



# GRISWOLD CENTER WELCOME BACK!



worthington.org





# Welcome back!

We are so excited to expand upon the current offering of activities and office hours. Starting Monday July 26, the Griswold Center will be open 8am-3pm for activities, office hours, the fitness room, or if you just want to come grab a book and get comfortable in the lounge. This is a big step in the direction of “normal” but there are still some things that will be different. The Griswold Membership has been renamed the Griswold Program Pass but will still include all the benefits as the membership. The only thing changing is the name!

The Pass will give access to several free, ongoing, and drop-in activities and you can find the schedule on the following page or online at [Worthington.org/griswold](http://Worthington.org/griswold). The pass will also allow for priority registration for activities. You can purchase your pass at either the Griswold or Community Center or online. All passholders will have their picture taken, be issued a key tag, and will need to scan in when entering the Griswold Center. If you purchase your pass online, please stop by either desk to pick up your key tag and have your picture taken. If you already have a key tag from the Community Center or for another Worthington Parks and Recreation Pass, it will be the same key tag you already possess. The south entrance will remain closed, so we ask that everyone enters through the north entrance. We ask unvaccinated individuals to wear a facial covering unless actively exercising while at the Griswold Center. We will also be continuing routine cleaning and disinfecting.

**Do not miss out on the Welcome Back – Summer Fun and Games celebration!** Play yard-sized versions of Connect 4, Jumbo Jenga, Classic Corn Hole and more. Enjoy hot dogs & ice cream novelties. This event is brought to you by Wesley Glen Retirement Community and Clear Captions. Let’s have some summer fun together! Registration is required and is FREE to current Griswold Program Passholders. [Click here for more information or to register.](#)

We look forward to seeing all your smiling faces once again! You can expect to see a lot of the same faces around the Center, but you will also see a few new ones from other areas of the department. Colleen Light, former Griswold Center Manager, was promoted to Superintendent/Assistant Director and we now have two Managers for the Department. Ryan Cooper is our Recreation Programs Manager and Julie Sergent is our Recreation Operations Manager. The two managers will oversee all recreation in the Department, including the Griswold Center! If you have any questions or need anything you can email them at the addresses below.

Lastly, Worthington Parks and Recreation is hiring! We have a lot of Part Time positions available and if you or a friend or family member is interested in learning more, please visit the website: [Job Postings](#)



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**REGISTRATION IS CURRENTLY OPEN FOR ALL SUMMER PROGRAMMING AND MAY BE DONE ONLINE OR IN PERSON AT THE GRISWOLD CENTER OR COMMUNITY CENTER.**

**[REGISTER AT WORTHINGTON.ORG/REGISTRATION](http://WORTHINGTON.ORG/REGISTRATION)**

**Welcome back! We look forward to greeting you again at the Griswold Center.**

*Would you like to volunteer?  
Email Colleen.Light@worthington.org  
to learn more.*

## HOURS

*(beginning July 26)*

MONDAY – FRIDAY

8:00 AM – 3:00 PM

## GRISWOLD FITNESS ROOM

The Griswold Center’s Fitness Room is now open for all Silver Sneakers, Renew Active, Griswold Center Fitness Room Punch Card Holders and Community Center Senior Annual Members. You no longer need to make a reservation. Staff will be on site to answer any questions and will continue to clean and sanitize the facility.

**20 visit punch card: R \$40 | NR \$52**

## GRISWOLD PROGRAM

### PASS RATES:

**Senior (55+): R \$12 | NR \$18**

**Non-Senior (18-54): R \$20 | NR \$25**

Griswold Program Pass can be purchased at either the Griswold or Community Center and online: Worthington Parks and Recreation ([activecommunities.com](http://activecommunities.com)) and are good for a year from purchase date.

## ONGOING GRISWOLD PROGRAMS INCLUDED IN THE GRISWOLD PROGRAM PASS

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
9:30 am – Noon <b>Maj-Jongg National</b> In Person Tuller Lounge	10-11:30 am <b>Current Events</b> In Person Thompson Room	10-11:30 am <b>Knit Wits &amp; Crochet Hooks</b> In person Tuller Lounge	12:15-3:30 pm <b>Duplicate Bridge</b> In person Thompson Room	10 am – noon <b>Griswold Roundtable Discussion*</b> Virtual Registration Required
10:00 -11:30 am <b>History Talk*</b> Hybrid Thompson Room	1:30-3:30 pm <b>French Conversation</b> In Person Topping Room	12:30 – 3:30 pm <b>Bridge</b> In person Thompson Room	12:15-3:30 pm <b>Double Deck Pinochle</b> In Person Topping Room	1st Friday of the month 11am-noon <b>Pinterest Craft Club*</b> In person Registration Required Case Room
1:30-3:00 pm <b>Project Linus*</b> In Person Registration Required Case Room	1:30-3:30 pm <b>Senior Sewing Club*</b> Registration Required Case Room			1:00-3:00 pm <b>Scrabble</b> In Person Thompson Room
2nd Monday of the Month 1-2:30 pm <b>El Dopas (Parkinson Support Group)</b> In Person Tuller Lounge	2nd Tuesday of the Month 1:30-3:30 pm <b>Book Discussion*</b> In Person Tuller Lounge			1:30-3:00 pm <b>Spanish Conversation</b> In Person Topping Room

\* more information on the following pages

## PROGRAMS INCLUDED IN THE GRISWOLD PROGRAM PASS



# Summer Hikes

### Inniswood Gardens

We will meet at Inniswood Metro Gardens in the front by the main entrance! Walk will be about 1.10 miles or whatever you are comfortable with!

24080 Fri 9:30 AM-10:15 AM Jul 30

### Sharon Woods

We will meet at Sharon Woods Park in the back by Schrock Lake! Walk will be about 1.27 miles!

24081 Fri 9:30 AM-10:15 AM Aug 6

### Metzger Park

Park is located in Westerville. From W. Main St., head north on Granby Pl W and parking lot entrance will be on your left. Walk will be about 1.13 miles!

24082 Fri 9:30 AM-10:15 AM Aug 13

## Book Discussion

### Book Discussion, August

August's book is *The Third Brother: An Andy Hayes Mystery*. You must register to attend.

#### In-person • Thompson Room

23993 Tue 1:30 PM-3:00 PM Aug 10

#### August 10

*The Third Brother: An Andy Hayes Mystery* 2015

272 pgs Mystery

#### September 14

*The Stranger in the Woods: The Extraordinary Story of the Last True Hermit* by Michael Finkel 2017 Maine Travel

277 pgs

#### October 12

*The Book Thief* by Marcus Zusak 2007 Historical Fiction

177 pgs

#### November 9/December 14

*The Daughters of Erietown: A Novel* by Connie Schultz 2020 Contemporary Fiction 4

57pgs



## ONLINE ZOOM Music Mini-Chats



### Virtual Music Mini Chat with Vaughan Music Studio

Join with Vaughan Music Studios to chat about a different artist or genre each week. Registration is required. Vaughan Music Studios will send a link the morning of the program.

#### Aretha Franklin

24008 Thu 12:00 PM-1:00 PM Aug 5

#### Eva Cassidy

24009 Thu 12:00 PM-1:00 PM Aug 12

### Griswold Roundtable Discussion Group

This group was formerly known as the Bipartisan Group moderated by Bill Brown. We would like to offer a platform for critical thinking about a broad spectrum of issues. For example: Human behavior, science, religion, economics, history, pandemic now and in the past, climate change, the future, and more. Moderated by Wilma Wabnitz

24314 Fri 10:00 AM-11:30 AM Jun 4-Aug 27

## PROGRAMS INCLUDED IN THE GRISWOLD PROGRAM PASS

### Knit Wits & Crochet Hooks-In Person

**Ages: 18Y and up • Griswold Center Tuller Lounge**

All are invited to join the Knit Wits & Crochet Hooks group, who enjoy knitting, sharing stories, laughing and having fun! Come together to share patterns and skills of both knitting and crocheting while making gifts for family and friends.

24015	Wed	11:00 AM-12:00 PM	Jun 2-Aug 25
No fee			

### Wellness Series-Bingocize

**(Hybrid: In-Person and Virtual) Ages: 18Y and up**

Join Loretta Sweeney from OSU Extension Senior Series as she will conduct this free 20 session wellness program on: Bingocize? This is an evidence based program. This is just as it sounds? Bingo and exercise but it adds health education to it also. Zoom info will be emailed to you prior to class as well as be on your receipt. Please bookmark or save your Zoom info as you will use the same link for all the classes. Bingo cards will be emailed to participants who choose Zoom. In-Person is limited in space so please only sign-up if you plan to attend most or all sessions. All current Covid protocols will be followed for in-person ie. masks, distancing etc. No classes July 5 and 8. No classes August 9 and 12.

#### VIRTUAL

24360	Mon,Thu	3:00 PM-4:00 PM	Jun 7-Aug 26
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#### IN-PERSON

24363	Mon,Thu	3:00 PM-4:00 PM	Jun 7-Aug 26
12 wks. No fee			

### Project Linus Chat, Virtual

Join us as we chat about what projects we have been working on, what projects we are planning, or just visit and catch up with each other.

24099	Mon	1:30 PM-2:30 PM	Jul 26
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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. Registration Required

26535	Mon	1:30 PM-3:00 PM	Aug 2-Aug 23
4wks			

### Pinterest Craft Club - August

This months project is Unusual Refrigerator Magnets. . Once again, Africa Thomas from Wesley Communities will lead us in creating these magnets. \*Please note last day to register is August 10.

24014	Fri	2:00 PM-3:00 PM	Aug 6
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### 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 chemo 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. Leader: Linda Crannell

26728	Aug 3-31	Tue	1:30 PM-3:30 PM
Batting provided by Wesley Glen			

# Welcome Back to the Griswold *Summer Fun & Games* August 5, 2021, 1-3 pm

**Registration required. Program #26729**



Welcome back to the Griswold Center! Enjoy Fun & Games with your Griswold friends. Play yard-sized versions of Connect 4, Jumbo Jenga, Classic Corn Hole and more. Enjoy hot dogs & ice cream novelties. This event is brought to you by Wesley Glen Retirement Community and Clear Captions.  
*Let's have some summer fun together!*



# History Talks **ONLINE ZOOM**

*A Zoom link is on the receipt and you will be emailed one the morning of the program.*

## Ohio and the Underground Railroad

Roy Nichols might surprise you as he shares how important Ohio was to the success of the Underground Railroad throughout the Civil War. Many escaped slaves journeyed through Ohio to obtain actual freedom in Canada. Roy will talk about some of the more famous legal cases that took place in the Buckeye state, many gaining national prominence.

23980 Mon 10:00 AM-11:30 AM Jul 26

## The Native American Code Talkers of WWII

Gregory Edmonds will share his knowledge on the code talkers, the name given to American Indians who used their tribal language to send secret communications on the battlefield during WWII. Their contributions and heroics played a great part in winning the war in the Pacific. Learn the story behind these brave and remarkable men.

23978 Mon 10:00 AM-11:30 AM Aug 2

## The Middle Class in the Great Depression

Professor David Stebenne, professor of History and Law at The Ohio State University, has written two books and co-authored a third one. This talk will detail the experiences of the middle class during the great depression and the impact this class had on our country. Many surprising facts and information will be presented.

23981 Mon 10:00 AM-11:30 AM Aug 9

## Sharing Their Spaces: An Armchair Visit to Roosevelt Sites from Hyde Park NY to D. C. ...and Beyond

Jeri Diehl-Cusack will share an armchair visit to Roosevelt sites from Hyde Park NY to D.C....and beyond. Jeri is a noted historian and lecturer and speaks on many presidential topics, with a specialty on the Roosevelts. This is the first of a two-part series on the many sites she has visited along with many historical facts and stories about this great American family. A Zoom link is on the receipt and you will be emailed one the morning of the program.

23983 Mon 10:00 AM-11:30 AM Aug. 16

## Worthington – It’s Past, Present and Future

Van Young will present Worthington - It’s Past, Present and Future. An interesting look at where our city came from and where we are going. A Zoom link is on the receipt and you will be emailed one the morning of the program.

23984 Mon 10:00 AM-11:30 AM Aug. 23

## Sharing Their Spaces (Part 2): An Armchair Visit to More Roosevelt Sites from Warm Springs GA & Arthurdale WV, to Campobello Island, New Brunswick, Canada”

Jeri Diehl-Cusack will take us on an armchair visit to more Roosevelt sites from Warm Springs GA and Arthurdale WV, to Campobello Island, New Brunswick, Canada. In the final part of this series, Jeri will take us to some of both Franklin and Eleanor’s favorite places. Each place has its own story and importance, so make sure you get registered for both. A Zoom link is on the receipt and you will be emailed one the morning of the program.

23985 Mon 10:00 AM-11:30 AM Aug. 30



THE FOLLOWING PROGRAMS ARE NOT INCLUDED IN THE GRISWOLD PROGRAM PASS. FOR ACTIVITIES CURRENTLY IN PROGRESS, SOME MAY STILL BE ACCEPTING REGISTRATION. PLEASE CALL 614-842-6320 OR INQUIRE AT THE DESK.



### Jazzy Tap with NY Flair!

**Ages: 18Y and up • Griswold Center Town Hall**

A class of Jazz combined with tap, learning all aspects of tap. Great exercise, while having fun! For Intermediate/Advanced Tappers.

24067	Tue	12:00 PM-1:00 PM	Jun 8-Aug 10
	10 wks.	R \$40   NR \$60	



### Social Golf Outing

**Ages: 18Y and up**

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. Please register online for the courses you wish to play and indicate any partner requests and whether you want to play 18 or 9 holes. June/July/August outings will be open for registration the week of May 24. Your tee time will be posted on our website by end of day Tuesday each week. Go to [www.worthington.org](http://www.worthington.org) Just click on Griswold Center then Leagues. For more information, contact leader Jeff Fickell at 614-842-6320 or email at [jeff.fickell@worthington.org](mailto:jeff.fickell@worthington.org)

<b>Pine Hill</b>			
24090	Thu	9:00 AM-1:30 PM	Jul 29
<b>Kings Mill</b>			
24091	Thu	9:00 AM-1:30 PM	Aug 5
<b>Oakhaven</b>			
24092	Thu	9:00 AM-1:30 PM	Aug 12
<b>Westchester</b>			
24093	Thu	9:00 AM-1:30 PM	Aug 19
<b>Chapel Hill</b>			
24094	Thu	8:54 AM-1:24 PM	Aug 26

### Cardio Strength Circuit ▼

**(Hybrid: Virtual and in-person)**

**Ages: 18Y and up • Griswold Center Town Hall**

Low impact class that will improve stamina, strength and overall fitness level! Please register for either in-person or virtual. Please only register for in-person if you are able to attend all or most of the classes as space is limited. For the virtual class, a link to join class will be included on your receipt. The same link will be used for each class in the session so please bookmark or save the link.

**IN PERSON • Instructor: Judy Hunter**

24065	Thu	10:15 AM-11:00 AM	Jun 3-Aug 19
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**VIRTUAL • Instructor: Judy Hunter**

24066	Thu	10:15 AM-11:00 AM	Jun 3-Aug 19
	12 wks.	R \$42   NR \$54	

### Hatha Yoga

**Ages: 18Y and up**

This is a program of gentle stretches and relaxation techniques designed to increase flexibility and strength, as well as reduce stress and tension. Bring a mat or blanket, filled water bottle and face mask. Listen to your body and respect your own limits. Some AcuYoga, acupressure points, and reflexology may be incorporated. You should be comfortable standing up from a seated floor position. All levels and ages welcome. Pre-registration required (we cannot accept drop-ins at this time).

**Community Center • Community Room**

**Instructor: Janet Shumaker**

24071	Sat	9:00 AM-10:00 AM	Jul 17-Aug 28
	7 wks.	R \$44   NR \$57	

**Griswold Center • Town Hall**

**Instructor: Robin Blackburn**

24074	Wed	10:00 AM-11:00 AM	Jul 14-Aug 25
	7 wks.	R \$63   NR \$84	

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**Low Impact Workout ▼**

**(Hybrid: Virtual and in-person)**

**18Y and up • Griswold Center Town Hall**

This low impact workout will use little to no equipment and will use movement that is easy on the joints to improve strength, balance, and endurance! Use your own light dumbbells if you have them... you can also use food cans or other small items as an alternative. All exercises can be done with no weight at all! Please register for either In-Person or Virtual. Please only register for In-Person if you are able to attend all or most of the classes as space is limited. For the Virtual class, a link to join class will be included on your receipt. The same link will be used for each class in the session so please bookmark or save the link. There is no registration fee for current SilverSneakers members.

**IN PERSON • Instructor: Judy Hunter**

24062	Tue	10:15 AM-11:00 AM	Jun 1-Aug 17
12 wks. R \$42   NR \$54			

**VIRTUAL • Instructor: Judy Hunter**

24063	Tue	10:15 AM-11:00 AM	Jun 1-Aug 17
12 wks. R \$42   NR \$54			

**Chair Yoga ▼**

**(Hybrid: Virtual or In-Person)**

**Ages: 18Y and up • Griswold Center Town Hall**

Enjoy all the benefits of Yoga done from the comfort of a chair. We will go through gentle movements designed to increase flexibility, strength, and balance. Please register for either In-Person or Virtual. Please only register for In-Person if you are able to attend all or most of the classes as space is limited. For the Virtual class, a link to join class will be included on your receipt. The same link will be used for each class in the session so please bookmark or save the link. The In-Person class will be held in the Town Hall at the Griswold Center. There is no registration fee for current SilverSneakers members.

**IN PERSON • Instructor: Judy Hunter**

24047	Thu	11:30 AM-12:15 PM	Jul 22-Aug 26
6 wks. R \$22   NR \$29			

**VIRTUAL • Instructor: Judy Hunter**

24048	Thu	11:30 AM-12:15 PM	Jul 22-Aug 26
6 wks. R \$22   NR \$29			

**Strength & Stretch ▼**

**Ages: 18Y and up • Griswold Center Town Hall**

All you need is a sturdy chair and if you have access to light or medium dumbbells, cans of soup or any two household objects that are similar in weight and can hold safely, that works too! If not, no worries, you can perform movements without weights. In this class, you will learn and perform several upper and lower body movements to help build muscle tone and improve bone density. The class will also include stretching, proper breathing and exercise form...lots of fun! Exercises will be performed seated and standing! Please register for either In-Person or Virtual. Please only register for In-Person if you are able to attend all or most of the classes as space is limited. For the Virtual class, a link to join class will be included on your receipt. The same link will be used for each class in the session so please bookmark or save the link. The In-Person class will be held in the Town Hall at the Griswold Center. There is no registration fee for current SilverSneakers members.

**IN-PERSON • Instructor: Jeff Fickell**

24053	Mon	12:00 PM-1:00 PM	Jun 7-Aug 30
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**VIRTUAL • Instructor: Jeff Fickell**

24054	Mon	12:00 PM-1:00 PM	Jun 7-Aug 30
12 wks. R \$40   NR \$52			

**IN-PERSON • Instructor: Jeff Fickell**

24056	Wed	12:00 PM-1:00 PM	Jun 2-Aug 25
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**VIRTUAL • Instructor: Jeff Fickell**

24057	Wed	12:00 PM-1:00 PM	Jun 2-Aug 25
13 wks. \$43   NR \$56			

**IN PERSON • Instructor: Jeff Fickell**

24059	Fri	12:00 PM-1:00 PM	Jun 4-Aug 27
13 wks. R \$43   NR \$56			

**VIRTUAL • Instructor: Jeff Fickell**

24060	Fri	12:00 PM-1:00 PM	Jun 4-Aug 27
13 wks. R \$43   NR \$56			

**Blood Pressure Screening**  
**August 16, 1-3 pm**  
**by O'Reilly Pharmacy**

O'Reilly Family Pharmacy will visit the Griswold Center to conduct blood pressure checks. It is important to keep an eye on your blood pressure and they will help us stay informed. O'Reilly Family Pharmacy is a locally owned, full service pharmacy. They offer prescription delivery to the Worthington area, medication synchronization, and medication packing all at no additional cost! Drop by and find out your blood pressure.



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