-5452 for more information or to schedule an appointment.

# Martin Janis

## SPECIAL EVENTS

## ST. PATRICK'S CELEBRATION

 **Wednesday, March 18**  
**11:30 AM-2 PM**

Wear your best green and come on in for our annual bash featuring great traditional Irish foods, vegan options and treats! Toni will start calling bingo at 1:00! Erin go Braugh!

## TAX TIME

Tax season is here. Don't forget about the AARP free tax assistance program here at Martin Janis. Tax representatives are here 9am - 2pm through April 13. Get here early, as the service is first


come, first served. For further details, call 614-645-5954.

## MARTIN JANIS ART SHOW

**Opens Monday, March 2 (thru March 13)**

Join us for the second annual "Martin Janis Artist Only" exhibit and show. Reception and light refreshments at 1 pm. Contact Mike or D'Lyn for information, 614-645-5954.

## BREAKFAST FOR LUNCH

 **Wednesday, March 4 11:30 AM**


Come in and enjoy the wonderful breakfast specials our talented kitchen staff serves every month. You'll really enjoy their homemade breakfast quiche!

## VALENTINE'S DAY PARTY


 **Wednesday, February 12 12 PM**

Join the fun as we celebrate St. Valentine's Day! Be a sweetheart and revel in the celebration of good food and enjoy the company of friends.

## SENIOR COUNCIL MEETING

 **Wednesday, March 18 10 AM**

## MEDICAL MUTUAL

 **Monday, March 23 10 AM-12 PM**

Bring your questions and concerns!

## FEATURED WEEKLY

### LUNCH SERVED

**Monday-Friday 11:30 AM-12:30 PM**

## SAVE THE DATE

## EASTER BRUNCH AND EGG HUNT


 **Wednesday, April 8 11:30 AM**

Celebrate Easter at Martin Janis! Join in the annual Easter egg hunt, play games and try your hand at festive egg decorating! Bingo starts at 1pm. Sponsored in part by MediGold.

# Whetstone


## FEATURED CLASSES

### WOODCARVING

 **Tuesdays, March 3 and 17 6 PM**

Bring your own supplies.

### LUNCH

 **Wednesday, March 4 11:30 AM**

**Cost: \$5**  
Join us for lunch in the Community Room. Let Mike know if you are attending.

## FEATURED WEEKLY

### OPEN PICKLE BALL

**Mondays, Tuesdays and Fridays**

**Beginner 9:30-11:30 AM**

**Intermediate/**

**Advanced 12-2 PM**

**Wednesdays**

**All Levels 6:15-8 AM**

**Cost: \$10 (Open Sports Pass Needed)**

### INTERNATIONAL FOLK DANCING

**Mondays 7-8:45 PM**

## CANASTA

**Mondays 1:30-3:30 PM**  
**Free**

## GROOVE FIT

**Mondays and Wednesdays 6:45 PM**  
**Cost: \$50 for 10 Classes**

## WII BOWLING

**Tuesdays 10:30 AM-12 PM**  
**Free**

## BID EUCHRE

**Tuesdays 12-3 PM**  
**Free**  
6, 7 or 8 handed can be played

## TAIJI FOR BALANCE

**Tuesdays 10-11 AM**  
**Thursdays 2-2:40 PM**  
**Fridays 9:30-10:30 AM**  
**Cost: \$35**

## GENTLE YOGA

**Wednesdays 10-11 AM or**  
**Wednesdays 7:15-8:15 PM**  
**Cost: \$40/ each**

## FULL BODY CONDITIONING WITH MIKE JOHNSON

**Wednesdays and Fridays 9:15-10:15 AM**  
**Cost: \$79 for two days per week**  
**\$49 for one day per week**

## PROGRESSIVE BRIDGE

**Thursdays 12-3 PM**  
**Free**

## PROGRESSIVE REGULAR EUCHRE

**Thursdays and Fridays 12-3 PM**  
**Cost: \$2 per person**  
Dance room. Have fun and win grocery prizes!

# 68th Annual Creative Arts Event

## Tentative Program Schedule

### Martin Janis Center

## May 6-15, 2020

Wednesday, May 6:	Artist Reception	6 PM Doors open	6:30 PM Program
Thursday, May 7:	Line Dance Showcase		
Friday, May 8:	Dinner/ Dance Party with Live Entertainment		
	5:30 PM Doors open	6 PM Dinner	7 PM Show
	Cost: \$15	May 4: Deadline to register with payment	
Monday, May 11:	Poetry and Writing Expo, readings of short stories and poetry		
Tuesday, May 12:	Demonstration Day - Different art demos throughout the day	Free	
Wednesday, May 13:	COAAA Hall of Fame	1 PM	
Thursday, May 14:	Variety Show	1 PM	

## Entry Information

This year's theme: ***COLORS OF LIFE***. Central Ohio area residents are invited to enter **three items of original artwork, crafts or writings**.

**Entries must be taken to Martin Janis Center, 600 E. 11th Ave at the Ohio State Fairgrounds, on Wednesday, April 15 from 10 AM-2 PM or Thursday, April 16 from 5-7 PM. Parking is free and there is no charge to enter your items.**

Any type of two or three dimensional art or craft work made by the entrant is eligible. Entries are judged by area artists and instructors. Ribbons are awarded by category.

The theme, ***Colors of Life***, is a category for entries in any media. A pair or group of similar items may be considered as one entry with a limit of two items per entrant. **Paintings, photos and other two dimensional entries must be framed with WIRE HANGARS, ready to display or hang. Quilts and other wall hangings should be ready to hang with casings for dowels or loops attached for hanging.**

**ART WORK NOT PREPARED TO HANG WILL NOT BE ACCEPTED UNTIL FIXED/ADDRESSED.**

Writing and poetry entries may include a group of short stories or poems which should be typed and enclosed in a **plastic sleeve** or otherwise ready for display or reading.

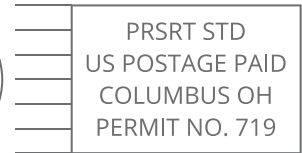
The event is open to the public Wednesday, May 6 at 6pm through Friday, May 15 with special entertainment and programs daily. Admission is free with the exception of some special events. Family and friends are welcome to attend. Lunch is available for purchase daily from 11:30am-12:30pm.

**CLOSED SUNDAY, MAY 10 FOR MOTHER'S DAY.**

For more information, call Linda Jacobs, Gillie Center | 614-645-3106 or Mike Phillips, Martin Janis Center | 614-645-5954.



1111 East Broad Street | Columbus, Ohio 43205



## 50+ WATER EXERCISE

Join Alice Irwin for a lower-intensity workout that focuses on stretching, range of motion and gross-motor function.

**Session 4: February 25-  
April 1**

**Mondays & Wednesdays  
10-11 AM**

**\$25 per session / \$3 per class**

**Columbus Aquatic Center**  
1160 Hunter Ave.  
Columbus, OH 43201  
614-645-6122

## CREATIVE ARTS EVENT

**May 6-15**

**See page 12 for more information.**

## GOLDEN HOBBY GIFT SHOP

Be done with Winter! Visit our seasonal shop for an explosion of Spring flowers and lovely décor for Easter. Always unique gifts for all ages plus clothing, homegoods, art, jewelry, handmade greeting cards at amazingly low prices and so much more.

Our first Make-n-Take class for adults and kids is Saturday, April 11 – it's free and supplies are provided for making fuzzy bunny cards and Spring décor. Call to register.

**Tuesday-Saturday 10 AM-5 PM**  
**630 S. Third St. | German Village**  
**(614) 645-8329**

**Free parking/Wheelchair accessible**

