



Winter 2020 Activity Brochure

GRISWOLD CENTER



**Griswold Center
introduces quarterly
registration! Check out
page 3 for all the details!**



Did you know...

COMMUNITY CENTER

The Community Center is a participating Silver Sneakers 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

AARP Tax Assistance	23
Adventures in Writing	4-5
Armchair Travel	13
Balance & Flex	9
Beginning Tap	10
Bipartisan Group	4-5
Book Discussion	4-5
Book Folding	15
Bridge	4-5
Cardio Line Dancing	4-5
Circuit Training	9
Chair Volleyball	4-5
Chair Yoga	11
Community Center Events	24-25
Conversational Spanish	4-5
Current Events	4-5
Dazzling Daisies	15
Delay the Disease	9
Double Deck Pinochle	4-5
Duplicate Bridge	4-5
Euchre, Competitive	12
Euchre Tournament	12
Feldenkrais Method	9
Fearless Falling	10
Fearless Falling: Self Defense Tai Chi	10
Fun & Fitness	4-5
Game Night	4-5
German Club	4-5
Hatha Yoga	11
History Group	4-5
Jazzy Tap w/ NY Flair	10
Kemper Cognitive Assessments	14
Knit Wits & Crochet Hooks	4-5
Line Dancing	4-5
Lunch & Learn	13
Mah-Jongg: National	4-5
Massage Appointments	11
Paper Beads	15
Pinterest	15
Play Reading Group	4-5
Project Linus	15
Self Defense	10
Restorative Yoga	11
Scrabble	4-5

Programs Con't

Silversneakers	6,7
Soup	20
Speaking French	4-5
Strength & Core Workout	9
Strength Class	8
Table Tennis	4-5
Tai Chi Advanced	10
Tai Chi Beginners	10
Tech Help with Teens	14
UFO (Unfinished Objects) Class	13
Walking Group	4-5
Worthington Garden Club	14

Trips & Events

Acorn Adventures	16
BalletMet, ALICE	17
BalletMet, CARMEN.maquia	19
CATCO, Moonlight & Magnolia's	19
CATCO, Nureyevs Eyes	19
Columbus Symphony Rehearsal(s)	18
Cols.Symphony Chihuly Festival	18
Der Dutchman/Yutzy's	17
Dinner with Friends	16
Fit & Learn	23
G&R Tavern, Waldo	17
Get Fit March Madness	23
Maple Syrup Festival	18
Morgan House & Bakers	19
My Fair Lady, Broadway Across Am	18
Mystery Lunch	16
Ohio Statehouse Black History Month Celebration Events	18
Otterbein Theater: A Gentleman's Guide to Love and Murder	19
Roll in the New Year	23
Shopping	20
Soups for Shelter, Habitat	19
St. Patty's Day Dinner Event	23
Thrift Shop Treasures	17
Whitney Houston Tribute	17
Woodward Opera House	17

Support Groups

Alzheimer's Support Group	22
Low Vision Support Group	22
Parkinson's Support Group	22
Stroke Support Group	22
Widowhood Support Group	22

Overnight Travel - Back Cover

Nova Scotia & Maritimes of Canada
Paris to Normandy
South Florida & the Keys

Information Pages

Fitness Room Information	8
General Information	27
Membership Information	4-5
New at Griswold!	12
Registration Information	3
Renew Active!	6
Rental Information	21
Transportation Policy	17

Mission Statement

To create community through exceptional parks, programs, 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.

The Griswold Center is a Parks and Recreation facility dedicated to providing quality programs and services to adults 55 years of age and older. We invite you to visit the Griswold Center and take a tour.

WINTER 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!

All programs will open for registration on the following dates:

Wednesday, December 18

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

Friday, December 20
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.

CANCELLED 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 (UPDATED 1/1/20)

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

Wednesday, January 1 (New Years Day): Closed

Monday, January 20 (Martin Luther King Day): Closed

Monday, February 17 (Presidents Day): Closed

ONLINE REGISTRATION VISIT US AT WWW.WORTHINGTON.ORG



Recreation Registration

Sign In

Click on *Sign in* located in the middle of the page

Already have an account?

Login

Your e-mail address

Password

.....

[Forgot your login name?](#)

[Forgot your password?](#)

Login

Don't have an Account?

Create New Account

Are you a current customer of the Worthington Parks and Recreation Department, but you have never registered online before?

No problem, just click on **Forgot Password** and an e-mail will be sent to you to begin the online registration process.

New customers please Click on **Create New Account** and complete all the required information.

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.

Griswold Center MEMBERSHIP INFORMATION



Annual Memberships are valid for one year from date of purchase and includes the classes listed below. Members receive priority registration to all other Griswold activities, class and trips.

	Resident	Non-Resident
Age 55 and over	\$12	\$18
Age 54 and younger	\$20	\$25

SilverSneakers Members Only

Monday	Tuesday	Wednesday	Thursday	Friday
8:30a -9:30a Walking Group		8:30a-9:30a Walking Group		
9:15a-9:50a Fun and Fitness (Town Hall)	9:15a-10a SilverSneakers Circuit (Town Hall)	9:15a-9:50a Fun and Fitness (Town Hall)		
9:30a-12p Mah-Jongg: National (Tuller)				
10a-11:30a History Group (Thompson)	10a-12p Current Events (Thompson)	10a-12p Knit Wits & Crochet Hooks (Tuller)		10a-12p Bipartisan Discussion Group (Thompson)
	10:15a-11a SilverSneakers Classic (Town Hall)	10:15a-11a Line Dancing (Town Hall)	10:15a-11a SilverSneakers Classic (Town Hall)	
10:30a-12:30p German Club (Case)	12:15p-1p SilverSneakers Yoga (Topping)	11a-11:45a Line Dancing (Town Hall)	11:15a - 12p Cardio Line Dance (Town Hall)	
1p-1:30p SilverSneakers BOOM Move It (Town Hall)	1p-3p Adventures in Writing (Case)	12:30p-3:30p Bridge (Thompson)	12:15p-1p Line Dance for Beginners (Town Hall)	
1:30p-2p SilverSneakers BOOM Muscle (Town Hall)	1:30p-3p Book Discussion 2nd Tuesday (Tuller)		12:15p-4p Duplicate Bridge (Thompson)	1p-2p Spanish (Case)
2p-2:30p SilverSneakers BOOM Mind (Town Hall)	1:30p-3:45p French (Thompson)		12:15p-4:15p DD Pinochle (Topping)	1p-3p Scrabble (Topping)
	2:30p-5p Table Tennis (Town Hall)		1:15p-3p Chair Volleyball (Town Hall)	
	6p-8p Game Night (Thompson, Topping, Case)	3:30p-4:15p SilverSneakers Classic (Town Hall)	3:15p-5p Table Tennis (Town Hall)	3p-5p Table Tennis (Town Hall)



Adventures in Writing

We write, we share and we listen. Bring pen and paper then be warmed by a totally accepting environment and lots of wonderful.

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 is 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.

German Club

Join the German Club for discussion of German events, reading and translating of text, along with German conversation.

History Group: The Civil War, US Presidents & More

This led discussion group will focus on different weekly topics including The Civil War, US Presidents and more.

Quarterly schedules can be picked up at the Griswold Center.

Knit Wits & Crochet Hooks

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. The Knit-Wits have sent over 100 children's sweaters to 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.

Line Dance for Beginners

Line dancing can be intimidating if you have never tried it. Learn the fundamentals and very basic steps in this class and feel confident dancing with the intermediate and advanced classes.

Line Dancing

Join the line dance classes and do the latest steps. You don't need a partner. 10:15 a.m. - Easy 11:00 a.m. - Intermediate

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.



RENEW ACTIVE

RenewActive™
by UnitedHealthcare

Renew Active

Renew Active is a fitness program that's designed for both body and mind. Renew Active members receive standard access at participating fitness locations at no additional cost, as well as access to BrainHQ, which features online brain exercises to help keep your mind active.

Availability of the Renew Active™ program varies by plan/area. Renew Active is not a standard benefit available on all plans. Some plans require the purchase of an additional fitness rider.

*Those who qualify will receive all the benefits of the Griswold membership and use of the Fitness Room.



About SilverSneakers®

Tivity SilverSneakers® Fitness program is the nation's leading fitness program designed exclusively for older adults. This comprehensive program addresses the physical, mental and social needs of Medicare-eligible members (usually 65-plus). Adults over age 65 who adopt a physically active lifestyle can substantially improve their health to get more out of life. PRIME is available to adults ages 18-64 whose health insurance includes this program as a wellness benefit.

For SilverSneakers® participants this also includes the opportunity to participate in the signature SilverSneakers® group exercise classes. Both programs offered at both the Community Center and Griswold Center are listed below. For PRIME participants this includes the opportunity to participate in the SilverSneakers® BOOM classes.

Memberships

Tivity SilverSneakers®, PRIME and REnew Active® members receive a no-cost Community Center and/or Griswold Center membership, which includes all member benefits. Eligibility for these insurance-based programs can be confirmed at the Community or Griswold Center customer service desks.

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

Mon	1:00 PM-1:30 PM	Ongoing
No Fee**	Instructor: Sandy Hull	Max. 30
Fri	8:30 AM-9:00 AM	Ongoing
No Fee**	Instructor: Sandy Hull	Max. 30

Community Center

Tues	10:30 AM-11:00 AM	Ongoing
No Fee**	Instructor: Judy Hunter	Max. 25
Thu	2:00 PM-2:30 PM	Ongoing
No Fee**	Instructor: Bev Tabb	Max. 30

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

Mon	1:30 PM-2:00 PM	Ongoing
No Fee**	Instructor: Sandy Hull	Max. 30
Fri	9:00 AM-9:30 AM	Ongoing
No Fee**	Instructor: Sandy Hull	Max. 30

Community Center

Tues	11:00 AM-11:30 AM	Ongoing
No Fee**	Instructor: Judy Hunter	Max. 25
Thu	2:30 PM-3:00 PM	Ongoing
No Fee**	Instructor: Bev Tabb	Max. 25

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, low-body strength and balance.



Griswold Center

Mon	2:00 PM-2:30 PM	Ongoing
No Fee**	Instructor: Sandy Hull	Max. 30
Fri	9:30 AM-10:00 AM	Ongoing
No Fee**	Instructor: Sandy Hull	Max. 30



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

Mon	12:15 PM-1:00 PM	Ongoing
No Fee*	Instructor: Bev Tabb	Max. 25
Thu	12:15 PM-1:00 PM	Ongoing
No Fee*	Instructor: Judy Hunter	Max. 25

Griswold Center

Tue	12:15 PM-1:00 PM	Ongoing
No Fee*	Instructor: Bev Tabb	Max. 15



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

Mon	9:00 AM-10:00 AM	Ongoing
No Fee*	Instructor: Judy Hunter	Max. 30
Fri	9:00 AM-10:00 AM	Ongoing
No Fee*	Instructor: Richard Johnson	Max. 30

Griswold Center

Tue	10:15 AM-11:00 AM	Ongoing
No Fee*	Instructor: Stacy Connelly	Max. 30
Wed	3:30 PM-4:30 PM	Ongoing
No Fee*	Instructor: Sandy Hull	Max. 30
Thu	10:15 AM-11:00 AM	Ongoing
No Fee*	Instructor: Mary Ervin	Max. 30



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

Tue	9:15 AM-10:00 AM	Ongoing
No Fee*	Instructor: Stacy Connelly	Max. 30

Community Center

Wed	8:30 AM-9:30 AM	Ongoing
No Fee*	Instructor: Judy Hunter	Max. 30



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

Mon, Wed, Fri	10:00 AM-10:45 AM	Ongoing
No Fee*		Max. 16



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

Fri	1:00 PM-2:00 PM	Ongoing
No Fee*	Instructor: Bev Tabb	Max. 30

* Circuit, Classic, Yoga & Splash programs are offered only to members 65 and up of 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.

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

	Resident	Non-Resident
20 Visit Punch Card	\$40	\$52
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.

Fitness Assessment & Program Design

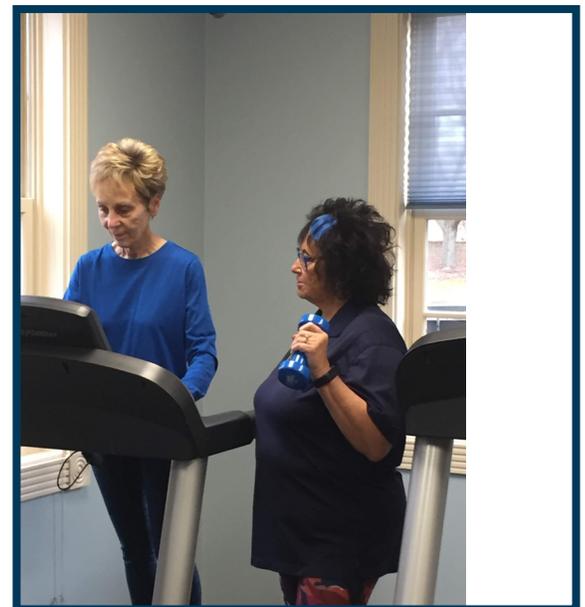
This program consists of two 1 hour sessions designed for those who might be a first time exerciser or for those who might need a jump start or change in their current workout. The first session will go over exercise history, goal setting, and exercise testing. The second session will include a walkthrough of a personalized program based on your first session results. Schedule an appointment with Jeff Fickell.

	Resident	Non-Resident
Fitness Assessment & Program Design	\$45	\$59

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.

	Resident	Non-Resident
30 Minute Session	\$14	\$18
1 Hour Session	\$24	\$31
3 (1 hour) Sessions	\$65	\$85



Griswold Center Staff Member, Mary Ervin assisting Griswold Members, Joe and Judy Vanyo

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.

Mon, Fri 10:15 AM-11:00 AM

10- Punch Card Resident: \$26.00 Non-Resident: \$ 34.00

15- Punch Card Resident: \$39.00 Non Resident: \$51.00

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.

Instructor: Sandy Hull

13895 Fri 11:15 AM-11:45 AM Jan 3-Mar 27

Resident: \$23.00. Non-Resident: \$30.00

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!

Instructor: Jeff Fickell

14011 Tue 12:15 PM-1:00 PM Jan 7-Mar 3

Resident: \$35.00. Non-Resident: \$46.00

Strength and Core Workout

Topping Room

This class will focus on a variety of upper and lower body strength exercises using strength tubing which adds variety to your workout. But just as important, this class will also focus on several fun exercises to strengthen and build up your core muscles. Many people think the core consists only of the abdominals, but the core also includes your pelvic muscles, mid and lower back muscles, and even your hip muscles. All of these muscles work together to support your spine and skull. There are many benefits to building up the core such as alleviating back pain, improving posture, better athletic performance, improved balance and safer everyday movement. All fitness levels welcomed.

Instructor: Jeff Fickell

14028 Fri 9:15 AM-10:00 AM Jan 3-Mar 20

Resident: \$39.00. Non-Resident: \$51.00



Friday Class Added!

Delay the Disease

Town Hall

Delay the Disease(TM) is an evidenced-based fitness program designed to empower people with Parkinson's Disease (PD) by optimizing their physical function and helping to delay the progression of symptoms. Created by co-founders David Zid, BA, ACE, APG and Jackie Russell, RN, BSN, CNOR. Delay the Disease(TM) is the #1 PD exercise program and the foundation for this interactive class, geared specifically to counteract the situational movement challenges experienced by people living with PD. The class uses a specialized fitness agenda to treat specific symptoms of PD. You will have more confidence, be inspired and motivated to: Maintain independence, Decrease fall risk, Reduce rigidity, Minimize fatigue, Return arm swing and Improve gait and mobility.

Instructor: Lori Geisler

13896 Tue 11:15 AM-12:00 PM Jan 7-Feb 11

Resident: \$25.00. Non-Resident: \$33.00

14286 Fri 1:30 PM-2:15 PM Jan 10-Feb 14

Resident: \$25.00. Non-Resident: \$33.00

14012 Tue 11:15 AM-12:00 PM Feb 18-Mar 3

Resident: \$29.00. Non-Resident: \$38.00

14287 Fri 1:30 PM-2:15 PM Feb 21-Mar 27

Resident: \$25.00. Non-Resident: \$33.00

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 'reprograms' 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.

Instructor: Melinda Murphy

14016 Tue 11:00 AM-11:45 AM Jan 14-Feb 25

Resident: \$65.00. Non-Resident: \$85.00

Fearless Falling

Town Hall

The fear of falling is one of our strongest phobias, and injuries from accidental falls have become epidemic, but little has been done to help people actually learn HOW to fall. In these classes, based on Tai-Chi, you will also learn how to move smoothly, avoid falls, and improve balance, coordination and awareness. There are basic movements you can learn at any age that will greatly reduce your chance of serious injury from a fall. By actually practicing these movements on thick, soft, mats you will safely and comfortably learn the basic motor skills of curling up, sitting down, and rolling back. Turn your fear into fun!

No class January 20 or February 17

Instructor: Mike Grigsby

14014 Mon 3:00 PM-4:00 PM Jan 6-Mar 9

Resident: \$40.00. Non-Resident: \$52.00

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 January 20 or February 17

Instructor: Mike Grigsby

14015 Mon 4:00 PM-5:00 PM Jan 6-Mar 9

Resident: \$40.00. Non-Resident: \$52.00

Beginning Tap

Town Hall

Learn the basic steps of Tap Dancing! A fun class with lots of Jazzy Tap! No experience needed. Tap shoes required. A great aerobic activity using different muscles and learning combos.

Instructor: Mary Bova

14008 Tue 1:30 PM-2:15 PM Jan 7-Mar 24

Resident: \$35.00. Non-Resident: \$46.00

Jazzy Tap with NY Flair!

Town Hall

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

Instructors: Mary Bova & Sandy Hull

14022 Tue 12:15 PM-1:30 PM Jan 7-Mar 24

Resident: \$42.00. Non-Resident: \$55.00

Practical Self Defense

Town Hall

Based on the principles of Krav Maga, this effective self defense system is easy to learn for all ages and abilities. We'll be working on awareness, effective striking, and defending against a personal attack. Join us for some fun working on the pads and gaining useful skills. You'll leave with great information, and tools you can use immediately.

Instructor: Jack Gabalski

14460 Sat 1:00 PM-2:30 PM Jan 18

Resident: \$12.00. Non-Resident: \$16.00

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 tai 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 tai chi to be introduced, time permitting. Talk to the instructor before signing up for this class.

No class January 20 or February 17

Instructor: Constance Kobalka

14030 Mon 11:15 AM-12:15 PM Jan 6-Mar 23

Resident: \$40.00. Non-Resident: \$52.00

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.

Instructor: Constance Kobalka

14031 Thu 9:00 AM-10:00 AM Jan 9-Mar 12

Resident: \$40.00. Non-Resident: \$52.00



Yoga for every BODY



Chair Yoga

Topping Room

Join us for a healing and informative class. Ease (or eliminate) aches, pain and stiffness, with gentle movement. Experience more confidence as mobility and balance improve. Relieve stress through breath work. Dress comfortably. All are welcome.

(Please note: this is not a Silver Sneakers Chair Yoga Class)

No class January 20 and February 17

Instructor: Janet Shumaker

14009 Mon 12:00 PM-12:45 PM Jan 6-Feb 10

Resident: \$30.00. Non-Resident: \$39.00

14010 Mon 12:00 PM-12:45 PM Feb 24-Mar 30 ✓

Resident: \$35.00. Non-Resident: \$46.00

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.

Instructor: Geni Jacobs

14025 Tue 6:30 PM-7:45 PM Jan 7-Feb 11

Resident: \$42.00. Non-Resident: \$55.00

14026 Tue 6:30 PM-7:45 PM Feb 18-Mar 31 ✓

Resident: \$49.00. Non-Resident: \$64.00

Hatha Yoga

Topping Room

This gentle class is good for beginners. You will relax and stretch and breathe. Bring a blanket and/or yoga mat and dress comfortably.

No class February 14

Instructor: Robbin Blackburn

14021 Fri 10:30 AM-11:30 AM Jan 3-Mar 13

Resident: \$86.00. Non-Resident: \$112.00

Hatha Yoga

Town Hall

This is a program of gentle stretches and relaxation techniques designed to increase flexibility and strength, as well as reduce stress and tension. Dress comfortably, 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 recommended. Drop-ins welcome, \$12 drop-in fee.

Instructor: Janet Shumaker

14017 Sat 8:30 AM-9:45 AM Jan 4-Feb 8

Resident: \$38.00. Non-Resident: \$49.00

Instructor: Kathleen Lewis

14018 Sat 10:00 AM-11:15 AM Jan 4-Feb 8

Resident: \$38.00. Non-Resident: \$49.00

Instructor: Janet Shumaker

14019 Sat 8:30 AM-9:45 AM Feb 15-Mar 28 ✓

Resident: \$44.00. Non-Resident: \$57.00

Instructor: Kathleen Lewis

14020 Sat 10:00 AM-11:15 AM Feb 15-Mar 28 ✓

Resident: \$44.00. Non-Resident: \$57.00

✓ payment plan available

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 minute 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.

1st Mon each month

Call the Griswold for an appointment

Help us better **CONNECT** with you!

Stop by the front desk to make sure we have your current email on file. We don't want you to miss a thing!



Pop Ups may be classes, events or outings. They will be created based on new ideas and customer suggestions. Once scheduled, we will send out an e-mail letting you know of the new offering and we will post the information on the City of Worthington's facebook page and publicize it on the Center's front door.



GRISWOLD CENTER Birthdays

We will recognize your birthday on our bulletin board each month. Griswold Center members with a birthday on the designated month will be entered into a drawing with the chance to win a Griswold Gift Package.

Euchre *New!*

Euchre - Competitive



Topping Room

This is for Euchre players seeking a competitive game. Tables change after 8 hands. Change of partners after each game. 10 games played. Prizes offered for highest score and most loners. Registration required. **Instructor: Linda Crannell**

14313 Tue 1:30 AM-4:30 AM Jan 7-Mar 24

Resident: \$6.00. Non-Resident: \$8.00

Euchre Tournament



Topping Room

This is a progressive Euchre Tournament. Change opponents after 8 hands. 10 games played 2 Prizes for Winning team and 1 prize for player with the most loners. Drinks and refreshments served. Team registration required.

14314 Tue 1:30 PM-4:30 PM Mar 31

Resident: \$8.00. Non-Resident: \$11.00

ARMCHAIR TRAVEL

Join us for exciting presentations by world Travelers. Photos projected on a large screen and travel tips will entertain and inform you. Share in discussions with experienced travel buffs. Wonderful snacks provided by Mayfair Village. Please register in advance.

THE A, B, C'S OF SOUTH AMERICA: ARGENTINA, BRAZIL, & CHILE

by Richard Gunther

14213 Wed 10:00 AM-11:30 AM Jan 15



NEW ZEALAND DOWNUNDER PART TWO

by Ellen Carter

14214 Wed 10:00 AM-11:30 AM Feb 19



MOROCCO- FROM THE MOUNTAIN TO THE COAST

by Linda Gabel

14215 Wed 10:00 AM-11:30 AM Mar 18



LUNCH & LEARN

Town Hall

Each month lunch will be provided and a presenter will share a topic of interest. Please register for the lunch beginning at 12:30pm, all are welcome for the presentation after lunch, around 1pm.

14320 Wed 12:30 PM-2:00 PM Jan 15 Free
Technology to Help Aging Ohioans presented by William Darling, Ph.D., Director Assistive Technology of Ohio Integrated Systems Engineering at The Ohio State University.

14321 Wed 12:30 PM-2:00 PM Feb 19 Free
Fraud Prevention, presented by Loretta Sweeney, Ohio State University Extension, Franklin County.

14322 Wed 12:30 PM-2:00 PM Mar 11 Free
Roles and Responsibilities of the Franklin County Engineer, story of the agency and Q&A with Engineer Robertson.



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.

Instructor:Linda Crannell

14216 Wed 9:30 AM-1:30 PM Jan 8
14217 Wed 9:30 AM-1:30 PM Feb 12 ✓
14218 Wed 9:30 AM-1:30 PM Mar 11 ✓

Resident: \$5.00. Non-Resident: \$7.00

✓ payment plan available

TECH HELP WITH TEENS



Buttles Conference Room

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!

January Tech Help

14349	Wed	10:00 AM-10:30 AM	Jan 15
14350	Wed	10:30 AM-11:00 AM	Jan 15
14351	Wed	11:00 AM-11:30 AM	Jan 15
14352	Wed	11:30 AM-12:00 PM	Jan 15
14353	Wed	12:00 PM-12:30 PM	Jan 15
14354	Wed	12:30 PM-1:00 PM	Jan 15
14355	Wed	1:00 PM-1:30 PM	Jan 15
14356	Wed	1:30 PM-2:00 PM	Jan 15

February Tech Help

14358	Wed	10:00 AM-10:30 AM	Feb 19
14359	Wed	10:30 AM-11:00 AM	Feb 19
14360	Wed	11:00 AM-11:30 AM	Feb 19
14361	Wed	11:30 AM-12:00 PM	Feb 19
14362	Wed	12:00 PM-12:30 PM	Feb 19
14363	Wed	12:30 PM-1:00 PM	Feb 19
14364	Wed	1:00 PM-1:30 PM	Feb 19
14365	Wed	1:30 PM-2:00 PM	Feb 19

March Tech Help

14367	Wed	11:00 AM-11:30 AM	Mar 18
14368	Wed	10:00 AM-10:30 AM	Mar 18
14369	Wed	10:30 AM-11:00 AM	Mar 18
14370	Wed	11:30 AM-12:00 PM	Mar 18
14371	Wed	12:00 PM-12:30 PM	Mar 18
14372	Wed	12:30 PM-1:00 PM	Mar 18
14402	Wed	1:00 PM-1:30 PM	Mar 18
14403	Wed	1:30 PM-2:00 PM	Mar 18



The Worthington Garden Club

Meets every 3rd Thursday at the Griswold Center to discuss all things Garden related. Join us beginning February 20, 2020 7pm in Town Hall



KEMPER COGNITIVE ASSESSMENTS

Case Room

Kemper House of Worthington will be on hand at the Griswold Center for 15 min cognitive assessments using the first FDA cleared computerized cognitive assessment tool called "Cognivue". This assessment will measure the four areas of brain function (visual, motor skills, perception & memory) to understand the overall function and performance level of cognition. Participants will receive a personal report that they can choose to keep or share with their doctor.

January Assessments

14375	Tue	10:30 AM-10:45 AM	Jan 21
14376	Tue	10:45 AM-11:00 AM	Jan 21
14377	Tue	11:00 AM-11:15 AM	Jan 21
14378	Tue	11:15 AM-11:30 AM	Jan 21
14379	Tue	11:30 AM-11:45 AM	Jan 21
14380	Tue	11:45 AM-12:00 PM	Jan 21
14381	Tue	12:00 PM-12:15 PM	Jan 21
14382	Tue	12:15 PM-12:30 PM	Jan 21

February Assessments

14432	Tue	10:30 AM-10:45 AM	Feb 18
14433	Tue	10:45 AM-11:00 AM	Feb 18
14434	Tue	11:00 AM-11:15 AM	Feb 18
14435	Tue	11:15 AM-11:30 AM	Feb 18
14388	Tue	11:30 AM-11:45 AM	Feb 18
14389	Tue	11:45 AM-12:00 PM	Feb 18
14390	Tue	12:00 PM-12:15 PM	Feb 18
14391	Tue	12:15 PM-12:30 PM	Feb 18

March Assessments

14394	Tue	10:30 AM-10:45 AM	Mar 17
14395	Tue	10:45 AM-11:00 AM	Mar 17
14396	Tue	11:00 AM-11:15 AM	Mar 17
14397	Tue	11:15 AM-11:30 AM	Mar 17
14398	Tue	11:30 AM-11:45 AM	Mar 17
14399	Tue	11:45 AM-12:00 PM	Mar 17
14400	Tue	12:00 PM-12:15 PM	Mar 17
14401	Tue	12:15 PM-12:30 PM	Mar 17



Kemper House
ALZHEIMER'S & DEMENTIA CARE
WORTHINGTON



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.

Instructor: Mary Kay Scott

14429 Mon 1:00 PM-3:00 PM Jan 6-Mar 16

Free

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

Instructor:Linda Crannell

14219 Wed 2:00 PM-4:00 PM Jan 8-Mar 25

Free

Watercolor Sunset Workshop **New!**

Case Room

Bring back those dreamy, beach sunsets. All supplies provided. No experience necessary.

Instructor: Marion Durham of Polaris Retirement Community

14411 Fri 10:00 AM-Noon Jan 10

Free



More Paper Beads **New!**

Case Room

Back - by popular request! A recycling workshop for the crafty folks! No experience necessary. All supplies provided.

Instructor: Marion Durham of Polaris Retirement Community

14412 Fri 2:30 PM-3:00 PM Feb 7

Free

Dazzling Daisies - A Watercolor Workshop **New!**

Case Room

Spring must be on its way!! - No experience necessary, all supplies provided.

Instructor: Marion Durham of Polaris Retirement Community

14413 Fri 1:00 PM-3:00 PM Mar 6

Free

Pinterest Craft Club

Case Room

Africa Thomas from Wesley Glen is returning to teach this popular class. There will be a new project from the popular Pinterest website. No experience with Pinterest is necessary. All projects will be completed the same day. Materials will be provided. Sponsored by Wesley Glen.

14410 Fri 2:00 PM-3:30 PM Mar 20

Free

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.

14465 Fri 1:00 PM-3:00 PM Feb 21

Resident: \$11.00. Non-Resident: \$14.00



✓ payment plan available

ACORN ADVENTURES

Chestnut Ridge

Chestnut Ridge is the first ridge in the foothills of the Appalachian Mountains. Located in Canal Winchester, the ridge spans about 4,500 feet and rises to about 1,116 feet. Black oak, shagbark hickory and northern red oak trees grow on the upper slopes of the ridge and enhance the woodland beauty of the 486 acre park. Sugar maples and American beech are plentiful on the lower slopes. We'll take a winter hike with Carrie from Metro parks looking for Winter songbirds and other wildlife. After our hike we will head to lunch, on your own. Program price includes transportation.

Instructor: Sherry Berry

14341 Fri 10:15 AM-3:00 PM Jan 31

Resident: \$9.00. Non-Resident: \$12.00

Ohio Caverns, West Liberty

It may be the middle of Winter but we will hike the caverns at a steady 54 degrees and check out some of the most unique cave formations in America. This hike is 1 mile and lasts about an hour. After the hike, head to a late lunch, on your own. Program price includes admission and transportation.

Instructor: Sherry Berry

14330 Fri 10:00 AM-4:00 PM Feb 21 ✓

Resident: \$25.00. Non-Resident: \$33.00

Mystery Hike!

Join Sherry on a mystery hike on the first day of Spring! See if Mother Nature cooperates and gives a preview of early Spring flowers and sunny weather. The hike will be about 1 to 1 1/2 miles and last about 1 1/2 hours. Head to lunch after the hike, on your own. Program price includes transportation.

Instructor: Sherry Berry

14342 Fri 10:00 AM-3:00 PM Mar 20 ✓

Resident: \$9.00. Non-Resident: \$12.00

DINNER WITH FRIENDS

Tucci's

Tucci's prides itself on offering the finest and freshest local ingredients in a culturally diverse menu. In addition to its chef-driven menu, Tucci's is known for its outstanding wine program, boasting more than 340 bottles in their wine inventory. Dinner is on your own. Program price includes transportation.

Instructor: Sherry Berry

14404 Wed 4:30 PM-8:00 PM Jan 15

Resident: \$11.00. Non-Resident: \$14.00

14405 Wed 4:30 PM-8:00 PM Jan 22

Resident: \$11.00. Non-Resident: \$14.00

Bon Vie

Enjoy housemade pastas signature bistro dishes, seafood, chops and steaks, or if you are in the mood for comfort food, they offer burgers as well. Bon vie is sure to satisfy even the most discerning of palates. Patterned after the cherished philosophy of "the Good Life", at Bon Vie we believe in Good Food - good Times - Good Life. Dinner is on your own. Program price includes transportation.

Instructor: Sherry Berry

14406 Wed 4:30 PM-8:00 PM Feb 12 ✓

Resident: \$11.00. Non-Resident: \$14.00

14407 Wed 4:30 PM-8:00 PM Feb 19 ✓

Resident: \$11.00. Non-Resident: \$14.00

Fado Irish Pub

What better time to head to an Irish pub than around St. Patrick's Day! We are heading to the new Bridge district in Dublin and enjoying an European-inspired food locally sourced. Fado is committed to partnering with local vendors when possible. The Décor was constructed and imported from Dublin, Ireland. Dinner is on your own. Program price includes transportation.

Instructor: Sherry Berry

14408 Wed 4:30 PM-8:00 PM Mar 25 ✓

Resident: \$8.00. Non-Resident: \$10.00

MYSTERY LUNCH

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

14421 Tue 11:00 AM-1:30 PM Jan 21 ✓

14422 Tue 11:00 AM-1:30 PM Feb 11 ✓

14423 Tue 11:00 AM-1:30 PM Mar 10 ✓

Resident: \$6.00. Non-Resident: \$8.00



payment plan available

Transportation Policy

Transportation is available for all Griswold Trips and certain activities. All Griswold Trips will depart from the Griswold Center at the time listed in the brochure. Transportation to the Griswold Center is available for all Worthington residents, including Melbourne, Stafford and The Residences of Worthington, upon request. Pick-ups for those needing transportation to the Griswold Center will begin 30 minutes before the departure time listed.

Der Dutchman and The Cheese House, Plain City

Enjoy the simple home cooked fare at Der Dutchman, on your own. There will be time to visit the gift shop and bakery of course. Stop at The Cheese House for some great Amish meats and cheeses, bulk foods and ice cream! Program price includes transportation.

14427 Thu 11:00 AM-3:00 PM Jan 9

Resident: \$7.00. Non-Resident: \$9.00

The Woodward Opera House & The Alcove Restaurant, Mt. Vernon

Research has shown that the Woodward is America's oldest authentic 19th century theater still standing. Historical investigation has placed the first event to at least Dec 1851. Enjoy a guided tour of the theater and marvel at the \$22.5 million dollar restoration. Lunch will be on your own at the Alcove restaurant, founded in 1911 as a small ice cream and candy shop in the heart of downtown Mount Vernon. Program price includes transportation.

14329 Tue 9:15 AM-3:15 PM Jan 14

Resident: \$9.00. Non-Resident: \$12.00

Thrift Shop Treasures

Beat the winter blues and join us for our annual hunt for treasures that won't break the bank! Start off on Indianola Avenue before heading to Powell and Dublin. The best part of the day is always seeing what others were able to find! Enjoy lunch, on your own at Scrambler Marie's in Powell. Program price includes transportation.

Instructor: Judy Hunter

14343 Sat 9:30 AM-4:00 PM Jan 25

Resident: \$17.00. Non-Resident: \$23.00

G & R Tavern, Waldo

In this friendly community tavern, the bologna is sliced thick and is seriously flavorful stuff and becomes even more delicious when fried for an amazing sandwich. Save room for dessert. You do not want to miss the homemade pies! Lunch is on your own. Program price for transportation.

14428 Thu 10:45 AM-2:30 PM Feb 6 ✓

Resident: \$7.00. Non-Resident: \$9.00

BalletMet, ALICE

Tumble down the rabbit hole with a world premiere of Edwaard Liang's *ALICE*, a lush and vivid production based on the later stories of author Lewis Carroll. Bursting with colorful sets, brilliant theatrics and charming characters, *ALICE* will delight you and leave you saying, "Curiouser and curiouser!" This dress rehearsal takes place in the Ohio Theatre. Lunch will follow, on your own, at MCL Kingsdale. Program price includes transportation and ticket.

Instructor: Mary Williams

14414 Fri 10:00 AM-3:30 PM Feb 14 ✓

Resident: \$30.00. Non-Resident: \$39.00

The Greatest Love of All: A Tribute to Whitney Houston, Springfield

With the breathtaking vocals of Belinda Davids, accompanied by a fabulous, six-piece live band and dancers, *The Greatest Love of All* is a beautifully crafted tribute honoring the talent and music of Whitney Houston. The show will fill you with joy, nostalgia and wonderment as you are taken on a heartfelt musical journey through Whitney's greatest hits! Enjoy dinner on your own, at Rudy's Smokehouse in Springfield.

Program price includes ticket and transportation. **Please register by January 15 due to ticket purchase deadline.**

Instructor: Judy Hunter

14344 Sat 5:00 PM-10:30 PM Feb 15

Resident: \$42.00. Non-Resident: \$54.00



✓ payment plan available

Black History Month at the Ohio Statehouse

Lynette Ford - *Of Memory and History: An Affrilachian Storyteller Speaks*

As part of the Ohio Statehouse celebration of Black History Month hear storyteller Lynette Ford combine theoretical geography, history, folktale and memory as she connects us to Appalachian Ohio's African American cultural heritage. Lynette Ford is an internationally recognized and award-winning fourth-generation storyteller and author. Lunch will be on your own, at a local restaurant following the program. Program price includes transportation.

14424 Tue 11:00 AM-2:30 PM Feb 18 ✓
 Resident: \$8.00. Non-Resident: \$10.00

Courage in the Skies: The Story of the Tuskegee Airmen

As part of the Ohio Statehouse celebration of Black History Month see Anthony Gibbs, storyteller and performer, tell the inspiring story of the Tuskegee Airmen of World War II. Their courage and adventures in the skies will thrill you, while their struggles, sacrifices, and determination on the ground will leave you inspired. Enjoy brunch on the way to the Statehouse at North Star Café, on your own. Program price includes transportation.

14425 Tue 9:30 AM-1:30 PM Feb 25 ✓
 Resident: \$8.00. Non-Resident: \$10.00

Columbus Symphony

Columbus Symphony Orchestra Rehearsal

Russian Winter Festival II: Exotic Masterpieces Russia spans multiple time zones and cultures, and Russian composers have always had a special interest in portraying the exoticism of distant lands and delivering an unsurpassed melodic beauty combined with orchestral splendor and virtuosity. The unabridged version of Tchaikovsky's *1812 Overture* will bring the event to an apotheosis. Presented in the Ohio Theatre. Lunch will follow on your own at an area restaurant.

14418 Fri 9:30 AM-3:00 PM Jan 24
 Resident: \$21.00. Non-Resident: \$27.00

Columbus Symphony Orchestra Rehearsal

Peaks of Beauty and Devotion, the music of the Austrian Romantic composer Anton Bruckner is a powerful, spiritual experience encompassing majestic brass chorales, lyrical beauty, and shining climaxes. The mercurial American artist Joshua Roman performs his own evocative cello concerto. **Please register by Feb 20 due to ticket purchase deadline.**

14419 Fri 9:30 AM-3:00 PM Mar 6 ✓
 Resident: \$21.00. Non-Resident: \$27.00

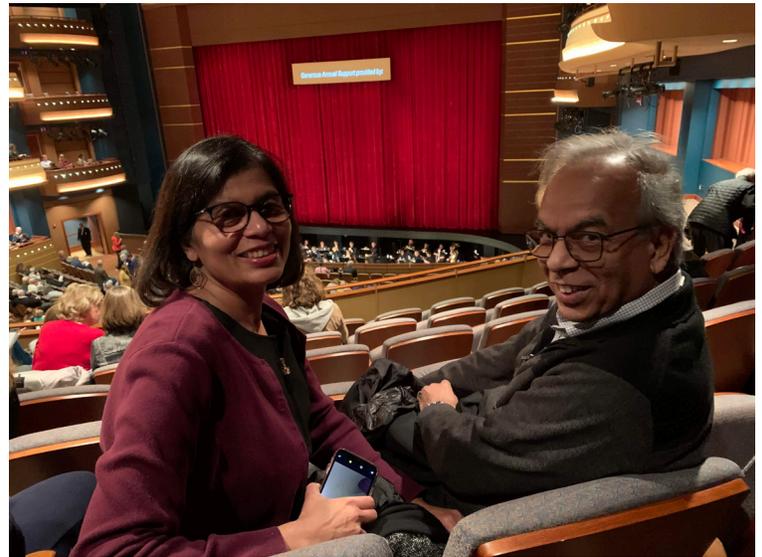
Columbus Symphony Orchestra's Chihuly Festival: *Bluebeard's Castle*

Enjoy an evening downtown as you head to the Ohio theater for a CSO Masterworks performance. Inspired by the legend of Bluebeard, the production fuses Bartok's thriller with the work of celebrated artist Dale Chihuly. Dinner will be at Katzinger's Deli, on your own, before the concert. Program price includes ticket and transportation.

Please register by Jan 10 due to ticket purchase deadline.

Instructor: Judy Hunter

14345 Sat 5:30 PM-10:00 PM Feb 29
 Resident: \$37.00. Non-Resident: \$48.00



✓ payment plan available

Maple Syrup Festival at Camp Lazarus

Start your Saturday with a hearty pancake, homemade maple syrup and sausage feast! The Simon Kenton Council Boy Scouts will be busy making this a pioneer's dream as they provide games, a blacksmith, branding, rope making, fire building and other fun activities. We'll be sure to stop at the Adams Mullins Sugar Shack to watch and learn the process of making delicious maple syrup. Enjoy walking the beautiful grounds or sit in the dining hall and have an extra cup of coffee. Before heading back to Worthington, enjoy a drive around a portion of southern Delaware County to see the growth and new construction that has replaced the long gone country roads. Please bring \$15 cash for admission and breakfast. Program price includes transportation.

Instructor: Judy Hunter

14346 Sat 9:30 AM-1:00 PM Mar 7 ✓
 Resident: \$10.00. Non-Resident: \$13.00

My Fair Lady, Broadway Across America

From Lincoln Center Theater that brought you *The King & I* and *South Pacific*, comes "a sumptuous new production of the most perfect musical of all time" (Entertainment Weekly), Lerner & Lowe's *MY FAIR LADY*. Boasting such classic songs as "I Could Have Danced All Night," "The Rain in Spain," "Wouldn't It Be Lovely" and "On the Street Where You Live," *MY FAIR LADY* tells the story of Eliza Doolittle, a young Cockney flower seller, and Henry Higgins, a linguistics professor who is determined to transform her into his idea of a "proper lady." But who is really being transformed? Performed at the Ohio Theatre. Program price includes ticket and transportation. **Please register by Jan 15 due to ticket purchase deadline.**

14331 Wed 6:30 PM-10:30 PM Mar 11
 Resident: \$109.00. Non-Resident: \$134.00

Habitat for Humanity's Soups for Shelter

Help support Habitat for Humanity at St. Mary's Church in Delaware and enjoy all you can eat homemade soup, bread, dessert and beverage as well as a homemade ceramic bowl. Please bring \$15 cash for soup.

14426 Tue 4:30 PM-7:30 PM Mar 17
 No Fee for Transportation

Moonlight & Magnolia's, CATCO

It's 1939 and legendary producer David O. Selznick has shut down production of his new epic, *Gone With the Wind*, because the script doesn't work. The all-powerful movie mogul summons famed screenwriter Ben Hecht and formidable director Victor Fleming to his office to rewrite the script. The door is locked, and five days later they complete a blueprint for one of the most beloved films ever made. Presented by CATCO in the Riffe Center, Studio 2. A late lunch will follow on your own at an area restaurant. Program price includes transportation.

Please register by Feb 5 due to ticket purchase deadline

14420 Wed 10:15 AM-3:00 PM Mar 25 ✓
 Resident: \$34.00. Non-Resident: \$44.00

✓ payment plan available

Otterbein Theater's A Gentleman's Guide to Love and Murder

Otterbein Theater Department presents this musical comedy filled with unforgettable music and non-stop laughs. Monty Navarro, an heir to the family fortune, sets out to jump his line of succession by - you guessed it - eliminating the eight pesky relatives who stand in his way! Enjoy dinner on your own, at Zoup! on Polaris Parkway, featuring homemade soups, sandwiches and salads. Program price includes ticket and transportation.

Please register by Feb 7 due to ticket purchase deadline.

Instructor: Judy Hunter

14347 Fri 5:30 PM-10:30 PM Mar 27 ✓
 Resident: \$39.00. Non-Resident: \$50.00

Morgan House & Bakers Garden Center

Visit the Morgan House in Dublin for a delicious lunch, on your own, and have time to shop while we look for signs of Spring! Stop at Bakers Garden Center and there will be plenty of Spring there, maybe take home a bit of the joy. Program price includes transportation.

14431 Tue 11:00 AM-2:30 PM Mar 31 ✓
 Resident: \$7.00. Non-Resident: \$9.00

BalletMet CARMEN.maquia

Taking its cues from the 1845 novella by Prosper Merimee and the 1875 opera by Georges Bizet, *Carmen.maquia* weaves the drama filled story of Carmen, a spirited gypsy, and her love triangle with the doting Don Jose, an army officer, and Escamillo, a beloved bullfighter. This dress rehearsal of a contemporary ballet is presented in the Davidson Theatre, Riffe Center. Lunch will follow, on your own, at MCL Restaurant & Bakery, Kingsdale. Program price includes ticket and transportation.

Instructor: Mary Williams

14415 Fri 10:00 AM-3:30 PM Apr 3 ✓
 Resident: \$30.00. Non-Resident: \$39.00

Nureyevs Eyes, CATCO

Jamie Wyeth paints in the shadow of his legendary father, Andrew Wyeth. Russian defector Rudolph Nureyev seeks fame in the ballet world. This true story chronicles the relationship of these two aspiring artists, whose friendship changes each of them for the better in this intense intersection of art and ambition. Presented at the Riffe Center, Studio Two. Enjoy a late lunch, on your own, after the play. Program price includes ticket and transportation.

Please register by March 18 due to ticket purchase deadline.

14416 Wed 10:15 AM-3:30 PM Apr 29 ✓
 Resident: \$34.00. Non-Resident: \$44.00



Soup

Town Hall

Enjoy a delicious bowl of made from scratch soup, fresh from the Griswold Kitchen. The meal includes bread and something sweet. Check the bulletin board for the monthly menu. Program price of \$5 per person is good until the Thursday before each soup day and \$6 per person on the day of the event.

Chef: Mary Kay Scott

14440	Fri	12:00 PM-1:00 PM	Jan 10
14441	Fri	12:00 PM-1:00 PM	Jan 17
14443	Fri	12:00 PM-1:00 PM	Jan 24
14444	Fri	12:00 PM-1:00 PM	Jan 31



Wear red on Feb 7 to support the American Heart Association!



14450	Fri	12:00 PM-1:00 PM	Feb 7
14451	Fri	12:00 PM-1:00 PM	Feb 14
14452	Fri	12:00 PM-1:00 PM	Feb 21
14454	Fri	12:00 PM-1:00 PM	Mar 6
14455	Fri	12:00 PM-1:00 PM	Mar 13
14456	Fri	12:00 PM-1:00 PM	Mar 20
14457	Fri	12:00 PM-1:00 PM	Mar 27

 **payment plan available**



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.

Meijer

13980 Mon 9:45 AM-12:30 PM Jan 6

Walmart

13977 Mon 9:45 AM-12:30 PM Jan 13

Kroger

13979 Wed 9:45 AM-12:30 PM Jan 22

Meijer

13981 Mon 9:45 AM-12:30 PM Jan 27

Walmart

13978 Mon 9:45 AM-12:30 PM Feb 3

Kroger

13982 Mon 9:45 AM-12:30 PM Feb 10

Polaris

13983 Wed 9:45 AM-2:10 PM Feb 19

Meijer

13984 Mon 9:45 AM-12:30 PM Feb 24

Walmart

13985 Mon 9:45 AM-12:30 PM Mar 2

Kroger

13986 Mon 9:45 AM-12:30 PM Mar 9

Meijer

14461 Mon 9:45 AM-12:30 PM Mar 16

Walmart

13987 Mon 9:45 AM-12:30 PM Mar 23

Kroger

13988 Mon 9:45 AM-12:30 PM Mar 30

BOOK YOUR NEXT PARTY AT THE GRISWOLD CENTER!



Case Room



Thompson Room



Topping Room



Kitchen



Town Hall

General Policies

Permit holder must be present during the time of rental. Groups will not be allowed in their room/gym until the starting time on their permit and must check in with the front desk or building supervisor to get their room unlocked. We are also enforcing the policy on multiple bookings not being refundable.

Minimum 2 hour rental.

Please be aware that no alcohol is allowed on the premises of any of our rental sites.

Groups are responsible for providing their own supplies, decorations, table coverings, food, etc.

Groups are responsible for all setup and cleanup, and time for this must be included in the time of the rental.

Application Process

The individual reserving the facility must be present during the entire permitted time. Payment is due at the time of the reservation.

Fee Information

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

Repeated Use, to qualify for resident rates:

Qualified city groups may receive a \$5 permit writing fee (per use) that will be honored Monday–Thursday from 5:00–9:00 PM for meeting rooms at the Community Center and Selby Shelter only.

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.

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

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 McEntyre

Fridays 12:00 PM-1:00 PM Ongoing

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

Worthington Widowed Support Group

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

3rd Thursday each month 2:00 PM-3:30 PM

Parkinson's Support Group

Tuller Lounge

For patients and caregivers of those with Parkinson's Disease, this informal group will gather to share information and support each other.

Leader: Susan Hervey

2nd Monday each month beginning 2/10 1:00 PM-2:30 PM

Low Vision Support Group

Topping Room

These educational and support meetings are sponsored by Syntero/Northwest Counseling Services/Dublin Counseling Center. Anyone struggling with low vision or serious vision decline is welcome to attend. For more information, please call Maxine Gilgoff at 614-301-0784. Refreshments are provided by PR Life Management.

Leader: Maxine Gilgoff, LISW-S, Syntero.

Wednesday March 18 2:00 PM-3:30 PM

AARP TAX ASSISTANCE

This free Tax Assistance Program is co-sponsored by the American Association of Retired Persons (AARP) and the Internal Revenue Service (IRS). IRS-certified volunteers provide free basic income tax return preparation with electronic filing of both Federal and State returns.

To schedule an appointment, call (614) 842-6320, beginning January 6, 2020.

FRIDAYS Jan 31 - Apr 10 By Appointment ONLY

What to bring:

- Photo ID (valid driver's license, State ID, passport, employer ID, or student ID)
- Last year's tax returns
- Social Security card (or Social Security statement if all 9 digits are visible) for each person listed on the return
- 2019 Wage Statements (W-2s)
- 2019 Pension and IRA distributions (All 1099s received)
- Interest, Dividend, Stock Sales, and Brokerage Statements
- Cost information for any stocks or mutual funds sold during 2019.



VOLUNTEER OPPORTUNITIES

Are you friendly, upbeat, positive and enjoy working with Seniors? Do you have a special skill or talent that you would like to share?

Then WE are looking for YOU!

Volunteer opportunities include:
Class Instruction, Office Work, Event Set Up/Take Down
Applications available at the front desk!

Take part in our Monthly Fitness Challenges!

January

“ROLL IN THE NEW YEAR!”

Pick up a calendar and directions in the Fitness Room for this fun fitness challenge. Use a pair of dice to create a different workout everyday to “roll in to the new year!” Keep track of how many days of the month you complete and turn in for an award at the end of the month.



February

“Fit & Learn”

Fit & Learn is a 4-week series which will offer speakers and Fitness demonstrations to help kick the winter blues and motivate you to a healthier life. Don't miss out on the first week as Greg Cini and Danielle Dennis from Kemper House Worthington will provide lunch and talk about movement and balance! Please register.

Please note: Event will take place at Kemper House Worthington located on the NE corner of 161 and Proprietors Rd.

14462	Wed	12:30 PM-2:00 PM	Feb 5-Feb 26
FREE			

March

“Get Fit March Madness”

This challenge starts March 2 and for each fitness class or use of the fitness room at the Griswold you earn stamps that staff will keep in the fitness room in a binder. For every 5 basketballs you have stamped, earn a raffle ticket. At the end of the month we will draw a winner for a Fitness Gift basket!



St. Patty's Day Dinner

**Wednesday, March 18
5:30 - 7:30pm**

Join us for this evening event at the Griswold Center complete with a Corn Beef & Cabbage dinner and Irish entertainment.



Community Center Highlights



**SUNDAY
FEBRUARY 16**

**FIRST HEAT STARTS
AT 7:00 AM**



**registration begins Dec 16
at worthington.org/tri**

2020 INDOOR TRIATHLON *swim • bike • run*



Worthington Tri

Ages: 13Y and up

The Worthington Community Center's second indoor triathlon! Participants will compete in a 15 minute swim, followed by a 15 minute bike in our fitness studio, and will finish with a 15 minute run on our treadmills. The goal for each participant is to cover as much distance as possible during the swim, bike, and run within the 15 minute time limit. All levels of experience are welcome for this indoor triathlon. Awards will be given to overall finishers as well as other categories. All participants will receive a race goodie bag and tee shirt. Register by January 5 for Early Bird Pricing: \$30. Register January 6-26: \$40. After January 26: \$50.

Team registration available, please email

ryan.cooper@worthington.org for more information.

REGISTRATION FEE

before **January 5**

\$30

January 6–26

\$40

after **January 26**

\$50



14004 Sunday First heat begins at 7 AM Feb 16
Heats will be announced by February 7

PERSONAL TRAINING

Where to begin

Tell us about yourself and your goals by filling out the pre-screen form (available on the fitness floor or online at worthington.org) and return to the fitness desk or email it to fitness.WPRD@worthington.org

What happens next

Our certified staff will review your information, goals and availability to determine which of our trainers would be the best fit.

Your selected trainer will contact you within three business days to set up your free consultation. All of our prospective clients receive a free consultation so that you and your trainer can talk about your health history and specific goals. This process allows us to follow ACSM exercise guidelines as well as to make sure all those interested in personal training are connected with a trainer.

At your consultation you will decide on your training package and schedule your first session. Your trainer will give you a purchase agreement to take down to the Front Desk for payment. Please keep your payment receipt to give to your trainer.

Assess and Design - \$160

Whether you are looking to get started with an exercise routine or just looking to change things up from your “same-old, same-old” the Assess and Design will take you there. Let our nationally certified Personal Trainers create a program designed specifically for you! You will be able to meet one-on-one with a trainer of your choosing (or we can pick one for you) to discuss where you are, but more importantly where you want to be. We will then create a 6-week exercise program tailor-fit just for you. Your second meeting with your trainer will be an hour session to review and explain your program. After that, you have the option for two more 30-minute follow-up meetings with your trainer to further review your plan.

Partner Training

30 Minutes: \$45

60 Minutes: \$70

Workout with a friend! Studies have shown that working out with a partner is more fun, will keep you motivated, you will be more likely to achieve your goals and more likely to try new things. You know what else helps keep you motivated, try new things and achieve goals? A personal trainer! The sky is the limit when combining the two. Sign up today for a personal trainer for you and a friend.

Rates & Options

Single Sessions:

30-Minute Session \$40

45-Minute Session \$50

60-Minute Session \$60

30-Minute Packages:

4 Sessions \$120 \$30/Session

8 Sessions \$200 \$25/Session

45-Minute Packages:

4 Sessions \$160 \$40/Session

8 Sessions \$280 \$35/Session

60-Minute Packages:

4 Sessions \$200 \$50/Session

8 Sessions \$360 \$45/Session





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 of activities 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 during a registered 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, please notify the photographer if you prefer that you or your child not be photographed.

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
Emilio Castillo, Building Maintenance Assistant

Griswold Center

Colleen Light, Center Manager
Julie Stoltz, Customer Service Coordinator
Mary Kay Scott, Recreation Supervisor—Senior
Jeff Fickell, 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 Ebright, Parks Technician
Tyson Cline, Parks Technician

City of Worthington

Matt Greeson, City Manager
Robyn Stewart, Assistant City Manager

Worthington City Council

Bonnie Michael, President
Rachael Dorothy
Doug Foust
Beth Kowalczyk
Scott Myers
David Robinson
Doug Smith

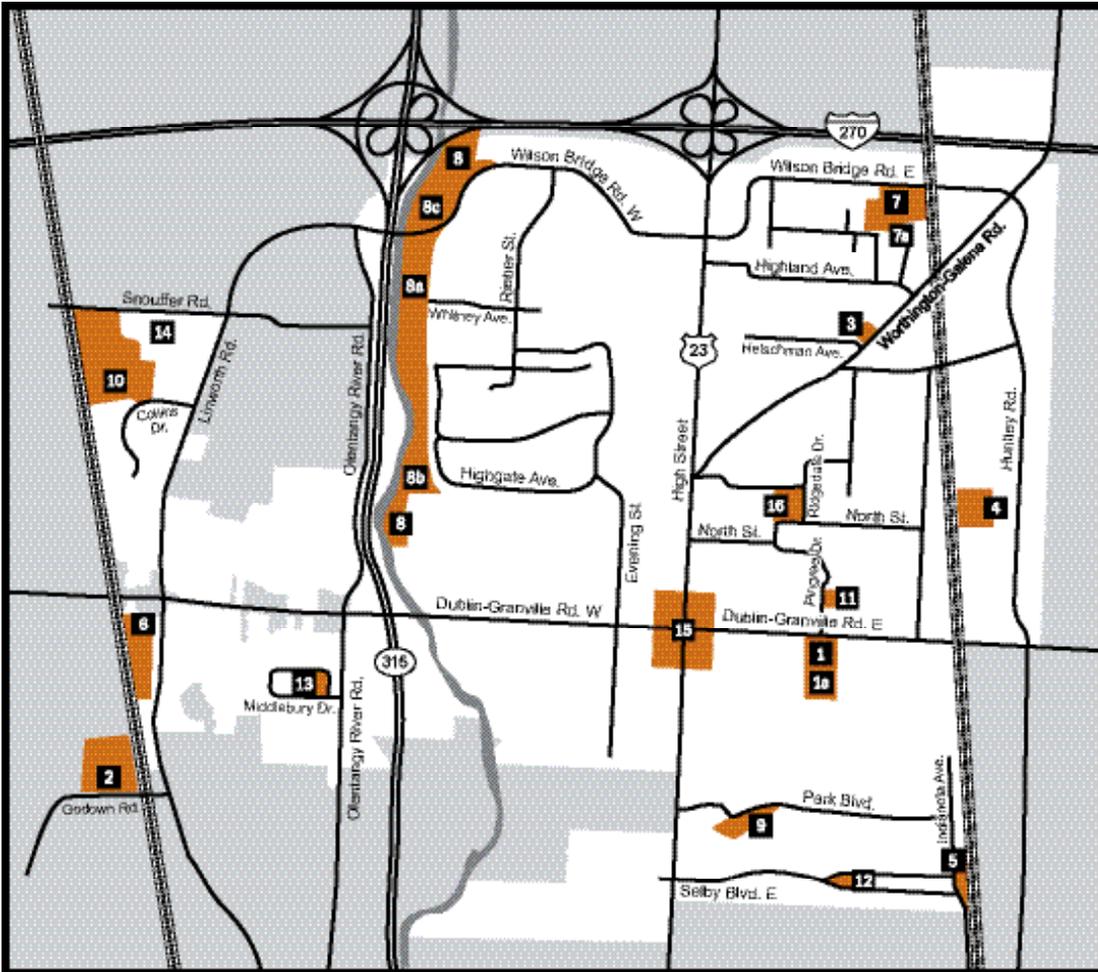
Parks and Recreation Commission

Rob Wendling (Chair)
Dan Armitage
Laura Ball
Rachel DeNoewer
Dave Kessler
Michele Miller

Meetings are held the third Tuesday of each month at the Community Center at **6:00 PM**.

Scheduled Winter Meeting dates are:
Dec 17, Jan 21, Feb 18, and March 17

CITY OF WORTHINGTON PARKS & RECREATION



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.

Citizens and friends of Worthington interested in donating are invited to read our informative donation brochure. For additional information please contact Celia Thornton at the Community Center at celia.thornton@worthington.org (614) 436-2743.

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.

Worthington Parks	Available Facilities														Acres	
	Basketball Court / Hoop	Bike / Recreation Path	Drinking Fountain	Dog Park	Nature Area	Lacrosse Field	Picnic Area / Trail	Picnic Tables	Shelter House	Playground	Soccer Field	Tennis Court	Volleyball	Wildflowers		
	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
East Granville Rd. Park: 245 E. Granville Rd. 1a: Moses Wright Nature Area	1				■			■	■	■	■			■	■	8
Godown Park: 6099 Godown Rd.	2				■	■										10
Heischman Park: 6755 Worthington-Galena Rd.	3					■			■	■				■		1
Huntley Bowl Park: 6199 Huntley Rd.	4								■		■	■				7
Indianola Park: 5500 Indianola Ave.	5		■						■	■		■	■	■		3
Linworth Park: 5971 Linworth Rd.	6	■	■	■		■			■	■	■	■	■	■		13
McCord Park: 333-345 East Wilson Bridge Rd. 7a: Community Center & All Children's Playground	7	■	■			■			■	■	■		■	■	■	30
Olentangy River Parklands: 600 W. Wilson Bridge Rd. 8a: Whitney Playground 8b: Highgate Playground 8c: Winding Adventure Skate Park	8			■	■		■	■	■	■	■	■	■	■	■	104
Park Boulevard Park: 125 Park Blvd.	9								■	■		■			■	7
Perry Park: 2300 Collins Dr.	10	■		■		■			■	■	■	■		■		21
Pingree Park: 374 Pingree Dr.	11		■	■		■			■	■		■				1
Selby Park: 358 Selby Blvd. South	12		■			■			■	■	■			■		2
Shaker Square Park: 888 Middlebury Ct.	13		■						■	■				■		1
Snouffer Road Park: 2341 Snouffer Rd.	14	■				■			■			■		■		10
Village Green: Corners of High St. & Dublin-Granville Rd.	15					■										3
Wilson Hill Park: 1025 Ridgedale Dr. East	16		■	■		■			■	■	■		■	■		3



South Florida & Keys

February 25 - March 1, 2020

HIGHLIGHTS INCLUDE:

- Miami-Miami Beach
- Art Deco District
- Biscayne Bay
- Atlantic Ocean
- Everglades Airboat Ride
- Key West
- Marathon
- Conch Tour Train
- Mallory Square
- Ernest Hemingway Home & Museum
- Duval Street
- Discovery Undersea Glass Bottom
- Boat Cruise
- Little White House

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

Nova Scotia & Maritimes of Canada Trip Preview
Tuesday, February 4 • 1:30 PM

Paris to Normandy

Sept 14-22, 2020



HIGHLIGHTS INCLUDE:

- Vernon-LesAndelys
- Caudebec
- "A Taste of Normandy" excursion
- Guided sightseeing in Rouen
- Conflans:
- ExcursionstoAuvers-sur-Olse
- "Heart of Paris" walking tour

TOUR INCLUDES:

- Land/cruise
- Portcharges
- Meals and accommodations
- Sightseeing and services of a professional cruise director

Stop by the front desk or visit worthington.org/trips to learn more