



June 2018

Worthington Griswold Center Monthly Activity Calendar



Monday

Tuesday

Wednesday

Thursday

Friday

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

- 1**
- 9:15 Cardio Drumming \$
 - 9:15 Strength & Core \$
 - 9:30 **Groovy Plants \$**
 - 10:15 Strength Class \$
 - 10:30 Great Decisions
 - 11:15 Balance & Flex \$
 - 12:00 Stroke Support
 - 1:00 Conversation Spanish
 - 3:00 Table Tennis

- 2 Saturday**
- 8:30 Hatha Yoga w/ Janet & Kathleen \$
 - 10:00 Hatha Yoga w/ Janet & Kathleen \$

- 4**
- 8:30 **Walking**
 - 9:15 Fun & Fitness
 - 9:30 Mah-Jongg
 - 9:45 **Shopping: Polaris**
 - 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
 - 6:00 Alzheimer's Support

- 5**
- 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 \$

- 6**
- 8:30 **Walking**
 - 9:15 Fun & Fitness
 - 10:00 Hear USA screenings
 - 10:00 Knit Wits
 - 10:15 Line Dance: Easy
 - 11:00 Line Dance: Int.
 - 12:30 Bridge
 - 2:00 Senior Sewing Club
 - 3:30 SilverSneakers® Classic

- 7**
- 9:00 **Golf/Clover Valley \$**
 - 9:00 Tai Chi for Arthritis: Beginners \$
 - 10:00 Play Reading
 - 10:00 The Energy of You \$
 - 10:15 SilverSneakers® Classic
 - 10:45 **Evans Center-Senior Moments \$**
 - 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

- 8**
- 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

- 9 Saturday**
- 8:30 Hatha Yoga w/ Janet & Kathleen \$
 - 9:00 **Discover Piqua \$**
 - 10:00 Hatha Yoga w/ Janet & Kathleen \$

- 11**
- 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 Investor Workshop
 - 1:00 SilverSneakers® BOOM Move It
 - 1:30 SilverSneakers® BOOM Muscle Fitness
 - 2:00 SilverSneakers® BOOM Mind
 - 6:00 Alzheimer's Support

- 12**
- 8:00 **Mystery Breakfast \$**
 - 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 Line Dance Aerobics
 - 12:15 SilverSneakers® Yoga
 - 1:00 Adventures in Writing
 - 1:15 Jazzy Tap w/ NY Flair \$
 - 1:30 Book Discussion
 - 1:30 Speaking French
 - 2:15 Table Tennis
 - 5:30 Card Party: Bridge \$
 - 6:30 Card Party: Euchre \$

- 13**
- 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.
 - 12:30 Bridge
 - 12:30 Lunch and Learn Recycling
 - 2:00 Senior Sewing Club
 - 3:30 SilverSneakers® Classic

- 14**
- 9:00 **Golf/Raccoon \$**
 - 9:00 Tai Chi for Arthritis: Beginners \$
 - 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

- 15**
- 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
 - 1:00 **Historic Bus Tour \$**
Worthington Neighborhoods
 - 3:00 Table Tennis

- 16 Saturday**
- 8:30 Hatha Yoga w/ Janet & Kathleen \$
 - 10:00 Hatha Yoga w/ Janet & Kathleen \$

Monday	Tuesday	Wednesday	Thursday	Friday
18 8:30 Walking 9:15 Fun & Fitness 9:30 Mah-Jongg 9:45 Shopping: Meijer 10:00 History Group 10:15 Strength Class \$ 10:30 German Club 11:15 Tai Chi Advanced \$ 1:00 SilverSneakers® BOOM Move It 1:30 SilverSneakers® BOOM Muscle Fitness 2:00 SilverSneakers® BOOM Mind	19 9:00 Open Art for All 9:15 SilverSneakers® Circuit 10:15 SilverSneakers® Classic 10:45 Moonshine & BBQs 11:00 Current Events 11:15 Delay the Disease™ \$ 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 \$	20 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 Grill & Chill on Patio \$ 2:00 Low Vision Support 2:00 Senior Sewing Club 3:30 SilverSneakers® Classic	21 9:00 Golf/Raymond \$ 9:00 Tai Chi for Arthritis: Beginners \$ 10:00 FCTA Bake Sale 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 5:30 Jazz Under the Stars \$	22 9:15 Strength & Core \$ 10:15 Strength Class \$ 10:30 Great Decisions 11:15 Balance & Flex \$ 12:00 Stroke Support 1:00 Conversation Spanish 1:00 Pinterest Craft Club Napkin Folding 3:00 Table Tennis
25 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 SilverSneakers® BOOM Move It 1:30 SilverSneakers® BOOM Muscle Fitness 2:00 SilverSneakers® BOOM Mind	26 9:00 Open Art for All 9:15 SilverSneakers® Circuit 10:15 SilverSneakers® Classic 11:00 Current Events 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 \$	27 RESIDENT MEMBER REGISTRATION 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. 12:30 Bridge 2:00 Senior Sewing Club 3:30 SilverSneakers® Classic	28 NON-RESIDENT MEMBER REGISTRATION 9:00 Golf/Irish Hills \$ 9:00 Tai Chi for Arthritis: Beginners \$ 10:00 Play Reading 10:00 The Energy of You \$ 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	29 OPEN REGISTRATION 10:15 Strength Class \$ 11:00 Der Dutchman \$ 11:15 Balance & Flex \$ 12:00 Stroke Support 1:00 Conversation Spanish 3:00 Table Tennis
				30 Saturday 8:30 Hatha Yoga w/ Janet & Kathleen \$ 10:00 Hatha Yoga w/ Janet & Kathleen \$

Grill and Chill on the Patio

Join us outside on the Griswold patio to kick off our 11th annual Grill and Chill party and enjoy lots of food, fun, games and entertainment. Relax and soak up the nice spring weather as we grill food and listen to the guitar sounds of Palmer Moore. Corn Toss, Chipping Contest and other games will be part of the fun as well. Food will consist of steak burgers, hot dogs, potato salad, fruit, chips, dessert and beverages.

Wednesday, June 20

12:30 – 2:30

Town Hall/Patio

#10464

R\$12 | NR\$16

