Spring 2020
Activity Brochure

Griswold Center

Registration begins Wednesday, March 25
for April • May • June Programs

Kentucky Derby 2019

Did you know...

COMMUNITY CENTER
The Community Center is a participating Silversneakers location and has over 2,780 Silversneaker members.

GRISWOLD CENTER
This year 56 handmade blankets have been donated to Project Linus and distributed to children in hospitals, shelters and social service agencies.

PARKS
Stay up to date on the McCord Park renovations at worthington.org/McCord

worthington.org
**Programs**

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**Support Groups**

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**Worthington Garden Club Sale**

The Look & Life in the 1920’s

**Support Groups**

The Mission Statement

To create community through exceptional programs, parks, facilities, and events.

**Vision**

Worthington Parks & Recreation will:
- Provide safe, family friendly environments.
- Be a leader in customer service.
- Provide exceptional maintenance and cleanliness.
- Lead in community health and wellness.
- Provide innovative parks and recreation.
- Be positive people providing fun interactions.
- Strive for sustainable practices.

**Support Groups**

The Spring registration will open for registration on the following dates:

**Support Groups**

**SPRING REGISTRATION**

**NOW REGISTER QUARTERLY!**

**PLAN AHEAD AND PAY LATER:**

Programs or trips that fall later in the quarter may have a payment plan option. Upon registration, you can choose to opt in to the payment plan associated with that program. Programs listed in the brochure will indicate if they are eligible for a payment plan by showing this symbol.

Payment plan due dates will be shown on your receipt at the time of registration.

**USE ONE FORM ALL QUARTER!**

If the program has a 5 digit number next to it, then you need to pre-register for it.

All programs will open for registration on the following dates:

**Wednesday, March 25**

**ALL Griswold Members**
- (Both Resident and Non Resident)
- & Worthington Residents

**Friday, March 27**

**Open Registration**

*Registration begins promptly at 9 a.m. in person and online*

**Held Registrations**

Registration forms can be mailed in or dropped off, with payment, prior to registration and held until the day you are eligible to register. Held registrations will be processed in the order they are received at 4 p.m.

**CANCELED ACTIVITIES**

If we cancel an activity that you are registered for, you will be notified by phone and you will receive a full refund to your credit card (if you paid with a credit card) or you will receive a credit on your WPRD account.

**REFUND POLICY**

Refund requests received prior to the payment plan due date will be honored as requested. Any refunds requested after the corresponding due date will be approved as long as we receive at least 24 hours notice before the program begins AND your spot has been filled from the wait list.

**THE GRISWOLD CENTER**

**OFFICE HOURS:**

Monday – Friday: 8:00 AM–5:00 PM

**HOLIDAY HOURS**

Monday, May 25 (Memorial Day): CLOSED

**BROCHURE INFORMATION**

The brochure will be available at the Griswold Center, online and will be delivered to the following locations:

- Stafford Village
- The Residences
- Melbourne Village
- Worthington Community Center

You may request to have a brochure mailed to you by calling us at 614-842-6320. We do not have a mailing list.
### SilverSneakers BOOM

- **Monday:** 8:30a-9:30a SilverSneakers BOOM (Move) (Town Hall)
- **Tuesday:** 9:00a-9:30a SilverSneakers BOOM (Mind) (Town Hall)
- **Wednesday:** 9:30a-10a SilverSneakers BOOM (Mind) (Town Hall)
- **Thursday:** 8:30a-9:30a SilverSneakers BOOM (Move) (Town Hall)
- **Friday:** 9:30a-10a SilverSneakers BOOM (Mind) (Town Hall)

### Fun and Fitness

- **Monday:** 9:15a-9:50a Walking Group (Town Hall)
- **Tuesday:** 10a-12p Play Reading (Case)
- **Wednesday:** 10:15a-11a SilverSneakers Classic (Town Hall)
- **Thursday:** 11:15a-12p Cardio Line Dancing (Town Hall)
- **Friday:** 9:15a-10a SilverSneakers BOOM (Mind) (Town Hall)

### Book Discussion

- **Tuesday:** 10:15a-11a SilverSneakers Classic (Town Hall)
- **Wednesday:** 1p-3p Play Reading (Topping)
- **Thursday:** 10a-12p History Group: The Civil War, US Presidents & More (Thompson, Topping, Case)
- **Friday:** 12:15p-1p SilverSneakers Yoga (Topping)

### Chair Volleyball

- **Tuesday:** 10a-12p Bipartisan Group (Case)
- **Wednesday:** 9:00a-9a (Town Hall)
- **Thursday:** 10a -12p Bipartisan Group (Case)
- **Friday:** 10a-12p Bipartisan Group (Case)

### German Club

- **Tuesday:** 10:15a-11a SilverSneakers Classic (Town Hall)
- **Wednesday:** 11a-12p World Vision and continue to work on prayer shawls for local churches. If you would like to learn the art of knitting, we'll do our best to help you.
- **Thursday:** 11a-12p German Club (Case)

### Line Dance for Beginners

- **Monday:** 8:30a -9:30a Walking Group
- **Tuesday:** 9:15a-9:50a Walking Group (Town Hall)
- **Wednesday:** 9:15a-9:50a Fun and Fitness (Town Hall)
- **Thursday:** 9:30a-10a SilverSneakers BOOM (Mind) (Town Hall)
- **Friday:** 9:30a-10a SilverSneakers BOOM (Mind) (Town Hall)

### German Club

- **Tuesday:** 10:15a-11a SilverSneakers Classic (Town Hall)
- **Wednesday:** 11a-12p German Club (Case)

### Adventures in Writing

- **Monday:** 8:30a-9:30a Walking Group
- **Tuesday:** 9:15a-9:50a Fun and Fitness (Town Hall)
- **Wednesday:** 9:30a-12p Mah-Jongg: National (Tuller)
- **Thursday:** 1a-3p SilverSneakers BOOM Move It (Town Hall)
- **Friday:** 1p-3p SilverSneakers BOOM Move It (Town Hall)

### Bipartisan Group

An open discussion group on current issues.

### Book Discussion

Meet with this group to discuss plot, characters and authors. Share your viewpoints, discover a variety of books, and recommend your favorites. Quarterly schedules can be picked up at the Griswold Center or viewed online. 2nd Tuesday each month.

### Bridge

Let's play Bridge! Bring a partner or come on your own. New players with an intermediate understanding of Bridge are welcome!

### Cardio Line Dancing

Dance Dance Dance! Learn the latest line dances of the 50-60-70's.....and beyond. Having a fun time while increasing your flexibility, coordination and endurance!

### Chair Volleyball

Come have a great time while getting healthier! Even from a chair, this game helps develop good hand-eye coordination, develops upper body strength and most importantly is a fun, stress-reducing activity.

### Current Events

We'll explore how past notable people and events of the past influence the present and future. Members can choose topics to be discussed.

### Double Deck Pinochle

This exciting card game combines all the fun of Euchre, Bridge, Hearts, Spades and even the children's game, War. In other words, it's a trick-taking game. New players welcome.

### Duplicate Bridge

Duplicate or tournament bridge is also known as comparison bridge. The serious play never overshadows the atmosphere of friendship and sociability. It is best to arrive at the game with a partner. Singles are welcome but cannot be guaranteed a partner.

### French

Maintain your conversational skills with those fluent in French.

### Fun and Fitness

An ongoing drop-in program. Includes sitting and standing exercises done to music.

### Game Night

Let's play some games! Have a favorite? Bring it with you and share in fun with friends! Bridge and Euchre included.

### Mah-Jongg: National

Now playing National Rules and looking for new players! Join us in the fascinating and challenging game popular in the U.S. since the 1920s.

### Play Reading Group

For anyone who loves literature and good writing. Come and join our play reading group. There will be something for everyone, comedy, drama, romance and mystery! We will read scripts from many different styles, then discuss the themes and characters.

### Scrabble

Join us for a fun afternoon of Scrabble! We play 2 or 3 games, depending on how the games go. Anyone interested in playing is welcome. Boards and dictionaries are provided.

### Spanish

Brush up on your Spanish conversational skills in this new program.

### Table Tennis

Have a good time playing while exercising all two thousand body parts. Play singles or doubles with men and women of all skill levels. Paddles and balls are provided or bring your own.

### Walking Group

Stride at your own pace at area parks or malls. Meet new friends while experiencing a low impact and healthy exercise. For more details pick up a walking schedule at the front desk.
SilverSneakers BOOM™

BOOM is a revolutionary new fitness series designed for Baby Boomers and active older adults which includes Move, Muscle, and Mind. Whether you are just beginning your fitness journey or looking to take your fitness to the next level, BOOM is right for you. All classes are done without the aid of a chair.

### SilverSneakers BOOM™ MOVE

This fun, dance-inspired workout improves your cardio fitness with easy-to-follow moves set to energizing music.

**Griswold Center**

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<th>Day</th>
<th>Time</th>
<th>Instructor</th>
<th>Capacity</th>
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<tbody>
<tr>
<td>Mon</td>
<td>1:00 PM–1:30 PM</td>
<td>Sandy Hull</td>
<td>Max. 30</td>
</tr>
<tr>
<td>Fri</td>
<td>8:30 AM–9:00 AM</td>
<td>Sandy Hull</td>
<td>Max. 30</td>
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### SilverSneakers BOOM™ MUSCLE

This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

**Griswold Center**

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<td>Mon</td>
<td>1:30 PM–2:30 PM</td>
<td>Sandy Hull</td>
<td>Max. 30</td>
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<tr>
<td>Fri</td>
<td>9:00 AM–9:30 AM</td>
<td>Sandy Hull</td>
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### SilverSneakers BOOM™ MIND

The best from yoga and Pilates are combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength and balance.

**Griswold Center**

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<th>Day</th>
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<tr>
<td>Mon</td>
<td>2:00 PM–2:30 PM</td>
<td>Sunny Hull</td>
<td>Max. 30</td>
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<tr>
<td>Fri</td>
<td>9:30 AM–10:00 AM</td>
<td>Sandy Hull</td>
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### SilverSneakers® Classic

Increase muscle strength and range of movement, and improve activities for daily living. You’ll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

**Community Center**

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<th>Capacity</th>
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<tr>
<td>Tue</td>
<td>10:30 AM–11:00 AM</td>
<td>Judy Hunter</td>
<td>Max. 25</td>
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<tr>
<td>Thu</td>
<td>1:00 PM–1:30 PM</td>
<td>Sandy Hull</td>
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### SilverSneakers® Yoga

SilverSneakers® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Community Center**

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<th>Capacity</th>
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<tr>
<td>Mon</td>
<td>12:15 PM–1:00 PM</td>
<td>Judy Hunter</td>
<td>Max. 25</td>
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<tr>
<td>Thu</td>
<td>12:15 PM–1:00 PM</td>
<td>Bev Tabb</td>
<td>Max. 25</td>
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### SilverSneakers® Splash

Lap Pool

In this fun, shallow-water exercise class you’ll use a signature splash board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.

**Community Center**

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<tr>
<td>Mon</td>
<td>10:00 AM–10:45 AM</td>
<td>Sandy Hull</td>
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### SilverSneakers® EnerChi

SilverSneakers® EnerChi will incorporate tai chi and qigong principles to improve physical and mental well-being. SilverSneakers® EnerChi introduces modified tai chi forms. Linking forms together in a guided flow increases strength and vitality. Participants will learn the foundations of weight transfer and rhythmic movement along with awareness and focused breathing.

**Community Center**

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<tr>
<td>Tue</td>
<td>10:15 AM–11:00 AM</td>
<td>Mary Enlin</td>
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### SilverSneakers® Circuit

Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.

**Griswold Center**

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<th>Day</th>
<th>Time</th>
<th>Instructor</th>
<th>Capacity</th>
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<tr>
<td>Tue</td>
<td>9:15 AM–10:00 AM</td>
<td>Stacy Connely</td>
<td>Max. 30</td>
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* Circuit, Classic, Yoga & Splash programs are offered only to members 65 and up with SilverSneakers®.

** BOOM programs are offered to PRIME & SilverSneakers® members ages 50 and up.

Visit www.TivityHealth.com for more information regarding the Tivity SilverSneakers® Fitness program.
**Griswold Center**

**Fitness Room**

**Fitness Room Hours**
- Monday–Thursday: 8:00AM–NOON
- Monday–Thursday: 4:30PM–6:30PM
- Friday: 8:00AM–2:00PM
- Saturday: 8:00AM–11:00AM

**Fitness Room Rates**

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<th>Service</th>
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<th>Non-Resident</th>
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<tr>
<td>20 Visit Punch Card</td>
<td>$40</td>
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SIlverSneakers® and PRIME® members as well as Silver & Fit® and Active & Fit® receive free, unlimited use of the Griswold Fitness Room.

**Fitness Room Dual Membership**

If you are a member of both the Worthington Community Center and Griswold Center, you can work out at either facility during open hours. The Griswold Fitness Room punch card is no longer necessary to purchase in addition to your Griswold Center Membership, as long as you are a member of both facilities. For those that choose to continue to purchase their punch cards, that option will remain the same. Stop by the Customer Service Desk at either location for further information.

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**Personal Training**

One-on-one assistance will help you with your fitness goals and wellness needs. Correct techniques and postures for exercises will be demonstrated and explained, as well as an evaluation of your current exercise routine. Schedule an appointment with Jeff Fickell.

**Balance & Flex**

Town Hall

The focus of this class is on joint flexibility, muscle strengthening, and balance techniques to decrease the risk of falling. We will help you become more aware of your posture and give you the ability to walk more freely and with greater confidence.

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<tr>
<th>Session</th>
<th>Resident</th>
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<tbody>
<tr>
<td>30 Minute Session</td>
<td>$14</td>
<td>$18</td>
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<tr>
<td>1 Hour Session</td>
<td>$24</td>
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<tr>
<td>3 (1 hour) Sessions</td>
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**Strength Class- PUNCH CARD CLASS**

Town Hall

The convenient strength class punch card consists of your choice of a 10 punch or 15 punch card. Punch cards are good for a lifetime and when you run out of punches, simply renew for another punch card at the front desk. Use light, medium and heavy dumbbells to build muscle, increase strength and bone density, improve muscle and skin tone and improve self-confidence. The class includes stretching, proper breathing technique and lifting form... lots of fun. Instructor: Jeff Fickell on Mondays and Sandy Hull on Fridays. No class May 25.

**Circuit Training**

Pinney Fitness Room

Circuit training is an excellent way to simultaneously improve mobility, strength and stamina in a short period of time. Under the direction of an instructor, choose stations that alternate between different strength exercises. The exercises are separated by brief, timed rest intervals, and each circuit is separated by a longer rest period. Don’t miss the first session, as we will go over each exercise in detail, learning proper posture and technique as well as equipment adjustments. Great for any fitness level.

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<th>Non-Resident</th>
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**Feldenkrais Method**

Topping Room

Feldenkrais lessons may be done standing, sitting or lying down. They explore basic movements in great detail, in a gentle manner that evokes in adults the quick, spontaneous learning of young children. This "reprogram" the brain for better posture and self-image, greater ease and pleasure in movement, and fuller relaxation in rest. Chronic tension, pain, anxiety, disability, and effects of aging are not confronted directly, but are simply left behind in a natural process of learning and improvement. Students are often surprised to find that the smallest and most gentle work produces the most profound changes. This method was developed by the late Israeli physicist Moshe Feldenkrais. Teachers and teacher trainings are certified by the Feldenkrais Guild. Please wear loose, comfortable clothing.

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**Fearless Falling: Self Defense Tai Chi**

*Town Hall*

Based on the principles and movements of Tai Chi Chuan, this course teaches both the mental and physical aspects of self-defense and protection. You do not have to become a martial arts expert to defend yourself. The average criminal is looking for an easy target, not a fair fight, and even a little awareness and resistance can discourage him. Tai Chi Kung Fu methods combine deception and whole-body power for very effective counter-attacks but the emphasis is always on self-protection. You will learn how to protect yourself effectively from blows and falls, but also how to move with more power, poise, and confidence. Black-belt instructor, Mike Grigsby, has been teaching kungfu and falling skills for over twenty-five years. No class May 25.

**Tai Chi Beginners**

*Town Hall*

Tai Chi is a group exercise program designed to provide people with a ‘joint friendly’ exercise alternative. The program uses Sun-style Tai Chi, which includes gentle movements and relaxed breathing. Participants learn 12 basic movements plus special warm-up, cool-down, and breathing exercises. With its emphasis on slow, flowing movements, Tai Chi can lead to improved balance and increased flexibility.

**Tai Chi Advanced**

*Town Hall*

Know the basic 12 moves of Tai Chi Beginners and ready to learn more? Deepen your knowledge of this style of t'ai chi, known for its smooth, flowing movements. Its gentle poses and high stances make it ideal to improve balance, posture, and flexibility. Other styles of t’ai chi be introduced, time permitting. Talk to the instructor before signing up for this class. No class May 25.

**Intermediate Tap**

*Town Hall*

A great aerobic activity using different muscles and learning tap combos. Participants should know the basic tap steps for this class. Tap shoes required.

**Jazzy Tap with NY Flair!**

*Town Hall*

A class of Jazz combined with tap for the more advanced tapper ready to learn more. Exercise while having fun! Tap shoes required.

**Restorative Yoga**

*Town Hall*

Restorative yoga is intended to take the mindfulness that is found in all disciplines of yoga to the next level. It’s still and slow, and it’s as much (or more) about the mind as it is the body. It is a slow moving class mostly done on the mat utilizing lots of props (blocks, bolsters and blankets). It is about consciously allowing the body to conserve and rebuild energy in a mindful way, using gravity in a pose as a means of opening up the body in a gentle way. Please bring a mat and a couple of towels or smaller blankets and any other blocks or straps you may have.

**Massage Appointments**

**Thompson Room**

Massage improves circulation and muscle tone, as well as soothes muscles. Appointments are taken between 12:30 p.m. and 5 p.m. Cost: $30 for 25 minutes and $53 for 50 minutes appointments (Includes Tax). Our licensed massage therapist is Linda Fontana. Make checks payable to the massage therapist. Please note: if you have a prescription for massage, no tax is charged and price will be reduced.

Call the Griswold for an appointment.
Golfers Spring Tune-Up

It's time to dust off the clubs and get your swing back in action! For this year's tune-up, we will have the newly built Topgolf complex located at 2000 Ikea Way, Columbus, Ohio 43240. Ever been bowling? Well, at Topgolf, you can play in a bay rather than a "lane", and from that "bay" you hit micro-chipped golfballs into giant targets in their outfield to score points. prices are by the hour and per bay. It'll be $25 per bay per hour and 1-6 people can use a bay so bring your friends or have a bay all by yourself. We will eat there as well as they have a full service restaurant, on your own. For more details, please visit their website at https://topgolf.com/us/columbus/. 2020 golf outing schedule and Golf Outing Guide along with April/May sign-up sheets will be available too.

Griswold Social Golf League

Our social league is open to 18 and 9 hole golfers who enjoy playing different courses in the Central Ohio area. Foursomes will change weekly. Partner requests are considered but not guaranteed. The 2020 Schedule, directions to the golf courses, prices and April/May sign up sheets will be available at the front desk no later than March 27 and also online: www.worthington.org and click on Griswold Center then Leagues. For more information, contact leader Jeff Fickell at 614-842-6320.

Softball Players/Teams Needed!-58 & Over League

The Central Ohio 60's Softball League is designed for men ages 58-69 (must turn 58 during the 2020 calendar year if you are 57). Men over the age of 70 are also welcome. Price includes all greens fees, cart fees, beverage ticket each week, prizes, awards and food for the finale outing! For more information contact Jeff Fickell at 614-842-6320. Resident: $415.00. Non-resident: $440.00

Competitive Golf League

NEW LOCATION! This year we will feature 9-hole play at Glenross Golf Club for 14 Tuesday afternoons, including a tournament and an 18-hole finale. League uses a modified non-USGA handicap system. Indicate your partner when registering. You must have a partner. Men and Women both welcome. Price includes all greens fees, cart fees, beverage ticket each week, prizes, awards and food for the finale outing! For more information contact Jeff Fickell at 614-842-6320.

Hawaii in April

Ray Bower is the presenter.

Boston: History and Fun

Van Young is the presenter.

Italy Part one: Venice and Florence

Presented by Walt and Connie Kobalka.

AARP Smart Driver Course

Topping Room

The AARP Smart Driver Course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Introduction to the latest vehicle technology and vehicle operation and safety, and, you may qualify for a multi-year auto insurance discount by completing the course (check with your insurance agent for details). $15 for AARP Members or $20 for Non-AARP members. Course fee collected the day of class, cash or check payment accepted, registration required.

April Smart Driver Course

14851 Wed 9:00 AM-1:00 PM Apr 15

May Smart Driver Course

14858 Wed 9:00 AM-1:00 PM May 20

June Smart Driver Course

14859 Wed 9:00 AM-1:00 PM Jun 17

UFO (Unfinished Objects)

Case Room

UFOs are unfinished objects for a reason. People usually need some kind of help or motivation to get going again. One thing that is surprising about these classes is how much everyone learns from other people's UFOs. You don't just get going on your own project, you also see, hear and experience how problems are solved on other pieces. Have some craft or sewing project that you are stuck on? This class is for you. Bring a sandwich, snack provided.

Boston: History and Fun

14757 Wed 10:00 AM-11:30 AM May 20

Free

Resident: $5.00. Non-resident: $7.00

May Smart Driver Course

14755 Wed 9:30 AM-1:30 PM May 20

Resident: $5.00. Non-resident: $7.00

June Smart Driver Course

14758 Wed 9:30 AM-1:30 PM Jun 10

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Do you look at your phone, laptop, tablet or iPod and feel lost? Wish you could have a one on one with someone that can help you with even the simplest of tasks? The Griswold Center and the Worthington Libraries are partnering to bring you this opportunity to get some help from the next generation. Students from CAHS Internship experience will be at the Griswold Center to answer your questions and help you feel more confident on your smart device or gadget. Please include the question(s) you have and the tech device you are using when you register. FREE!

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**New Age Mastery program on page 24.**

Looking for the Lunch & Learn?? Check out what we are offering instead this quarter! Our New Age Mastery program on page 24.

**Senior Sewing Club**

**Case Room**

The Stitching Sisters started in Columbus, Ohio in 2005, under the direction of Joanne Lester. Lester, then a nurse practitioner at the Breast Center at Ohio State University Wexner Medical Center, saw the chemotherapy infusion center as drafty and in desperate need of some perking up. The group’s goal was to provide quilts for every breast cancer patient being treated at the center, but eventually the program grew to include donations to ovarian and lung cancer patients as well. Volunteer your sewing talents to help make quilts for this important charity. Previous sewing and or quilting experience preferred. Supplies and patterns included. Volunteer: Deb Nowell. Leader: Linda Crannell.

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**Project Linus**

**Case Room**

Decide what kind of blanket you would like to work on: crocheted, knitted, fleece and quilted are all accepted types of blankets by Project Linus. Come and share your knowledge or learn a new skill while helping people who need it most. There will be no class on Monday, May 25.

**Watercolor Sunset Workshop**

**Case Room**

Back by popular demand! Bring back those dreamy, beach sunsets. All supplies provided. Sponsored by Wesley Glen.

**Pinetress Craft Club**

**Case Room**

Africa Thomas from Wesley Glen is returning to teach this popular class again. Make an Easter craft from the well liked Pinterest website. No experience with Pinterest is necessary. All projects will be completed the same day. Materials will be provided. Sponsored by Wesley Glen.

**Book Folding with Kicks**

**Tuller Lounge**

Diana Spain, owner of Kicks Bookstore in Newark will show us how to transform a book into a work of art. All supplies provided, just show up prepared to learn and have fun.

**Creative Arts**

Looking for the Lunch & Learn?? Check out what we are offering instead this quarter! Our New Age Mastery program on page 24.
ACORN ADVENTURES

Dawe’s Arboretum
We’re headed to the Newark area for a guided outdoor hike in the arboretum followed by a guided tour of Dawe’s house. Please plan on being on your feet for approximately 2 hours. After our tour, we’ll head to lunch (on your own). Trip price includes the price of the tours and transportation.

Spring Grove Cemetery and Arboretum
Chartered in 1845 and encompassing 733 acres, 15 lakes, a waterfall and over 44 miles of winding roads, Spring Grove is a beautiful piece of Cincinnati history. There are over 1,200 different species of trees and shrubs labeled for study in this National Historic Landmark. A docent will lead us on a history tour of this magnificent arboretum and open-air museum. After our tour, we’ll head to lunch nearby (on your own). Program price includes transportation.

The Newark Earthworks
This month we’ll meet Dr. Tim Jordan who’ll lead us on a hike of the Newark Earthworks. This is one of the new restaurants in the Polaris area. The menu is varied and over 44 miles of winding roads, Spring Grove is a beautiful piece of Cincinnati history. There are over 1,200 different species of trees and shrubs labeled for study in this National Historic Landmark. A docent will lead us on a history tour of this magnificent arboretum and open-air museum. After our tour, we’ll head to lunch nearby (on your own). Program price includes transportation.

MYSTERY LUNCH
Each month we visit a different restaurant... the catch, you don’t know where we’re going! Always something good and always a good time.

DINNER WITH FRIENDS

Dinner With Friends, Ocean Club
This month we are heading to a requested restaurant. The Ocean Club features an impressive menu of seafood and prime cuts of steak, signature cocktails, and a Wine Spectator honored wine list. You can choose from lighter items like sushi and poke, to indulgent seafood presentations, juicy steaks and decadent desserts. Dinner is on your own. Program price includes transportation.

Dinner With Friends, Kitchen Social
This is one of the new restaurants in the Polaris area. The menu is varied and the wines are from family growers around the world.

Dinner With Friends - M at Miranova
This is one of the new restaurants in the Polaris area. The menu is varied and the wines are from family growers around the world.

HISTORIC BUS TOURS

Worthington Neighborhoods #1
This tour will begin on the west side of the Olentangy River and explore the histories of Pleasanton, Linworth and the Beechview/WA Rusk subdivisions. Then cross back over the river and go south and hear the stories behind Davis Estates and Walnut Grove Cemetery, the development of Chaseland and Colonial Hills. Led by Steffanie Haueisen in conjunction with the Worthington Historical Society. (The entire tour takes place on the bus.)

Worthington Neighborhoods #2
Begin first with a look at the story behind the creation of Worthingway and Medick Estates. We will also see the Orange Johnson house and discuss the development of Wilson Hill which incorporated much of the Orange Johnson farmland. Also included will be Kilbourn Village, and Riverlea, a Village within a city. Finish the tour by going through Rush Creek, Worthington’s most unique neighborhood. Led by Barb Barnhart in conjunction with the Worthington Historical Society. (The entire tour takes place on the bus.)

DINNER WITH FRIENDS - M at Miranova
Once again we’ll head to another requested location. M is one of only 2 AAA – 4 Diamond restaurants in Columbus. M features award-winning, globally inspired cuisine. They’re famous for impeccable service, wonderful views of the city and a wine list considered to be one of the nation’s best.

Flint/Underground Railroad
Learn about the history of Flint its schools, and the role of both Flint and the village of Worthington during the Underground Railroad. The history of the founders of the AME church and the development of the Morris Addition will also be included. The tour includes a visit to Flintridge Terrace and a close up view of the Ozem Gardner house, a stop on the Underground Railroad. Led by Steffanie Haueisen in conjunction with the Worthington Historical Society. (The entire tour takes place on the bus.)
DAY TRIPS

New Albany Symphony Orchestra with Joanna Frankel

We'll head to the McCoy Center for the Arts and enjoy the heart and soul of NASO as it comes alive in Barber’s Adagio for Strings followed by Columbus Symphony concertmaster, Joanna Frankel, performing the lush and technically brilliant Higon Yolino Concerto. After the performance we’ll head to Cap City Fine diner in Gahanna for dinner on your own. Program price includes concert and transportation. Registration deadline is April 1 for ticket purchase.

Kent State Textile Museum

Enjoy a Docent led tour of the Culture/Counterculture: Fashions of the 1960s and 70s and the Ohio Quilts exhibits. The exhibition Culture/Counterculture looks at the fashions of the 1960s and early 1970s with a particular focus on the generation gap during that period. The exhibition is scheduled to coincide with the 50th anniversary of Kent State’s shootings on May 4, 1970. New sources of inspiration included musicians, experimental materials, and non-western clothing styles such as Nehru jackets and cultural diversity. Ohio Quilts is the history of quilts in Ohio and is in many ways a reflection of the history of Ohio itself since the early nineteenth century. One of the most extraordinary quilts in the KSU Museum’s collection is attributed to Elizabeth Hobbs Keckley. Born a slave, Keckley learned dressmaking then bought freedom for herself and her son. She lived many years in DC and worked for the wives of many prominent politicians including Mary Todd Lincoln, Keckley lived in Ohio when she served on the faculty of Wilberforce University. Enjoy a late lunch, on your own, at Treno, an Italian restaurant in the old train station. Program price includes museum admission and transportation.

Groovy Plants Ranch and Fun

Located in Marengo, the ranch is a plant lovers haven. Beautiful plantings and quirky decorations fill the property. We loved our trip there last year so we are returning, Mary Kay is driving so there will be a couple surprise stops along the way. A fun way to get ready for gardening time. Program price includes transportation.

Kingwood Center Gardens, Mansfield

Kingwood Center Gardens are a favorite Spring destination. Enjoy a chance to roam the grounds and gardens of the stately mansion. Some of their best seasonal gardens are part of the grand spring flower display which includes magnolias, daffodils, crocus, redbuds, dogwoods, silverbells, tulips, and many more spring flowers. Visit Der Dutchman in Belleville for lunch on your own, followed by a surprise stop on the return route to Worthington. Program price includes garden admission and transportation.

Cleveland History Center

Visit 2 exciting exhibits at the Cleveland History Center. Women and Politics will trace the story of political women, exploring the early days of the suffragist movement, the successful fight for the 19th Amendment, the birth and growth of the League of Women Voters as a force for clean government and the election of Northern Ohio women to positions of power on the local, state and national levels. Also see Si Jolie! French Fashion in Cleveland. It highlights how Paris fashion motivated Clevelander’s to travel abroad, influenced local fashion, inspired the golden age of department stores and how significant fashion was socially. Explore how Clevelanders showed off their fashion at cultural venues like the Euclid Avenue Opera House and discover how Parisian fashion played a critical role in the shaping of High society at stores like Higbee’s and Neale Brothers. Enjoy lunch on your own. Program price includes admission, docent and transportation.

Explore Downtown Columbus & Columbus Arts Festival

Explore downtown Columbus’s new construction and developments. Reminisce about the downtown area and how things have changed before heading to the 59th Annual Columbus Arts Festival. The Festival has been rated by numerous magazines as one of the top in the nation and each year hosts hundreds of juried artists from across the U.S. as well as several international artists. Performance stages will feature music, dance, theater and spoken word and a wide selection of quality food and beverage. The Griswold will find a seat and enjoy watching the people. Lunch in on your own, Program price includes tour and transportation.

Art on the Canal Stroll and Slate Run Historical Farm

Stroll along the beautiful streets of downtown Canal Winchester while listening to the music from a variety of street performers, watch the chalk artist work on her latest art piece, visit the historical train depot and old school house, venture into unique shops and restaurants enjoying the various artists who will be sharing their craft. Lunch will be on your own, and at your leisure. We’ll also visit and stroll around Slate Run Living History Farm just a few short miles away. Time has turned back the 1880’s and we can interact with the costumed staff going about their daily chores in the gardens, barns and farmhouse. Check on the pigs, geese, turkeys, horses and other herlbloom animals roaming the property. Program price includes transportation.

Straders Garden Center

Enjoy brunch, on your own and visit Straders Garden Center and Oakland Park Nursery and choose some colorful plants for your home. Program price includes transportation.

Miss Saigon, Ohio Theatre

Broadway Across America brings this acclaimed new production of the legendary musical Miss Saigon. This is the epic story of a young Vietnamese woman named Kim. In a bar run by a notorious character called The Engineer, Kim meets an American G.I. That encounter will change their lives forever. Featuring stunning spectacle, a sensational cast of 42, and a soaring score including Broadway hits like “Last Night of the world,” “The Movie in My Mind,” and “The Heat is On in Saigon,” this is a theatrical event you will never forget. Program price includes ticket and transportation. Please register by April 22 due to ticket purchase deadline.

Bexley Women’s Club House and Garden Tour

This 13th Annual tour will showcase some of the finest homes and gardens in the Bexley area and has become a destination for people all over Ohio and beyond. Artists and musicians will be showcased throughout the tour and food trucks will be on site for lunch, on your own. The Griswold bus will provide transportation to each stop! Program price includes tour and transportation. Due to ticket purchase you must register by May 5, 2020.

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Picasso and Paper, Cleveland Museum of Art

Enjoy a docent led tour of the Picasso and Paper exhibit. Picasso’s prolonged engagement with paper is the subject of the groundbreaking exhibition Picasso and Paper, organized by the Cleveland Museum of Art and the Royal Academy of Arts, London, in collaboration with the Musée national Picasso-Paris. Featuring nearly 300 works spanning the artist’s entire career, Picasso and Paper offers new insights into Picasso’s creative spirit and working methods. Presented in a series of chronologically unfolding themes, the works are displayed together with closely related paintings and sculptures to provide a deeper context for understanding their meaning and historical position in Picasso’s art. Enjoy lunch on your own, at the museum. Program price includes docent led tour and transportation. Due to ticket purchase deadline you must register by June 1, 2020.

Adena Mansion & Gardens, Chillicothe

Adena was the 2000 acre estate of Thomas Worthington, sixth governor of Ohio and one of the state’s first United States Senators. The mansion house, completed in 1806-1807, has been restored to look much as it did when the Worthington family lived there, including many original Worthington family furnishings. The house is one of only 3 houses designed by Benjamin Henry Latrobe still standing in the country. Latrobe is considered the first professional American architect and served as architect of the U.S. Capitol under President Thomas Jefferson. The gardens have undergone major renovation. Stroll through three terraces of flowers and vegetables, as well as the shrubs and trees in the grove. Looking east from the north lawn of the mansion, one can see across the Scioto River Valley to the Logan Range. This view was the inspiration for the Great Seal of the State of Ohio. Enjoy guided tours of both the mansion and the gardens. Enjoy a late lunch, on your own, at the Old Canal Smokehouse before returning to Worthington.

L’ELISIR D’AMORE, Opera Columbus

Performed at the Southern Theatre this opera tells the story of a travelling doctor arrives in town, Nemorino pins all his hopes on a magical love potion. But nothing in this topsy-turvy comedy in ever quite as it seems. Program price includes main floor ticket and transportation.

DAY TRIPS

BOOK YOUR NEXT PARTY AT THE GRISWOLD CENTER!

Shopping

Each week the Griswold Bus will transport you to a different location for your shopping needs. Once per quarter we will go to Polaris Mall. Please register ahead of time for this free program.

Resident: $37.00, Non-resident: $48.00

Resident: $35 | Non Resident $40

Resident: $35 | Non Resident $50

Residents $17.00, Non-resident $22.00

Residents $35 | Non Resident $50

Residents $35 | Non Resident $50

Fee Information

Fees are established based on type of room and residency of person obtaining permit.

Refund Policies

Requests for refunds must be made 3 weeks in advance for Swim Party Rentals. Refund requests for any other room must be made 1 week in advance.

Refunds will not be granted for inclement weather.

There is an $8 processing fee for a refund. Check refund processing may take up to 4 weeks.

Multiple rentals are non-refundable.

Rental Days and Times:

Griswold Center Facilities can be reserved on the following dates:

- Jan, Feb, Mar – 1st Monday in December
- Apr, May, June – 1st Monday in March
- July, Aug, Sept – 1st Monday in June
- Oct, Nov, Dec – 1st Tuesday in September

Inquiries and requests may be in person at the Griswold Center at least 1 weeks prior to the rental.

Griswold Center | 777 High Street | Worthington, OH 43085 | 614-842-6320

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Support Groups

Alzheimer’s Association Support Groups
Case Room
A support group for early stage individuals diagnosed with dementia under the age of 65 years, and their caregivers/family members. The group members meet together for a light dinner and conversation and then the group separates. The caregivers meet with a leader to discuss their issues, and those with dementia meet with a staff member to talk about their situations and participate in activities. Interested individuals must call the Alzheimer’s Association at 614-457-6003 for meeting times and dates (pre-screening is required to attend).

Call the Alzheimer’s Association for details on dates and times.

Alzheimer’s Association Support Groups
3rd Wednesday each month 2:00 PM-3:30 PM
614-301-0784. Refreshments are provided by PR Life Management.

These educational and support meetings are sponsored by Syntero/
Low Vision Support Group
2nd Monday each month 1:00 PM-2:30 PM
Informal group will gather to share information and support each other.

Parkinson’s Support Group
3rd Thursday each month 2:00 PM-3:30 PM
Leader: Victoria Alexander, LISW-S
Leader: Dr. Wanda Mclntyre

Support Groups

Stroke Support Group
Tuller Lounge
This program offers socialization, education, support and information about community resources. Sponsored by OSU Medical Center.
Leader: Dr. Wanda Mclntyre

Alzheimer’s Association Support Groups
Tuller Lounge
Sponsored by Syntero/Northwest Counseling Services/Dublin Counseling Center, this is a monthly support group for men and women widowed five years or less or for anyone still struggling with post-widowhood issues. This group offers a variety of topics for discussion and includes information about community resources and health topics. Please register at least one day in advance by calling 457-7876 ext 422.
Leader: Victoria Alexander, LISW-S

Worthington Widowhood Support Group
Town Hall
Sponsored by Syntero/Northwest Counseling Services/Dublin Counseling Center, this is a monthly support group for men and women widowed five years or less or for anyone still struggling with post-widowhood issues. This group offers a variety of topics for discussion and includes information about community resources and health topics. Please register at least one day in advance by calling 457-7876 ext 422.
Leader: Victoria Alexander, LISW-S

Volunteer opportunities include:
Class Instruction
Office Work
Event Set Up/Take Down
Taking Class Attendance & More!
VISIT THE CUSTOMER SERVICE DESK & PICK UP A VOLUNTEER APPLICATION TODAY!

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GRISWOLD CENTER

Birthdays

Each month Griswold Center Members’ Birthdays will be featured on our Bulletin Board. One name will be picked at the end of the month and receive a special gift from us!

Griswold Center | 777 High Street | Worthington, OH 43085 | 614-842-6320

HEARING SCREENINGS

Buttles Conference Room
Have you been wondering if people mumble or if it’s your hearing? Come find out at a FREE hearing screening provided by Dr. Natalie Roselli from HearUSA Westerville.

Mon 10:00 AM-12:00 PM
Apr 13
Free

Volunteer Opportunities

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Learn & Grow Series with The Green Team

Town Hall

The Worthington Partnership “Green Team” is bringing a series of Sustainability educational programs to Worthington! The topics of these events will be Gardening, Compost/Food Waste, Green House tour, Farmers Market, Green Transportation, Advocacy, Green Parenting and Zero Waste. There will also be SWACO landfill and RUMPKE recycling tour opportunities.

*In order to register and for more information and additional event dates, please visit www.experienceworthington.com/sustainability

Great Decisions

Thompson Room

Join us on Friday mornings in May and June to hear OSU Professors, Ohio Wesleyan Professors and others share their expertise on important national and international topics. Sponsored by the non-partisan Foreign Policy Association, this year’s topics include: U.S. Relations with the Northern Triangle, Artifical Intelligence and Data, Red Sea Security, Modern Slavery & Human Trafficking, Climate Change and the Global Order, India & Pakistan, China’s Road Into Latin America, and the Philippines & the U.S.

New!

Aging Mastery Program

Topping Room

Build your own personal playbook for aging well. Developed by the National Council on Aging with classes led by local experts, this fun, innovative program will empower you to take key steps to improve your well-being and strengthen ties to your community. Through this program, you will make and maintain small but impactful changes in your health behaviors, financial well-being, and enrichment in later life—get rewards for taking small steps—meet new friends and provide support and encouragement to your peers.

Beginning Genealogy

Thompson Room

Learn where to start researching your family tree. Find out about DNA testing and is it for you. We will be exploring some of the features on Ancestry, FamilySearch and Family Tree, plus others websites to help you solve those “Brick Walls”. Leader: Linda Crannell

Friday @ 4

Case Room

The honor of your presence is requested on Friday afternoons for recreation and socialization! Please join us for a fun get together featuring a different activity each week. Light snacks will be provided for your enjoyment. Leader: Mary Williams

Events scheduled at the Griswold Center:

Wed. April 29
Gardening 101: Organic Vegetable Gardening with Joanne Dole, Franklin County Master Gardener. Learn how to grow your own vegetables at home without synthetic chemicals so you, and our environment, will be healthier. Class discusses best practices for organic vegetable gardening and preventative measures to keep garden pests and diseases off your vegetables.

Thur. May 7 
Farmers Market

Wed. May 13
Home Composting

Thur. June 4
Food Waste/City Compost

Mon. June 15 6:00-8:00pm
Green Transportation in Griswold lot

Seniors Health & Wellness Fair

Join us for our annual Arbor Day Ceremony

Worthington Classic

May 17th
Thomas Worthington High School
300 W. Dublin-Granville Rd, Worthington, 43085
5 mile run/walk: 1 mile kids run
5 Mile Run/Walk: 8:00am
1 Mile Kids Run: 7:40am
Pre-Race Packet Pick-Up
FrontRunner Worthington
7227 N. High St, Worthington
614-847-0301 on May 15-16th
Race Day Packet Pick-up begins: 7:00am
Entry Fee:
5 Mile Run/Walk: Register by March 15 $25
Register By April 15 $30
Register after April 15 $35
1 Mile Kids Run: $10
Library
Enjoy a good book or magazine in our cozy library. Books may be checked out; procedures are posted in the library. You can help with the jigsaw puzzle in progress or enjoy a book or magazine.

Medicare and Insurance Claim Assistance
A trained OSHIIP (Ohio Senior Health Insurance Information Program) volunteer is available to provide counseling and information about insurance and assistance with doctor and hospital bills. Call the Griswold Center at (614) 842–6320 for more information.

Vial of Life
The Worthington Division of Fire and EMS, in cooperation with the Central Ohio Area Agency on Aging, is providing the Vial of Life program for residents of the community. This program allows your Emergency Healthcare providers to have quick and easy access to your medical history, current medications, and other vital information. Call (614) 885–7640 (Worthington Division of Fire) during business hours of 7:30 AM to 4:30 PM for more information about this free service. Packets may also be picked up at the Griswold Center.

WPRD Photograph Policy
Photographs/videos are occasionally taken of participants and visitors to facilities of the Worthington Parks and Recreation Department. These photographs/videos are used to promote Parks and Recreation programming and facilities in future Activity Brochures and a variety of other City of Worthington publications and social media. If you prefer that you or your child not be photographed, please notify the photographer if you prefer that you or your child not be photographed during a registered activity or visit to our parks or facilities, or your child not be photographed during a registered recreation program, you must “opt-out” on or before the first day of each listed course by completing an “opt-out” form at the Department’s registration desk. For any non–registered activities or visits to our parks or facilities, citizens of Worthington interested in donating are invited to read our informative donation brochure. For additional information please contact Colleen Light at the Community Center or celia Thornton at (614) 885–7640.

Parks and Recreation Staff
Darren Hurley, Director
Community Center
Holly Keller, Recreation Superintendent
Celia Thornton, Project Supervisor
Melissa Hindman, Marketing & Outreach Supervisor
Julie Sergent, Marketing & Outreach Coordinator
Nancy Haynes, Recreation Supervisor
Michael Burgdorfer, Recreation Supervisor
Jennifer Button, Customer Service Coordinator
Ryan Cooper, Recreation Supervisor–Fitness
Kevin Timmons, Recreation Supervisor–Aquatics
Randy Hannigan, Building Maintenance Technician
Building Maintenance Assistant

Griswold Center
Colleen Light, Center Manager
Julie Stoltz, Customer Service Coordinator
Mary Kay Scott, Recreation Supervisor–Senior
Jeff Pickell, Recreation Supervisor–Senior Fitness

Parks Division
D. Scott Brown, Parks Manager
Shawn Daugherty, Parks Supervisor
Kevin Potter, Crew Leader
Wade Lallathin, Parks Technician
Jamie Britt, Parks Technician
David Bright, Parks Technician
Tyson Cline, Parks Technician

City of Worthington
Matt Greeson, City Manager
Robyn Stewart, Assistant City Manager

Worthington City Council
Ron Cline, Mayor
Derek Taylor, President
Mary Kay Scott, Vice President
Julie Sergent, Director

Worthington Parks Improvement Fund
The Worthington Parks Improvement Fund was created to preserve and enhance the city’s sixteen neighborhood parks. This fund allows gift donations to be used for a variety of needs ranging from plants to park structures.

Village Green Signs
Non–profit community organizations with events in Worthington may apply for a permit to post a sign on the Village Green. Permits and more information are available on our website www.worthington.org and at the Community Center customer service desk.

This is a free service.
Nova Scotia & Maritimes of Canada
July 9-16, 2020

HIGHLIGHTS INCLUDE:
Saint John
Bay of Fundy
Reversing Falls
Grand Pre Historic Site
Annapolis Valley
Halifax
Citadel
South Shore
Peggy’s Cove
Cape Breton Island
Bras d’Or Lake
Alexander Graham Bell
Museum
Cabot Trail
Gaelic College
Charlottetown
Green Gables

Trip Preview: Monday, April 20, 2020 1:30 p.m.

Paris to Normandy
Sept 14-22, 2020

HIGHLIGHTS INCLUDE:
Vernon–LesAndelys
Caudebec
“A Taste of Normandy” excursion
Guided sightseeing in Rouen
Confins:
ExcursionstoAuvers-sur-Olse
“Heart of Paris” walking tour

TOUR INCLUDES:
Land/cruise
Portcharges
Meals and accommodations
Sightseeing and services of a professional cruise director

A Nashville Musical Christmas
November 29 - December 2, 2020 4 Days/3 Nights

November 29: Coach to Nashville, TN; Evening at Leisure to Shop and Explore the Resort’s Christmas Decor; Dinner on Own.

Overnight Nashville
November 30: RCA Studio B; ICE! Christmas Exhibit; Delta River Flatboat Ride; Country Christmas Dinner and Show.

Overnight Nashville, B/D
December 1: Belle Meade Mansion and Winery including Wine Tasting; Wildhorse Saloon Lunch; Afternoon Concert at Ryman Auditorium; Evening at Leisure and Dinner on Own.

Overnight Nashville, B/L
December 2: Return to Columbus, with comfort stops and lunch en route. B