# WESTERV

COMMUNITY RECREATION GUIDE NOVEMBER / DECEMBER 2022 WWW.WESTERVILLE.ORG

## DAPTIVE PROGRAMING

New Programs Return Page 18









## **PROGRAM** REGISTRATION

See page 35

### **NOVEMBER**

# WESTERVILLE CITY COUNCIL



**Back Row:** Coutanya Coombs, Ph.D.; Kenneth L. Wright, Vice Mayor; Dennis Blair; Megan Reamsnyder **Front Row:** Michael Heyeck, Chair; Diane Conley, Mayor; Craig Treneff, Vice Chair



MONICA IRELAN, CITY MANAGER

### **MISSION STATEMENT**

The City of Westerville is dedicated to providing exemplary municipal services to our community and fostering prosperity while embracing our unique heritage and character.

### **CITY VALUES**

Innovation Stewardship Excellence Accountability Integrity and Trust Public Safety Community Engagement Employee Enrichment

### **NOTES TO THE EDITOR**

Westerville Community Recreation Guide Editor: Toni Schorling toni.schorling@westerville.org



Pumpkins, leaves, cooler weather and Westerville abuzz with fun and exciting activities.

Westerville's Veterans Memorial is set to be completed this November. Information on the grand opening is available on pages 4-5. You can check in with Westerville's K-9s, Bruno and Chloe and learn about the critical role they play within the Westerville Division of Police (page 11).

Adaptive and Inclusive programming makes a comeback with Parks and Recreation. Meet the new program supervisor and learn about many new and exciting opportunities that are planned for the coming months. A list of activities is available on page 18.

Planning your holiday decorating? Don't forget to donate any inoperable or unwanted lights to the Westerville Electric Department. Information is on page 19. Along with decorating, gift-giving season is upon us. Find great gift ideas available right here in Uptown Westerville on pages 22-23. And don't forget about the annual Tree Lighting at the City Hall Courtyard. Enjoy a night of holiday festivities throughout Uptown (page 24-25) and learn about the special mailbox at Rotary Park (page 26).

If you are interested in cooking, Westerville Parks and Recreation's Cooking Caravan continues with mouthwatering meals that you can learn about and bring home to the family. Classes are offered in a variety of age-groups. See page 27 for details.

We hope you enjoy the season!

### MARK YOUR CALENDARS

### **REGISTRATION DATES**

Senior Center Program Pass Holder Registration Thursday, Nov. 3 at 12 p.m. (In person at the Community Center and online)

Online Resident Registration Friday, Nov. 4 at 12 p.m.

**In-Person Resident Registration** Saturday, Nov. 5 at 8 a.m. at the Community Center

Online Open Registration Sunday, Nov. 6 at 12 p.m.

**In-Person Open Registration**Monday, Nov. 7 at 8 a.m. at the Community Center

### **GUIDE DELIVERY**

The Community Recreation Guide is delivered to resident homes six times per year. This publication is available at the Westerville Community Center, City Hall and the Westerville Public Library.





### **AROUND THE CITY**

- 4-5 Veterans Memorial
- 6 Westerville Sunrise Rotary Donations Support Westerville
- 6 Save the Date for the Westerville State of the City
- 7 Justice Center Opening
- **8** Westerville's Own Status Solutions Providing Safety Systems Across the United States
- **9** New Billing Portal Leading Residents to Data-Driven Decisions
- 10 Q&A Medic, Paramedic and EMT with Battalion Chief Gretchen Sutton
- 10 Road Warriors Check-In: Late-season Leaf Collection
- 11 Playing Catch(up) with Westerville's K-9s
- **12-13** Westerville Recognizes National Native American Heritage Month
- 14 City Offices Closed in Observance of Martin Luther King Jr. Day
- 14 Recognize a Neighbor, Organization for Service to Community
- 15 Concord Counseling Marks Half Century of Mental Health Support
- **16** Busking in Uptown Westerville
- 17 Safex, Inc. Celebrates Three Decades of Women-Owned Success in Westerville
- **18-19** Adaptive and Inclusive Programming Returns
- 19 Holiday Light Recycling
- 20 Westerville Lineworkers Provide Hurricane Relief
- 20 Electric Division Honored
- 21 City Honored for Sustainability, Conservation Efforts
- 21 New Financial Plan Now Available
- 22-23 Uptown Westerville Holiday Gift Guide
- **24-25** Holiday Celebration and Tree Lighting
- **26** The Story Behind Santa's Mailbox in Uptown
- 27 Cooking Caravan Encourages Expression Through Culinary Programming
- 27 Virtual Recreation Center, The Perfect Source for Workout Options

**Cover image:** Jayme Carper, a volunteer with Adaptive Sports Connection, supports a skier during a class. Westerville Parks and Recreation is partnering with the program to bring new and exciting opportunities to Westerville. Read more about the program on page 18.

**Above image:** Retired Cpl. Clenastine Hamilton, a purple heart recipient in the Women's Army Corp attends the 2021 Veterans Day Breakfast. Details on the 2022 Breakfast can be found on page 28.

### **COMMUNITY ACTIVITIES**

28-32 Community Events

**33** Westerville Bimonthly Calendar

## WESTERVILLE PARKS AND RECREATION

**34-37** Community Center

38 Rental Opportunities at the Community Center

**39** Everal Barn and Shelter Rental Information

40-64 Programs and Classes

65 Index

66-67 Westerville Recreation Trail

## Veterans Memorial Dedication Ceremony Scheduled

A year to the day after the 2021 groundbreaking ceremony, the newly constructed Westerville Veterans Memorial, 325 N. Cleveland Ave., opens with a dedication ceremony on Friday, Nov. 11 beginning at 11 a.m. Attendees of the annual Veterans Day Breakfast at the Senior Center (350 N. Cleveland Ave.) will have the opportunity to shuttle to the ceremony. (The breakfast is open to the public. See page 28 for details.)

The new signature space was designed to honor and celebrate those who have served in the U.S. Armed Forces, blending history, culture, art and recreation with the existing sports environment.

Residents called for an expanded space during the creation of the Westerville Parks, Recreation and Open Spaces (PROS) master plan. More than 20 years ago, the plan was adopted (and renewed in 2014) as a strategic guide to develop, operate and maintain the community parks system. Included was a proposal to develop a space to centralize and strengthen how Westerville honors its veterans.

View photos from the year-long construction process and learn how you can still support the project at **www.westerville.org/vetsmemorial**.







### **DEDICATION CEREMONY**

Friday, Nov. 11 Beginning at 11 a.m. Veterans Memorial, 325 N. Cleveland Ave.

### **PROGRAM INCLUDES**

- •Posting of the Colors, VFW Color Guard
- •National Anthem, WSHS Soundsation
- •Principle Speaker, *Major General Deborah Ashenhurst*
- •21 Volley Salute, American Legion Rifle Squad
- •Playing of Taps, Dan Carey
- •Retirement of the Colors, VFW Color Guard with musical accompaniment









Scan the QR code for more information and to donate.



## **Donations Support Westerville**

The Westerville Sunrise Rotary donated \$4,000 to the Westerville Parks Foundation this fall. The funds were generated from the 2022 Field of Heroes 5K and will benefit the Westerville Parks Foundation.

Additionally, the organization donated the first of four \$25,000 checks earmarked for Westerville's Veterans Memorial. In total, Sunrise Rotary has pledged \$200,000 to the project.

"Inspired by the City of Westerville's long-term commitment in honoring our local veterans with the completion of the new Veterans Memorial, our theme at the 2022 event was 'Westerville's Hometown Heroes - Celebrating Westerville's Military History and Veteran's," said Jim Hogle, Westerville Sunrise Rotary Co-chair. "We had 438 flags purchased and/or dedicated from the approximately 3,000 flags spread throughout the field."



From left to right: Larry Jenkins, Sunrise Rotary Field of Heroes founder; Kathy Cocuzzi, Westerville Parks Foundation Chair; Jim Caldwell, 2022 Field of Heroes Co-Chair; Jim Hogle, 2022 Field of Heroes Co-Chair; Randy Auler, Westerville Parks and Recreation Director; Mark Morgan, Sunrise Rotary Foundation Chair.

Each year, the Westerville Sunrise Rotary Club volunteers transform the Westerville Sports Complex (325 N. Cleveland Ave.) for the Field of Heroes with eight-foot-tall American flags honoring personal heroes in the community. Community members are invited to sponsor a flag in honor of their personal heroes.

Information on the 2023 Field of Heroes will be available at www.fieldofheroes.org.



## Justice Center — OPFNING —

Westerville Division of Police (WPD) completed its move-in to the new Justice Center, 229 Huber Village Blvd., in November.

The City welcomed the community to celebrate WPD's move into the extensively renovated building with a ribbon cutting in September. Many neighbors walked to the event and enjoyed meeting with WPD, light refreshments and tours of some areas of the building.

The combined Police and Mayor's Court facility replaced WPD's former headquarters of 30 years, located at 29 S. State St., and joined under one roof all bureaus of the division of police. Mayor's Court was previously held in Council Chambers in Westerville City Hall, 21 S. State St.

You can learn more about all things WPD at www.westerville.org/police.





A young attendee greets Assistant Chief Holly Murchland with a hug.

Cutting the ribbon for the new Justice Center are (from left) Assistant City
Manager Jason Bechtold, Council member Dennis Blair, Mayor Diane Conley,
Council member Megan Reamsnyder, Council Chair Mike Heyeck, Chief Charles
Chandler, Vice Mayor Kenneth Wright, Assistant Chief Murchland,
State Representative Mary Lightbody and Officers Hord and Carpenter.



## **Grand Opening**

A grand opening celebration of the Justice Center is being planned for the spring of 2023. Information will be available at **www.westerville.org/police** as it becomes available.

### Westerville's Own Status Solutions

## **Providing Safety Systems Across the United States**

One Westerville company has made it their business to help people through innovative solutions for more than 21 years. After witnessing two of the most devastating events that defined the new millennium era - Columbine and 9/11 - Status Solutions was born out of the belief that technology can prevent tragedy. Founded in 2001 by Westerville North graduate Mike MacLeod, Status Solutions was developed to simply help protect people and property.

At its core, Status Solutions is dedicated to protecting the most at-risk among us, including children and the elderly. Macleod's Situational Awareness and Response Assistant (SARA) is an alarm manager that allows organizations to pull together their siloed systems into one uniform alerting platform, creating a convenient hub to capture and respond to any triggering event. In addition, Macleod developed another transformational idea in 2009. Communication and Access to Information Everywhere (CATIE) is a self-service, communication platform which helps to bridge the digital divide between the silent generation and those that have come after them.

"If people know what's going on, then they can do something about it," said MacLeod. "By providing detailed information about a situation, organizations can take informed action. We're in the business of using knowledge to prevent loss, whether it's life, property, product or even production time."

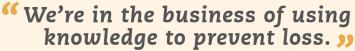
The company provides custom software solutions, across multiple markets, that gives organizations awareness of what's happening, empower them to take action, and then provide the analysis that helps them adapt and stay ahead of threats, no matter how mundane or extreme. They believe that through situational awareness and rapid proactive communication, they can help communities overcome losses that could have been prevented through ongoing monitoring, communications and analysis. Currently, Status Solutions helps Westerville monitor its community facilities with panic buttons.

"It's exciting to see the innovation in facility safety and security that Status Solutions has developed since its founding in the City of Westerville," said Economic Development Director Rachel Ray. "We're proud that they have become an anchor in Westerville's thriving Wester community."

Being an active part of the community is very important to Macleod. He's proud of Status Solutions' philanthropic arm. This past June they were recognized as one of Central Ohio's most generous companies receiving the 2022 Columbus Business First Corporate Citizenship award for their work with non-profits like Neighborhood Bridges and Pelotonia. Macleod's belief in businesses lifting up their local communities led him to develop the Status Solutions Network, a franchise opportunity for entrepreneurs to help local businesses funnel funds back into their school systems. These schools are members of the Status Solutions Network and take advantage of the SARA grant of use; this is a no cost use of Status Solutions' Situational Awareness platform. Macleod believes cost should not keep students and teachers from being safe and so he offers it to any K-12 school free through this Status Solutions grant.

Status Solutions Danielle Myers, Cassie Collins and Rachel MacLeod (L to R) accept the 2022 Corporate Citizenship Award.





- Mike MacLeod, Founder and CEO of Status Solutions

### NEW BILLING PORTAL

# Leading Residents to Data-Driven Decisions

The City expects to roll out a new online utility billing portal in early 2023.

Powered by software vendor Advanced Utilities, the new managing system will replace the web-based billing portal rolled out in 2018.

"We're excited about the capabilities of this new service to display near-real-time water and energy usage data to our residents from our advanced metering system," said Chris Monacelli, Westerville Electric Utility Manager.

The City finished deploying advanced meters (AMI) to all commercial, residential and industrial customers in 2018. The meters are highly efficient, allowing for the measuring of electricity and water usage on a daily, hourly or ondemand basis, providing automated readings and outage reports to the City. (You can learn more about this initiative at www.westerville.org/ami.)

When available, the service will be accessed through a web browser using the same URL as the prior online service (www.westerville.org/billpay). Because it is a new platform, users will need to create new accounts for the service.

"Customers should find this to be a much more userfriendly experience with a simple look that makes it easier to register for paperless billing, autopay and one-time payments," said Monacelli. There is a fee of \$2.95 (for transactions up to \$500) for credit card transactions. But all Westerville Utility customers will be able to see their data through the portal free of charge.

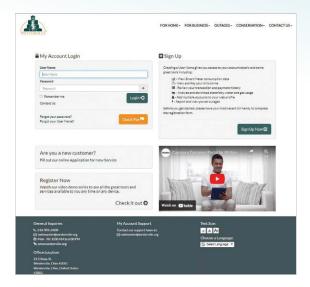
With the new billing portal, residents will have easier access to the data coming from their homes (and their homes only). Energy usage data will be displayed in the portal, showing customers their usage in 15-minute intervals and water data in 60 minute blocks.

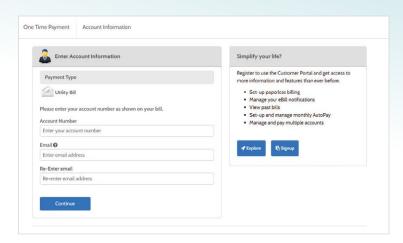
"That granularity allows you to better understand what's happening in your home. For example, if you get an abnormally high bill, you can check to see what your usage was and make better-informed decisions about how you use energy or water in your home moving forward," said Monacelli.

Eventually, Monacelli says the City will roll out a mobile application through which residents can pay bills and view data.

"We want to create a seamless customer experience for our residents and businesses. You should feel empowered with this level of control over your data and utility billing at your fingertips," he said.

More information about the new service will be available on the City's website, **www.westerville.org/utilitybilling** when it is available.







Questions about your utility bill? Contact the Utility Billing Department at (614) 901-6430 or email askutilitybilling@westerville.org.



## Medic, Paramedic and EMT with Battalion Chief Gretchen Sutton



### Q. What is a Medic?

A: While many believe the person is the Medic, the term Medic can also correspond to the vehicle itself. When a firefighter calls for a Medic, they are calling for the team that is assigned to the Medic. That team consists of paramedics and emergency medical technicians (EMT). Medics are equipped with advanced patient stabilization and transport units carrying airway equipment, cardiac and trauma medications and a cardiac monitor/defibrillator.

### Q. How many paramedics/ EMTs ride on a Medic?

A: There are two paramedics to each Medic. If available or when staffing permits, a third paramedic or EMT would be included. Westerville has five Medics, three front line and in use and two in reserves. Each station house (111, 112, 113) has one Medic assigned to it.

#### Q. When are Medics called out?

Medics are dispatched on all medical emergencies, from cardiac-related complications and difficulty breathing to auto accidents, falls and other traumatic injuries. On a fire response, one Medic will cover the initial report of a fire. If the report is deemed a "working fire" (a fire requiring considerable work to extinguish and with possible injuries), a second medic is assigned. Westerville dispatches two Medics on every working structure fire.

### Q. What is the Medic responsibilities during a fire?

A: Personnel from the Medic carry out a variety of roles at a fire. Their first priority is attending to those that may be injured. If there are no injuries, they assist with fire operations. If a second Medic is called to the scene, their focus is on fire-related injuries including possible injuries to a firefighter.

## Q. Are Paramedics/EMTs firefighters?

**A:** All firefighters have EMS training. For the past 15 years, Westerville has required all full-time firefighters to be certified paramedics.

## Q. What is the difference between a paramedic and EMT?

**A:** An EMT will respond to emergency calls to provide efficient and immediate care to the critically ill and injured through performing CPR, administering oxygen and transportation of the patient to a medical facility. A Paramedic has the same responsibilities as an EMT but can perform more complex procedures such as inserting IV lines, administering medications and performing advanced airway procedures.

## Q. What training is required for a firefighter to be considered a paramedic/EMT?

A: In order to become a paramedic, one must be certified as an EMT, successfully complete a paramedic training program and pass a national and state exam (NREMT-P) before they can be certified to practice. It should be noted that you do not need to be a firefighter to be certified as a paramedic. Paramedics work in a variety of settings including hospitals, private services and more.

Interested in working with the Westerville Division of Fire? Visit www.westerville.org/jobs for available opportunities.

### ROAD WARRIORS CHECK-IN:

### **Late-season Leaf Collection**

Several weeks into the City's leaf collection program, we're checking in with an important reminder from Westerville's Public Service Road Warriors.

It's around this time that increased leaf quantities, the holidays and the unpredictable weather can slow down this supplemental service which is conducted by a relatively small team.

It's important for residents to continue following the well-established best practices of keeping piles free of obstructions, large sticks and trash, and moving vehicles from in front of piles. Additionally, the City encourages residents to rake leaves into narrow piles behind the curb but within

easy reach of the machines to minimize raking requirements. It is important to keep the piles away from obstacles like trees and mailboxes to simplify equipment operation.

Remember that when snow begins to fall, the City must change over some vehicles from leaf collection to snow removal mode. Switching this equipment is no small task; once they're changed over they remain equipped for snow for the season.

If you absolutely need leaves removed by a particular deadline, it is best to bag them with the rest of your yard waste for weekly collection.

Westerville's Road Warriors take great pride in delivering outstanding service. Above all, they appreciate patience as they balance complex conditions and varying demands of the program.

Track their progress at www.westerville.org/leafcollection.

# **Playing Catch(up)**with Westerville's K-9s

The Westerville Division of Police's (WPD) K-9s are staying busy and making a big impact on the community.

WPD's K-9 teams are not simply novel, they play critical roles within the department, advancing in the Division's mission of providing exemplary service to the public and remaining dedicated to responding to the needs of citizens,

AS OF

preventing crimes and continually evolving to maintain the

highest standards of service.

"It's no secret that Chloe and Bruno are beloved in this community. They're showstoppers. But we can't overlook the great skill and dedication WPD Officers Mark Wojciechowski and Khyrell Baggoo put into continuous training and care of these pups," said WPD Chief Charles Chandler.

Serving alongside handler Ofc. Baggoo, three-yearold patrol K-9 Bruno has logged more than 200 hours of training, including 16 hours of advanced patrol training. Hundreds of training hours translate into real-life impact.

Ofc. Baggoo and Bruno participated in 10 demonstrations/meet-and-greet events, including sessions for the Citizen's Police Academy, Youth Police Academy and The Heart of Ohio Cadet Competition. They also delighted neighbors with several appearances at the Aug. 2 National Night Out gatherings.



53 times, including 29 times on traffic stops

19
positive alerts

grams of Fentanyl grams of cocaine

15 grams of methamphetamine

11 arrests area searches for individuals that have fled from a stolen vehicle during a traffic stop, making

**3** apprehensions.

Serving with Ofc. Wojciechowski (known more commonly as "Officer Wojo"), yellow lab Chloe has an equally important, yet very different mission than her patrol

counterpart. Working out of WPD's Community Services Bureau, she aids Ofc. Wojo in his management of the City's DARE partnership with Westerville City Schools and provides other therapy services.

Chloe accompanied Ofc. Wojo on more than 400 visits to elementary, middle schools and high schools to interact with students and staff during the 2021-2022 school year. She played an important role in supporting students with grief counseling after the unexpected death of a classmate and also visits students during high-stress times like midterm and final testing periods.

Ofc. Wojo and Chloe were there for first responders dealing with post-traumatic stress, responded to the call to support law enforcement officers after a line-of-duty death and became a familiar face at Mount Carmel St. Ann's 4th Friday events.



### WESTERVILLE RECOGNIZES

## NATIONAL NATIVE AMERICAN HERITAGE MONTH

At the turn of the century, efforts began to establish a day recognizing the significant contributions the first Americans made to the establishment and growth of the United States as we know it. It wasn't until 1990 that a joint federal resolution was approved designating November as "Native American Indian Heritage Month." A proclamation has been issued each year since 1994. "Native American Day" or "Indigenous Peoples' Day" has taken the place of "Columbus Day" in some states, including Alaska and Maine, but it is not currently a federal holiday.

To recognize Native American heritage is to acknowledge an uncomfortable truth: hundreds of years ago, Europeans came to North America seeking religious freedom, personal independence, raw materials and wealth. When they arrived in this "New World," they found the land already settled by many nations of indigenous people with their own rich cultures. Faced with an unfamiliar climate and terrain, what started as a pursuit of a better life for the earliest Europeans in North America quickly morphed into a fight for survival in unfamiliar terrain.

A brother and sister in Arizona hold a photo of Angelic La Moose, the granddaughter of a Flathead chief. This photo was taken as part of the Bureau of Indian Affairs's "Gifts of our Ancestors" campaign.

SOURCE: Bureau of Indian Affairs.

The relationships and interactions between the indigenous people and the Europeans were as complex as the individuals involved. There were times of peace and cooperation; times of war and distrust. Ultimately, the Europeans would "settle" this land and in doing so disenfranchise hundreds of thousands of indigenous people.

According to the Library of Congress website, "Native American communities today span the continent and continue to grow and change. But the mass relocations and other changes, most notably those of the nineteenth and twentieth centuries, shaped many aspects of U.S. society in ways that persist today."

For more than a hundred years, Native American tribes were officially recognized as independent nations by the U.S. government. This relationship changed in 1830 when, under President Andrew Jackson, Congress passed the "Indian Removal Act," which effectively forced indigenous people west of the Mississippi River and out of lands claimed by the United States.



"It gives me pleasure to announce to Congress that the benevolent policy of the Government, steadily pursued for nearly thirty years, in relation to the removal of the Indians beyond the white settlements is approaching to a happy consummation," said president Jackson in a December 1830 address to Congress.

Eight years later, thousands of ingenious people would die in a forced march west along what is now known as the "Trail of Tears." Over time, some western lands that were "granted" were stripped and what was left were the reservations that still exist today.

In Ohio, there are no federally recognized tribal communities or nations. However, according to the Ohio History Connection, early French missionaries recorded the presence of Shawnee, Seneca-Cayuga, Lenap, Wyandot, Ottawa and Myaamia nations in the state. Locally, the land between Big Walnut Creek and Alum Creek was traversed by the Paleo-Indians and their descendants. By the time the first settlers arrived in the area, the Wyandot was the primary tribe remaining, with campgrounds along Alum Creek.

Today, 574 sovereign tribal nations (sometimes referred to as tribes, nations, bands, pueblos, communities and Native villages) recognized by the U.S. Government live on reservation land in 35 states, according to the National Congress of American Indians.

The continued impact indigenous nations have had on the United States is significant, especially in terms of ecology. According to the U.S. Department of Agriculture (USDA), many staple foods enjoyed today were first grown by Native Americans. The USDA lists potatoes, beans, corn, nuts, pumpkins and more as originating from indigenous Americans. Native Americans are also credited for creating the earliest baby bottles, syringes, pain relief medications and more.

The list of indigenous innovations from antiquity continues to benefit modern society today, including the important contributions of individuals of Native American heritage in the areas of science, technology, education, arts, culture, entertainment and literature.

By understanding the past and continuing our education on the history of those who lived here before colonization, the lost histories and stories that otherwise are at risk forgotten completely may be remembered.



## OPPORTUNITIES FOR ALLYSHIP

The National Congress of American Indians invites those who want to ally with indigenous people to expand their knowledge and become good allies. NCAI offers these tips:

If you are not Native, avoid appropriating tribal cultures and identities For example, dressing in Native outfits on Halloween or wearing Native items while cheering for Native "themed" mascots in sports teams are considered harmful appropriations of Native cultures.

It is always okay to explore your ancestry, but ancestry does not equate with citizenship in a tribal nation. Please work directly with a tribal nation if you think you are eligible to be enrolled as a citizen and are interested in assuming the obligations of citizenship.

Avoid jokes about tribal names, dwelling places, historical traumas, socio-economic conditions, blood quantum, or the use of stereotypes or Native "themed" mascots.

Learn more at www.ncai.org.

SOURCES:

Native American History Month, nativeamericanheritagemonth.gov National Congress of American Indians, www.ncai.org U.S. Department of Indian Affairs, www.bia.gov The Whitehouse, www.usa.gov/tribes

Find an expanded list of resources at www.westerville.org/dei.

According to the U.S. Department of the Interior, historic sites across the country help tell the stories of native peoples. From the arrival of the first people, through the emergence of distinct Tribal nations who faced the upheaval of European settlement and into the modern day, the history of Native Americans is as fascinating as it is complex. Several of these historic sites can be seen throughout Ohio, most in the form of earthen burial mounds. Points of interest to visit around Ohio include:

THE GREAT CIRCLE EARTHWORKS AND OCTAGON EARTHWORKS, NEWARK

These earthworks are the remnants of the largest complex of geometric earthworks in the world.

THE SERPENT MOUND, PEEBLES

The largest effigy mound in the world is best dated to 1000 AD.

HOPEWELL CULTURE NATIONAL HISTORICAL PARK, CHILLICOTHE

The site includes Mound
City, the largest collection of
Hopewell culture burial mounds
in the eastern North America.

## **City Offices Closed**

## in Observance of Martin Luther King Jr. Day

Beginning in January 2023, City offices will close for Martin Luther King, Jr., Day of Service (MLK Day). Observed each year on the third Monday in January, MLK Day is the only federal holiday designated as a national day of service to encourage all Americans to volunteer to improve their communities. As an organization, the City is encouraging staff to observe the holiday by participating in volunteer and service projects.

In celebration of Dr. King's legacy, Leadership Westerville manages the MLK Legacy Project and hosts Westerville's annual Martin Luther King Jr. Celebration. Annual awards are presented to adults and youth in the community whose actions represent the ideals of Dr. King. Registration for the 18th annual celebration will be open this fall. The event is Monday, Jan. 16, 2023, beginning at 8 a.m.

For more information about the event or the Martin Luther King Jr. Legacy Project, visit **www.leadershipwesterville. com/mlk-legacy-project**.



## Five Thoughtful Ways

### to Make an Impact in your Community:

- 1. Volunteer to help register people to vote
- **2.** Volunteer time or resources to local shelters and food pantries
- **3.** Contact your local district about becoming a crossing guard to help children with a safe passage to school
- **4.** Volunteer at a thrift store to help sort donations
- Organize a group to shovel snow, purchase groceries, or do housework for elderly neighbors





# Recognize a Neighbor, Organization for Service to Community

The City of Westerville is accepting nominations for Volunteer of the Year and Non-Profit/Organization of the year through January 12, 2023. Honorees are announced at the annual State of the City event in March.

The program recognizes individuals and non-profits/organizations who have made outstanding contributions to the community by helping to provide access to or improve programs in the areas of health, recreation, arts, environment, education, public safety, civic service or human service. Recipients of this award must either reside in Westerville, or the volunteer service must be performed in Westerville. The volunteer activity can be in a structured setting or on an informal basis. Volunteer group efforts by corporate employee groups are also considered.

To nominate, visit www.westerville.org/voy.

## CONCORD COUNSELING **Marks Half Century of Mental Health Support**

Concord Counseling (700 Brooksedge Blvd.) is celebrating its 50th year of serving the Franklin County community from its home in Westerville.

"The organization started, more or less, with a couple of folks from Otterbein [then College] noticing a need for a helpline with a focus on the Otterbein campus," said Linda Jakes, executive director of Concord Counseling.

That start came in 1972. What followed were five decades of growth into what is now a full-service organization with a team of 110 professionals providing mental health, alcohol and substance addiction treatment, as well as educational services to the community.

"My whole goal since I started as a social worker is to reduce the stigma of having any kind of behavioral health disorder," said Jakes.

It's no secret that the arrival of the global pandemic forced many to come to terms with an uncomfortable, even taboo, topic: mental health and its complicated physical and emotional struggles. On one hand, new candid public conversations affirmed that no individual experiencing mental health troubles is alone; on the other, the realization that something isn't "right" for many is unsettling and the next steps can be unclear.

"I don't think anyone came out of this [pandemic] unscathed. We don't hug anymore. So many normal cultural things have shifted," said Jakes. "To adjust to that, no matter how healthy you are, it takes its toll."

Jakes says Concord tries to make the first step for helpseekers, the initial outreach to the facility, seamless. To initiate an assessment, call (614) 882-9338 ext. 205. She encourages anyone needing help to reach out and, even if there is a waitlist, to provide their name and contact information. She says the waitlist often passes quickly.

Concord can help those with income needs or high copays as well. They also accept insurance, self-pay, Medicare, Medicaid, Workers' Compensation and other payment sources.

"One of the beautiful things about Concord is our ADAMH [Board of Franklin County] funding and dollars help the uninsured in Westerville or those who have too high a copay to be able to afford senior support or mental health services," said Jakes. "They can get up to 10 sessions for free."



### **CONCORD COUNSELING SERVICES**

- Psychiatric and medical services
- Substance Use Disorder
- ☐ Individual and family counseling
- Specialized services for children, teens and young adults
- Assistance for seniors
- □ Suicide prevention
- Support, skill-building and therapy groups
- □ Community Support Services
- □ Respite

The City of Westerville provides financial support for Concord's mission through its Community Partner Funding Program, granting dollars to help support outpatient counseling and support programs for older adults in Westerville.

In the next 50 years, Jakes says she hopes to see Concord more embedded in the community, with more residents aware of their offerings.

"How are we going to dispel the stigma of mental health if we're not embedded in the community? I want people to feel as comfortable coming to us as they are going to the library," said Jakes.

One major step toward this goal was hosting "ConcordFest," in September, marking the organization's 50th anniversary with live music, food and other programming.

Visit www.concordcounseling.org to learn more about the organization.



# BUSKING in Uptown Westerville

With its accessible sidewalks, nearby parks, historic charm and modern amenities, Uptown Westerville has garnered a diverse fanbase. Among these visitors are artists and musicians drawing inspiration from the thriving heart of the City. Outdoor, uncontracted performers, or buskers, have drawn more questions and comments from the public. Here's what you need to know about busking in Westerville.

### What is busking?

Busking is defined as a performance of music, dance, street theatre or art in a public space, with some performers collecting voluntary donations. Busking is a performative act by artists that can include entertainment such as live singing or instrument playing, dance, spoken word or comedy, street magic, portrait sketching and more.

#### What is the impact of busking?

Generally, busking is seen as a charming and vibrant addition to the Uptown area. Buskers serve an important purpose in communities, adding fun and lively atmosphere to favorite destinations. They participate in a form of live art that's consumed by everyone. Buskers are most often from diverse backgrounds and their performances are a celebration of art and culture. Buskers have a positive impact on local retail, increasing foot traffic and providing interactive entertainment.

### Is busking allowed in Uptown Westerville?

City ordinances do not currently contain limitations on busking. However, there is general etiquette that should be followed to maintain an enjoyable experience for all.

- MAINTAIN A FRIENDLY AND APPROACHABLE DEMEANOR. Avoid performances that contain material that is lewd or offensive in nature.
- ▶ **BE A GOOD NEIGHBOR.** Everybody loses out when too many performers pack into the same area. Keep a distance of at least 150 feet between you and your fellow performers.
- ▶ TURN THE VOLUME DOWN. While street performances add to the charm of the Uptown district, performing at unnecessarily loud volumes is a nuisance to visitors and business owners. Please be mindful of the City's noise ordinance which is in effect from 10 p.m. to 7 a.m. on weekends and 9 p.m. to 7 a.m. on weekdays.
- ▶ DON'T ACTIVELY ASK FOR MONEY. It is assumed that street performers will collect tips, but property owners have a right to trespass you from their property. If you are collecting for a charity, small signage explaining your charitable intent is helpful.
- ▶ AVOID SPECIAL EVENTS AND PROGRAMMING. Both the City and other organizations spend valuable time and resources to bring events and entertainment experiences, such as 4th Fridays, into the Uptown area. Performing during these special events is disruptive and disrespectful to other performers. This includes performing in front of businesses and restaurants that have music, event, and entertainment scheduled.



## Safex, Inc. Celebrates Three Decades

## of Woman-Owned Success In Westerville

In the face of a global pandemic, Safex, Inc. is marking 30 years of impact in the occupational health, safety and environmental consulting industry.

"Our founder Dianne Grote Adams grew up in Westerville and attended Otterbein [University]. We've rented office space in Westerville for several years and bought our building at 140 N. Otterbein Ave. in 2001. Many of our employees live in Westerville and love the convenience and amenities of Uptown Westerville," said Megan Scherer, who heads marketing communications for the company.

Safex employees found their space in the pandemic, providing respirator fit testing, as well as onsite health and safety support. In addition to providing critical services throughout the pandemic, the company credits assistance programs for businesses like the federal Paycheck Protection Program (PPP) as they enter their fourth decade in business. Safex also received funding through the City's WeCAN (COVID Assistance Now) program.

Since its founding in 1992, Safex's reach has spread to more than 40 U.S. states and 16 countries. The company is also proudly woman-owned.

"The field of occupational health and safety is male-dominated so having a woman-owned occupational health and safety

to do challenging and rewarding work. For 30 years, new grads, working parents and even retirees who decided they wanted to keep working, have loved the culture at Safex."

The company has had fun celebrating its 30th year, with a community celebration, a special collaboration with Backroom Coffee Roaster and by donating and planting more than 150 trees in the community (an effort partially funded by employees).

"The pandemic brought a lot of hardship to so many small businesses. We are happy to celebrate Safex on its milestone anniversary, while it continues to grow, thrive and give back to the Westerville community," said Westerville's Economic Development Director Rachel Ray.

To learn more about Safex, Inc., visit www.safex.us.



# ADAPTIVE and INCLUSIVE **Programming Returns**

Providing recreational accessibility throughout the park system and all facilities to accommodate adaptive needs and requirements for our citizens is important to the Westerville Parks and Recreation Department. The adaptive and inclusive program has expanded to offer multiple activities for all disabilities and age ranges.

Already available is the Inclusive Open Gym, held every Friday night at the Community Center (350 N. Cleveland Ave.) see page 46. This activity offers participants (and their caregivers) extra time and space to enjoy activities. Additional upcoming programs include fitness activities with individual coaching, cycling clinics and many special events and a new "sports for all" events that will include cycling, golf and sport clinics (basketball, pickleball, soccer, wheelchair hockey and climbing, to name a few).

Parks and Recreation is also excited to expand our partnership with the Adaptive Sports Connection to offer a variety of classes including snow skiing and snowboarding lessons and a cycling program. The cycling program, launched this summer, allows riders of all abilities to take part. More than 20 riders met at Alum Creek Park South (535 Park Meadow Rd.) for a ride along the recreational trail system in Westerville. Weekly rides will resume in May 2023. Registration information will be available in the March/April Guide. To register for the 2022 snow skiing and snowboarding lessons, visit adaptivesportsconnection.org.

### Programs available and being planned for 2023 include:

Trips/excursions and social events

Fitness and Wellness

Arts and Crafts (pottery & DIY arts)

Adaptive Sports (climbing, open gym (see page 46), skiing, golf, cycling)

"Try it" sports (pickleball, Bocci, wheelchair sports, soccer)

Aquatics (Special Needs Swim (see page 31), early intervention swim)

Train the Trainer (see page 50)



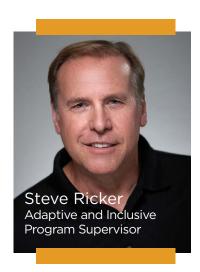








### **MEET THE Adaptive/Inclusive Program Supervisor!**



I am honored to be a part of such an incredibly forward-thinking
City that continues to add and improve the elements to make
Westerville a great place to live, work and play.

-Steve Ricker

Welcome Steve Ricker, Westerville Parks and Recreation's first full-time Adaptive and Inclusive Program Supervisor.

Ricker has more than 30 years of adaptive and inclusive program development experience including volunteer training and building a central Ohio non-profit (Adaptive Sports Connection) from the grassroots to what it is today.

Q: How has your experience prepared you for your new role with Westerville Parks and Recreation?

A: My career experience, which included many management roles alongside a 30-year journey of building and helping to nurture a central Ohio-based adaptive sports non-profit, has prepared me for this role. It is quite humbling to be joining the inspiring team with Westerville Parks and Recreation that continues to lead and deliver a wealth of opportunities for all abilities.

Q: In the article, it states that you will be working with outside organizations to provide some programs. How do you think these organizations can benefit the community?

A: It is important to connect with many agencies and support groups to make a larger impact on the entire region. These alignments with like-minded organizations will foster the common goals of Inclusion and access allowing Westerville to offer a broad range of health and wellness, sport and recreation, arts and crafts, trips and excursions with social activities to include all persons with disabilities along with peer and family support.

Q: What type of programs are you planning for 2023?

A: We are diligently planning many activities in the upcoming months with an emphasis on health and wellness (fitness), aquatics (learn to swim) and adaptive sports opportunities for all. We are also planning many social and adventure trips around the region, as we've done in the past. We will be promoting these opportunities in upcoming Community Recreation Guides and online at www.westerville.org/adaptive as programs are added.

For more information on adaptive and inclusive programming email stephen.ricker@westerville.org.



### Make the switch to LEDs

and recycle your strands of holiday lights at the Electric Division 139 E. Broadway Avenue.

Did you know that you can save **over 3,000%** in electrical costs using LED lights?

TYPE OF LIGHT	COST
Incandescent C-9 lights	\$10.00
LED C-9 lights	\$0.27
Incandescent Mini-lights	\$2.74
LED Mini-lights	\$0.82

ESTIMATED COST OF ELECTRICITY TO LIGHT A 6-FOOT TREE FOR 12 HOURS A DAY FOR 40 DAYS.

Information from www.energy.gov.





### WESTERVILLE LINEWORKERS

## **Provide Hurricane Relief**

Four Westerville lineworkers traveled to Florida to assist in recovery efforts after Hurricane Ian.

Elias Markley, Courtney Bailey, Kyle Nance and Todd Head joined fleets that responded to the call to help those in need. They carried with them a palette of water to distribute to fellow lineworkers and residents as a goodwill gesture.

The late-September hurricane caused devastating damage in southwest Florida, taking out power services to thousands of residents. Westerville's team was dispatched to Orlando, which sustained serious but less severe damage. The crew was released after two 16-hour days helping to restore power and fix equipment damaged in the storm.

"The residents were super friendly. They'd tell us how happy and thankful they were that we'd make the trip from Ohio," said line supervisor Head.

Head has been a lineworker for 30 years and has participated in dozens of mutual aid responses. He says his team wished they could continue on to southwest Florida, but they were not needed thanks to the large mutual aid response from agencies across the country.

"It's the satisfaction you get and gratitude you see from the people you're helping," he said. "It's such a great feeling to know you're doing something that's touching people's lives."

As a public power entity, the City participates in a mutual aid agreement with American Municipal Power, Inc. (AMP) to render aid to other public power communities during times of need.

Learn what it means to be a public power community, visit www.westerville.org/electric.





## Electric Division Honored

The Westerville Electric Division was honored this fall at the America Municipal Power, Inc. (AMP) annual conference. The City received recognitions in the following categories:

#### **Innovation Award**

"A Drone Turnkey Solution" (for the Electric Division's drone program)

### System Improvement

Honorable Mention -Huber Village Street Lighting

### System Sustainability Award

Honorable Mention -Steel Pole Remediation

The City is a designated RP3 Public Power Provider, a program that recognizes utilities that demonstrate proficiency in reliability, safety, workforce development and system improvement. The Division is a public power utility working to deliver low-cost, reliable energy while practicing good environmental stewardship.

# City Honored FOR SUSTAINABILITY, CONSERVATION EFFORTS

The Franklin Soil and Water Conservation District (FSWCD) is recognizing the City's commitment to sustainability. Westerville received the FSWCD's Conservation Stewardship Award in September for high participation in backyard conservation projects.

Award winners must demonstrate: strong conservation ethics, strong support of FDWCD and provide a service that excels in conservation implementation.

"Westerville continues to have one of the highest numbers of participants in FSWCD programs, with over 120 residents participating in Community Backyards educational courses (either online or in-person) every year, and an average 70-80 residents installing rain barrels, compost bins, native plants/trees and rain gardens every year," said FSWCD's nomination for the City.

FSWCD also recognized include the City's support and maintenance of five right-of-way rain gardens in the Brook Run subdivision.

Westerville's commitment to environmental

sustainability. Visit www.westerville.org/gozero to learn about the City's Zero Waste Plan and Green Team efforts.





## NEW FINANCIAL PLAN Now Available

The five-year financial plan and budget is now available on the City website: **www.westerville.org/finance**. The 2023-2027 budget includes the complete financial forecast for the calendar-year budget for the City, as well as a longer-range plan for capital improvement projects.

The budget includes estimated revenues from all sources, and includes a compilation of narratives of programs and priorities from all operating departments and divisions of the City. Cities in the state of Ohio are primarily funded by income tax, which is taxed at 2% in Westerville. Other revenue sources include property tax\*, intergovernmental revenue, charges for services, fees for permits and more.

A budget hearing with Westerville City Council took place in October, and its legislation will have three readings at public Council meetings before being fully authorized. The last reading typically takes place at the first meeting in December.

You can read more about the budget, as well as Westerville's financial planning strategy and financial recognitions for excellence in public stewardship, at www.westerville.org/finance or www.westerville.org/annualreport.

<sup>\*</sup>Most of your property tax dollar goes to Westerville City Schools, but also to the Westerville Public Library and the county in which you live (Franklin/ Delaware). The City of Westerville uses its portion of property taxes to fund fire protection and emergency medical services. Any remaining funds are directed to the General Fund for infrastructure improvements.

# 2022

# UPTOWN WESTERVILLE



# GIFT GUIDE

The holidays are just around the corner and Uptown Westerville is the perfect place to shop for a special gift for your friends and loved ones. Finding the perfect gift can be a challenge. This guide will provide tips for finding something special for that special someone in your life.

This is not a comprehensive list of merchants in Uptown Westerville. Plan a visit to the historic heart of Westerville soon to experience all the area has to offer this holiday shopping season. Visit www.uptownwestervilleinc.com to learn more.



- 1. Artisan soaps and candles, Edwin Loy Home
- 2. Men's Grooming Kit, Stone and Sparrow







3. Fun and Quirky Collector Finds, Uptown Antiques and Pure Roots



## for the coffee lover

- 4. The 'Ville Coaster Set, Pure Roots
- 5. Handmade Animal Coffee Cups, *Pure Roots*
- 6. Speciality Brew Whole Bean Coffee, Java Central
- 7. Chemex Pour Over Coffeemaker, Java Central
- 8. Coffee Flavoring Syrups, Java Central



## apparel

- 9. Lawson Jacket, Stone and Sparrow
- 10. HOKA Running Shoes, Columbus Running Co.
- 11. CRC Sweatshirt, Columbus Running Co.

## for kids

- 12. Little People, Big Dreams Kid's Books, A Gal Named Cinda Lou
- 13. Handmade Crocheted Dolls, Ohio Art Market
- 14. Fender Moonlight Soprano Ukulele, *Music and Arts*

## music enthusiast



HOKA



15. Vinyl Records, A Gal Named Cinda Lou



# Holiday A Delebration

Enjoy a night of holiday festivities in Uptown Westerville on Friday, Dec. 2 from 6-9 p.m. State Street will close, between East Park and West Home Streets, beginning at 5:30 p.m. to make room for the fun.

Returning this year is the Westerville holiday tree lighting ceremony in the City Hall courtyard (21 S. State St.), which will begin at 7 p.m. led by the big man in red himself!

Uptown merchants and restaurants will be open for your holiday shopping needs while attendees enjoy strolling performers, a production of Uptown Scrooge presented by Good Medicine Productions and Uptown Westerville Inc. and more. Santa and his elves will also make their rounds handing out special holiday goodies.

Stay up to date about event plans: www.westerville.org/treelighting.



**HOLIDAY TREE LIGHTING** DEC. 2 • 6 - 9 P.M. 21 S. STATE ST.







There's an undeniable magic in Westerville during the winter holidays. In Uptown, Santa's mailbox, a shining red beacon of holiday spirit, appears in the Uptown Rotary Mini Park, 54 N. State St., as if by some sort of magic the day after Thanksgiving. Joe Leonetti, a Westerville-area resident for 20 years, is the man behind it.

Inspired by a similar tradition in his hometown of Chagrin Falls, the idea came to Leonetti around 2015. He looked into purchasing an old-fashioned mailbox for the purpose of helping Westerville letters make their way to Santa Claus at the North Pole. When he couldn't find the right mailbox for sale, he turned to the Westerville post office. It just so happened that the postmaster had one such receptacle just waiting for the opportunity to shine.

"She had one sitting in the administrative offices and handed it over. It was just a beat-up old mailbox and we brought life back to it," said Leonetti. "The postmaster at that time was all in."

Bringing the mailbox back to life was no small task. Elbow grease revealed that beneath the chipped blue paint were shades of army green, orange and more.

"I went to take the paint off and there must have been 20 different colors," he said.

But fate had a job for that old mailbox and Leonetti was not one to quit. He brought it to a local body shop where it was expertly stripped and painted its now signature red color.

Each year. Leonetti estimates he intercepts anywhere from 300-400 letters for the big man in red. He, his family and a team of neighbor elves gather each year to read and help Santa respond to as many letters as possible.



Westerville's postal workers also know to route letters addressed to the North Pole to Leonetti, since he has the established line to that most famous jolly elf.

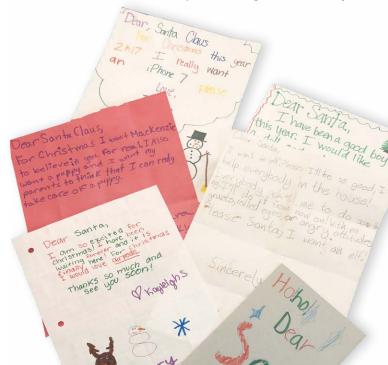
Each letter is precious to Leonetti. Standing in for Santa Clause is an honor and a responsibility.

"It's a privilege. A lot of times you get the raw story from a kid. They're confiding in you," said Leonetti. "Some of my favorites are from the high school students. They're really funny, witty letters from teenagers. They're just having fun."

Leonetti says he has no plans to stop the tradition.

"I'll hang onto it until someone makes me give it up. It is rewarding and I love what I do. I love being 'the Santa guy," he said.

Santa's mailbox is available in Uptown through Christmas Day.



## Cooking Caravan Encouraging Expression Through Culinary Programming

Formed in 2009, Cooking Caravan, a group of chefs, artists, actors and musicians, has been providing culinary and artistic programming for others. As they state, "whether it is through food, knowledge or some much needed musical expression, nourishment is what we provide." Now the group, led by artistic director John Croke and head chef John Skaggs, has been developing programming for Westerville Parks and Recreation since 2020.

Initially beginning with Virtual Recreation classes and now moving on to in-person programming, Cooking Caravan believes its performance-based approach turn events into experiences that nourish everyone involved.

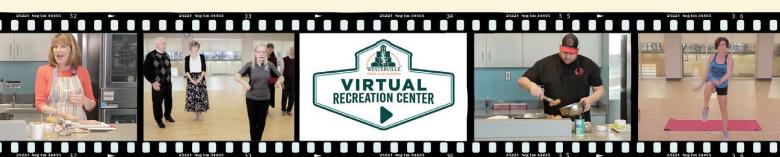
"We want to empower people to get into the kitchen," said Skaggs. "It depends on the age range but with kids, it's getting them involved in the kitchen, building on skills and what they're interested in."

In addition, Cooking Caravan is now offering adult classes with Westerville Parks and Recreation. The Caravan also has created chef battles, music programming and after-school programming.

As for the most rewarding part of the development of Cooking Caravan? Croke believes it's part of their civic duty to inspire and illuminate the minds of tomorrow.

"We're doing something we feel passionate about and love," he said. "We fulfill a need. After starting our business in a daycare, you're now able to see people who often have a disconnect with food and cooking grow to develop skills and a love for this."

To sign up for Cooking Caravan programming, visit www.westerville.org/registration.



# Virtual Recreation the Perfect Source for Workout Options

Looking for a quick workout but don't have the time to make it to the gym? Westerville Parks and Recreation's Virtual Recreation Center is the perfect place to find a variety of resources and activities to maintain a healthy, active lifestyle on your time and at your convenience.

While the program offers a wide range of activities, fitness for older adults provides the most comprehensive curriculum. Fitness videos ranging from Dance Fitness and Yoga to Strength and Low-Impact Land Aerobics are just a small portion of what visitors to the site can expect.

"The Virtual Recreation Center provides an expansive library of fitness videos for participants to choose from," said Fitness and Wellness Manager Mike Herron. "Your workout can be accomplished in less than 30 minutes from the comfort of your own home with very little or no equipment. The website provides such a variety that participants can try a different workout each time or find one or two that fit their needs."

The Virtual Recreation Center currently provides nearly 20 different videos that can be viewed directly from a computer, tablet or smartphone.

To participate in the Virtual Recreation Center, please visit www.westerville.org/virtualrec.

## **Pancake Breakfast**

**WEDNESDAYS • 7:30 - 10 a.m.** 



Nov. 2 • Dec. 7

Bring your family and friends to this monthly breakfast and enjoy pancakes, eggs, sausage, orange juice and coffee.

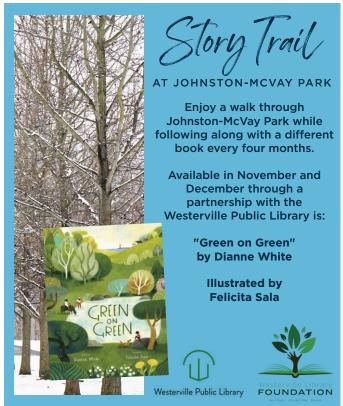
### WESTERVILLE COMMUNITY CENTER SENIOR (SOUTH) ENTRANCE

350 N. Cleveland Ave.

(614) 901-6560











# Sensory-Friendly

## Snowflake Castle

Join Santa and his elves for this special sensory-friendly Snowflake Castle. Families with children with autism and other special needs can enjoy Santa's workshop and a visit with Santa himself in a more subdued and calm environment.

### Sunday, Nov. 27 • 1-4 p.m.

\$15 per person building a toy/picture

Activity #604331-01 through -16

For additional information or if you have questions, please call the program manager at (614) 901-6511.

Everal Barn • 60 N. Cleveland Ave.





## Snowflake Castle Volunteers Needed

Help spread holiday cheer at the annual Snowflake Castle!

Santa is looking for helpers to volunteer for the following positions:

- Toy Builder
- Paint Helper
- Toy Wrapper
- Santa's Helper

Call (614) 901-6560 to volunteer.

Snowflake Castle is scheduled Nov. 28 - Dec. 5.

Everal Barn 60 N. Cleveland Ave.

## **Letters from Santa!**

Treat your child to this special holiday memento. Fill in your information below and Santa will mail a personalized letter directly to the child you specify. **\$1 per envelope.** 

To order Letters From Santa, fill in all information requested below. Spelling will appear exactly as you specify. **Please print.** Fill out one sheet per child and staple together.



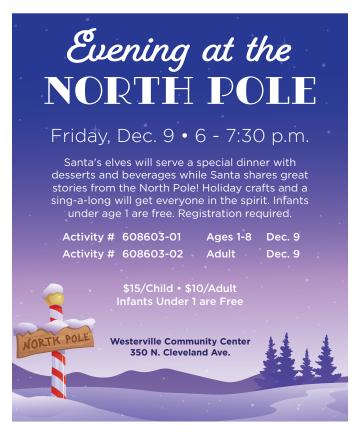
	Relationship_		
Gift the Child Wants/ Is Likely t	o Receive		
Child's First Name		Age	M/F
Child's City, State and Zip			
Child's Street Address			
Child's Full Name			

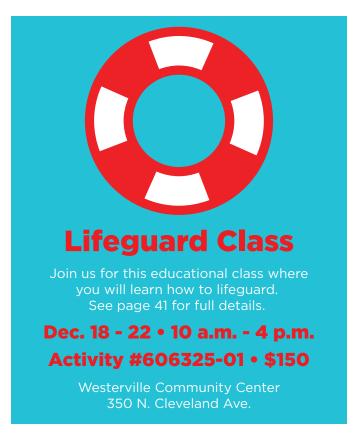
350 N. Cleveland Ave., Westerville, OH 43082 by Dec. 5, 2022. Questions? Call (614) 901-6500.

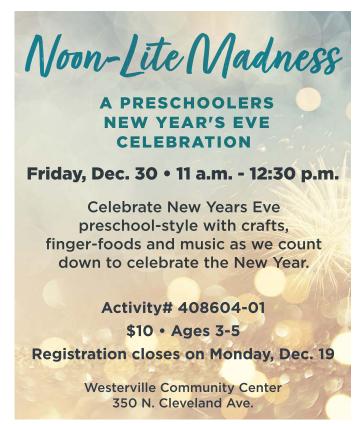


















### NOV.

11/1	City Council Meeting 7 p.m. Council Chambers
11/1	Snowflake Castle Resident Registration 12 p.m. Online
11/1-11/4	Curbside Leaf Collection (Week Three) Citywide
11/2	Snowflake Castle Resident Registration 10 a.m. Online
	Pancake Breakfast 7:30-10 a.m. WCC
	Mayors Court Justice Center, 229 Huber Village Blvd.
11/3	Uptown Review Board 6:30 p.m. Council Chambers
	Senior Center Program 12 p.m. WCC and Online
	Pass Holder Class Registration - Online and In-Person
11/4	Class Registration (Residents) - Online 12 p.m. Online
	Teen Night* 6-8 p.m. WCC
11/5	Class Registration (Residents) - In-Person 8 a.m. WCC
11/6	Class Registration (Open) - Online 12 p.m. Online
	Daylight Savings Fall Back 2 a.m.
11/7	Class Registration (Open) - In-Person 8 a.m. WCC
11/7-11/11	Curbside Leaf Collection (Week Four) Citywide
11/10	<b>Board of Zoning Appeals</b> 6:30 p.m. <i>Council Chambers</i>
11/11	Veterans Day and Veterans Memorial Dedication
	Veterans Day Breakfast* 8:30-10:30 a.m. WCC
11/12	Mom and Me for Tea* 10-11:30 a.m. WCC
11/14-11/18	Curbside Leaf Collection (Week Five) Citywide
11/15	City Council Meeting 7 p.m. Council Chambers
11/16	Mayors Court Justice Center, 229 Huber Village Blvd.
11/17	Westerville Parks and Recreation 6:30 p.m. WCC Advisory Board Meeting
11/21-11/25	Curbside Leaf Collection (Week Six) Citywide
11/21	Planning Commission Meeting 6:30 p.m. Council Chambers
11/23	Holiday Hours - Community Center 5:45 a.m 5 p.m. WCC
11/24	Thanksgiving - City Offices Closed, Community Center Closed
11/25	Holiday Hours - Community Center 8 a.m 5 p.m. WCC
	City Offices Closed
11/26	Small Business Saturday
11/27	Sensory-Friendly Snowflake Castle* 1-4 p.m. Everal Barn
	Swim with Santa* 6-7:15 p.m. WCC
11/28-11/30	Curbside Leaf Collection (Week Seven) Citywide

### DEC.

40 /4 40 /0	
12/1-12/2	Curbside Leaf Collection (Week Seven) Citywide
12/1	<b>Uptown Review Board</b> 6:30 p.m. <i>Council Chambers</i>
12/3	Cardboard Boat Race* 12 - 1 p.m. WCC
12/4	Special Needs Swim* 5:30 - 7 p.m. WCC
12/5-12/9	Curbside Leaf Collection (Week Eight) Citywide
12/6	City Council Meeting 7 p.m. Council Chambers
12/7	Pancake Breakfast 7:30-10 a.m. WCC
	Mayors Court Justice Center, 229 Huber Village Blvd.
12/8	Board of Zoning Appeals 6:30 p.m. Council Chambers
12/9	Evening at the North Pole* 6-7:30 p.m. WCC
12/12-12/16	Curbside Leaf Collection (Week Nine) Citywide
12/15	Westerville Parks and Recreation 6:30 p.m. WCC Advisory Board Meeting
12/18-12/22	<b>Lifeguard Classes*</b> 10 a.m 4 p.m. <b>WCC</b>
12/19-12/23	Curbside Leaf Collection (Week Ten) Citywide
12/19	Planning Commission Meeting 6:30 p.m. Council Chambers
12/21	Mayors Court Justice Center, 229 Huber Village Blvd.
12/24	Holiday Hours - Community Center 8 a.m 5 p.m. WCC
12/25	Christmas - City Offices Closed, Community Center Closed
12/26	City Offices Closed
12/31	Holiday Hours - Community Center 8 a.m 5 p.m. WCC
12/31	Noon-Lite Madness* 11 a.m 1 p.m. WCC

### JAN. 2023

1/1	New Year's Day - City Offices Closed, Con	mmunity Center Closed
1/2	City Offices Closed	
1/3	City Council Meeting 7 p.m.	Council Chambers
1/4	Mayors Court Justice Center, 2.	29 Huber Village Blvd.
1/5	Uptown Review Board 6:30 p.m.	Council Chambers
1/6	Teen Night * 6-8 p.m.	WCC
1/12	Board of Zoning Appeals 6:30 p.m.	Council Chambers
1/16	Martin Luther King Jr. Day and Breakf	ast*
1/17	City Council Meeting 7 p.m.	Council Chambers
1/18	Mayors Court Justice Center, 2	29 Huber Village Blvd.
1/19	Westerville Parks Foundation 6:30 p.m	. WCC
1/25	Planning Commission Meeting 6:30 p.n	n. Council Chambers

### **WEEKLY**

MONDAYS	Yard Waste Pickup	Citywide
TUESDAYS	Refuse and Recycling Pickup	Citywide
MON-FRI	<b>DORA</b> 4-10 p.m.	Uptown Westerville
SAT-SUN	<b>DORA</b> 11 a.m10 p.m.	Uptown Westerville



## WESTERVILLE COMMUNITY CENTER

# 1PASS ALL ACCESS



**FITNESS AREA\*** 



**GYMNASIUM** 



TRACK\*



**CLIMBING WALL** 





**ADVENTURE FITNESS** COURSE

## SENIOR CENTER

### PROGRAM PASS INFORMATION

Westerville Senior Center program passes are available to adults 55 or older. Join us and experience the benefits of improved health, lower stress, new skills, greater independence and lasting friends and memories.

### **YEARLY PASS RATES**

Rate: \$42

**Discounted Resident Rate: \$24** 

Hours: Monday-Thursday 8 a.m.-8 p.m. Friday 8 a.m. - 5 p.m.

Additional information is available in the Older Adult section or online at www.westerville.org/seniorcenter. Call the Senior Center at (614) 901-6560 for questions.

	MONTHLY RATES		DAILY RATES	
PASS TYPE	RATE	RESIDENT RATE	RATE	RESIDENT RATE
YOUTH (Ages 3-15)	\$35	\$20	\$9	<b>\$</b> 5
ADULT (Ages 16-64)	\$45	\$26	\$12	\$7
SENIOR (Ages 65+)	\$42	\$24	\$11	\$6
HOUSEHOLD^ (three or more)	\$120	\$70	NA	NA

Annual Rate: Available upon request

#### ^ Proof of Residency



Proof of residency is required for each household member ages 6 and older. Types of proof may include a state issued ID, pay stub, utility bill or report card/school registration. Proof of residing is required each time a new person is added to the household.



#### Military Pass

The City of Westerville cares for and appreciates its military personnel. All active and retired military will receive a 15% discount on a Community Center pass. Military ID required.

For your safety, the City of Westerville follows the U.S. Center for Disease Control and the state of Ohio regarding wearing of masks or facial coverings. Visit www.westerville.org for additional information.



## **COMMUNITY CENTER HOURS**

### **HOURS**

Monday - Friday Saturday Sunday

5:45 a.m. - 9 p.m. 8 a.m. - 8 p.m. 10 a.m. - 6 p.m.

### SPECIAL HOURS

(8 a.m. - 5 p.m.)

Day before Thanksgiving **Christmas Eve** New Year's Eve (Center closes at 5 p.m.) Day after Thanksgiving **Memorial Day** 4th of July **Labor Day** 

#### CLOSED

**Thanksgiving** Christmas New Year's Day Easter **August 22-28** 

<sup>\*</sup>Ages 14 and up

## **Registration Information**

### **REGISTRATION DATES**

Classes included in this registration period run through January.

Thursday, Nov. 3 • 12 p.m. Senior Center Program Pass Holder registration only (In person at the Community Center only and online)

Friday, Nov. 4 • 12 p.m. Online Early Registration (Residents Only)

Saturday, Nov. 5 • 8 a.m. In-person Registration (Residents Only)

Sunday, Nov. 6 • 12 p.m.
Online Open Registration
(Residents and Non-Residents)

Monday, Nov. 7 • 8 a.m. In-person Open Registration (Residents and Non-Residents)



www.westerville.org/registration



Westerville Community Center 350 N. Cleveland Ave. Westerville, OH 43081



### HOW TO UPDATE YOUR RESIDENCY STATUS:

Contact Utility Billing at (614) 901-6430 or **askutilitybilling@westerville.org** to confirm your current phone number is on file.

Contact Parks and Recreation at (614) 901-6500 or **parksandrec@westerville.org** to confirm the phone number associated with the account matches the number on file with Utility Billing.

Once the phone numbers tied to both accounts match you will no longer need to provide proof of residency.

## Fitness Wing & Track

The north fitness wing offers two levels that include squat racks, Smith machines, Olympic benches, plate-loaded equipment, dumbbells and more than 70 pieces of cardiovascular equipment, The agility/stretching area includes a multi-functional trainer, tank and tire flip along with AirDyne bikes and rowers.

The track is 1/7 of a mile long and can be utilized by those ages 14 and older.

### PERSONAL TRAINING AVAILABLE TO PASS HOLDERS

Our certified health and fitness professionals can coach you to achieve optimum fitness results. Information can be located at the Community Center front desk or fitness desk.

### **AUDIO ACCESS AVAILABLE**

You can now access audio in the fitness area. Scan this code or download AppAudio from your app store.





### FITNESS WING & TRACK HOURS

Mon-Fri 5:45 a.m. - 9 p.m.
Sat 8 a.m. - 8 p.m.
Sun 10 a.m. - 6 p.m.

## **Gymnasium, MAC Gym**& Adventure Fitness Course

#### THE GYMNASIUM CONSISTS OF:

- Two regulation-size or four smaller basketball courts or four regulation-size volleyball courts. Basketballs and volleyballs are available for your convenience.
- Bleachers and easy access to free lockers

#### THE MAC GYM CONSISTS OF:

- · Adventure fitness course
- Regulation-size basketball court or two quarter basketball courts, three pickleball courts, two volleyball courts or one futsal court
- Bleachers and easy access to free lockers

The gymnasium and MAC gym can be accessed through the north (fitness wing) entrance and main hallway.

Parent/guardian may observe children 9 and under at no charge. Hours are subject to change due to special events.



### **GYMNASIUM HOURS**

Mon-Fri 5:45 a.m.-8:30 p.m.\*\* Sat 8 a.m.-7:30 p.m. Sun 10 a.m.-5:30 p.m.



## ADVENTURE FITNESS COURSE HOURS

Mon/Wed/Fri CLOSED
Tue/Thu 5:30-8:30 p.m.\*\*
Sat 3-7:30 p.m.\*\*
Sun 2-5 p.m.\*\*







## AREA SPECIFIC HOURS

### CHILDCARE ROOM

Mon-Sat 8:45 a.m.-1 p.m.
Mon-Thu 4-8 p.m.
Sun Closed

#### **RATES**

\$3 per hour for active Community Center Pass holders

\$5 per hour for all non-pass holders

There is no discount for siblings.

Punch cards are no longer available.

### **eSPORTS ROOM HOURS**

Mon - Fri 3:45-8:15 p.m. \*
Mon - Fri 4-8:30 p.m. \*\*
Sat/Sun 11:45a.m.-4:15 p.m.\*\*
Sat/Sun 12-4:30 p.m.\*\*

### ZENITH CLIMBING WALL HOURS

Mon/Wed/Fri 5:30 -8:30 p.m.\*\*
Tue/Thu CLOSED
Sat 3-7:30 p.m.\*\*
Sun 2-5 p.m.\*\*

### **Watering Hole**

The indoor pool complex at the Community Center is home to new and exciting updates. Adding to the eight-lane competition pool and diving boards is the leisure pool that includes dueling activity slides, shallow play area with a water playground, a lazy river, whirlpool, fountains and deep water lap lanes.

The warm water pool is open for classes and activities. See below for open swim hours.

Contact the Aquatics Manager at (614) 901-6510 for information regarding Watering Hole and Highlands Park Aquatic Center rental information.

Please visit www.westerville.org/wateringhole for up-to-date Lap Lane schedules.



#### SWIMMING UPDATES AND ANNOUNCEMENTS

#### LAP LANE HOURS

Mon/Wed/Fri 7 a.m.-8 p.m. Tue / Thu 5:45 a.m. - 8 p.m. Sat 8 a.m.-7 p.m. Sun 10 a.m.-5 p.m.

Register for a time slot at www.westerville.org/registration

#### REMINDER!

You are allowed to check in up to 20 minutes prior to the start of your aqua fitness program.

#### SAFFTY PRECAUTIONS

Parents of children ages 6 and under must have a swimsuit on and be in the water within arms distance of their child.

Please limit time in the hot tub to 15 minutes. Extended Hot Tub use may result in dizziness, nausea and unconsciousness.

**FAMILY SWIM HOURS** 



ADULT SWIM HOURS



MON - FRI	MON/WED/FRI
7:30 a.m1 p.m.	3:30 - 7:30 p.m.
	TUE/THU
	3:30 - 5:30 p.m.
SAT	SAT
8 a.m1 p.m.	1-5 p.m.
SUN	SUN
10 a.m1 p.m.	1-5 p.m.

MON/FRI	MON/WED/FRI
8:30 a.m12 p.m.	3:30 - 7:30 p.m.
	TUE/THU
	3:30 - 5:30 p.m.
SAT	SAT
8 a.m1 p.m.	1- 5 p.m.
SUN	SUN
10 a.m1 p.m.	1-5 p.m.



#### **DIVING BOARDS**

FAMILY SWIM HOURS



available at www.westerville.org/hours.

MAY BE AFFECTED DUE TO STAFF SHORTAGE. PLEASE VISIT WWW.WESTERVILLE.ORG/AQUATICS FOR UPDATES. THERE WILL BE AN ADULT SWIM FOR 15 MINUTES AT THE BOTTOM OF EVERY HOUR DURING ANY FAMILY SWIM SCHEDULED FOR MORE THAN TWO HOURS.

#### **Rental Opportunities**

The Community Center offers many options for room rentals. The multipurpose rooms located at the south end of the building host numerous classes and special events and are popular rental spaces. They can be reserved as one 3,515 square foot room or be separated into three smaller rooms and rented individually. The flexibility of the space can accommodate any event, from wedding receptions to graduation parties.

#### **GENERAL INFORMATION**

- Rentals must be booked a minimum of two weeks in advance
- A 12% fee applies to all caterers
- · Caterers must be City-approved
- Approved nonprofit organizations receive a 25% discount on multipurpose room rentals on a limited basis
- Weekend reservations may be made up to 12-months prior to event
- · A no-alcohol policy applies.
- · Linens are not included with rental
- Projector and podium available for additional fee



#### **ROOM AVAILABILITIES**

#### **MULTI-PURPOSE ROOM**

Fri 5-10 p.m. Sat 8 a.m.-10 p.m. Sun 10 a.m.-9 p.m.

### MULTIPURPOSE ROOM Rental Information

#### WEEKEND RATES

#### FRIDAY, SATURDAY, SUNDAY

Rental Hours: 5-hour minimum

#### **ONE ROOM**

Rate: \$105 per hour Discounted Resident Rate: \$70 per hour

#### TWO ROOMS

Rate: \$135 per hour Discounted Resident Rate: \$90 per hour

#### THREE ROOMS

Rate: \$165 per hour
Discounted Resident Rate: \$110 per hour



#### **SECURITY DEPOSIT**

#### Friday - Sunday and Holidays \$250

- The same for residents and non-residents
- Will be used for any damages/cleaning
- May not be used toward rental fees

#### KITCHEN

#### \$45

Discounted Resident Rate \$30

AVAILABLE WITH MULTIPURPOSE
ROOM RENTAL ONLY

#### RENTAL RESERVATION CONTACT

Please contact the Facilities Specialist at kim.sipe@westerville.org.



#### **BIRTHDAY PARTY RESERVATION**

Please call (614) 901-6500 for information.

Choose from a variety of all-inclusive options for your child's unforgettable day. All party packages include a private room (partial), party specialist and themed paper products.

Party pricing is based on 13 children or less with a maximum of 25 people including adults. A \$4 charge will be added for each additional child. A minimum of three adults must be in attendance.

Visit www.westerville.org/parks for additional information.



#### **CLIMBING WALL RENTAL**

Need some hang time? The Zenith Climbing Wall is available for private rentals. Perfect for youth, scout or any kind of group.

#### TWO HOUR RENTAL FOR 20 CLIMBERS

Rate: \$150

#### **Discounted Resident Rate: \$100**

Additional charges apply for more climbers or time. Call the Program Supervisor at (614) 901-6563.

Rentals not available during open climbing sessions or lessons and based on staff availability. Rental Reservations must be made three weeks in advance. Rentals are not available on holidays.



#### WATERING HOLE RENTAL

The Watering Hole is available for rentals when not in use for Westerville Parks and Recreation Department programs or scheduled open swim and lap swim times.

Rental fees vary based on time of day. Approved nonprofit organizations will receive a 25% discount on a limited basis.

Please visit **www.westerville.org/rentals** for more information or call the Aquatics Manager at (614) 901-6510 to schedule a rental for your group.







### EVERAL BARN AND HOMESTEAD AT HERITAGE PARK ROOMS/RENTAL OPPORTUNITIES

60 N. Cleveland Ave., Westerville, Ohio 43081 www.westerville.org/parks

#### **EVERAL HOUSE**

#### MONDAY - THURSDAY

Minimum Rental Hours: 3 Rate: \$80 per hour

Discounted Resident Rate:

#### FRIDAY - SUNDAY & HOLIDAYS Minimum Rental Hours: 5

Rate: \$175 per hour
Discounted Resident Rate:

#### EVERAL BARN (UPPER & LOWER LEVELS)

#### **MONDAY - THURSDAY**

Minimum Rental Hours: 3 Rate: \$120 per hour

Discounted Resident Rate: \$80 per hour

#### FRIDAY - SUNDAY & HOLIDAYS

Minimum Rental Hours: 5 Rate: \$260 per hour

Discounted Resident Rate: \$150 per hour

#### EVERAL BARN (LOWER ROOM ONLY)

#### **MONDAY - THURSDAY**

Minimum Rental Hours: 3 Rate: \$95 per hour

Discounted Resident Rate: \$60 per hour

#### FRIDAY - SUNDAY & HOLIDAYS

Minimum Rental Hours: 5
Rate: \$200 per hour

Discounted Resident Rate: \$115 per hour

#### (HOUSE AND BARN)

#### **MONDAY - THURSDAY**

Minimum Rental Hours: 3 Rate: \$150 per hour

Discounted Resident Rate: \$100 per hour

#### FRIDAY - SUNDAY & HOLIDAYS

Minimum Rental Hours: 5 Rate: \$350 per hour

Discounted Resident Rate: \$200 per hour

#### PLEASE NOTE

Beer and wine are permitted inside the Everal Barn and Homestead during rentals through an approved caterer only. Please contact the facilities specialist for additional information.

#### SECURITY DEPOSITS

Monday - Thursday \$150 Friday - Sunday and Holidays \$250

Security Deposits are:

- The same for residents and non-residents
- · Will be used for any damages/cleaning
- May not be used toward rental fees

# APPOINTMENTS ARE RECOMMENDED. PLEASE CALL AHEAD.

#### **EVERAL OFFICE HOURS**

Tuesday 11 a.m. - 1 p.m. Wednesday 10 a.m. - 6 p.m.

Please contact the Facilities Specialist at (614) 901-6515, (614) 901-6578 or kim.sipe@westerville.org for more information.

#### GENERAL INFORMATION

Rentals must be booked a minimum of two weeks in advance

A 12% fee applies to all food and beverage provided by a caterer

Caterers must be City-approved

Approved nonprofit organizations receive a 25% discount on a limited basis

Additional fee for wedding rehearsals

Limited beer and wine permitted by an approved caterer only

Linens and decor not included with rental

Projector and podium available for an additional fee

Lower level of Barn accommodates up to 50 people

Upper and lower levels of Barn accommodates up to 120 people (pending table and chair configuration.)

Everal Barn and Homestead reservations may be made up to 12 months prior to event

Reservations begin on the **first business day** of the month (example June 1 of current year for June of following year rental)

#### SHELTER RENTALS

Planning a picnic or get-together? There are a variety of shelters located in various parks throughout the City of Westerville that can be rented for a \$25 refundable deposit.

A full list of rentable shelter locations is available at www.westerville.org/shelterrentals.



at www.westerville.org/registration.



# AQUATICS

#### ADULT FITNESS SWIM

AGE(S): 16 and up

**RATE:** \$33

#### **DISCOUNTED RESIDENT RATE: \$27**

Gain the benefit of an organized group practice while increasing your knowledge and skills with fitness swimming. This onehour class has individual workouts ranging from 800-2500 yards. Not for beginners.

#### INTERMEDIATE / ADVANCED

Activity # Date Time

606309-01 Nov. 29-Dec. 15 5:50-6:50 a.m. Tue/Thu 606309-02 Nov. 29-Dec. 15 8:15-9:15 a.m. Tue/Thu

#### WATER TONING

INSTRUCTOR(S): Paula Hamilton

AGE(S): 16 and up

**RATE:** \$50

#### **DISCOUNTED RESIDENT RATE: \$40**

The class incorporates the use of upper/ lower body muscles. The warm-up includes basic aerobic exercises, followed by a moving river segment, ending with a toning segment using resistance equipment to add useful intensity. The cool down segment stresses flexibility and relaxation. Meets in the warm water pool.

Time

Activity# Date 606303-01 Nov. 28 - Dec. 16 8:55-9:55 a.m. Mon/Wed/Fri

#### **AOUAFLEX**

INSTRUCTOR(S): Leslie Warthman^ Debbie Leach^^

AGE(S): 16 and up

**RATE: \$33** 

#### **DISCOUNTED RESIDENT RATE: \$27**

This water class focuses on balance, flexibility and joint movement while building muscle and is great for those with arthritis, fibromyalagia and/or joint problems. Meets in the warm water pool.

#### INTERMEDIATE / ADVANCED

Activity # Date Time

606301-01 Nov. 29 - Dec. 15 9:45 - 10:45 a.m. Tue/Thu 606301-02^^ Nov. 29 - Dec. 15 10:45-11:45 a.m. Tue/Thu

#### DEEP WATER CONDITIONING

INSTRUCTOR(S): Sylvia Robinson Jeanne Smith ^^

AGE(S): 16 and up

This class uses the deep area of the lap pool for cardiovascular, strength and tone workouts. Participants will enhance their flexibility, aerobic capacity and overall fitness. Participants must be comfortable

#### in deep water.

**RATE:** \$50

**DISCOUNTED RESIDENT RATE: \$40** 

Activity # Date Time Day(s)

606308-01 ^ Nov. 28-Dec. 16 9:30-10:30 a.m. Mon/Wed/Fri

**RATE:** \$33

**DISCOUNTED RESIDENT RATE: \$27** 

Activity # Date Time

606308-01 ^^ Nov. 29-Dec. 15 9:30-10:30 a.m. Tue/Thu

#### WATER YOGA

INSTRUCTOR(S): Karen Dawson

AGE(S): 16 and up

**PATF** \$33

#### **DISCOUNTED RESIDENT RATE: \$27**

Let the peaceful music create a pleasant environment for you to practice yoga. In the calming effect of water you will practice deep breathing techniques, increase your flexibility and balance, and develop a stronger body core through yoga poses. Research shows that the deep breathing exercises and relaxation/meditation techniques used lowers blood pressure. Meets in the warm water pool.

#### BEGINNER

Activity # Date Time Day(s)

606302-01 Nov.29-Dec.15 12-12:45 p.m. Tue/Thu

#### HYDRORIDER AOUABIKES

**INSTRUCTOR(S):** Tiffany Dupont

AGE(S): 16 and up **RATE:** \$40

#### **DISCOUNTED RESIDENT RATE: \$30**

Wake-up your workout with this higher intensity version of HydroRider. Get ready to climb hills, sprint, cruise and incorporate intervals of power moves to strengthen the upper/lower body. You'll feel the water move around you increasing the workload on your core stabilizer muscles and feel refreshed and ready to take on the day. Water Fitness shoes are required.

Activity # Date Time

606306-01 Nov. 29-Dec. 15 7:15-8 a.m. Tue/Thu

#### COMBO WATER WORKOUT

INSTRUCTOR(S): Paula Hamilton^ Debbie Leach^^

AGE(S): 16 and up

A shallow water, total body workout that combines weight resistance, aerobic activity and flexibility. Emphasizes aerobic activity and is great a cross-training routine.

**PATF** . \$50

**DISCOUNTED RESIDENT RATE: \$40** 

#### INTERMEDIATE

Activity# Date Time Day(s) 606304-01 Nov. 28-Dec. 16 10-11 a.m. Mon/Wed/Fri

**RATE:** \$33

**DISCOUNTED RESIDENT RATE: \$27** 

Activity # Date Time Day(s)

#### SWIM WITH SANTA

Sunday, Nov. 27

6-7:15p.m.

12 and under

Rate: \$7.50 Discount Rate: \$5 See page 31 for details.

Activity # 606321-01



#### WATER FITNESS

INSTRUCTOR(S): Leslie Warthman

**AGE(S):** 16 and up **RATE:** \$33

#### **DISCOUNTED RESIDENT RATE: \$27**

This class combines the benefits of aerobic conditioning with resistance training to boost energy levels and increase strength and flexibility through the use of noodles, handbells and balls. With an emphasis on utilizing the natural properties of water, this workout can be as challenging as you wish to make it!

INTERMEDI	ATE		
Activity#	Date	Time	Day(s)
606305-01	Nov. 28-Dec. 14	6-7 p.m.	Mon/Wed

#### SPECIAL NEEDS SWIM

AGE(S): 2-15 RATE: \$5

**DISCOUNTED RESIDENT RATE: \$5** 

Join us this fall for a fun and exciting special needs swim session where families can swim without the addition of crowds and enjoy a discounted rate.

INTERMEDIATE			
Activity#	Date	Time	Day(s)
606323-01	Dec. 4	5:30-7 p.m.	Sun



#### CARDBOARD BOAT RACE

Saturday, Dec 3

12-1pm

See page 31 for details.

Activity # 606322-01

#### SILVER SPLASH: AQUA, CARDIO & TONE

INSTRUCTOR(S): Debbie Leach
AGE(S): 50 and up with Silver Sneakers
membership

**FREE:** (Silver Sneakers membership required) This class is for the conditioned adult who has good balance and good muscle function. There will be 35 minutes of cardio exercise

followed by muscle toning exercises, balance work and stretching. Schedule subject to change. Please see front desk for updates.

ALL LEV			wcc
DROP	Date	Time	Day(s)
		11:05 - 11:55 a.m.	Mon/Wed/Fr

Nov.28-Dec. 16 12:05-12:50 p.m. Mon/Wed/Fri

#### WATERCIZE

INSTRUCTOR(S): Lori Robinson

AGE(S): 16 and up

RATE: \$33

**DISCOUNTED RESIDENT RATE: \$27** 

Formerly Aquacize. An aerobic workout that includes toning and stretching using buoyant and resistive equipment. Meets in the warm water pool.

INTERMEDIA	ATE		
Activity#	Date	Time	Day(s)
606300-01	Nov 29-Dec	15 8:45-9:45am	Tue/Thu

#### LIFEGUARD CLASS

INSTRUCTOR(S): Aquatics Staff

**AGE(S):** 15 and up **RATE:** \$150

Want to be a Lifeguard? On the first day of class, participants must swim 300 yards utilizing the front crawl/breaststroke and retrieve a 10-pound brick from bottom of the dive well. Participants must demonstrate competency in all skills and pass the exam.

NO REFUNDS IF YOU CAN NOT PASS PREREQUISITE SKILLS.

ALL LEVELS		
Activity # Date	Time	Day(s)

606325-01 Dec. 18 - Dec. 22 10 a.m. - 4 p.m. Sun-Thu

#### SHALLOW WATER FITNESS

INSTRUCTOR(S): Dupont^^/Dawson^

AGE(S): 16 and up

Shallow water class is designed to work your entire body. Class includes cardiovascular training as well as strength, toning and flexibility segments. Splash your way into a new level of fitness.

RATE: \$33
DISCOUNTED RESIDENT RATE: \$27

INTERMEDIATE

Activity# Date Time Day(s)

606307-01^^ Nov.29- Dec. 16 8:15-9:15 a.m. Tue/Thu

**RATE:** \$30

**DISCOUNTED RESIDENT RATE: \$20** 

 INTERMEDIATE

 Activity # Date
 Time
 Day(s)

 606307-02^ Dec. 2-Dec. 15
 7:55-8:55 am. Fri



The Westerville Community Center works with instructors who provide one-on-one specialized instruction.

For additional information contact them directly. Swim Lessons for Infants

Sarah Berlin
Infant Self Rescue Columbus LLC
sarah.berlin@infantswim.com

Britney Smith
Swim Safe Columbus LLC
britney.smith@infantswim.com

Jayne Lockhart
Infant Aquatics 614
jayne.ackerman.2015@owu.edu

#### SWIM LESSONS FOR SPECIAL NEEDS CHILDREN

Lori Moore Moore Aquatic Abilities Ioriamoore96@gmail.com

Alli Sharrock-Rader
Adapted Swim Columbus
adaptiveswimcolumbus@gmail.com

#### STROKE IMPROVEMENT ADULTS ONLY

Jeanne Smith
Jeanne Smith Swim Instruction
imsmith4968@gmail.com



## FITNESS & WELLNESS

#### 20-20-20

INSTRUCTOR(S): Katie Stolte-Carroll AGE(S): 14 and up

**RATE: \$15** 

**DISCOUNTED RESIDENT RATE: \$10** 

Twenty minutes of cardio, 20 minutes of strength and 20 minutes of coreconditioning. A variety of formats and styles including (Tabata, HIIT, boot camp, kickboxing, bands, kettlebells, etc.) will be implemented to keep class fun!

Activity # Date

Day(s)

605250-01\* Jan. 9 - Jan. 23 5:30 - 6:30 p.m.

Time

#### **ALL WEIGHTS**

INSTRUCTOR(S): Beth Henman

AGE(S): 14 and up

**RATE:** \$25

**DISCOUNTED RESIDENT RATE: \$20** 

This is a weight-training class that uses resistance tools to train specific muscles in order to improve muscular tone, strength and endurance. You will burn more fat while gaining lean muscle.

Activity#	Date	Time	Day(s)
605228-01	Jan. 8 - Jan. 29	10:15-11:15 a.m.	Sun

#### **BODY FIT**

INSTRUCTOR(S): Gena Richard

AGE(S): 14 and up

**RATE:** \$50

**DISCOUNTED RESIDENT RATE: \$40** 

Improve cardiorespiratory endurance and muscular strength with this interval class alternating a high/low impact cardio segment with a strength training segment followed by stretching movements and core work set to upbeat music.

Activity#	Date	Time	Day(s)

605202-01 Jan. 3 - Jan. 26 5:30 - 6:30 p.m. Tue /Thu

#### CORF FUSION

INSTRUCTOR(S): Gena Richard

AGE(S): 14 and up

**RATE:** \$25

**DISCOUNTED RESIDENT RATE: \$20** 

This class fuses several moves to strength and tone the core. A great complement to a regular strength training exercise program.

INT	ΕR	ΜE	DI	· \

Activity#	Date	Time	Day(s)
605256-01	Jan. 3 - Jan. 26	4:50 - 5:20 p.m.	Tue/Thu

#### COURT SPORT FITNESS

INSTRUCTOR(S): Linda Scovern

AGE(S): 14 and up

**RATE: \$25** 

**DISCOUNTED RESIDENT RATE: \$20** 

Pickleball or tennis anyone? The class will include a warm-up and selected strength exercises for upper and lower body. The focus is on injury prevention through muscle conditioning and body control. Suitable for all abilities with modifications.

Activity#	Date	Time	Day(s)
605230-01	Jan. 3 - Jan. 24	9-10 a.m.	Tue

### PARTICIPANTS UNDER THE

Anyone under the age of 16 must have an adult enroll and accompany them to class.

#### CYCLE FUSION

**INSTRUCTOR(S):** Robin Andes

AGE(S): 14 and up

RATE: \$15 per class

**DISCOUNTED RESIDENT RATE: \$10 per class** A great combination of indoor cycling, strength and core. You never know what

you are going to get!

Activity # Date

605297-01\* |an. 4 - |an. 27 9:15-10:15 a.m. Mon/Wed/Fri

#### FIT & FABULOUS

INSTRUCTOR(S): Gena Richard

AGE(S): 14 and up

**RATE:** \$25

**DISCOUNTED RESIDENT RATE: \$20** 

Strength training is one of the best ways to get lean. Train your heart and muscles at the same time with a "high reps/low weight/norest" format. Fasted paced program made for maximum muscular endurance and strength. Recommended for all fitness levels.

Activity#	Date	Time	Day(s)
(050.40.01	. 7.	20 020 1020	C .

605240-01 Jan. 7 - Jan. 28 9:30 - 10:30 a.m. Sat

#### GREAT SHAPES - I OW IMPACT

INSTRUCTOR(S): Ellen Blaha

AGE(S): 14 and up

Improve cardiovascular fitness, strength and flexibility while moving to music. Handweight exercises for upper body, floorwork and stretching complete each workout. Easy to learn and can be adjusted for high/low format. Ideal for the beginner, overweight, and older exercisers, but designed for multiple ability levels.

**RATE: \$50** 

**DISCOUNTED RESIDENT RATE: \$40** 

Activity # Date Time 605203-01 Jan.3-Jan.26 6:30-7:45 p.m. Tue/Thu

**PATF: \$40** 

**DISCOUNTED RESIDENT RATE: \$30** 

ALL LEVELS		*NO CLA	SS: Jan. 16
Activity#	Date	Time	Day(s)
605203-02*	Jan.4-Jan.25	1:15-2:15 p.m.	Mon/Wed





#### **GLUTES & ABS**

INSTRUCTOR(S): Beth Henman

AGE(S): 14 and up

We will target the core and glutes strengthening two areas of the body that will make a difference in your other workouts and your overall fitness. Come enjoy this intense workout - and the music it's set to.

**RATE:** \$10

**DISCOUNTED RESIDENT RATE: \$5** 

ALL LEVELS		*NO CLASS: Jan.	
Activity#	Date	Time	Day(s)
605234-01*	lan.9 - lan.23	7:50 - 8:20 p.m.	Mon

**RATE:** \$15

**DISCOUNTED RESIDENT RATE: \$10** 

ALL LEVELS	5		
Activity#	Date	Time	Day(s)
605234-02	Jan.7 - Jan.28	10:15-10:45 a.m.	Sat

#### HIP HOP CARDIO

INSTRUCTOR(S): Marietta Weaver

**AGE(S):** 14 and up **RATE:** \$25

**DISCOUNTED RESIDENT RATE: \$20** 

This energetic, high/low intensity class will get your heart pumping while you express your inner rhythm. Get ready for a full-body workout, simple-to-follow choreography and fresh dance combos.

#### ALL LEVELS

Activity#	Date	Time	Day(s)
605221-01	lan. 4- lan. 25	6:35 - 7:35 p.m.	Wed

#### HIP HOP STRENGTH

INSTRUCTOR(S): Beth Henman

AGE(S): 14 and up

**RATE:** \$15

**DISCOUNTED RESIDENT RATE: \$10** 

What better mix for your fit than a weights class choreographed to your favorite hip hop and pop music? We will push your muscles as we blast the beats. Be ready to sweat!

ALL LEVELS	*NO CLASS: Jan. 16	
Activity# Date	Time	Day(s)
605292-01* lan. 9-lan. 23	6:45 - 7:45 p.m.	Mon

#### Lablast® Dance Fitness

INSTRUCTOR(S): Katy Tombaugh

AGE(S): 14 and up

**RATE:** \$13

**DISCOUNTED RESIDENT RATE: \$8** 

A life-changing dance fitness program that inspires the mind and transforms the body while teaching the true skill of dance. Inspired by Dancing with the Stars, this energizing class blends ballroom dancing with calorie-blasting interval training.

ALL LEVELS		*NO CLASS: Jan. 16	
Activity#	Date	Time	Day(s)
605260-01*	lan 9- lan 23	5·15-6 p.m	Mon

#### LIFT & HIIT

INSTRUCTOR(S): Beth Henman

**AGE(S):** 14 and up **RATE:** \$25

**DISCOUNTED RESIDENT RATE: \$20** 

This strength class will take your fit to the next level using weights, kettlebells, steps and discs for a muscle-building, metabolism-boosting, core-rocking workout that changes each week. You will tone and strengthen all large muscle groups plus work in cardio with modifications given for all fitness levels

ALL LEVELS	-EW	<b>EL</b> 5

Activity#	Date	Time	Day(s)
605235-01	Jan. 4- Jan. 25	7:45 - 8:45 p.m.	Wed

#### LOW IMPACT INTERVALS

INSTRUCTOR(S): Trish Redd / Sandra McCann

AGE(S): 14 and up

This class offers a total body workout with a fun mixture of great and motivating music that includes cardio, strength training and stretching. Choreography is created so you can keep your workout level low, medium or high.

**RATE:** \$15

**DISCOUNTED RESIDENT RATE: \$10** 

ALL LEVELS		*NO CL	ASS: Jan. 16
Activity#	Date	Time	Day(s)
605201-01*	Jan. 9- Jan. 23	8-9a.m.	Mon

**RATE:** \$25

**DISCOUNTED RESIDENT RATE: \$20** 

Activity#	Date	Time	Day(s)	
605201-02	Jan. 4- Jan. 25	8-9a.m.	Wed	
605201-03	Jan. 6- Jan. 27	8-9a.m.	Fri	

#### LET'S DANCE

INSTRUCTOR(S): Linda Scovern

AGE(S): 14 and up

**RATE:** \$25

**DISCOUNTED RESIDENT RATE: \$20** 

This cardio class includes Zumba, Hip Hop and LaBlast Dance Fitness songs for a fun and varied workout. Modifications for all steps/moves are provided. A stretch and cool down is included at the end.

#### ALL LEVELS

Activity#	Date	Time	Day(s)
605204-01	lan 4-lan 25	9·15-10·15 am	Wed

#### LOW IMPACT AEROBICS

INSTRUCTOR(S): Ellen Blaha

AGE(S): 14 and up

**RATE:** \$25

**DISCOUNTED RESIDENT RATE: \$20** 

Have a high impact on your cardiovascular and muscular fitness in this class. Gain endurance, strength and flexibility with less stress on your joints. Moves are easy to learn and adjust to high/low format. Handweight exercises for upper body, floorwork and stretching complete each workout.

#### ALL LEVELS

Activity#	Date	Time	Day(s)
605205-01	lan 7-lan 28	9·15-10·15am	Sat

#### TIME "CRUNCH" TONER

INSTRUCTOR(S): Trish Redd

AGE(S): 14 and up

**RATE:** \$20

DISCOUNTED RESIDENT RATE: \$15

Why wait until after work when you can get your desired results in the middle of your work-day? This workout focuses on complete body and core conditioning.

#### ALL LEVELS

Activity # Date	Time	Day(s)

605251-01 Jan. 4- Jan. 25 11:30 a.m. - 12:15 p.m. Wed



#### MUSCLES IN MOTION

INSTRUCTOR(S): Trish Redd

AGE(S): 14 and up

This is a weight-training class that uses resistance tools to train specific muscles in order to improve muscular tone, strength and endurance. You will burn more fat while gaining lean muscle.

**RATE:** \$13

**DISCOUNTED RESIDENT RATE: \$8** 

ALL LEVELS			
Activity#	Date	Time	Day(s)
605207-01*	Jan. 9 - Jan. 23	12:15-1 p.m.	Mon

**RATE: \$25** 

**DISCOUNTED RESIDENT RATE: \$20** 

INTERMEDIATE				
Activity #	Date	Time	Day(s)	
605207-02	Jan. 3- Jan. 24	7:45 -8:45 p.m.	Tue	
605207-03	Jan. 4- Jan. 25	7:45 -8:45 p.m.	Wed	
605207-04	Jan. 6- Jan. 27	10:30-11:30 a.m.	Fri	

#### TOTAL BODY STRENGTH

**INSTRUCTOR(S):** Linda Amici

AGE(S): 14 and up

**RATE: \$25** 

#### **DISCOUNTED RESIDENT RATE: \$20**

This class is designed to build strength, endurance and muscle mass to speed metabolism. Experienced and new participants alike will benefit from weightbearing exercises, core training and stretching for a complete workout. Simply bring water--weights and mat are provided.

Activity#	Date	Time	Day(s)
605224-01	Jan. 4 - Jan. 25	5:30-6:30 p.r	n. Wed

#### EMPOWERED FITNESS TRAINING

**INSTRUCTOR(S):** Amber Jones

AGE(S): 14 and up RATE: \$15

**DISCOUNTED RESIDENT RATE: \$10** 

For individuals with disabilities that wish to become more adept at strength training on your own. Parents, providers and caregivers are welcome and encouraged to attend at no cost. This class will teach you how to select exercises, build your own workout and workout on your own while increasing your independence in accessing lifelong fitness using a visual system developed by Valemee.

ALL LEVELS		
Activity# Da	te Time	Day(s)

605291-01*	Jan. 10-Jan. 23	4-5 p.m.	Mon

#### CYCLE AND CORE

**INSTRUCTOR(S):** Trish Redd

AGE(S): 14 and up RATE: \$15 per class

**DISCOUNTED RESIDENT RATE: \$10 per class** A fun, heart-pumping workout set to great music! You control the resistance and pedal

speed creating just the right intensity for you. Suitable for all abilities with modifications.

ALL LEVELS				
Activity#	Date	Time I	Day(s)	
605223-01	Jan. 3 - Jan. 24	9:30-10:30a.n	n. Tue	
605223-02	lan 7- lan 28	8·30-9·30a m	Sat	

#### INDOOR CYCLING

**INSTRUCTOR(S):** Spin Instructors

AGE(S): 14 and up RATE: \$15 per class

**DISCOUNTED RESIDENT RATE:** \$10 per class Meet our instructors, get fitted to an indoor spin bike, get comfortable with riding positions and understand the different types of spin classes in this fun class. Come ready to move and sweat.

#### **ALL LEVELS - A PREVIEW EVENT**

Activity#	Date	Time	Day(s)
605214-01	Dec. 11	II a.m I p.m.	Sun

#### ZUMBA

INSTRUCTOR(S): Beth Henman

AGE(S): 14 and up **RATE:** \$25

**DISCOUNTED RESIDENT RATE: \$20** 

A dance fitness class that is fun, high-energy and makes you feel amazing! We'll take the "work" out of your workout by mixing lowintensity and high-intensity moves for an interval-style, calorie-burning dance party. With its great music this class will feel like exercise in disguise.

Activity#	Date	Time	Day(s)
605222-01	lan. 3- lan. 24	6:15-7:15 r	o.m. Tue

#### STRENGTH & MORE

**INSTRUCTOR(S):** Robin Andes

AGE(S): 14 and up

Tone up and sculpt a strong, lean, fit body. Research suggests that lifting weights can reduce your risk of osteoporosis and increase your metabolic rate. If you've never lifted weights before, or simply want to build on your established routine, you'll find this class motivating and helpful.

RATE: \$15

**DISCOUNTED RESIDENT RATE: \$10** 

INTERMEDI	ATE	*NO CLASS: Jan.	
Activity#	Date	Time	Day(s)
605233.01*	lan 9-lan 23	10.30 - 11.30	)am Mon

**RATE:** \$25

**DISCOUNTED RESIDENT RATE: \$20** 

INTERMEDIATE

Activity#	Date	Time	Day(s)
605233_02	lan 4- lan 25	10.30 - 11.30 a m	Wed.

#### BAND STRENGTH AND SCULPT

INSTRUCTOR(S): Sarah Crittenden

AGE(S): 14 and up

**RATE:** \$25

**DISCOUNTED RESIDENT RATE: \$20** 

Utilizing exercise bands and other equipment. this class will help you tone muscles and gain strength in a new and exciting way.

Activity#	Date	Time	Day(s)
605296-01	Jan. 3- Jan. 24	9:15-10:15a.m.	Tue

#### DYNAMIC PILATES

INSTRUCTOR(S): Lara Uher

AGE(S): 14 and up

**RATE:** \$45

**DISCOUNTED RESIDENT RATE: \$35** 

Get invigorated and relax by integrating basic and intermediate Pilates exercises using small Pilates equipment, yoga poses and mindfulness-based stress reduction. Integrating disciplines will promote a stronger, leaner, more flexible body, while supporting core strength, spinal alignment, overall concentration and connection with the body. Please bring a Yoga mat.

INTERMEDIATE / ADVANCED

Activity#	Date	Time	Day(s)

605209-01\* Jan. 4-Jan. 25 5:30-6:30 p.m. Wed





#### STEP & SCULPT

**INSTRUCTOR(S):** Terri Hurtt

AGE(S): 14 and up

**RATE:** \$50

**DISCOUNTED RESIDENT RATE: \$40** 

A high-intensity step workout using basic step patterns to strengthen the cardiovascular system while having fun. Using weights, bands and/or bars, this class will sculpt and tone from head to toe. General step proficiency is recommended.

#### **ALL LEVELS**

Activity#	Date	Time	Day(s)
605206-01	lan 3-lan 26	6·35-7·35 nm	Tue/Thu

#### VINYASA YOGA

**INSTRUCTOR(S):** Robin Andes

**AGE(S):** 14 and up **RATE:** \$50

**DISCOUNTED RESIDENT RATE: \$40** 

Link several poses together to create strength, flexibility, endurance and balance working all parts of the body. Leave feeling refreshed, elongated and strong. *Please bring* 

#### a yoga mat. INTERMEDIATE

Activity#	Date	Time	Day(s)
•			

605237-01 Jan. 5 - Jan. 26 10:30 - 11:30 a.m. Thu

#### YOGA FOR HEALTH

INSTRUCTOR(S): Gwen Surratt

**AGE(S):** 14 and up **RATE:** \$50

DISCOUNTED RESIDENT RATE: \$40

Learn standing, balancing, sun salutations, seated and reclining poses, breath (Pranayama ) practice and meditations. Must be able to get to and from the floor. Appropriate for beginners and any one who wants to refresh their yoga practice. Please bring two blocks, a strap and a mat.

#### LEVEL 1 - ALL LEVELS

Activity#	Date	Time	Day(s)
605220-01	lan 5-lan 26	6:15-7:15 nm	Thu

Students will move through Sun Salutations and go a little deeper in the foundational poses. We will continue with breath practice and meditation. *Please bring two blocks, a strap and a mat.* 

#### LEVEL 2 - INTERMEDIATE

Activity#	Date	Time	Day(s)
605220-02	Jan. 5 - Jan. 26	7:30-8:30 p.m.	Thu

#### HATHA YOGA

INSTRUCTOR(S): Prasant Joshii

AGE(S): 14 and up RATE: \$50

**DISCOUNTED RESIDENT RATE: \$40** 

Learn age-old, time-tested techniques with an emphasis on core strength, flexibility and balance; as well as concentration and breath control in a supportive, non-judgmental environment. This class is based on physical postures (Asanas), deep breathing techniques (Pranayamas), Hasya Yoga (Laughter Yoga), guided muscle relaxation, mindfulness and listening to the body.

Δ	П	П	3	٧/	T.

Activity#	Date	Time	Day(s)
605298-01	Jan. 8- Jan. 29	10:15-11:15 a.m.	Sun

#### YOGA FLOW

INSTRUCTOR(S): Lara Uher

AGE(S): 14 and up

**RATE:** \$50

**DISCOUNTED RESIDENT RATE: \$40** 

This multi-level yoga class focuses on pairing breath with movement to build a strong and stable core. We will flow through a series of poses to not only strengthen the abdominals, but the entire body to improve posture, spinal health, and balance while increasing flexibility.

#### ALL LEVELS

Activity#	Date	Time	Day(s)
605208-01	lan. 4-lan. 25	6:45-7:45 p.m.	. Wed

#### TAI CHI FOR HEALTH

INSTRUCTOR(S): Tony Palumbo

AGE(S): 14 and up

**RATE:** \$50

**DISCOUNTED RESIDENT RATE: \$40** 

Practiced using a series of slow movements and focused breathing techniques that build balance and strength. Participants will relax while enjoying the many health benefits including memory improvement, low-impact exercise and risk of fall reduction.

#### ALL LEVELS

Activity #	Date	Time	Day(s)
605293-01	Jan. 4-Jan. 29	11 a.m 1	p.m. Sun

#### CANDLELIGHT SLOW FLOW

INSTRUCTOR(S): Melissa Hoyt

**AGE(S):** 14 and up **RATE:** \$50

**DISCOUNTED RESIDENT RATE:** \$40

Melt off your week by unwinding in the soft glow of electric candles, relaxing vibes and a slower flow. Enjoy deep stretching to get you fully ready and relaxed for your weekend.

#### LL LEVELS

Activity#	Date	Time	Day(s)
605238-01	lan. 6 - lan. 27	6-7 p.m.	Fri

### PARTICIPANTS UNDER THE AGE OF 16

Anyone under the age of 16 must have an adult enroll and accompany them to class.

#### DEEP RELEASE

INSTRUCTOR(S): Emma O'Keefe

**AGE(S):** 14 and up **RATE:** \$40

DISCOUNTED RESIDENT RATE: \$30

This class is slow, gentle and offers a deep release for the muscles in the entire body. Its pace alone allows you to sink into a beautiful state of calm. *No previous yoga experience required.* 

#### ALL LEVELS

Activity#	Date	Time	Day(s)
605299-01	Jan. 3- Jan. 24	8:15-9 a.m.	Tue

#### POWER PILATES

INSTRUCTOR(S): Katy Tombaugh

AGE(S): 14 and up RATE: \$20

**DISCOUNTED RESIDENT RATE: \$15** 

A low-impact format combining essential Mat Pilates exercises (done with creative modifications/variations) and traditional fitness intervals. The class pace is slightly quicker than a traditional Mat Pilates class. A blend of floorwork, standing drills, balance challenges (and more) allows for a wide variety of skills to be developed.

ALL LEVELS		*NO CL/	ASS: Jan. 16
Activity#	Date	Time	Day(s)
605257-01*	Jan. 9 - Jan. 23	4-5 p.m.	Mon



#### LIL' CLIMBERS

**INSTRUCTOR:** Jaclyn Davis AGE(S): 5-7 **RATE: \$55** 

**DISCOUNTED RESIDENT RATE: \$45** 

Participants will learn the fundamentals of indoor rock climbing, build self esteem and improve their physical fitness while taking part in fun and educational climbing games. At the end of the session the climber's can invite their favorite adult to join in the fun by climbing along with the class. Participants must wear closed-toe rubber-soled shoes, all other equipment is provided.

Activity # Dates Time Day(s) 609101-01 Nov. 22-Dec. 20 5:30-6:30 p.m. Tue

#### CLIMBING KIDS

**INSTRUCTOR:** Jaclyn Davis AGE(S): 8-12 **RATE: \$55** 

**DISCOUNTED RESIDENT RATE: \$45** 

Learn the basics of indoor rock climbing with experienced staff through fun climbing games and skill challenges. Emphasis will be on safety, techniques and practical skills; including bouldering and beginning belay training. Participants must wear closed-toe rubber-soled shoes, all other equipment is provided.

Activity # Dates Time

609102-01 Nov. 22-Dec. 20 6:45-7:45 p.m. Tue

#### PEE WEE BASKETBALL

INSTRUCTOR: Recreation Staff

**AGE(S):** 7-9 **RATE:** \$90

#### **DISCOUNTED RESIDENT RATE: \$75**

This instructional, non-competitive basketball program is the perfect beginning for those interested in playing basketball in 2nd and 3rd grades. Practices are held prior to games and games are played on lowered rims with youth sized basketballs. All players must complete an online skills evaluation. Games will begin Jan. 7. Additional info will be available after registration. Volunteer coaches are needed. Email sports@westerville.org for information.

Activity # Dates Time Day(s) 406105-01 Jan. 7 - Feb. 4 8 a.m. - 10 a.m. Sat

#### HIGH SCHOOL BASKETBALL LEAGUE

**INSTRUCTOR:** Recreation Staff

AGE(S): 14-18 **RATE:** \$125

#### **DISCOUNTED RESIDENT RATE: \$100**

Leagues will be grouped by grade levels. Individual players must register prior to teams being formed. Player requests and team formation will be sent by email. Teams consist of at least five but no more than 10 players, anything number under five players will be considered individuals. All teams will be required to have a parent/coach over the age of 21 sitting on the bench during each game. Any questions can be directed to derek.milliken@westerville.org.

FRESHMAN	HMAN / SOPHOMORE *NO CLASS: Jan			
Activity #	Dates	Time	Day(s)	
106111-01	Jan. 9 - Mar. 9	6-9 p.m.	Mon	
JUNIOR / SENIOR *NO CLASS: J			ASS: Jan. 16	
Activity #	Dates	Time	Day(s)	
106111-02			Mon & Thu	

#### PICKLEBALL HOLIDAY CLASSIC

INSTRUCTOR: Pickleball Staff AGE(S): 18 and up

**RATE:** \$25

**DISCOUNTED RESIDENT RATE: \$20** 

Make room for those holiday calories with this one-of-a-kind Pickleball Tournament. This fun format will be based on a blind draw to determine your partner. Tournament play will be round robin format with a single elimination bracket based on registration numbers. Skilled players ranging from 3.5 and up will compete Dec. 16 while players skilled at 3.0 and below will play on Dec. 19. All participants receive a tournament t-shirt. For more information, contact the program supervisor at sports@westerville.org.

COMPETITI	VE		
Activity #	Dates	Time	Day(s)
606105-01	Dec. 16	8 a.m 3 p.m.	Fri
NON-COMP	ETITIVE		
Activity #	Dates	Time	Day(s)
606105-02	Dec. 19	8 a.m 3 p.m.	Mon

#### **ALL INCLUSIVE** OPEN GYM

Paraprofessional Instructor - Michael London A variety of sports will be available for play.

> \$5 per participant / Aides are free Every Friday night from 6-7:30 p.m.



# PRESCHOOL

#### MUSIC TOGETHER® MINI

**INSTRUCTOR(S):** Wholey Sisters AGE(S): birth-6 with parent

RATE: \$85 per participant/\$65 per sibling **DISCOUNTED RESIDENT RATE: \$70 per** 

participant/\$50 per sibling

Make merry music together in this family class through singing, dancing and instrument play; all with holiday flair!

Activity #	Date	Time [	Day(s)
401613-06	Nov. 29 - Dec. 13	9:30 - 10:15 a.m	. Tue
401613-07	Nov. 29 - Dec. 13	10:30-11:15am	n Tue
401613-08	Nov. 30 - Dec. 14	9:30-10:15am	Wed
401613-09	Nov. 30 - Dec. 14	10:30-11:15am	n Wed

#### DRAMA KIDS

**INSTRUCTOR(S):** KinderKids

**AGE(S):** 4-5

FREE

Each student is highly involved in creative drama activities that develop speaking skills, build confidence and enhance early social skills and creative learning. Instructors will make sure all students feel comfortable and recognized so they will stretch and grow in a very positive environment. New scenes and activities are held in each class.

Activity #	Date	Time	Day(s)
601007-01	Dec. 5	10-10:45 am	Mon

#### **KINDERDANCE**

**INSTRUCTOR(S):** KinderKids

Your child will learn through developmental dance/movement and fitness program taught on three levels, the basics of ballet, tap and acrobatics, motor skills and creative dance are taught while blending educational concepts

(INDERDANCE WITH ME

601008-01 Dec. 13

Activity#	Date	Time	Day(s)
601008-02	Dec. 13	4:30-5:15 pm.	Tue
KINDERDA AGE(S): 3-5			
Activity#	Date	Time	Day(s)

5:30-6:30 pm. Tue

#### **BE BOPPIN' TOTS**

INSTRUCTOR(S): Cathi Staysniak

ACE(S): 12-24 mg, with parent

**RATE:** \$75

**DISCOUNTED RESIDENT RATE: \$60** 

This class will bring opportunities to sing, dance and move. Class time will consist of seasonal stories, songs and large-muscle activities. As the children get their wiggles out, they will learn and practice socialization skills while learning to develop new cognitive and language skills. Children will attend this class with one parent or caregiver.

101,071 12	24 mo. with pa	rent	
Activity#	Date	Time	Day(s)
601001-01	Nov 15-Dec 13	9- 9:30 a.m.	Tue
AGE(S): 18	-30 mo. with pa	rent	
Activity#	Date	Time	Day(s)
601001-02	Nov 15-Dec 13	9:45- 10:15 a	a.m. Tue
AGE(S): 24	-36 mo. with pa	arent	
Activity#	Date	Time	Day(s)
601001-03	Nov 15-Dec 13	10:30 - 11 a.m	n. Tue
	Nov 15-Dec 13 -36 mo. with pa		n. Tue
	-36 mo. with pa		n. Tue  Day(s)

#### LETTERS TO SANTA



Treat your child to this special holiday memento.

See page 30 for details.



#### MOVING AND GROOVING GAMES

INSTRUCTOR(S): Cathi Staysniak

**RATE:** \$75

#### **DISCOUNTED RESIDENT RATE: \$60**

This energetic class provides your child with exciting gross motor activities and games. Children will have fun while practicing their listening skills and following instructions. We will incorporate new activities each week while we also enjoy some of the children's favorites.

AGE(S): 3-	4		
Activity#	Date	Time	Day(s)
601002-01	Nov. 15-Dec. 13	11:30 a.m 12:	15 p.m. Tue

AGE(S): 4-	6		
Activity#	Date	Time	Day(s)
601002-02	Nov. 15-Dec. 13	6:45 - 7:30 p.i	m. Tue

#### **PEE WEE PLAY GYM**

Through Monday, Nov. 14 9:30 - 11:30 a.m. Ages 3 and under with parent \$3

#### **TODDLER TIME**

Through Friday, Nov. 18 9:30 - 11:30 a.m. Kindergarten age and under with parent \$3

Drop-in to these fun preschool activities.



#### GOBBLE, GOBBLE, GOBBLE

INSTRUCTOR(S): Cathi Staysniak

**RATE:** \$15

#### **DISCOUNTED RESIDENT RATE: \$10**

601004-05 Nov. 18

Bring your little turkey to this fun Thanksgiving celebration. We will explore a harvest of art/sensory projects, listen to music and a hear a story. Children will have the opportunity to make a special keepsake to share with loved ones and play some silly turkey games. One parent/guardian per child required for most sessions.

AGE(3). 10	- <b>36</b>	with parent or guardian		
Activity#	Date	Time	Day(s)	
601004-01	Nov. 17	9:15-10 a.m.	Thu	
601004-04	Nov 18	6-6:45 p.m	Fri	

9:15-10 a.m.

F				
A	Activity#	Date	Time	Day(s)
6	01004-02	Nov. 17	10:15-11 a.m.	Thu
6	01004-06	Nov. 18	10:15-11a.m.	Fri

AGE(S): 3-5 with parent or guardian					
Activity#	Date	Time D	ay(s)		
601004-03	Nov. 17	11:30 a.m 12:15 p.m.	Thu		
601004-08	Nov. 18	11:30 a.m 12:15 p.m.	Fri		
601004.09	Nov 18	6-6:45 nm	Fri		

00100107	1 101. 10	0 0.15 p.111.	
AGE(S): 4-	6 (no pare	nts)	
Activity#	Date	Time	Day(s)
601004-07	Nov. 18	1-2 p.m.	Fri

#### SANTA'S WORKSHOP

INSTRUCTOR(S): Cathi Staysniak

**RATE:** \$15

#### **DISCOUNTED RESIDENT RATE: \$10**

It's the most wonderful time of year! Your child will have a fun time as we get ready for the holiday. We will enjoy singing festive songs, listen to a holiday story and play reindeer games. There will be handmade projects to wrap and give to loved ones. One parent/guardian per child required for most sessions.

AGE(S): 18-36 months with parent or guardian					
Activity#	Date	Time	Day(s)		
601006-01	Dec 16	9:15-10 a.m.	Fri		
601006-06	Dec. 17	9:30-10:15 a.m.	Sat		
AGE(S): 2-4	with paren	t or guardian			
Activity#	Date	Time	Day(s)		
(0100/ 02	D 1/	LO LE LI	F :		

Activity #	Date	Time	Day(s)
601006-02	Dec. 16	10:15-11 a.m.	Fri
601006-07	Dec. 17	10:30-11:15 a.m	. Sat
ACE(C), 7 E	with maken	t av avravdian	

Activity#	Date	Time D	ay(s)
601006-03	Dec. 16	11:30 a.m12:15 p.m.	Fri
601006-08	Dec. 17	11:30 a.m12:15 p.m.	Sat

AGE(3). 3-0 With parent of guardian				
Activity#	Date	Time	Day(s	
601006-05	Dec. 16	6:30-7:15 p.m.	Fri	

ACE(S): 7 6 with parent or quardian

AGE(S): 4-6 (no parents)			
Activity#	Date	Time	Day(s)
601006-04	Dec 16	1-2 p.m.	Fri

#### SILLY HOLIDAY ELVES

INSTRUCTOR(S): Cathi Staysniak

**RATE:** \$20

601005-02

#### **DISCOUNTED RESIDENT RATE: \$15**

Children will experience "Elf" fun while playing sneaky elf games, singing holiday songs and reading a favorite elf story. There will be art projects in class and festive materials to take home and continue the magic of the season. All materials provided.

AGE(S): 2-4		parent or guard	
Activity#	Date	Time	Day(s)
601005-01	Dec. I	9-10 a.m.	Thu

Dec. I

AGE(S): 3-5	with parent	t or guardian	
Activity#	Date	Time	Day(s)
601005-03	Dec. I	II:30 a.m I2:30 p	.m. Thu
601005-05	Dec. I	6:30 - 7:30 p.m.	Thu

10:15-11:15 a.m. Thu

AGE(S): 4-0	6 (no pare	nts)	
Activity#	Date	Time	Day(s)
601005-04	Dec. I	I - 2 p.m.	Thu

# — EVENING AT THE NORTH ₽○LE

8 and under with adult \$15 per child / \$10 per adult Fri, Dec. 9 from 6-7:30 p.m. See page 31 for details.

Activity # 608603-01 (CHILD)

Activity # 608603-02 (ADULT)



# YOUTH/TEEN

#### DRAMA KIDS

INSTRUCTOR(S): Drama Kids
AGE(S): 6-11

FREE

This fun class includes a variety of stimulating dramatic lessons perfectly suited for elementary school children. Students participate in a wide range of creative activities including speech, dramatic movement, improvisation, snippets and scene starters. Our class aims to give young people ongoing confidence, self-esteem and verbal communication skills.

Activity#	Date	Time	Day(s)
602103-01	Dec. 5	6-7 p.m.	Mon

#### SANTA'S WORKSHOP

INSTRUCTOR(S): Cathi Staysniak

**AGE(S):** 6-8 **RATE:** \$20

#### **DISCOUNTED RESIDENT RATE: \$15**

It's the most wonderful time of year! Your child will have a fun time as we get ready for the holiday. We will enjoy singing festive songs, listen to a holiday story and play reindeer games. There will be handmade projects to wrap and give to loved ones.

Activity#	Date	Time	Day(s)
601006-09	Dec 17	1-2 nm	Sat

#### YOUTH CERAMICS

INSTRUCTOR(S): Chris Powell^
Audrey McCutchen ^^

**RATE:** \$100

#### **DISCOUNTED RESIDENT RATE: \$80**

Participants will learn various hand-building techniques as they work on individual projects. Students will work independently and with instruction. The potter's wheel will be introduced.

AGE(S): 10-13		*NO CLASS: Dec. 26	
Activity#	Date	Time	Day(s)
607131-02^^	Nov. 30-Jan. 4	5-6 p.m.	Wed
AGE(S): 14-12	7		

#### Activity# Date Time Day(s) 607131-01^\* Nov. 28-|an. 9 5-6 p.m. Mon

#### **COOKING CARAVAN**

INSTRUCTOR(S): Cooking Caravan

AGE(S): 6-12 RATE: \$55

#### **DISCOUNTED RESIDENT RATE: \$45**

Cooking Caravan will lead participants in a step-by-step presentation on how to cook new recipes they can make at home for their family and friends. Class takes place in the state of the art Community Center demonstration kitchen. All supplies included.

THANKFUL TREATS				
Activity#	Date	Time	Day(s)	
602101-01	Nov. 19	3:30-5 p.m.	Sat	
CHICKEN S	OUP FOR	THE SOUL		
Activity#	Date	Time	Day(s)	
602101-02	Dec. 3	3:30-5 p.m.	Sat	
HOLIDAY T	REATS			
Activity#	Date	Time	Day(s)	
602101-03	Dec. 10	3:30-5 p.m.	Sat	

#### ROBOTICS ENGINEERING

INSTRUCTOR(S): RoboThink

AGE(S): 6-13 RATE: \$175

#### **DISCOUNTED RESIDENT RATE: \$150**

Join this fun and exciting robotics, engineering and coding class where junior engineers, tinkerers and builders can explore the exciting world of STEM. Students will build various robots that explore sensors, gears, servos and other various robotic engineering concepts. We will also learn how to CODE our robots to do what we want them to do!

		*NO CLASS: Nov. 26	
Activity#	Date	Time	Day(s)

502109-02\* Nov. 16 - Dec. 21 5-6:30 p.m. Wed

#### WINTER BREAK CAMP

INSTRUCTOR(S): Recreation Staff

AGE(S): 6-12 RATE: \$55

#### **DISCOUNTED RESIDENT RATE: \$45**

Spend your winter break at the Community Center enjoying activities such as swimming, arts and crafts, games in our gymnasium and more. Participants should bring a packed lunch, snack, water and swim suit each day. All counselors are camp-trained, CPR/AED and first aid certified through the American Red Cross. Extended care is included.

Activity#	Date	Time	Day(s)
602102-01	Dec. 19	8 a.m 5 p.m.	Mon
602102-02	Dec. 20	8 a.m 5 p.m.	Tue
602102-03	Dec. 21	8 a.m 5 p.m.	Wed
602102-04	Dec. 22	8 a.m 5 p.m.	Thu
602102-05	Dec. 23	8 a.m 5 p.m.	Fri
602102-06	Dec. 27	8 a.m 5 p.m.	Tue
602102-07	Dec. 28	8 a.m 5 p.m.	Wed
602102-08	Dec. 29	8 a.m 5 p.m.	Thu
602102-09	Dec. 30	8 a.m 5 p.m.	Fri

#### KIDS NIGHT OUT

Friday, Dec. 16 5:30 - 8:30 p.m. Rate: \$30

Discounted Resident Rate: \$20

Activity #602104-01

Drop the kids off and enjoy an evening out or finish your holiday shopping! Participants will go swimming, climb the rock wall, enjoy crafts, games, and more! All activities are supervised by Recreation Staff. Pizza and drinks provided.





# **ADULT**

#### WATERCOLOR FOR BEGINNERS, INTERMEDIATE AND BEYOND

INSTRUCTOR(S): John Cameron

AGE(S): 18 and up RATE: \$90

#### **DISCOUNTED RESIDENT RATE: \$75**

Numerous teaching aides, examples and handouts will be shared do students can begin their own watercolor resource notebook. Individual assistance will be provided along with various lessons and demonstrations highlighting important principles of watercolor painting.

#### **ALL LEVELS**

Activity#	Date	Time	Day(s)
607226-01	Nov. 16-Dec. 14	10a.m12p.r	m. Wed

#### FUNDAMENTALS OF DRAWING

INSTRUCTOR(S): Arta Noor AGE(S): 18 and up

RATE: \$90

#### **DISCOUNTED RESIDENT RATE: \$75**

This beginners class is designed to teach basic principles of drawing and sketching. We'll cover techniques such as position, lighting, shape, texture and spacing and advance to drawing landscape, objects, animals and portraits. Demonstrations and handouts are provided to help embark on a journey to drawing. Individual assistance and feedback will be provided.

ALL LEVEL	.s N	O CLASS:	*Nov. 24
Activity#	Date	Time	Day(s)
607221-01	Nov. 15-Dec. 20	10 a.m12	p.m. Tue
607221-02*	Nov. 17-Dec. 29	1-3 p.m.	Thu

#### **CERAMICS**

INSTRUCTOR(S): Chris Powell^
Audrev McCutchen^

**AGE(S):** 18 and up **RATE:** \$200

DISCOUNTED RESIDENT RATE: \$185

Students will work at their leisure on the potter's wheel to develop their throwing skills and honing various hand-building skills with individual guidance and technical advice from the instructor. There is a fee for additional clay.

THROWING NO		CLASS: *D	ec. 26
Activity#	Date	Time	Day(s)
607231-01*^	Nov. 28 - Jan. 9	6:30-9 p.m.	Mon
607231-03^^	Nov. 30-Jan. 4	6:30-9p.m.	Wed
HAND BUILD	NO	CLASS: *F	ec 26

11/11/0 00120		OLINGOI D	00. 20
Activity#	Date	Time	Day(s)
607231-02*^	Nov. 28 - Jan. 9	6:30-9 p.m.	Mon
607231-04 ^^	Nov. 30- Ian. 4	6:30-9 p.m.	Wed

#### TRAIN THE TRAINER CLINIC

**INSTRUCTOR(S):** Empowered Fitness Training **AGE(S):** 18 and up

FREE

Steeped in best practices used in education and the fitness industry, this class will equip you with the tools you need to help individuals with disabilities build and execute their own workout. Ideal for caregivers. With this program developed by Valemee, you can aid others in accessing lifelong fitness and independence. Drop-in but registration required. Call (614) 901-6565 to register.

	5			(s)
DROP	Date	Time	Day(s)	
IN	Jan. 22	2- 4 p.m.	Sun	

#### **OPEN STUDIO CERAMICS**

INSTRUCTOR(S): Chris Powell

AGE(S): 18 and up

**RATE:** \$65

#### **DISCOUNTED RESIDENT RATE: \$50**

This class is open to students who are currently enrolled in an adult ceramics class. This is your time to complete a project independently. No instruction is given. All projects would have to be finished and glazed during the last class. There is an extra fee for clay usage.

Activity#	Date	Time	Day(s)
607232-01	Dec. 3 - Dec. 31	10a.m1p.m	n. Sat

#### **COOKING CARAVAN**

INSTRUCTOR(S): Cooking Caravan

**AGE(S)**: 18 and up **RATE**: \$55

DISCOUNTED RESIDENT RATE: \$45

#### COMFORT FOOD

Join us for a feast as comfortable as an old sweater. Learn to make meatloaf, mashed potatoes with gravy, and green beans.

Activity#	Date	Time D	ay(s)
607225-01	Nov. 19	10 a.m 12 p.m.	Sat

#### CHICKEN SOUP FOR THE SOUL

Learn to make a delicious chicken noodle soup with homemade noodles!

Activity#	Date	Time	Day(s)
607225-02	Dec. 3	10 a.m 12 p.m.	Sat





# **OLDER ADULT**

FITNESS / CREATIVE ARTS / TRAVEL / SUPPORT GROUPS / GAMES

#### REGISTRATION DATES

**Senior Center Program Pass Holder Registration** (In person at the Community Center only and online) Thursday, Nov. 3 | 12 p.m.

**Online Resident Registration** Friday, Nov. 4 | 12 p.m.

**In-Person Resident Registration**Saturday, Nov. 5 | 8 a.m. at the Community Center

Online Open Registration Sunday, Nov. 6 | 12 p.m.

**In-Person Open Registration**Monday, Nov. 7 | 8 a.m. at the Community Center

Westerville Community Center 350 N. Cleveland Ave. Westerville, OH 43082 Mon - Thu: 8 a.m. - 8 p.m. Fri: 8 a.m. - 5 p.m. (614) 901-6560

Park and enter through the south entrance for Senior Center programs and some fitness classes. You may enter through the main or north entrances for the gymnasium, indoor pools and fitness area.

CENTER CLOSED NOV. 24-25, DEC. 26, JAN. 2

#### TRANSPORTATION SERVICES

Transportation is available to Senior Center Program Pass holders residing in the **corporate limits of the City of Westerville** for programs at the Senior Center, the Community Center (as available), medical appointments within the Westerville School District, trips to other destinations which are planned by the Senior Center Staff and shopping trips to grocery stores. Must have a buss pass to ride. Call the Senior Center at (614) 901-6560 for additional information. Requests must be made by 1 p.m. one business day prior to pickup.

SERVICES	DAYS OF THE WEEK	ROUTING TIME BEGINS	ESTIMATED SHOPPING TIME	PUNCHES
TO SENIOR/COMMUNITY CTR.	MON-FRI	8:30 a.m.		2
FROM SENIOR/COMMUNITY	MON/WED/FRI	11 a.m., 12 p.m. 1 p.m., 3 p.m.		2
CTR.	TUE/THU	Times Vary		2
KROGER (Schrock Road), WALMART, MARC'S and KOHL'S, ALDI	TUE	1 p.m.	1.5 hours	3
POLARIS MEIJER, KROGER, GIANT EAGLE, HOME DEPOT	THU	1 p.m.	1.5 hours	3
W.A.R.M.	TUE/THU	9 - 11 a.m.		3
MEDICAL APPTS. DURING LISTED TIMES ONLY. LAST TAKE HOME IS 3:30 p.m.	MON/WED/FRI	8:45 - 11:30 a.m. 1 - 2:30 p.m.	Reminder: Be ready 30-minutes prior to	3
	TUE & THU	8:45 - 11:30 a.m.	appointment time.	<b>,</b>



If the Westerville City Schools close due to inclement weather, transportation to a doctor's appointment or to the grocery store will be a decision made by Senior Center Staff. If you have signed up for this service, you will receive a phone call from us.



#### **BALANCE BOOST**

INSTRUCTOR(S): Valarie Wright

AGE(S): 55 and up

**RATE: \$40** 

**RESIDENT RATE: \$30** 

#### **SENIOR CENTER PROGRAM PASS RATE: \$15**

You need balance for everything, from walking to getting out of a chair to tying your shoes. Boost your balance by building strong muscles in the arms, core and legs to keep you steady and upright. Beginners are encouraged to attend.

Activity # Date

Time Day(s) 604907-01 Nov. 14-Dec. 19 10-10:45 a.m. Mon 604907-02 Nov. 16 - Dec. 21 10 - 10:45 a.m. Wed 604907-03\* Nov. 18 - Dec. 23 10-10:45 a.m. Fri

#### S.E.L.F. CARE CHAIR

**INSTRUCTOR(S):** Valarie Wright

AGE(S): 55 and up

**RATE: \$40** 

**RESIDENT RATE: \$30** 

#### **SENIOR CENTER PROGRAM PASS RATE: \$15**

Fitness is not optional. Exercise is necessary for quality of life. While sitting, improve balance and circulation, increase range-ofmotion and functional strength, prevent injury and promote overall health. Beginners are

encouraged to attend.

Activity #	Date	Time	Day(s)
604905-01	Nov. 14 - Dec. 19	11-11:45 a.m.	Mon
604905-02	Nov. 16 - Dec. 21	11-11:45 a.m.	Wed
604905-03*	Nov. 18-Dec. 23	II-II:45 a.m.	Fri

#### **CHAIR VOLLEYBALL**

**INSTRUCTOR(S):** Senior Center Staff **AGE(S):** Senior Center Program Pass

**FREE** 

Similar to volleyball but modified for everyone. We will play with a beach ball and be able to spike, bump and set to a fun time.



Date	Time	Day(s)
Oct./Nov./Dec.	10-11 a.m.	Thu

#### BANDS AND BELLS

**INSTRUCTOR(S):** Valarie Wright

AGE(S): 55 and up

**RATE: \$40** 

**RESIDENT RATE: \$30** 

#### **SENIOR CENTER PROGRAM PASS RATE: \$15**

Strengthen your muscles and improve bone density using resistance bands and barbells during this complete body workout. You'll be guided through exercises at your own pace in a supportive atmosphere. Beginners are

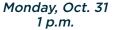
encouraged to attend.

Activity #	Date	Time	Day(s)
604906-01	Nov. 14-Dec. 19	9-9:45 a.m.	Mon
604906-02	Nov. 16 - Dec. 21	9-9:45 a.m.	Wed
604906-03*	Nov. 18-Dec. 23	9-9:45 a.m.	Fri



For information on fitness classes, email the fitness manager at michael.herron@westerville.org.

#### **HOW TO REGISTER** FOR CLASSES



Join Janet and Katie in a tutorial on how to register for Senior Center classes online. Feel free to bring your own device so you can be ready for registration on Thursday, Nov. 3. FREE for Senior Program Pass members

Activity # 504399-01





#### **SENIOR ZUMBA**

INSTRUCTOR(S): Ellen Blaha

AGE(S): 55 and up

**RATE:** \$40

**RESIDENT RATE: \$30** 

#### **SENIOR CENTER PROGRAM PASS RATE: \$15**

This is Zumba modified to suit the needs of the active adult. Dance to zesty Latin music with salsa, merengue and reggae in an exhilarating east to follow party-like atmosphere.

		NO CLASS: '	*Nov. 24
Activity #	Date	Time	Day(s)
604912-01	Nov. 15 - Dec. 20	5:15-6 p.m.	Tue
604912-02*	Nov. 17-Dec.22	5:15-6 p.m.	Thu

#### SENIOR STRENGTH

INSTRUCTOR(S): Billie McRill

AGE(S): 55 and up

**RATE:** \$40

**RESIDENT RATE: \$30** 

#### **SENIOR CENTER PROGRAM PASS RATE: \$15**

Re-engage muscles and mind using the body the way in was designed: walk, run, climb and crawl; carry, squat, jump, swim, balance, throw and catch. Practice mindful movement to achieve total body fitness. Best for those wanting strength and balance, power and mobility. Beginners welcome.

		NO CLASS: *Nov. 24		
Activity #	Date	Time	Day(s)	
604904-01	Nov. 15 - Dec. 20	9-10 a.m.	Tue	
604904-02*	Nov. 17 - Dec. 22	9 - 10 a.m.	Thu	



Nov. 14 / Dec. 12 / Jan. 9 10-11 a.m. Mondays

FREE

Stop by and get your blood pressure and vitals checked. Provided by Uptown Pharmacy.

#### **DELAY THE DISEASE**

INSTRUCTOR(S): Megan Arnold

AGE(S): 55 and up

**RATE:** \$55

**RESIDENT RATE: \$45** 

#### **SENIOR CENTER PROGRAM PASS RATE: \$30**

Designed specifically for those with Parkinson's disease. This fitness class will optimize physical function and help to delay

the progre	ssion of the	aisease.	
		NO CLASS	S: *Nov. 24
Activity #	Date	Time	Day(s)
604902-01	Nov. 15-Dec.	20 l:l5-2:l5p	o.m. Tue
604902-02*	Nov. 17-Dec. 2	22 l:l5-2:l5p	.m. Thu

#### **FOOT CARE**

**INSTRUCTOR(S):** Anchor Foot Care

AGE(S): 55 and up

**RATE:** \$65

**RESIDENT RATE: \$55** 

#### **SENIOR CENTER PROGRAM PASS RATE: \$40**

Services include nail trimming, thinning, filing, foot assessment, corn and callus reduction. Payment for each session due at registration.

Activity #	Date	Time D	ay(s)
504921-01 through -16	Nov. 15	8:30 a.m 4 p.r	n. Tue
604920-01 through-16	Dec. 7	8:30 a.m 4 p.n	n. Wed

#### SENIOR MANICURES

**INSTRUCTOR(S):** April, Brookdale Hospice AGE(S): Senior Center Program Pass FREE

Join Brookdale Hospice for a relaxing manicure and nail painting. A variety of colors will be available for your choosing. Have your hands beautified for your next outing!

DROP	Date	Time	Day(s)
IN -	Nov. 17	1-3 p.m.	Thu



#### MINDFUL BREATHING

**INSTRUCTOR(S):** Marie Corbitt **AGE(S):** Senior Center Program Pass

**FREE** 

Learn simple, mindful breathing exercises that will help you develop a sense of calm and focus. This program is taught by a Westerville Public Librarian.



Date	Time	Day(s)
Nov. 14	II:30 a.m 12 p.m.	Mon
Dec. 12	II:30 a.m I2 p.m.	Mon
lan. 9	II:30 a.m I2 p.m.	Mon

#### TRADITIONAL HATHA YOGA

**INSTRUCTOR(S):** Valarie Wright

**AGE(S):** 55 and up

**RATE:** \$40

**RESIDENT RATE: \$30** 

#### **SENIOR CENTER PROGRAM PASS RATE: \$15**

The union of body and mind designed to prevent physical problems, heal existing ones, improve mobility and maintain overall health. Balance, fluidity and strength equals mobility. *Must be able to sit and stand from the floor.* 

		NO CLASS: *	Nov. 24
Activity#	Date	Time	Day(s)
604903-01	Nov. 15- Dec. 20	II a.m I2 p.m.	Tue
604903-02*	Nov. 17- Dec. 22	II a.m I2 p.m.	Thu

#### **LINE DANCE**

**INSTRUCTOR(S):** Anita Ebbert ^ Robin Poses ^^

AGE(S): 55 and up

**RATE: \$40** 

**RESIDENT RATE: \$30** 

#### **SENIOR CENTER PROGRAM PASS RATE: \$15**

Get up and get down on the dance floor! This class is filled with fun and exercise while learning steps to all of the latest line dances. No partner needed. You will increase your coordination, flexibility and endurance while having fun and making new friends.

Activity#	Date		Time	Day(s)
604909-01^	Nov. 15	5-Dec.20	10 - 11 a.m.	Tue
604909-02^^	Nov. 16	-Dec.21	1-2 p.m.	Wed
IMPROVER		,	*NO CLASS	: Nov. 24
Activity#	Date		Time	Day(s)
604909-03^^*	Nov. 17	-Dec.22	2:30 -3:30 p	o.m. Thu

#### SENIOR TENNIS

AGE(S): Senior Center Program Pass

**RATE:** \$20

Our moderated senior tennis is generated for those looking to continue their love of the sport while getting exercise and socialize with friends. You must be a Senior Center Program Pass holder to play.

\*NO CLASS: Nov. 25. Nov. 26

			,
Activity #	Date	Time	Day(s)
504301-01	Through-Jan.6	8:30 - 9:30 a.m.	Mon/Wed/Fri

#### LOW IMPACT AEROBICS

INSTRUCTOR(S): Pam Croucher

AGE(S): 55 and up

**RATE:** \$40

**RESIDENT RATE:** \$30

#### **SENIOR CENTER PROGRAM PASS RATE: \$15**

This fun and energetic aerobics class choreographed and performed to music will burn calories and improve your health. Large muscle groups are used in continuous rhythmic activity. Light dumbbells and an exercise mat (provided) will be used to strengthen your muscles. *Must be able to get to and from the floor.* 

		*NO CLASS:	Nov. 24
Activity #	Date	Time	Day(s)
604901-01	Nov. 15 - Dec. 20	10:15-11:15 a.m.	Tue
604901-02*	Nov. 17-Dec.22	10:15-11:15 a.m.	Thu

#### **AEROBICS & MORE**

**INSTRUCTOR(S):** Billie McRill

AGE(S): 55 and up

**RATE:** \$40

**RESIDENT RATE:** \$30

#### **SENIOR CENTER PROGRAM PASS RATE: \$15**

Lose weight, increase endurance and improve flexibility as we combine aerobics, a few dance moves and even occasional weights to great music. We'll end each class by moving to the floor/chair to relax and stretch. Experienced and new participants are encouraged to attend. *Bring water.* 

*NO CLASS: Nov			Nov. 23
Activity #	Date	Time	Day(s)
604914-01	Nov. 14- Dec. 19	6:15-7:15 p.m.	Mon
604914-02*	Nov. 16-Dec. 21	6:15 -7:15 p.m.	Wed



#### SILVER SNEAKERS CLASSIC

INSTRUCTOR(S): Pam Croucher^^

Stephanie Bellflower^^^

FREE: Silver Sneaker Pass holders

Seated and standing exercises to increase muscular strength, range of motion and daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and/or standing support. Get fit, have fun, make friends.

mmeca	ı	UIIC	11136	25	pai	departs.	
						*NO CLASS: Nov. 24	

Date	Time	Day(s)
Sept. 7 - Dec. 21 ^^	12-12:45 p.m.	Wed
Sept. 13-Dec. 22^^^	8-8:45 a.m.	Tue/Thu

#### HEARING EVALUATIONS / HEARING AID

INSTRUCTOR(S): Columbus Speech and Hearing and Franklin

County Senior Options

AGE(S): Senior Center Program Pass

**FREE** 

Hearing evaluations, hearing aid fittings, maintenance and follow up hearing aid services. Seniors who need a hearing aid may qualify with only a co-pay through the Older Adult Outreach Program. For more information or to schedule an appointment, call (614) 263-5151. Appointment required.

Date	Time	Day(s)
Nov. 9	10 a.m 12 p.m.	Wed
Dec. 14	10 a.m 12 p.m.	Wed

#### FITNESS WALKING GROUP

As part of your Senior Center Program Pass you can walk your way around the Community Center track.

Please remember to scan your card at the front desk.

**Senior Center Program Pass Holders Only Everyday** 



#### FITNESS MUSICAL CHAIRS

**INSTRUCTOR(S):** Pam Croucher

AGE(S): 55 and up

**RATE: \$40** 

**RESIDENT RATE: \$30** 

#### **SENIOR CENTER PROGRAM PASS RATE: \$15**

This is not your grandma's chair class. Join us for a fun, energetic exercise program that includes cardio, strength and core conditioning set to up-tempo music. Improve flexibility, coordination and endurance while seated. Must be able to freely move arms and legs. *Beginners encouraged*.

*NO	CLA	ASS:	Nov.	24

Activity#	Date	Time	Day(s)

604908-01 Nov. 15 - Dec. 20 11:30 a.m.-12:30 p.m. Tue 604908-02\* Nov. 17 - Dec. 22 11:30 a.m.-12:30 p.m. Thu

#### FEARLESS FALLING

**INSTRUCTOR(S):** Mike Grigsby

AGE(S): 55 and up

**RATE:** \$40

**RESIDENT RATE:** \$30

#### **SENIOR CENTER PROGRAM PASS RATE: \$15**

The fear of falling is one of the biggest phobias. Did you know there is a correct way to fall for safety? Proper fall techniques will be taught to promote health and safety.

Activity#	Date	Time	Day(s)
604915-01	Nov. 16 - Dec. 21	3-4 p.m.	Wed



**CREATIVE ARTS** 

#### CRAFTS

**AGE(S):** Senior Center Program Pass **FRFF** 

This group creates items that will be sold throughout the year and at Snowflake Castle. Work individually or as a group on items that include knitting and crocheting, sewing, paper crafting, holiday themes, OSU or whatever sparks your creativity. Make new friends and have a great time.

DROP	Date	Time	Day(s)	
IN	Nov. / Jan.	1-3 p.m.	Mon	

\*Does not meet in Dec due to Snowflake Castle

#### **OUILTING**

**AGE(S):** Senior Center Program Pass holder **FREE** 

Join this group of quilters as they continue to work on beautiful heirloom quilts. New and experienced quilters are always welcome.

Date	Time	Day(s)
Nov./Dec./Jan.	I-3 p.m.	Mon
Nov./Dec./Jan.	9 a.m 12p.m.	Thu

#### **CREATIVE WRITING AND MORE**

INSTRUCTOR(S): Marie Corbitt,

Westerville Public Library

**AGE(S):** Senior Center Program Pass **FREE** 

Share and encourage participants to develop writing skills through life experiences. Led by a Westerville Public Library Librarian.

		•	
DROP	Date	Time	Day(s)
IN -	Nov. 21	1:30-2:30 p.m.	Mon
	Dec. 19	1:30-2:30 p.m.	Mon
	Jan. 16	1:30-2:30 p.m.	Mon

#### INTRO TO ZENTANGLE®

**INSTRUCTOR(S):** Arlene Roeder

AGE(S): 55 and up

**RATE:** \$60

**RESIDENT RATE:** \$55

#### **SENIOR CENTER PROGRAM PASS RATE: \$40**

This class will provide the beginner with a background in the history of the art form and an introduction to the basic steps of the method. You will create actual Zentangle® tiles using several patterns called tangles. No prior art experience is necessary. Basic Zentangle® kit included.

Activity#	Date	Time	Day(s)	
604305-01	Nov. 16 - Dec. 7	2-4 p.m.	Wed	

#### ZENTANGLE®: BEYOND THE BASICS

INSTRUCTOR(S): Arlene Roeder

AGE(S): 55 and up

**RATE: \$60** 

**RESIDENT RATE: \$55** 

#### **SENIOR CENTER PROGRAM PASS RATE:** \$40

Are you ready to take what you've learned and created in the Introduction to Zentangle® class and expand your tangling practice? Classes are designed to give you a deeper understanding of the Zentangle® method of drawing. You will learn new tangle patterns and techniques that will enhance your experience and art. Please bring your basic Zentangle® kit.

Activity#	Date	Time	Day(s)
604305-02	Dec. 14 - Jan. 4	2-4 p.m.	Wed

#### MAKE IT TAKE IT

INSTRUCTOR(S): Trilogy Senior Care AGE(S): Senior Center Program Pass holder FREE

We will complete a new craft in each session. All skill levels are encouraged to attend.

Activity#	Date	Time	Day(s)
604320-01	Dec. 20	1-2 p.m.	Tue





**CREATIVE ARTS** 

#### **CERAMICS-** *GREENWARE*

**INSTRUCTOR(S):** Phyllis Doelker

**AGE(S):** 55 and up

**RATE: \$60** 

**RESIDENT RATE: \$55** 

#### **SENIOR CENTER PROGRAM PASS RATE: \$40**

Learn the basics to enhance your current techniques of Greenware ceramics. Paint and supplies will be supplied, but greenware projects will be bought by participants. Participants will leave the Senior Center by carpool to purchase their own greenware.

	*NO C	LASS: Nov. 24
Activity# Date	Time	Day(s)

607301-01\* Nov. 17-Dec. 29 11:30 a.m. - 2:30 p.m. Thu

#### **FUN FOLD CARDS**

**INSTRUCTOR(S):** Sherry Rider

**AGE(S):** 55 and up

**RATE:** \$20

**RESIDENT RATE: \$15** 

#### **SENIOR CENTER PROGRAM PASS RATE: \$10**

Learn how to make your handmade cards extra special by using fun fold techniques! You will learn four fold techniques and complete one card for each. Supplies needed: Scissors, adhesive (liquid and tape runner), 12 inch paper cutter, bone folder (or ruler or scoring blade on your trimmer) and scoring board. Paper will be provided.

Activity#	Date	Time	Day(s)
604301-01	Nov. 29	10 a.m 12 p.m.	Tue

#### **WATERCOLOR PAINTING:** FIRST STEPS

**INSTRUCTOR(S):** Richard Leavy

AGE(S): 55 and up

**RATE: \$80** 

**RESIDENT RATE: \$70** 

#### **SENIOR CENTER PROGRAM PASS RATE: \$55**

This class will describe and explore the basics of watercolors and cover composition, value and color while practicing how to put paint on and take it off paper. Landscape photos, provided by the instructor, will be references. All registered participants will be sent a

material list.

Activity#	Date	Time	Day(s)
604303-01	Nov. 16 - Dec. 21	I-3 p.m.	Wed

#### COLOR MF CALM

**AGE(S):** Senior Center Program Pass **INSTRUCTOR(S):** Marie Corbitt

**FREE** 

NEW

This relaxing and stress-relieving class is a great way to spend an hour relaxing. We will listen to calming music and color away. Led by a Westerville Public Library Librarian.

		,	
DROP	Date	Time	Day(s)
IN	Nov. 4	1-2 p.m.	Fri
	Dec. 2	1-2 p.m.	Fri
	Jan. 6	1-2 p.m.	Fri

#### CARDMAKING FOR THE HOLIDAYS

**INSTRUCTOR(S):** Susan Freund

NEW

AGE(S): 55 and up

**RATE:** \$65

**RESIDENT RATE: \$55** 

#### **SENIOR CENTER PROGRAM PASS RATE: \$45**

Learn to make holiday cards, gift tags and cards to give as a gift. You may choose which cards to make from a large selection which include Valentine's Day cards. Please bring scissors, adhesive (liquid and tape runner), 12-inch paper cutter and a bone folder (or scoring blade on your trimmer). Paper will be provided.

Activity#	Date	Time	Day(s)
604300-01	Nov 16-lan 1	1 10 am -12 pm	Wed



#### **SILVERTONES**

INSTRUCTOR(S): Larry Leffort and

Lyndsay Smith

**AGE(S):** Senior Center Program Pass

#### **SENIOR CENTER PROGRAM PASS RATE: \$80**

Silvertones choir members sing in a professional atmosphere with amazing harmonies and professional instructions. Call the Senior Center at (614) 901-6560 for more information or if you are new to the group.

Date	Time	Day(s)
Yearly	10:30-11:30 a.m.	Wed

#### PINTEREST CLUB

**INSTRUCTOR(S):** Africa Thomas,

Wesley Communities

**AGE(S):** Senior Center Program Pass

**FREE** 

Complete a new project each month from the popular Pinterest site. No experience necessary. All projects will be completed the same day, materials will be provided.

Activity#	Date	Time	Day(s)
604304-01	Dec. 8	3-4 p.m.	Thu
604304-02	Jan. 12	3-4 p.m.	Thu

# HOW TO REGISTER FOR CLASSES

Monday, Oct. 31 1 p.m.

Join Janet and Katie in a tutorial on how to register for Senior Center classes online. Feel free to bring your own device so you can be ready for registration on Thursday, Nov. 3. FREE for Senior Program Pass members

Activity # 504399-01

#### LOADS OF CARDS

**INSTRUCTOR(S):** Sherry Rider

**AGE(S):** 55 and up

**RATE: \$20** 

**RESIDENT RATE: \$15** 

#### **SENIOR CENTER PROGRAM PASS RATE: \$70**

NEW

Learn to cut patterns/cardstock paper efficiently to yield eight to 12 cards using a template design. Cards may be completed in class or completed at home using the template. Please bring scissors, adhesive (liquid and tape runner), 12-inch paper cutter and a bone folder (or scoring blade on your trimmer). Paper will be provided.

Activity#	Date	Time	Day(s)
604302-01	Nov. 15	10 a.m12 p.m.	Tue

#### DIABETES EDUCATION/SUPPORT GROUP

**INSTRUCTOR(S):** Uptown Pharmacy **FREE** 

Learn about a new diabetic topic each month including nutrition, self-care and possible complications in this open, safe learning environment. Attendees can learn from other's experiences and offer support to each other.

DROP	Date	Time	Day(s)
IN '	Nov. 17	2-3 p.m.	Thu
	Dec. 15	2-3 p.m.	Thu
	Jan. 19	2-3 p.m.	Thu





SPECIAL INTEREST

#### GINGERBREAD HOUSE MAKING CONTEST

**INSTRUCTOR(S):** Carla Poston **AGE(S):** Senior Program Pass

**FREE** 

Participants will decorate a gingerbread house, enjoy a holiday treat and listen to holiday music. All decorating supplies will be provided. Each participant receives one gingerbread house to take home.

Activity#	Date	Time	Day(s)
604330-01	Dec. 13	10-11:30 a.m.	Tue

### HOW TO USE YOUR iPHONE AND iPAD: APPI F PAY

**INSTRUCTOR(S):** Gregg Montgomery

AGE(S): 55 and up

**RATE:** \$35

**RESIDENT RATE: \$30** 

#### **SENIOR CENTER PROGRAM PASS RATE: \$20**

Learn the basics on how to use your iOs, App Store, Safari browser, cameras and phone app in this easy to follow class.

Activity#	Date	Time	Day(s)
604307-01	Dec. I	1:30 - 2:30 p.m.	Thu

#### CENTERED SENIORS INVESTMENT CLUB

**INSTRUCTOR(S):** Barb Pryor

AGE(S): Senior Center Program Pass

FREE

This club is a legal partnership of senior investors who maintain an active portfolio of common stocks and take responsibility for learning, listening and helping to make an investment in common stock. Each member is assigned the responsibility to follow one of the stocks in the the Club's portfolio, studying and reporting back to the group on a quarterly schedule. Discussion is usually lively and always educational. For more information, contact Barb Pryor at barbp464@gmail.com.

Date	Time	Day(s)	
Nov. 10	1-3 p.m.	Thu	
Dec. 8	1-3 p.m.	Thu	
Jan. 12	1-3 p.m.	Thu	

#### **COMPUTER CONNECTORS**

**INSTRUCTOR(S):** Jim Holden

**AGE(S):** Senior Center Program Pass

FREE

Bring your computer questions to this group-sharing and problem-solving class. Online demonstrations will be used to aid the discussions. These meetings will include presentations on free software from Microsoft, Google and others.

Date	Time	Day(s)	
Nov. 7 & 2 I	1-3 p.m.	Mon	
Dec. 5, 19	I-3 p.m.	Mon	
Jan. 16	1-3 p.m.	Mon	

#### **DISCUSSION GROUP**

**INSTRUCTOR(S):** Lisa Clark,

Concord Counseling

**AGE(S):** Senior Center Program Pass

FREE

Engage with others in different topics each week. Call Lisa at (614) 882-9338, ext. 230 for a Zoom link.

Date	Time	Day(s)
Nov. /Dec./Jan.	1:30-2:30 p.m.	Tue

#### DOWNSIZING AND MOVING CAN BE UPLIFTING

INSTRUCTOR(S): Rob Rankin,

Downsizing with a Heart

AGE(S): Senior Center Program Pass holder

FREE

Thinking of downsizing your home? Moving or aging in place? Get tips from the pros on how to plan, organize and sort your possessions. If moving, learn about selling, donating or disposing items, then packing and unpacking.

Activity#	Date	Time	Day(s)
604327-01	Nov. 15	1:30-2:30 p.m.	Tue



SPECIAL INTEREST

#### **COOKING CARAVAN**

**INSTRUCTOR(S):** Cooking Caravan

AGE(S): 55 and up

**RATE:** \$55

**RESIDENT RATE: \$45** 

#### SENIOR CENTER PROGRAM PASS RATE: \$40

Learn new and exciting cooking adventures. Participants will be lead in step-by-step presentation on how to cook new recipes and how to make old ones exciting again. Samples are always provided. *All supplies are included*.

Activity#	Date	Time	Day(s)
GINGERBRI	EAD		
604318-01	Dec. 5	10 - 11 a.m.	Mon

#### GET THE SCOOP ON MEDICARE

**INSTRUCTOR(S):** Carla Poston

AGE(S): Senior Center Program Pass

RATE: FREE

The varying parts of Medicare and your Medicare options for 2023 will be discussed with plenty of time for questions. Ice cream will be provided. This is a repeat class of a prior session.

Activity#	Date	Time	Day(s)
604335-01	Dec. I	I-2 p.m.	Thu

# HOW TO REGISTER FOR CLASSES

Monday, Oct. 31 1 p.m.

Join Janet and Katie in a tutorial on how to register for Senior Center classes online. Feel free to bring your own device so you can be ready for registration on Thursday, Nov. 3. FREE for Senior Program Pass members

Activity # 504399-01

#### **BOOK DISCUSSION GROUP**

INSTRUCTOR(S): Mindy Bilyeu
AGE(S): Senior Center Program Pass

**FREE** 

This group enjoys lively discussion led by Westerville Public Library librarian Mindy Bilyeu. Contact Mindy at (614) 882-7277 extension 2186 to pick up a book and enjoy the fun.



#### SENIOR NOTARY SERVICES

INSTRUCTOR(S): Shirley Bernard, The James Notary Solutions, LLC AGE(S): Senior Center Program Pass

**SENIOR CENTER PROGRAM PASS RATE:** \$5.00 per document needing signed

Needing items notarized? Bring your documents (unsigned) to this dropin event. Must provide a valid form of identification. Additional requirements apply. Call (614) 515-3220 for details.

Date	Time	Day(s)
Nov. I I	10-11 a.m.	Fri
Dec. 9	10-11 a.m.	Fri



The Westerville Senior Association is a non-profit organization that assists with funding for the Parks and Recreation Senior Center. Through fundraising, the Association helps pay for Senior Center memberships and bus passes for seniors in financial need. They also purchase equipment and conduct events such as Ham and Bean Dinner and Snowflake Castle. For more information or to become an member, call (614) 901-6560.



SPECIAL INTEREST

#### INTERACTIVE LECTURE SERIES

INSTRUCTOR(S): Van Young

AGE(S): Senior Center Program Pass

**FREE** 

#### THE VOYAGE OF THE MAYFLOWER

The story of the Mayflower voyage is really about the beginning of America and how the Pilgrims came to our continent. Hardship and adversity were constant. The talk tells the story behind this remarkable trip and how the heart and soul of our forefathers led to not only their survival, but the model of future settlements in the new world.

Activity#	Date	Time	Day(s)
504319-02	Nov. 21	2-4 p.m.	Mon

#### **GREAT DECISIONS**

INSTRUCTOR(S): Marie Corbitt
AGE(S): Senior Center Program Pass

**FREE** 

Created by the Foreign Policy Association, this class is America's largest discussion program on world affairs. The class goal is to promote greater understanding and respect on a wide variety of topics. Led by a Westerville Public Library Librarian.

Date		Time	Day(s)
Nov. 28	Biden's Agenda	I-2 p.m.	Mon

#### **PRIME TOURS**

INSTRUCTOR(S): Kevin Thuman, Lisa Busch AGE(S): Senior Center Program Pass holder FREE

Attend a presentation on exciting travel opportunities including: New York Holiday Rockettes, Nashville & Memphis Blue Christmas, Buckeye Football Road Trips, Hawaii Island Cruise, Iconic National Parks, Balloon Festival, France Riverboat Cruise, Ohio trips and more.

Date	Time	Day(s)	
Nov. 8	4 p.m.	Tue	
Dec. 12	4 p.m.	Mon	
Jan.23	4 p.m.	Mon	

#### **WORLD OF TRAVEL**

**INSTRUCTOR(S):** Sandy Dillon

**AGE(S):** Senior Center Program Pass holder

**FREE** 

Learn about upcoming exciting getaways around the world and in our own backyard that you can travel to with friends. Trips include, Bavarian Christmas in Frankenmuth, Tuscan Winter Escape, Finger Lakes of New York, Mediterranean Interlude and Rockies to Red Rock.

DROP	Date	Time	Day(s)
IN	Nov. 15	10 a.m.	Tue
	Dec. 13	10 a.m.	Tue
	lan 17	IO a m	Tue

### LEGENDARY LIGHTS OF HISTORIC CLIFTON MILLS



**INSTRUCTOR(S):** Senior Staff

AGE(S): 55 and up

**RATE: \$30** 

**RESIDENT RATE: \$25** 

#### **SENIOR CENTER PROGRAM PASS RATE: \$20**

One of the country's finest light shows with more than 4 million lights illuminating the mill, gorge, riverbanks, trees and bridges plus a 100-foot "waterfall" of twinkling lights. This is a fantastical winter wonderland which includes a miniature village, Santa Claus museum and toy collection. We will have dinner (on your own) before the event

Activity#	Date	Time	Day(s)
614301-01	Dec. 8	2-9:30 p.m.	Thu



#### DER DUTCHMAN/CHEESE HOUSE





**RATE: \$20** 

**RESIDENT RATE: \$15** 

#### **SENIOR CENTER PROGRAM PASS RATE: \$10**

Enjoy comfort food on a winter day. From meat and potatoes to pastries and pies, this is the place to savor the bounty of genuine Amish cooking. After lunch we will stop at the Cheese House where you can buy cheese, handcrafted fudge, local jam, spices, gluten-free and sugar free foods, a specialty deli and ice cream. You will also have time to visit the Country Closet Thrift Store.

Activity#	Date	Time	Day(s)
614302-01	Dec. 13	12:30 - 5 p.m.	Tue

#### **PRIME TIME DINERS**



AGE(S): 55 and up

**RATE: \$20** 

**RESIDENT RATE: \$15** 

#### **SENIOR CENTER PROGRAM PASS RATE: \$10**

Take the road each month and visit some of central Ohio's finest restaurants enjoying great meals, great conversation and great friends. Transportation needs will be provided by the Westerville Senior Center leaving promptly at the printed time. (Dinner is on your own). Location TBD.

Activity#	Date	Time	Day(s)
614303-01	Dec. 20	4:30-9 p.m.	Tue

#### SALT CAVE



**INSTRUCTOR(S):** Senior Staff

AGE(S): 55 and up

**RATE:** \$50 **RESIDENT RATE: \$45** 

#### **SENIOR CENTER PROGRAM PASS RATE: \$35**

Experience healing benefits while you relax in this salt cave lined with Himalayan rock salt boulders that are millions of years old and contain over 84 trace minerals readily absorbed by the human body. Bring a pair of clean white socks. We will go to lunch (on your own) after our relaxing experience.

Activity#	Date	Time	Day(s)
614322-01	Dec. 20	10:30 a.m 2 p.m.	Tue

#### **LUNCH BUNCH**



AGE(S): 55 and up

**RATE:** \$20

**RESIDENT RATE: \$15** 

#### **SENIOR CENTER PROGRAM PASS RATE: \$10**

Travel on the Senior Center bus for lunch to a variety of restaurants (on your own). Lunch destination TBA.

Activity#	Date	Time	Day(s)
614304-01	Dec.5	11:30 a.m 2 p.m.	Mon

#### **NEW YEARS CELEBRATION**

**AGE(S):** Senior Center Program Pass

#### **SENIOR CENTER PROGRAM PASS RATE: \$3**

We will have a party with a special count down at 12 p.m. We will then have lunch to celebrate the new year!

Activity#	Date	Time	Day(s)
604327-01	Dec. 30	11:30 a.m.	Fri



**MEALS** 

#### **LUNCH AND LEARN**



**INSTRUCTOR:** Kailey Quiambao

Drayer Physical Therapy

**AGE(S):** Senior Center Program Pass

FREE

Drayer physical Therapy will be providing lunch and an opportunity to learn about common conditions in the lower back. hips and knees including how you can help yourself get better and decrease your pain, even from home.

Activity#	Date	Time	Day(s)
604301-01	Nov. 15	11:30 a.m.	Tue

#### **BIRTHDAY LUNCH**

AGE(S): Senior Center Program Pass

**RATE:** \$3

Join us the first Wednesday of the month for our lunch celebrations of the month's birthdays. Let us know ahead of time when it is your birthday month to receive a party bag and free lunch.

Date	Time	Day(s)	
Nov. 2	12-12:30 p.m.	Wed	
Dec. 7	12-12:30 p.m.	Wed	
Jan. 4	12-12:30 p.m.	Wed	

#### **ELVES HOLIDAY LUNCHEON**

AGE(S): Senior Center Program Pass **SENIOR CENTER PROGRAM PASS RATE: \$5** 

Enjoy a sit-down traditional holiday meal that will be served to you. Our little elves have been working very hard to prepare for the big day.

Activity#	Date	Time	Day(s)
604328-01	Dec. 23	12 p.m.	Fri

#### FRIDAY FEAST

**AGE(S):** Senior Center Program Pass **SENIOR CENTER PROGRAM PASS RATE: \$5** 

Enjoy a themed, hot and delicious meal served to you with old and new friends. Registration is required.

-			
THANKSGIVING FEAST			
Activity#	Date	Time	Day(s)
504306-01	Nov. 18	12-1 p.m.	Fri
HOLIDAY L	JNCHEON		
Activity#	Date	Time	Day(s)
604326-01	Dec. 16	12-1 p.m.	Fri

#### SENIOR MEAL PROGRAM

**AGE(S):** Senior Center Program Pass **SENIOR CENTER PROGRAM PASS RATE: \$3** 

Enjoy a delicious meal in the company of others. Pick up the monthly menu or visit www.westerville.org/seniorcenter.

Date	Time	Day(s)
Nov./Dec./lan.	12-12:30 p.m.	Wed/Fri



#### **GRINCHMAS!**

AGE(S): Senior Center Program Pass NEW! **SENIOR CENTER PROGRAM PASS RATE: \$37** 

Join the Grinch as we celebrate our own Grinchmas! A Grinch of a time will be had by all with lunch and laughs. Your heart may even grow a few sizes.

Date	Time	Day(s)	
Dec. 21	12 p.m.	Wed	



All games are available to Senior Center Program Pass holders only and are free with your pass.

#### **Meeting Every Week**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BILLIARDS	BILLIARDS	BILLIARDS	BILLIARDS	BILLIARDS
8 a.m 8 p.m.	8 a.m 8 p.m.	8 a.m 8 p.m.	8 a.m 8 p.m.	8 a.m 5 p.m.
	CORN HOLE	PINOCHLE	TABLE TENNIS	EUCHRE
	10 - 11 a.m.	1-3 p.m.	10 a.m 12 p.m.	1 - 3 p.m.
ADVANCED MAH JONGG	HAND AND FOOT/ CANASTA 1 - 3 p.m.	CONTRACT BRIDGE 1 - 3 p.m.	ADVANCED MAH JONGG 10 a.m 12 p.m.	CONTRACT BRIDGE
PINOCHLE	BEGINNER BRIDGE	EUCHRE	TRAIN DOMINOS	SCRABBLE
1 - 3 p.m.	1-3 p.m.	1 - 3 p.m.	1 - 3 p.m.	1 - 3 p.m.
		SPADES 1 - 3 p.m.	CHAIR VOLLEYBALL 10 - 11 a.m.	

#### **Meeting on Specific Dates**

ı	MONDAY TUESDAY		<b>Y</b>	WEDNESDAY			THURSDAY			FRIDAY					
BINGO 1 p.m.				BINGO 1 p.m.		BINGO 6 p.m.			DUPLICATE BRIDGE 12:30-4 p.m.			BINGO 1 p.m.			
	NOV. 28	DEC. 19	JAN. 23	NOV. 8	DEC. 13	JAN. 10	NOV. 16	DEC. 21	JAN. 18	NOV. 10	DEC. 8 & 22	JAN. 12 & 26	NOV. 11	DEC. 9	JAN. 13
										RE CHALL 3-5 p.m.	.ENGE	AFTERNO **	OON EUCHF 1 p.m.	RE PARTY	
										NOV. 3	DEC. 1	JAN. 5	NOV. 18	DEC. 16	JAN. 20

While the play is serious, the atmosphere

is friendly and social. Players are asked to

Meets from 12:30-4 p.m. on the second

and fourth Thursday of the month.

#### **EUCHRE CHALLENGE**

INSTRUCTOR(S): Carla Poston
ProCore Health Brokers
Enjoy an afternoon of Euchre with prizes.
Meets from 3-5 p.m. on the first
Thursday of the month.

AFTERNOON EUCHRE PARTY

#### BEGINNER BRIDGE

come with a partner.

**DUPLICATE BRIDGE** 

INSTRUCTOR(S): Richard Sloan
Play is geared toward experienced
players with fast, exciting games.

Meets at 1 p.m. on the third Friday
of the month.

Have FUN, while learning to play Bridge. You will learn in a non-competitive, relaxed and fun environment. This is for beginners only. *Meets from 1-3 p.m. on Tuesday. Instructor: Reed Sleven* 

#### **CONTRACT BRIDGE**

Play is geared toward experienced players with fast exciting games. New and experienced players welcome. **See chart for dates and times.** 

#### BINGO

This favorite game allows you to meet new friends and share a few laughs while enjoying the fun of winning. **See chart for dates and times.** 

\* EXPERIENCED/ADVANCED PLAYERS



### PROGRAMS and EVENTS INDEX

Δ		Н		
20-20-20	42	■ ■ Hatha Yoga	45	Senior Manicures
Adult Fitness Swim		Hearing Evaluations / Hearing Aid		Senior Meal Program
Aerobics & More		High School Basketball League		Senior Notary Services
All Weights				
9		Hip Hop Cardio		Senior Strength
Aquaflex	40	Hip Hop Strength		Senior Tennis
В		How to Register for a Class for Older Adults		Senior Zumba
_		How to Use Your iPhone and iPad - Apple Pay		Shallow Water Fitness
Balance Boost	52	Hydrorider Aquabikes	40	Silly Holiday Elves
Band Strength and Sculpt	44	_		Silver Sneakers Classic
Bands and Bells	52			Silver Splash: Aqua, Cardio & Tone
Be Boppin' Tots	47	Indoor Cycling	44	Silvertones
Birthday Lunch	63	Interactive Lecture Series		Special Needs Swim
Blood Pressure Check	53	Intro to Zentangle		Step & Sculpt
Body Fit	42	Intro to Zentangle	50	Strength & More
Book Discussion Group				
		J		T
C				•
Candlelight Slow Flow	45	K		Tai Chi for Health
=				Time "Crunch" Toner
Cardmaking for the Holidays		Kids Night Out		Toddler Time
Centered Seniors Investment Club		Kinderdance	47	Total Body Strength
Ceramics				Traditional Hatha Yoga
Ceramics - Greenware				Train the Trainer Clinic
Chair Volleyball	52			
Climbing Kids	46	LaBlast Dance Fitness		11
Color Me Calm	57	Legendary Lights of Historic Clifton Mills		U
Combo Water Workout	40	Let's Dance		
Computer Connectors	59	Lifeguard Class	41	~ -
Cooking Caravan Adult		Lift & HIIT	43	V
Cooking Caravan Older Adult		Lil' Climbers	46	Vinyasa Yoga
Cooking Caravan Youth		Line Dance	54	Viriyasa 10ga
Core Fusions		Loads of Cards		
		Low Impact Aerobics		W
Court Sport Fitness		Low Impact Aerobics Older Adult		• •
Crafts		Low Impact Aerobics Order Addit		Water Fitness
Creative Writing and More		· · · · · · · · · · · · · · · · · · ·		Water Toning
Cycle and Core		Lunch and Learn		Water Yoga
Cycle Fusion	42	Lunch Bunch	62	Watercize
<b>P</b>		N.4		Watercolor for Beginners, Intermed
D		M		Watercolor Painting: First Steps
Deep Release	45	Make It Take It	56	Winter Break Camp
Deep Water Conditioning		Mindful Breathing		World of Travel
Delay the Disease		Moving and Grooving Games		
Der Dutchman / Cheese House		Muscles in Motion		V
Diabetes Education / Support Group		Music Together Mini		X
		Music Together Milli	47	
Discussion Group		A.I		Υ
Downsizing and Moving Can Be Uplifting		N		Yoga Flow
Drama Kids Preschool		New Year's Celebration	62	9
Drama Kids Youth				Yoga for Health
Dynamic Pilates	44			Youth Ceramics
<u> </u>		0		
E		Open Studio Ceramics	50	Z
_	67	Open studio cerunies	50	
Elves Holiday Luncheon		_		Zentangle: Beyond the Basics
Empowered Fitness Training	44	P		Zumba
_		-	40	
F		Pee Wee Basketball		
Fearless Falling	55	Pee Wee Play Gym		
Fit & Fabulous		Pickleball Holiday Classic		
Fitness Musical Chairs		Pinterest Club		
Fitness Walking Group		Power Pilates		
		Prime Time Diners	62	
Foot Care		Prime Tours	61	
Friday Feast				
Fun Fold Cards		Q		
Fundamentals of Drawing	50	Quilting	56	
C			0	
G		R		
Games Older Adult				
Get the Scoop on Medicare		Robotics Engineering	49	
Gingerbread House Making Contest	59	C		
Glutes & Abs	43	S		
Gobble, Gobble	48	S.E.L.F. Care Chair	52	
Great Decisions	61	Salt Cave		
Great Shapes - Low Impact	42	Santa's Workshop Preschool		
·				

Santa's Workshop Youth......49

# CITY OF WESTERVILLE RECREATION TRAIL SYSTEM

# TRAILS

# Alum Creek Trail - 5.24 miles

under Schrock Road to the Westerville Corporate limits From the dead end north of County Line Road, south through Sports Complex then Heritage Park to Main Street, East to Alum Creek, south across the Historical Bridge

# Big Walnut Creek Trail - 2.22 miles

County Line Road at Sunbury Road, south through the tunnel just north of Marlene Drive along Hoover Reservoir to Central College Road

County Line Trail - 2.2 miles
From the Ohio to Erie Trail west across Alum Creek to Worthington Road

Ohio to Erie Trail - 3.93 miles
From Alum Creek Trail at Schrock Road, east to Charring Cross Drive behind Roush Hardware. North across State Street to Polaris Trail at Maxtown Road

# Polaris Trail - 2.77 miles

N. Spring Road at Maxtown Road west to Alum Creek Trail along Polaris Parkway

Towers Trail - 3.2 miles
From Big Walnut Creek Trail at Sunbury Road, west to Towers Park, across
County Line Road, north to Hoff Woods Park, west to Ohio to Erie Trail

# TRAIL CONNECTORS

Alum Creek Park Trail Connector (I) - .3 miles
At West Street. Connects Otterbein University through Alum Creek Park North across Main Street bridge to the Alum Creek Trai

# Alum Creek Park Trail Connector (II) - .75 miles At Cooper Road. Connects Alum Creek Park Trail to Sharon Woods Metro Park

# Chipmunk Chatter Trail Connector - .6 miles

Inniswood Metro Park North Street at Central College Road and Sunbury Road, west to gate at

Hoff Woods Connector - .15 miles
Ohio to Erie Trail at Maplebrook Drive, east to Hoff Woods Park

# At the Ohio to Erie Trail west to Library Road Westerville Library Connector - .09 miles

Africa Road Connector - .11 miles
Polaris Parkway north to Corporate Limits

# INNER PARK TRAIL LOOPS

.55 miles

Highlands Park Loop 1.09 miles

Johnston-McVay Park Loop .32 miles

.36 miles

Sports Complex Loop Towers Park Loop

.37 miles

# Community Center Loop

Hoff Woods Park Loop Heritage Park Trail Loop Huber Village Park Loop .7 miles 1.16 miles ,89 miles

Millstone Creek Park Loop Metzger Park Loop .85 miles

Olde Town Park Loop 1.29 miles .36 miles .2 miles

Walnut Ridge Park Loop

# Visit one of the many Westerville Parks while enjoying the paths

9

Hannah Mayne Park (55 Glenwood Ave.)

% ☐ ¥ P # °

- 1 Alum Creek Park North (221 W. Main St.)

ಠ

- N
- W Astronaut Grove (290 W. Main St.)
- 4
- Boyer Nature Preserve (452 E. Park St.)

  P 💥 🔤

12

Hoff Woods Park (556 McCorkle Blvd.)

=

**⊗** 

Heritage Park (60 N. Cleveland Ave.)

- U Brooksedge Park (708 Park Meadow Rd.) 計 (以 共 图
- 6

3

Huber Village Park (362 Huber Village Blvd.)

③ 参 図 P 来 & 軸 >

Cherrington Park (Ernest) (231 Hiawatha Ave.)

4

Johnston-McVay Park (480 S. Hempstead Rd.)

- 7 First Responders Park (374 W. Main St.)
- œ Hanby Park (115 E. Park St.) HUB Location ※ 目 P は ド き う
  - 5 Metzger Park, Paul S. (137 Granby Place) % U ¥ P ∤ \* \*\*

- 6 Millstone Creek Park (745 N. Spring Rd.)
- 7 Olde Town Park (108 Old County Line Rd.)

E Highlands Park Aquatic Center
F Parks Maintenance Complex

Parks Maintenance Complex Rink at Alum Creek Park S.

A Westerville Community Center
 B Everal Barn at Heritage Park
 C Amphitheater at Alum Creek Park N.
 D Thomas James Knox Memorial Hockey

Facilities

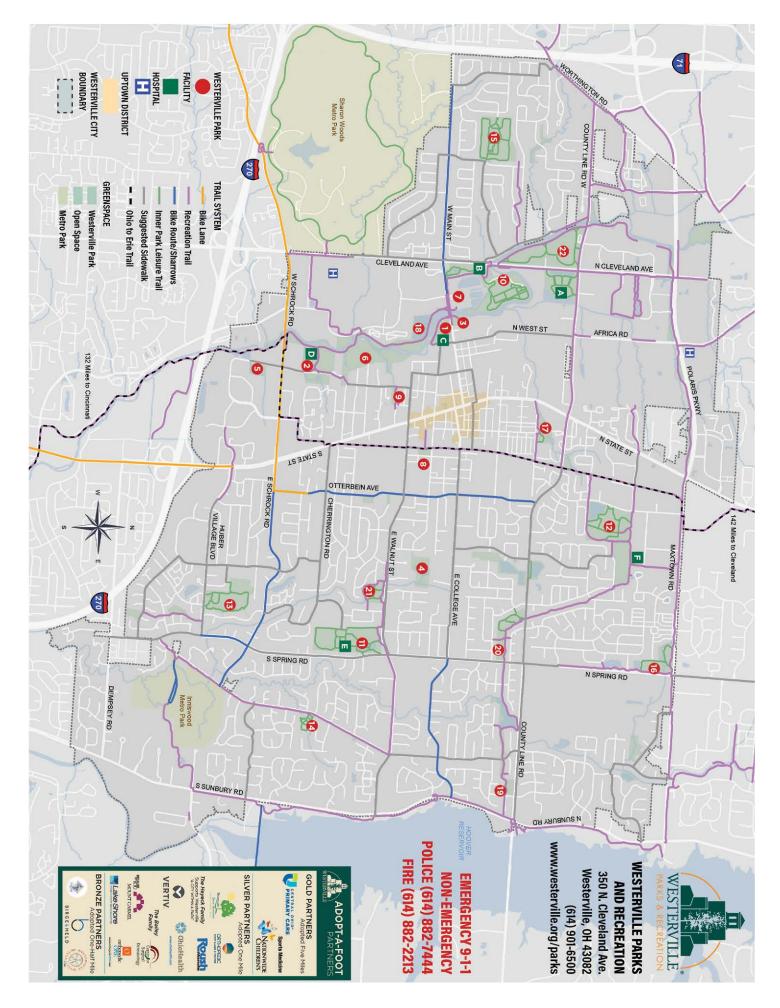
- 8 Otterbein Lake (via 221 W. Main St.) % ▲\ **!**
- 19 Spring Grove North Park (1201 E. County Line Rd.)
- 20 Towers Park (161 N. Spring Rd.)

  Output

  Description:

  Towers Park (161 N. Spring Rd.)
- 2 Walnut Ridge Park (529 E. Walnut St.
- 22 Westerville Sports Complex (325 N. Cleveland Ave.)
- www.westerville.org/parks

Drinking Fountain V Spray Ground	Dog Park Soccer	Community Shelter House	BMX/Skateboard 🛣 Restroom	Bike/Leisure Path 66 Portajohn	Basketball Playground	Ball Diamonds Picnic Area	Amphitheater 🕹 Parking	Key
<b>(</b> :	3	[			4	*	U	





See page 24 for details.