



GROVE CITY PARKS & REC. ACTIVITY GUIDE • JAN.-FEB. 2025

PARKS & RECREATION OFFICES

Kingston Center614-277-3050
 3226 Kingston Ave.
General information and preschool, youth and adult class registration

Evans Center614-277-1060
 4330 Dudley Ave.
55+ information and class registration; contact information for senior services

Gantz Farmhouse614-871-6323
 2255 Home Road
Herb garden and Gardens at Gantz Farm Volunteer information

Weather Hot Line614-277-3060
Status updates on team sports

WEB
GroveCityOhio.gov





SOCIAL MEDIA
 Grove City Parks and Recreation
 @GroveCityParks





City of Grove City
 @GroveCityOhio

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REGISTRATION

- 
bit.ly/gcpReg
 24-7
 Credit card only
- 
Kingston Center
 8 a.m.-5 p.m., Monday-Friday
 Credit card, cash, money order, check
 Ages: 1-54
- 
Evans Center, 4330 Dudley Ave.
 8 a.m.-5 p.m., Monday-Friday
 Credit card, cash, money order, check
 Ages: 55+
- 
Drop Box, 3226 Kingston Ave. (Rear)
 24-7
 Check or money order
 Ages: All

Credit cards accepted:    

Make checks & money orders payable to: **City of Grove City**



Registration for January-February classes opens Monday, Dec. 16.

Preschool

Preschool programs foster physical, mental and cultural development for children as young as 2. Participants are exposed to a variety of experiences as they grow, learn and develop personalities and discover interests. They develop self-confidence, language and self-control while having fun.

RecSchool

Preschoolers build academic, social, creative, physical and emotional skills in a child-centered group setting. Children connect with the environment through nature-based classroom experiences and frequent Adventure Days. Dress for play and exploration.

Registration opens in February for the following school year (September-May). For info, visit bit.ly/GCRecSchool or call 614-871-6330.

Ages: 3-5

September-May

Kingston Center Room 1

RecSchool Hands-on Open House

Stop by the Kingston Center with your family to experience RecSchool preschool. Come for a few minutes or stay for the morning. While children paint a picture, read a book or build with blocks, parents can visit the classroom, meet the staff, look over work samples and pick up registration information for the 2025-2026 school year.

Ages: All Ages

Sat., 1/25; 9-11 a.m.

Free

Kingston Center Room 1

PlayTots

Explore a classroom setting filled with play-based learning opportunities together including planned activities and circle time with reading and movement.

Ages: 2-3 with an Adult

September-May

Kingston Center Room 2

Learning Together

Child and a parent or other caring adult share playful learning activities (creative, active and social) as they paint, build with blocks, draw, sing and dance. Everyone should dress for play and exploration.

Snowy Days

Children use art and play to explore the winter season in a classroom setting. Draw, paint, build, sing and dance for hands-on learning.

Ages: 2-3 with Adult

Thu., 1/16 to 1/23; 6-7 p.m.

\$20 (NR: \$25)

Kingston Center Room 1

Love, Love, Love

Children use art and play to explore expressions of love in a classroom setting. Draw, paint, build, sing and dance for hands-on learning.

Ages: 2-3 with Adult

Thu., 2/6 to 2/20; 6-7 p.m.

\$28 (NR: \$33)

Kingston Center Room 1

First Steps in Music

Folk music and developmentally appropriate activities support cognitive, physical and mental health as children to express themselves with joy and movement. Join us for three sessions of movement, dance and music. Instructor: Katerina Hiles, certified Feierabend Music instructor.

Ages: 3-5

Tue., 1/14 to 1/28; 6:15-7 p.m.

\$50 (NR: \$58)

Kingston Center Room 5

Ages: 3-5

Tue., 2/4 to 2/18; 6:15-7 p.m.

\$50 (NR: \$58)

Kingston Center Room 5

KinderMusik

Music supports cognitive, social, physical and musical whole-child development. Each child, with a participating adult, joins Stephanie Dille of Groove City Kids Music for interactive musical experiences. Play instruments, sing and dance for learning, for health and for joy!

Ages: 1-4

Thu., 1/16 to 1/30; 9:30-10 a.m.

\$56 (NR: \$64)

Kingston Center Room 5

Ages: 1-4

Thu., 2/6 to 2/20; 9:30-10 a.m.

\$56 (NR: \$64)

Kingston Center Room 5

Jump Bunch

Toddlers build coordination, balance, teamwork and motor skills during coach-led activities. Through encouragement and success, children gain confidence, sports-readiness skills and the foundations of fitness.

Ages: 18-24 months

Wed., 1/15 to 2/19; 6-6:30 p.m.

\$72 (NR: \$80)

Kingston Center Gym

Ages: 2-3

Wed., 1/15 to 2/19; 6:30-7 p.m.

\$72 (NR: \$80)

Kingston Center Gym

Sporties for Shorties

Young children develop kicking, running, throwing and team skills through exciting lead-up sports activities and group games. Focus sports may include baseball, soccer, football and others. Powered by JumpBunch.

Ages: 3-5

Wed., 1/15 to 2/19; 7-7:45 p.m.

\$72 (NR: \$80)

Kingston Center Gym

Bally Sports Preschool Team Sports

Grove City Parks & Rec. partners with Bally Sports to offer beginner team sports experiences in T-ball, soccer and basketball. Visit bit.ly/BallySportsGC for more information and to register.

These fun, educational first team sport experience teach game fundamentals in an encouraging atmosphere offering developmentally appropriate instruction and modified, recreational game play.

Little Ballers Basketball

Ages: 4-5

Tue., 1/14 to 2/18;

6:15-7:15 p.m.

\$85

Hayes Intermediate School

Ages: 4-5

Tue., 1/14 to 2/18;

7:15-8:15 p.m.

\$85

Hayes Intermediate School

Gymnastics

Develop balance, coordination, flexibility and strength while practicing foundational gymnastics through vault, bars, beam and floor skills to build upon and use for future athletic pursuits. Classes are catered to development levels to maximize engagement.

Ages: 3

Tue., 1/7 to 2/18; 5-5:30 p.m.

No class: 2/11

\$40 (NR: \$45)

Kingston Center Gym

Ages: 3

Thu., 1/9 to 2/20; 5-5:30 p.m.

No class: 2/13

\$40 (NR: \$45)

Kingston Center Gym

Ages: 4

Tue., 1/7 to 2/18; 5:30-6 p.m.

No class: 2/11

\$40 (NR: \$45)

Kingston Center Gym

Ages: 4

Thu., 1/9 to 2/20; 5:30-6 p.m.

No class: 2/13

\$40 (NR: \$45)

Kingston Center Gym

Youth

P.A.R.K.

This popular childcare program offers a safe place for children in grades K-4 to stay physically, mentally and socially active before and after school when the South-Western City School District is in session. Registration for school-year programs opens the previous May.

After-school P.A.R.K.

Children gather in the gym after school for activities including arts and crafts, and small- and large-muscle activities both inside and outdoors.

Grades: K-4

School year: Mon.-Fri., 2:30-6 p.m.

Sites: Buckeye Woods, J.C. Sommer, Highland Park, Monterey and Richard Avenue elementary schools.

Before School P.A.R.K.

Parents drop off children for activities including arts and crafts, and games in the elementary school gym.

Grades: K-4

School year: Mon.-Fri., 6-8 a.m.

Sites: Buckeye Woods, J.C. Sommer, Highland Park, Monterey and Richard Avenue elementary schools.

Little League Baseball

Grove City Parks & Rec. offers youth baseball for girls and boys that focuses on fun, sportsmanship and skill development. Register online or in the Kingston Center during February as an individual to be assigned to a team. Spaces are limited; registration may close before month's end. Age is based on child's age Aug. 31, 2025.

Ages: 5, 6, 7-8

Practice starts week of March 31

Games start May 3

Windsor and Fryer Parks

Ages: 9-10, 11-12, 13-14, 15-17

Practice starts week of March 31

Games start May 3

Windsor Park

Youth Softball

Grove City Parks & Rec. offers youth softball for girls and boys that focuses on fun, sportsmanship and the development of skills. Register as an individual to be assigned to a team.

Ages: 8U (born 2016-2017), 10U (born 2014-2015), 12U (born 2012-2013), 14U (born 2010-2011)

Practice starts week of March 31

Games start week of May 5

Fryer Park

Zumba Kids

This ultimate dance-fitness party gives you the chance to be active and jam out to the beat with age-appropriate music and moves. Develop a healthy lifestyle while developing fitness, leadership, respect, teamwork, confidence, self-esteem, memory, creativity, coordination and cultural awareness.

Ages: 6-11

Tue., 1/28 to 2/18; 6:15-6:45 p.m.

\$48 (NR: \$53)

Kingston Center Room 4

Gymnastics

Develop balance, coordination, flexibility and strength while practicing foundational gymnastics through vault, bars, beam and floor skills to build upon and use for future gymnastics and other athletic pursuits. Classes are catered to development levels to maximize engagement.

Ages: 5-6

Tue., 1/7 to 2/18; 6-6:30 p.m.

No class: 2/11

\$40 (NR: \$45)

Kingston Center Gym

Ages: 5-6

Thu., 1/9 to 2/20; 6-6:30 p.m.

No class: 2/13

\$40 (NR: \$45)

Kingston Center Gym

Ages: 7-8

Tue., 1/7 to 2/18; 6:30-7 p.m.

No class: 2/11

\$40 (NR: \$45)

Kingston Center Gym

Ages: 7-8

Thu., 1/9 to 2/20; 6:30-7 p.m.

No class: 2/13

\$40 (NR: \$45)

Kingston Center Gym

Karate

Learn controlled movements and the martial arts philosophy while building concentration and confidence. Start with basic movement drills then develop proper kata (form) through non-contact sparring. Classes are targeted to development level.

Karate Peewee Beginner

Ages: 4-7

Mon., 1/6 to 2/10; Wed., 2/19; 5-5:30 p.m.

No class: 1/20, 2/17

\$45 (NR: \$50)

Kingston Center Room 5

Ages: 4-7

Wed., 1/8 to 2/12; 5-5:30 p.m.

\$45 (NR: \$50)

Kingston Center Room 5

Karate Peewee Advanced

Ages: 4-7

Mon., 1/6 to 2/10; Wed., 2/19; 5:30-6 p.m.

No class: 1/20, 2/17

\$45 (NR: \$50)

Kingston Center Room 5

Ages: 4-7

Wed., 1/8 to 2/12; 5:30-6 p.m.

\$45 (NR: \$50)

Kingston Center Room 5

Karate Beginner

Ages: 8/up

Mon., 1/6 to 2/10; Wed., 2/19; 6-7 p.m.

No class: 1/20, 2/17

\$60 (NR: \$65)

Kingston Center Room 5

Ages: 8/up

Wed., 1/8 to 2/12; 6-7 p.m.

\$60 (NR: \$65)

Kingston Center Room 5

Karate Advanced

Ages: 8/up

Mon., 1/6 to 2/10; Wed., 2/19; 7-8 p.m.

No class: 1/20, 2/17

\$60 (NR: \$65)

Kingston Center Room 5

Ages: 8/up

Wed., 1/8 to 2/12; 7-8 p.m.

\$60 (NR: \$65)

Kingston Center Room 5

Junior Pet Care

Interested in dog safety? Want to know how to communicate effectively with dogs? Discover the best ways to greet a dog, understand when it is safe to approach and when to keep your distance. Gain insights into the basic body language dogs use to express themselves. With live dogs present, enjoy a unique opportunity to practice and refine your skills in a supportive environment.

Ages: 6-11

Wed., 1/22; 5:30-6:30 p.m.

\$14 (NR: \$16)

Kingston Center Room 2

Winter Tea for Two

Get ready for a special Valentine's Day for yourself and your favorite doll or teddy bear for a delightful tea party! Indulge in fancy snacks and delicious drinks while making unforgettable memories. To make the event even more special, create a charming craft together to cherish for years to come. Don't miss out on this wonderful opportunity to celebrate love and friendship!

Ages: 4-8

Mon., 1/20; 4-5 p.m.

\$20 (NR: \$22)

Kingston Center Room 2

Valentine Party

You will love playing games and decorating cookies with others to celebrate this heart-warming holiday.

Ages: 5-10

Thu., 2/10; 5:30-6:30 p.m.

\$15 (NR: \$17)

Kingston Center Room 2

Kids Valentine Ladybugs

Decorate chocolate covered strawberries to look like ladybugs. Gloria Hartung instructs.

Ages: 6-9

Wed., 2/12; 6:30-7:30 p.m.

\$15 (NR: \$20)

Gantz Park Gantz Farmhouse

Lego: City Builders

Unleash your creativity by joining an amazing community of LEGO builders! Together, construct a town as big as your imagination. Whether you want to build a police station, city hall or a playground, the possibilities are endless.

Ages: 8-12

Thu., 2/12; 6-6:45 p.m.

\$10 (NR: \$12)

Kingston Center Room 2

Parents' Night Out: Pajama Party!

Don your favorite flannel PJs and have a cool time making snowmen, snowflakes, and a special winter snack! Hang out with Parks and Recreation staff and dance the night away!

Ages: 5-10

Fri., 1/31; 6:30-9:30 p.m.

\$20 (NR: \$25)

Kingston Center Gym

School's Out Camp

When school is out, join your P.A.R.K. leaders for various fitness, group games and themed art activities.

School's Out! Camp's In! Celebrations Around the World

Spend the day off of school in learning how the New Years is celebrated around the world: Sample international snacks, make New Year's crafts and learn new traditions. We will have our own countdown to a special celebration. Bring lunch and a snack.

Ages: 5-12

Thu., 1/21; 9 a.m.-4 p.m.

\$58 (NR: \$63)

School's Out! Camp's In!

Ready for an unforgettable day off school? Join in an action-packed adventure featuring thrilling group games, creative Lego challenges, exciting art projects, and much more. Whip up a snack that's truly out of this world. Bring a packed lunch.

Ages: 5-12

Thu., 2/17; 9 a.m.-4 p.m.

\$58 (NR: \$63)

Kingston Center Room 2

Acting Class with Showcase

Bring to life age-appropriate scenes from TV, movies and plays in a group sessions! Enhance memory, teamwork, self-confidence and stage presence while developing characters. Perfect for aspiring entertainers. Instructor can guide parents on their child's acting career. Friends and family celebrate your work by attending the showcase on the last day.

Ages: 7-16

Thu., 1/9 to 2/20; 6-7:30 p.m.

\$125 (NR: \$140)

Kingston Center Room 5

Explore Your Creative Side

Develop and express your personal artistic style while creating fun items in a variety of media. Designed for beginner and intermediate artists, these interactive experiences include step-by-step instructions to ensure everyone creates a successful piece of art.

Caught on Camera

Don't miss out on the latest photography trends - stay ahead of the curve and advance your craft. Bring a smartphone or digital camera to practice and perfect shots. Don't let this opportunity pass you by: come ready to showcase your skills and learn even more.

Ages: 10-14

Wed., 2/4; 6:30-8 p.m.

\$20 (NR: \$22)

Kingston Center Room 2

Paint Night

Get ready to unleash your inner artist! Join the painting instructor and follow along with their step-by-step directions to create a beautiful masterpiece on canvas. Be amazed at what you can create with a little guidance and some creativity.

Ages: 10-14

Wed., 2/10; 6:30-8 p.m.

\$20 (NR: \$22)

Kingston Center Room 2

Ukulele Classes

Learn the basics of ukulele playing from expert instructors. Dive into the world of ukulele, learning plucking, chords and strumming techniques. Showcase your new skills by performing a song learned in class. Join us in this exciting journey of learning and performing!

Ages: 6/up

Sat., 2/8; 3:30-4:30 p.m.

\$20 (NR: \$30)

Kingston Center Room 4

Ages: 6/up

Sat., 2/15; 3:30-4:30 p.m.

\$20 (NR: \$30)

Kingston Center Room 4

Pre-teen and Teen Party

Join Parks & Rec. for a youth party featuring open gym time, crafts, music, and competitions with teens and tweens in mind. Pizza and snacks provided.

Ages: 12-15

Fri., 2/7; 7:30-10 p.m.

\$5

Kingston Center Gym

Adaptive

Grove City Buddy Ball

Buddy Ball removes barriers that keep children and adults with mental and physical disabilities off the baseball field. Teams play on a special surface that accommodates wheelchairs and other assistive devices. Visit GroveCityBuddyBall.com for details on the program, including volunteering or making a financial donation. Register in the Kingston Center or online with Grove City Parks & Rec. February-mid-April

Ages: 4+

Sat., 9 a.m.-1 p.m.

May-June

\$35

Mirolu Dream Field at Mount Carmel Stadium

Ages: 16+

Tue., 6-8:30 p.m.

May-June

\$35

Mirolu Dream Field at Mount Carmel Stadium

Adult

Yoga

Learn to relax the body and calm the mind. Melt away tension and stress by combining Hatha yoga posture with breathing techniques and deep relaxation. Wear loose, comfortable clothing, bring a towel or mat, and come with an empty stomach. Instructor: Toni Weeks.

Ages: 18/up

Tue., 1/7 to 1/28; 6-7 p.m.

\$22 (NR: \$24)

Evans Center Auditorium

Ages: 18/up

Tue., 2/4 to 2/25; 6-7 p.m.

\$22 (NR: \$24)

Evans Center Auditorium

Zumba Toning

For the dance fitness party enthusiast who wants to focus on toning and sculpting to define muscles! Combine cardio, muscle conditioning and toning with rhythm and coordination, then add fun for the ultimate experience that take the work out of workout. Bring a water bottle. Zumba® Toning Sticks (or 1-2 pound weights) are recommended, but not required. Instructor: Chaunteal Horaney.

Ages: 18/up

Thu., 1/9 to 1/30; 6-7 p.m.

\$20 (NR: \$22)

Evans Center Auditorium

Ages: 18/up

Thu., 2/13 to 2/27; 6-7 p.m.

\$15 (NR: \$17)

Evans Center Auditorium

Square Dance

Build fitness while having fun and meeting new friends. The Grove City Western Squares offer progressive lessons where members guide you along as a caller gives instructions. Couples and singles welcome!

Square Dance: Plus

GCWS continues their series of progressive instruction with Plus Classes. These 10-week lessons build on the first two sets with more calls and more fun as an instructor and caller teaches mainstream calls as GCWS members help guide you.

Ages: 16/up

Mon., 2/10 to 4/14; 7-9 p.m.

\$20 (NR: \$25)

Evans Center Auditorium

Winter Skin Care and Spa Class

Bring a friend and treat yourself to a relaxing herbal spa experience. We will start with an herbal steam, a natural toner spritz and a fragrant lotion. Finish up with a warming herbal tea blend and cookies. Mary Jane Lalonde instructs.

Ages: 18/up

Sat., 1/11; 1-2:30 p.m.

\$35 (NR: \$40)

Gantz Park Gantz Farmhouse

Healthy Fruit and Herb Syrups

Create two delicious healthy herb and fruit syrups to sweeten beverages, food or cocktails and keep you healthy through the winter germ season. Mary Jane Lalonde and Jamie Thompson instruct.

Ages: 18/up

Sat., 1/25; 1-2:30 p.m.

\$30 (NR: \$35)

Gantz Park Gantz Farmhouse

Pressed Flower Candles

Use pressed flowers from our Gardens to decorate a pillar candle and a note card. Gloria Hartung instructs.

Ages: 18/up

Tue., 2/4; 6:30-7:30 p.m.

\$15 (NR: \$20)

Gantz Park Gantz Farmhouse

Natural Home Scents

Make and take products to scent your home using natural ingredients. Create a room spray, shower steamers and stove-top simmers with everyday ingredients and essential oils. Mary Jane Lalonde instructs.

Ages: 18/up

Sat., 2/8; 1-2:30 p.m.

\$25 (NR: \$30)

Gantz Park Gantz Farmhouse

Cherry Fry Pies

Celebrate National Cherry Month by making cherry fry pies. Shape the hand-held pies and bake them using the traditional oven method as well as an air fryer to compare the differences. Instructor: Arlene Crosser.

Ages: 18/up

Tue., 2/18; 6:30-8 p.m.

\$25 (NR: \$30)

Gantz Park Gantz Farmhouse

Best Winter Squash Recipes

Make and taste several recipes using hearty winter squash from soups to oven roasting. Learn about the different varieties and delicious, healthy ways to prepare them. Mary Jane Lalonde instructs.

Ages: 18/up

Sat., 2/22; 1-2:30 p.m.

\$20 (NR: \$25)

Gantz Park Gantz Farmhouse

Herbal Flowering Plants

Get ready for your spring gardening: learn about unusual flowering herbal annuals and perennials to add to your garden for new and exciting looks. Gloria Hartung instructs.

Ages: 18/up

Tue., 2/25; 6:30-7:30 p.m.

\$10 (NR: \$15)

Gantz Park Gantz Farmhouse

Pet Care

Pets add value to our lives. It is important to know how to properly care for them, both on a daily basis and during an emergency.

PetSaver™ CPR

Ensure that you're well-equipped to handle any health emergencies your furry friend may face. Learn fundamental pet health and wellness practices for both cats and dogs, and familiarize yourself with administering basic first aid, including CPR, rescue breathing, wound care, snout-to-tail assessments, and addressing heat- and cold-related injuries. Upon completion, receive a comprehensive handbook, a certificate and wallet card to showcase your newfound expertise.

Ages: 18/up

Sat., 1/18; 9 a.m.-6 p.m.

\$110 (NR: \$125)

Kingston Center Room 4

Intro to Service Dogs

Service dogs play a vital role in assisting individuals with disabilities. Explore what defines a service dog, the various types and the laws that govern them including their rights to public access. Interact with a service dog in training as she demonstrates tasks a service dog performs.

Ages: 16/up

Wed., 2/5; 5:30-6:30 p.m.

\$14 (NR: \$16)

Kingston Center Room 2

Valentine's Day Brunch

Gather with friends to celebrate kindness and love in style! Enjoy an amazing brunch together with incredible fellowship.

Ages: 55/up

Fri., 2/14; 10 a.m.-Noon

\$12

Evans Center Multipurpose Room

Movie Fun

Join us for movie days in the Evans Center theater. Enjoy fresh popcorn and the emotion of the surrounding crowd.

Movie Fun: Ordinary Angels

(2024; PG) Inspired by an incredible true story, a hairdresser single-handedly rallies an entire community to help a widowed father save the life of his critically ill young daughter.

Ages: 55/up

Fri., 1/10; 1-3 p.m.

Free

Evans Center Auditorium

S.A.L.T.

Through Seniors and Law Enforcement Together, the Grove City Division of Police provides resources and advocates for older citizens who are often targeted for crimes, due to high levels of trust and other vulnerabilities. S.A.L.T. raises awareness and provides prevention tips to lessen the chance of being victimized, and gives the community the opportunity to report neighborhood concerns and ask questions. Facilitator: Teri Ruslander.

Ages: 55/up

Thu., 1/9; 10-11 a.m.

Free

Evans Center Multipurpose Room

Ages: 55/up

Thu., 2/13; 10-11 a.m.

Free

Evans Center Multipurpose Room

Center Updates with Q & A

Meet for Evans Center to learn updates and hear about future plans regarding the Center and its programs and activities with various speakers. Facilitator: Tammy Jefferson.

Ages: 55/up

Wed., 2/5; Noon

Free

Evans Center Multipurpose Room

Evans Center 2025 Annual Membership

Register now for a full year of benefits!

Join the Evans Center community and unlock an array of benefits with your membership, including access to exclusive privileges and discounts such as early registration, included Fitness Room access and discounts on activities

\$15 per year; 90+ receive an honorary membership

Membership Duration: 1/1 - 12/31 (calendar year)

Lunch & Learn

Learn ways to enrich your life while enjoying a tasty lunch.

Lunch & Learn: Navigating Senior Care

View a video on the different aspects of senior care, then discuss First Light Home Care's compassionate memory care program for the dementia journey.

Presented by Shawn Ireland with First Light Home Care.

Ages: 55/up

Fri., 1/24; 11 a.m.-Noon

\$5

Evans Center Multipurpose Room

Education Classes

Developing new skills is important at all life stages. Specialists stop by the Evans Center to share strategies on learning new technology, dealing with changing health needs and much more.

Bird-watching for Beginners

Enjoy watching birds at your backyard feeder? Want to attract new birds? Don't miss this class. Bird-watching is a fun, easy way to enjoy nature. Learn to identify common birds, choose the best birdwatching equipment, and select the right bird seed to attract the birds you'd like to see. Instructor: Carrie Keller, outreach naturalist for senior programs with Metro Parks.

Ages: 55/up

Mon., 1/27; 11 a.m.-Noon

Free

Evans Center Multipurpose Room

CarFit Seminar

View a presentation on CarFit, a free educational program to help drivers fit safely and comfortably in their vehicle. Learn tips for drivers to make self-adjustments to improve safety and comfort in their vehicle.

Ages: 55/up

Fri., 1/17; 11-11:30 a.m.

Free

Evans Center Multipurpose Room

Travel Opportunities Seminar

Dive into adventure by chatting with travel experts who can guide you to thrilling domestic and international destinations. Ready to explore new horizons? Discover incredible locations and unbeatable deals!

Ages: 55/up

Wed., 11/13; 6-7 p.m.

Free

Evans Center Multipurpose Room

Off-Site Activities

Gather with other active seniors for group visits to cultural sites, live entertainment, casinos and more via the Evans Center minibus. Trips require varying levels of walking.

Musical Happy Hour

Visit The Ashford for delightful music, treats and drinks. Join us to explore this stunning facility and all it has to offer.

Ages: 55/up

Tue., 1/7; 1-3 p.m.

\$7; Members \$5

Departs the Evans Center

National Underground Railroad Freedom Center

Embark on an incredible journey through history at the National Underground Railroad Freedom Center and the Nancy & David Wolf Holocaust & Humanity Center in Cincinnati. Not just places to see artifacts, these museums offer immersive experiences that transport you to pivotal moments in history. Hear the stories of courage, resilience and the fight for freedom, and be inspired to make a difference in the world. Don't miss the chance to be part of these powerful narratives and gain a deeper understanding of the human experience.

Ages: 55/up

Wed., 2/19; 8:15 a.m.-5:30 p.m.

\$37

Departs the Evans Center

Spa Day

Get ready for the ultimate pampering experience you deserve at The Cutting Edge! Picture this: hand and arm massages, scalp massages, and manicures to make you feel like royalty. Afterwards, indulge in a delightful lunch at The Academy Grill.

Ages: 55/up

Fri., 1/17; 1-3 p.m.

\$7; Members \$5

Departs the Evans Center

Dining Trips

Experience friendly conversations over tasty meals at popular regional dining destinations with door-to-door transportation provided by the Evans Center bus.

Brunch: Starliner Diner

Ages: 55/up

Wed., 1/15; 10 a.m.-2 p.m.

\$10; Members \$8

Departs the Evans Center

Lunch Bunch: Olympic Diner

Ages: 55/up

Wed., 1/22; 11 a.m.-3 p.m.

\$10; Members \$8

Departs the Evans Center

Lunch Bunch: Iron Grill BBQ & Diner

Ages: 55/up

Thu., 2/6; 11 a.m.-3 p.m.

\$10; Members \$8

Departs the Evans Center

Lunch Bunch: Louie's Latino American Kitchen

Ages: 55/up

Tue., 2/11; 11 a.m.-3 p.m.

\$10; Members \$8

Departs the Evans Center

Lunch Bunch: Lois Mann's

Ages: 55/up

Wed., 2/26; 11 a.m.-3 p.m.

\$10; Members \$8

Departs the Evans Center

LifeCare Alliance Lunch Program

Seniors 60 and older can enjoy a nutritious lunch 3 times weekly at the Evans Center. There are no financial restrictions.

Call 614-277-1067 in advance to make a reservation.

Ages: 60/up

Tue.-Thu.; 11:30 a.m.-12:30 p.m.

Suggested donation: \$1.50 per meal

Evans Center Lunchroom

Walking Key:  Easy  Moderate  Active

Chair Volleyball

Played with a light-weight beach ball and net, chair volleyball fosters physical wellness, social interaction, competition and lots of laughs! Reduce stress and boost self-esteem and confidence as you meet people, increase upper-body mobility and have fun all while staying seated.

Ages: 55/up

Mon., Wed., 1/6 to 1/29; 1-2 p.m.

No class: 1/20

Free

Evans Center Auditorium

Ages: 55/up

Mon., Wed., 2/3 to 2/26; 1-2 p.m.

No class: 2/17

Free

Evans Center Auditorium

Senior Yoga

Move through yoga poses designed with seniors' special needs in mind to increase flexibility, balance and range of movement while enjoying restorative breathing exercises that promote stress reduction and mental clarity.

Ages: 55/up

Thu., 1/2 to 1/23; 11 a.m.-Noon

\$20

Evans Center Auditorium

Ages: 55/up

Thu., 2/6 to 2/27; 11 a.m.-Noon

\$20

Evans Center Auditorium

Tai Chi

Yang-style Tai Chi creates a peaceful mental space and builds a calm, balancing energy using slow, mindful movements that leave you feeling energized, positive, confident and more flexible physically and mentally. Instructor: Dave Holloway.

Ages: 55/up

Tue., 1/7 to 1/28; 10-11 a.m.

\$18

Evans Center Auditorium

Ages: 55/up

Tue., 2/4 to 2/25; 10-11 a.m.

\$18 (NR: \$18)

Evans Center Auditorium

Senior Exercise

Increase strength, flexibility and range of motion while improving mobility, balance and gait with motivating and camaraderie-based aerobic exercise followed by strength training. Class includes warm-up and cool-down sessions. Bring an exercise mat and hand weights. Instructor: Kelly Downin.

Ages: 55/up

Mon., Wed., 1/6 to 1/29; 9-10 a.m.

\$15

Evans Center Multipurpose Room

Ages: 55/up

Mon., Wed., 2/3 to 2/26; 9-10 a.m.

No class: 2/17

\$15

Evans Center Multipurpose Room

Fitness Room

Regular physical activity is important to good health whether you are just starting, getting back on track or staying active. Exercise at your own pace using elliptical machines, treadmills, NuSteps, recumbent and upright bikes, hydraulic weight machines and free weights.

Fitness Room

Exercise at your own pace using elliptical machines, treadmills, NuSteps, recumbent and upright bikes, hydraulic weight machines and free weights.

Ages: 55/up

Weekdays; 8 a.m.-4 p.m.

\$10 per month; free for Evans Center members

Evans Center Fitness Room

Computer Lab

A computer lab specifically designed for senior citizens is available at the Center, offering a welcoming and supportive atmosphere for a variety of computer-related activities.

Support Groups

Although interacting with family and friends can help when feeling low or overwhelmed, meeting with others who face similar challenges, emotions and experiences to discuss or just listen can offer additional benefits.

Life After Loss Support

Someone you love died and you are now faced with the difficult, but important, need to mourn. Mourning, the open expression of your thoughts and feelings regarding death and the person who died, is essential to healing. Join the group discussion or listen until you are ready to share. Facilitator: Tami Nies.

Ages: 18/up

Wed., 1/8; 10-11 a.m.

Free

Evans Center Classroom

Ages: 18/up

Wed., 2/12; 10-11 a.m.

Free

Evans Center Classroom

Alzheimer's Support Group

If you care for someone with dementia, help them and yourself. Meet with other caregivers to achieve a sense of belonging by interacting with those facing similar challenges. Facilitator: Paula Tallafario.

Ages: 18/up

Tue., 1/21; 7 p.m.

Free

Evans Center Multipurpose Room

Ages: 18/up

Tue., 2/18; 7 p.m.

Free

Evans Center Multipurpose Room

Parkinson's Disease Care Giving Support

Loved ones of people with Parkinson's Disease receive support and connect with those who understand the situation. The more you know about the condition, the more you can help. This group is a source of knowledge and actionable advice to be a better caregiver while meeting your own needs.

Ages: 55/up

Mon., 1/6; 6:30-7:30 p.m.

Free

Evans Center Classroom

Ages: 55/up

Mon., 2/3; 6:30-7:30 p.m.

Free

Evans Center Classroom