



May 2018

Worthington Griswold Center Monthly Activity Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:00 Open Art for All	7:00 Pickleball @ Community Center North Gym \$	9:00 Golf/Table Rock \$	7:00 Pickleball @ Community Center North Gym \$
	9:15 SilverSneakers® Circuit	8:30 Walking	9:00 Tai Chi for Arthritis: Beginners \$	9:15 Cardio Drumming \$
	10:15 SilverSneakers® Classic	9:15 Fun & Fitness	10:00 The Energy of You \$	9:15 Strength & Core \$
	11:00 Current Events	10:00 Knit Wits	10:00 Play Reading	10:15 Balletmet: Dorothy and the Prince of Oz \$
	11:00 Feldenkrais Method \$	10:15 Line Dance: Easy	10:15 SilverSneakers® Classic	10:15 Strength Class \$
	11:15 Delay the Disease™ \$	11:00 Line Dance: Int.	11:15 ZUMBA GOLD® \$	10:30 Great Decisions
	11:00 Feldenkrais Method \$	12:30 Bridge	12:15 Dbl Deck Pinochle	10:30 Hatha Yoga \$
	12:15 Circuit Training \$	12:30 Parkinson's Cupcake Festival \$	12:15 Duplicate Bridge	11:15 Balance & Flex \$
	12:15 Line Dance Aerobics	1:30 Kentucky Derby Trip Preview	12:15 Line Dance: Beg	12:00 Stroke Support
	12:15 SilverSneakers® Yoga	2:00 Senior Sewing Club	1:15 Chair Volleyball	1:00 Conversation Spanish
	1:00 Adventures in Writing	3:30 SilverSneakers® Classic	3:15 Table Tennis	1:00 Pinterest Craft Club
	1:15 Jazzy Tap w/ NY Flair \$			3:00 Table Tennis
	1:30 Speaking French			
	2:15 Table Tennis			
	5:30 Card Party: Bridge \$			
	6:30 Card Party: Euchre \$			
	7:00 Pickleball @ Community Center North Gym \$			
Sunday				Saturday
6				5
2:00 Michael Feinstein \$				8:30 Hatha Yoga w/ Janet & Kathleen \$
				10:00 Hatha Yoga w/ Janet & Kathleen \$
7	8	9	10	11
7:00 Pickleball @ Community Center North Gym \$	9:00 Open Art for All	7:00 Pickleball @ Community Center North Gym \$	9:00 Golf/Oakhaven \$	7:00 Pickleball @ Community Center North Gym \$
8:30 Walking	9:15 SilverSneakers® Circuit	8:30 Walking	9:00 Tai Chi for Arthritis: Beginners \$	9:15 Cardio Drumming \$
9:15 Fun & Fitness	10:00 Hear USA free hearing screenings	9:15 Fun & Fitness	10:00 The Energy of You \$	9:15 Strength & Core \$
9:30 Mah-Jongg	10:15 SilverSneakers® Classic	9:30 Unfinished Objects \$	10:00 Play Reading	10:15 Strength Class \$
9:45 Shopping: Meijer/Trader Joe's	11:00 Current Events	10:00 Knit Wits	10:15 SilverSneakers® Classic	10:30 Great Decisions
10:00 History Group	11:00 Feldenkrais Method \$	10:15 Line Dance: Easy	11:15 ZUMBA GOLD® \$	10:30 Hatha Yoga \$
10:15 Strength Class \$	11:15 Delay the Disease™ \$	11:00 Line Dance: Int.	12:15 Dbl Deck Pinochle	11:15 Balance & Flex \$
10:30 German Club	12:15 Circuit Training \$	12:30 All Daughters Luncheon \$	12:15 Duplicate Bridge	12:00 Stroke Support
11:15 Tai Chi Advanced \$	12:15 Line Dance Aerobics	12:30 Bridge	12:15 Line Dance: Beg	1:00 Conversation Spanish
1:00 Massages: By Appt \$	12:15 SilverSneakers® Yoga	2:00 Senior Sewing Club	1:15 Chair Volleyball	3:00 Table Tennis
1:00 Project Linus Blanket	1:00 Adventures in Writing	2:30 Tech Help with Teens	3:15 Table Tennis	
1:00 SilverSneakers® BOOM Move It	1:15 Jazzy Tap w/ NY Flair \$	3:30 SilverSneakers® Classic		
1:30 SilverSneakers® BOOM Muscle Fitness	1:30 Book Discussion			
2:00 SilverSneakers® BOOM Mind	1:30 Speaking French			
3:00 Fearless Falling \$	2:15 Table Tennis			
4:00 Self Defense Tai Chi \$	5:30 Card Party: Bridge \$			
6:00 Alzheimer's Support	6:30 Card Party: Euchre \$			
	7:00 Pickleball @ Community Center North Gym \$			
				Saturday
				12
				8:30 Hatha Yoga w/ Janet & Kathleen \$
				10:00 Hatha Yoga w/ Janet & Kathleen \$

All programs meet at the Griswold Center
Programs in Bold Are Trips
 \$ = Programs For a Fee



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Monday	Tuesday	Wednesday	Thursday	Friday
14 7:00 Pickleball @ Community Center North Gym \$ 8:30 Walking 9:15 Fun & Fitness 9:30 Mah-Jongg 9:45 Shopping: Walmart 10:00 History Group 10:15 Strength Class \$ 10:30 German Club 11:15 Tai Chi Advanced \$ 1:00 Investor Workshop 1:00 Project Linus Blanket 1:00 SilverSneakers® BOOM Move It 1:30 SilverSneakers® BOOM Muscle Fitness 2:00 SilverSneakers® BOOM Mind 3:00 Fearless Falling \$ 4:00 Self Defense Tai Chi \$ 6:00 Alzheimer's Support	15 9:00 Open Art for All 9:15 SilverSneakers® Circuit 10:15 SilverSneakers® Classic 11:00 Current Events 11:00 Feldenkrais Method \$ 11:00 Mystery Lunch \$ 11:15 Delay the Disease™ \$ 12:15 Circuit Training \$ 12:15 Line Dance Aerobics 12:15 SilverSneakers® Yoga 1:00 Adventures in Writing 1:15 Jazzy Tap w/ NY Flair \$ 1:30 Speaking French 2:15 Table Tennis 5:30 Card Party: Bridge \$ 6:30 Card Party: Euchre \$ 7:00 Pickleball @ Community Center North Gym \$	16 7:00 Pickleball @ Community Center North Gym \$ 8:30 Walking 9:15 Fun & Fitness 10:00 Armchair Travel 10:00 Knit Wits 10:15 Line Dance: Easy 11:00 Line Dance: Int. 12:30 Bridge 12:30 Lunch & Learn Clear Captions 2:00 Low Vision Support 2:00 Senior Sewing Club 3:30 SilverSneakers® Classic	17 8:45 Taft Museum \$ Louis Comfort Tiffany 9:00 Golf/Pine Lakes\$ 9:00 Tai Chi for Arthritis: Beginners \$ 10:00 The Energy of You \$ 10:00 Play Reading 10:15 SilverSneakers® Classic 11:15 ZUMBA GOLD® \$ 12:15 Dbl Deck Pinochle 12:15 Duplicate Bridge 12:15 Line Dance: Beg 1:15 Chair Volleyball 2:00 Widowhood Support 3:15 Table Tennis	18 7:00 Pickleball @ Community Center North Gym \$ 9:15 Cardio Drumming \$ 9:15 Strength & Core \$ 10:15 Strength Class \$ 10:30 Baker's Acres \$ 10:30 Great Decisions 10:30 Hatha Yoga \$ 11:15 Balance & Flex \$ 12:00 Stroke Support 1:00 Conversation Spanish 3:00 Table Tennis
21 7:00 Pickleball @ Community Center North Gym \$ 8:30 Walking 9:15 Fun & Fitness 9:30 Mah-Jongg 9:45 Shopping: Kroger 10:00 History Group 10:15 Strength Class \$ 10:30 German Club 11:15 Tai Chi Advanced \$ 1:00 Massages: By Appt \$ 1:00 Project Linus Blanket 1:00 SilverSneakers® BOOM Move It 1:30 SilverSneakers® BOOM Muscle Fitness 2:00 SilverSneakers® BOOM Mind 3:00 Fearless Falling \$ 4:00 Self Defense Tai Chi \$	22 9:00 Open Art for All 9:15 SilverSneakers® Circuit 10:15 SilverSneakers® Classic 11:00 Current Events 11:00 Feldenkrais Method \$ 11:15 Delay the Disease™ \$ 12:15 Circuit Training \$ 12:15 Line Dance Aerobics 12:15 SilverSneakers® Yoga 1:00 Adventures in Writing 1:15 Jazzy Tap w/ NY Flair \$ 1:30 Speaking French 2:15 Table Tennis 5:30 Card Party: Bridge \$ 6:30 Card Party: Euchre \$ 7:00 Pickleball @ Community Center North Gym \$	23 RESIDENT MEMBER REGISTRATION 7:00 Pickleball @ Community Center North Gym \$ 8:30 Walking 9:15 Fun & Fitness 9:30 Unfinished Objects \$ 10:00 Knit Wits 10:15 Line Dance: Easy 11:00 Line Dance: Int. 11:45 Lily Chapel \$ 12:30 Bridge 2:00 Senior Sewing Club 3:30 SilverSneakers® Classic	24 NON-RESIDENT MEMBER REGISTRATION 9:00 Golf/Trout Club \$ 9:00 Tai Chi for Arthritis: Beginners \$ 10:00 The Energy of You \$ 10:00 Play Reading 10:15 SilverSneakers® Classic 11:15 ZUMBA GOLD® \$ 12:15 Dbl Deck Pinochle 12:15 Duplicate Bridge 12:15 Line Dance: Beg 1:15 Chair Volleyball 3:15 Table Tennis	25 OPEN REGISTRATION 7:00 Pickleball @ Community Center North Gym \$ 9:15 Cardio Drumming \$ 9:15 Strength & Core \$ 10:15 Strength Class \$ 10:30 Great Decisions 10:30 Hatha Yoga \$ 11:15 Balance & Flex \$ 12:00 Stroke Support 1:00 Conversation Spanish 3:00 Table Tennis
28 GRISWOLD CENTER CLOSED FOR MEMORIAL DAY	29 9:00 Open Art for All 9:15 SilverSneakers® Circuit 10:15 SilverSneakers® Classic 11:00 Current Events 11:15 Delay the Disease™ \$ 12:15 Circuit Training \$ 12:15 Line Dance Aerobics 12:15 SilverSneakers® Yoga 1:00 Adventures in Writing 1:15 Jazzy Tap w/ NY Flair \$ 1:30 Speaking French 2:15 Table Tennis 5:30 Card Party: Bridge \$ 6:30 Card Party: Euchre \$ 7:00 Pickleball @ Community Center North Gym \$	30 7:00 Pickleball @ Community Center North Gym \$ 8:30 Walking 9:15 Fun & Fitness 9:30 Unfinished Objects \$ 9:45 Shopping: Meijer 10:00 Knit Wits 10:15 CATCO-Aspects of Love \$ 10:15 Line Dance: Easy 11:00 Line Dance: Int. 12:30 Bridge 2:00 Senior Sewing Club 3:30 SilverSneakers® Classic	31 9:00 Golf/Glenross \$ 9:00 Tai Chi for Arthritis: Beginners \$ 10:00 The Energy of You \$ 10:00 Play Reading 10:15 SilverSneakers® Classic 11:15 ZUMBA GOLD® \$ 12:15 Dbl Deck Pinochle 12:15 Duplicate Bridge 12:15 Line Dance: Beg 1:15 Chair Volleyball 3:15 Table Tennis	Saturday 19 8:00 Horsefest \$ 8:30 Hatha Yoga w/ Janet & Kathleen \$ 10:00 Hatha Yoga w/ Janet & Kathleen \$ 2:00 Melt Wkshp @Community Center \$
				Saturday 26 8:30 Hatha Yoga w/ Janet & Kathleen \$ 10:00 Hatha Yoga w/ Janet & Kathleen \$