



July 2018

Worthington Griswold Center Monthly Activity Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30 Walking 9:15 Fun & Fitness 9:30 Mah-Jongg 9:45 Shopping: Kroger 10:15 Strength Class \$ 10:30 German Club 11:15 Tai Chi Advanced \$ 12:00 Chair Yoga \$ 1:00 Massages: By Appt \$ 1:00 SilverSneakers® BOOM Move It 1:30 SilverSneakers® BOOM Muscle Fitness 2:00 SilverSneakers® BOOM Mind 6:00 Alzheimer's Support	3 9:00 Open Art for All 9:15 SilverSneakers® Circuit 10:15 SilverSneakers® Classic 10:30 Current Events 12:15 SilverSneakers® Yoga 1:00 Adventures in Writing 1:30 Speaking French 2:15 Table Tennis 5:30 Card Party: Bridge \$ 6:30 Card Party: Euchre \$	4 CLOSED HAPPY INDEPENDENCE DAY!	5 9:00 Golf/Split Rock \$ 10:00 Hear USA screenings 10:00 Play Reading 10:15 SilverSneakers® Classic 12:15 Dbl Deck Pinochle 12:15 Duplicate Bridge 12:15 Line Dance: Beg 1:15 Chair Volleyball 3:15 Table Tennis	6 10:15 Strength Class \$ 11:15 Balance & Flex \$ 12:00 Stroke Support 1:00 Conversation Spanish 3:00 Table Tennis
9 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 \$ 12:00 Chair Yoga \$ 1:00 Project Linus 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	10 9:00 Open Art for All 9:15 Licking County \$ 9:15 SilverSneakers® Circuit 10:15 SilverSneakers® Classic 10:30 Current Events 11:15 Delay the Disease™ \$ 12:15 Circuit Training \$ 12:15 SilverSneakers® Yoga 1:00 Adventures in Writing 1:30 Speaking French 2:15 Table Tennis 5:30 Card Party: Bridge \$ 6:30 Card Party: Euchre \$	11 8:30 Walking 9:15 Fun & Fitness 9:30 Unfinished Objects \$ 10:00 Essential Oils for Pain 10:00 Knit Wits 10:15 Line Dance: Easy 10:45 Line Dance: Int. 12:30 Bridge 1:00 Tech Help with Teens 2:00 Stitching Seniors Club 3:30 SilverSneakers® Classic	12 8:45 Mockingbird Meadows \$ 9:00 Golf/Chapel Hill \$ 9:00 Tai Chi for Arthritis: Beginners \$ 10:00 Play Reading 10:00 The Energy of You \$ 10:15 SilverSneakers® Classic 12:15 Dbl Deck Pinochle 12:15 Duplicate Bridge 12:15 Line Dance: Beg 1:15 Chair Volleyball 3:15 Table Tennis	13 9:15 Strenth & Core \$ 10:00 Scrapbooking 10:15 Strength Class \$ 10:30 Hatha Yoga \$ 11:15 Balance & Flex \$ 12:00 Stroke Support 1:00 AARP Safe Driver 1:00 Conversation Spanish 3:00 Table Tennis
16 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 \$ 12:00 Chair Yoga \$ 1:00 Project Linus 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 \$	17 9:00 Open Art for All 9:15 SilverSneakers® Circuit 10:00 Lancaster/Decorative Arts Center \$ 10:15 SilverSneakers® Classic 10:30 Current Events 11:15 Delay the Disease™ \$ 12:15 Circuit Training \$ 12:15 SilverSneakers® Yoga 1:00 Adventures in Writing 1:30 Speaking French 2:15 Table Tennis 5:30 Card Party: Bridge \$ 6:30 Card Party: Euchre \$	18 8:30 Walking 9:15 Fun & Fitness 10:00 Armchair Travel 10:00 Knit Wits 10:15 Line Dance: Easy 10:45 Line Dance: Int. 12:30 Bridge 12:30 Lunch & Learn Charitable Giving 2:00 Low Vision Support 2:00 Stitching Seniors Club 3:30 SilverSneakers® Classic	19 9:00 Golf/Denison \$ 9:00 Tai Chi for Arthritis: Beginners \$ 10:00 Play Reading 10:15 SilverSneakers® Classic 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	20 9:15 Strenth & Core \$ 10:00 Scrapbooking 10:15 Strength Class \$ 10:30 Hatha Yoga \$ 11:15 Balance & Flex \$ 12:00 Stroke Support 1:00 Historic Bus Tour \$ Historic District 1:00 Conversation Spanish 3:00 Table Tennis
				7 8:30 Hatha Yoga w/ Janet & Kathleen \$ 10:00 Hatha Yoga w/ Janet & Kathleen \$
				14 Saturday 8:30 Hatha Yoga w/ Janet & Kathleen \$ 10:00 Hatha Yoga w/ Janet & Kathleen \$ 11:00 Folk & Wine Fest \$
				21 Saturday 8:30 Hatha Yoga w/ Janet & Kathleen \$ 10:00 Hatha Yoga w/ Janet & Kathleen \$



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23 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 \$ 12:00 Chair Yoga \$ 1:00 Project Linus 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\$	24 9:00 Open Art for All 9:15 SilverSneakers® Circuit 10:15 SilverSneakers® Classic 10:30 Current Events 11:00 Mystery Lunch \$ 11:15 Delay the Disease™ \$ 12:15 Circuit Training \$ 12:15 SilverSneakers® Yoga 1:00 Adventures in Writing 1:30 Speaking French 2:15 Table Tennis 5:30 Card Party: Bridge \$ 6:30 Card Party: Euchre \$	25 RESIDENT MEMBER REGISTRATION 8:30 Walking 9:15 Fun & Fitness 9:30 Unfinished Objects \$ 10:00 Knit Wits 10:15 Line Dance: Easy 10:45 Line Dance: Int. 12:30 Bridge 2:00 Stitching Seniors Club 3:30 SilverSneakers® Classic	26 NON-RESIDENT MEMBER REGISTRATION 9:00 Golf/Table Rock \$ 9:00 Tai Chi for Arthritis: Beginners \$ 10:00 Play Reading 10:00 The Energy of You \$ 10:15 SilverSneakers® Classic 12:15 Dbl Deck Pinochle 12:15 Duplicate Bridge 12:15 Line Dance: Beg 1:15 Chair Volleyball 3:15 Table Tennis	27 OPEN REGISTRATION 9:15 Strenth & Core \$ 9:30 Grandma's Gardens \$ 10:00 Scrapbooking 10:15 Strength Class \$ 10:30 Hatha Yoga \$ 11:15 Balance & Flex \$ 12:00 Stroke Support 1:00 AARP Safe Driver 1:00 Conversation Spanish	
30 8:30 Walking 9:15 Fun & Fitness 9:30 Mah-Jongg 9:45 Shopping: Trader Joe's/Meijer 10:00 History Group 10:15 Strength Class \$ 10:30 German Club 11:15 Tai Chi Advanced \$ 12:00 Chair Yoga \$ 1:00 Project Linus 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\$	31 9:00 Ohio State Fair \$ 9:00 Open Art for All 9:15 SilverSneakers® Circuit 10:15 SilverSneakers® Classic 10:30 Current Events 11:15 Delay the Disease™ \$ 12:15 Circuit Training \$ 12:15 SilverSneakers® Yoga 1:00 Adventures in Writing 1:30 Speaking French 2:15 Table Tennis 5:30 Card Party: Bridge \$ 6:30 Card Party: Euchre \$	<hr/> <p style="text-align: center;">All programs meet at the Griswold Center Programs in Bold Are Trips \$ = Programs For a Fee</p> <hr/>			28 8:30 Hatha Yoga w/ Janet & Kathleen \$ 10:00 Hatha Yoga w/ Janet & Kathleen \$



A lifetime of discovery awaits you at Worthington Parks and Recreation. #DiscoverJuly and find the perfect summer activity for every member of your family at www.worthington.org