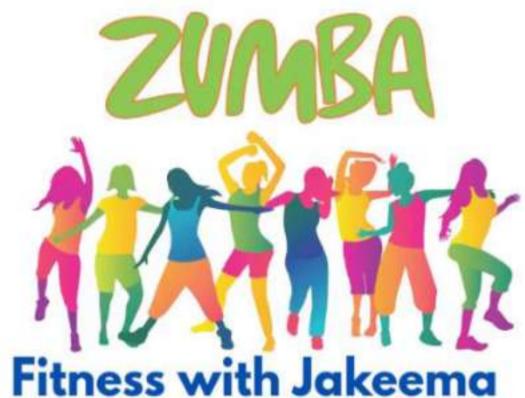


Frank D. Chester Recreation Center 1441 Benning Drive, Columbus, Ga. 31903 706-225-3723

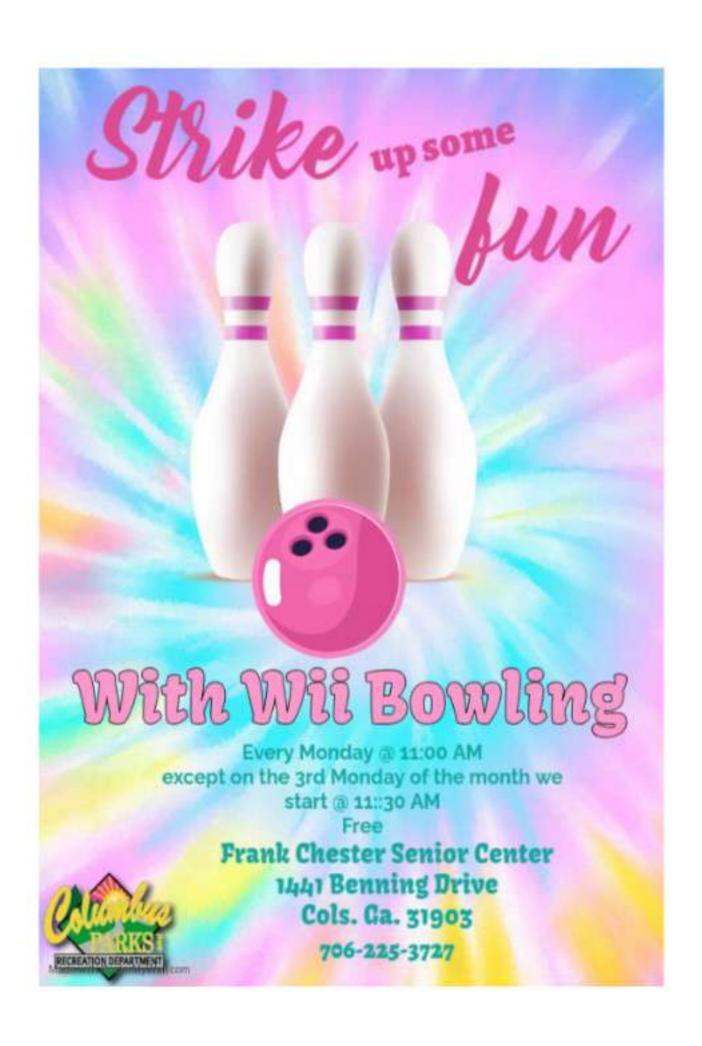


i itiloss with sakeema

Starting Monday, August 11, 2025

Classes every Monday 5:30PM -6:45PM

- . ZUMBA DANCE
- . CHAIR WORKOUT FITNESS
- AEROBICS STEPPERS
- . FLOOR MOVEMENTS



29TH ST. WALKING GROUP "STEPS WITH STAFF"



JOIN US ON TUESDAYS (I)
THURSDAYS, FROM, 4:00 PM - 4:30
PM. STARTING SEPT. 30TH, 2025, WE
WILL START OUR WEEKLY WALKING
GROUP, STEPS WITH STAFF. IF
INTERESTED, PLEASE JOIN US AT 501
29TH STREET COLUMBUS, GEORGIA
31904 OR (706) 641-5945.



Edgewood Senior Center

Come Join Us Walking on Mondays, Wednesdays, and Fridays 9:30AM - 10:00AM







2630 Reese Road Columbus, GA 31907 706-225-3747







EVERY MONDAY 2:00pm

GALLOPS SENIOR CENTER 1212 15th STREET COLUMBUS, GEORGIA 31901

FOR MORE INFORMATION: 706-225-3730







CANDY-GAMES-MUSIC-FOOD-COSTUME

 □CTOBER 31, 2025 • 5P.M-6P.M. FRIDAY



WEAR YOUR COSTUMES & BRING A BAG OF CANDY



6665 Hunter RD. For more information 706-225-3737









Tillis Recreation Center Presents:



Tech Help Tuesdays

Device Basics

· internet skills.

- how to favorite online services.
 - how to avoid scam websites.
 - cyber security and more!

Every Tuesday @12:00pm-1:00pm

> Free For All Ages



1425 13th Ave Columbus, Ga 31901 call 706-641-5844 for more info



EDGEWOOD SENIOR CENTER

TEA GATHERING

FUN, LAUGHTER, SHARING AND LOVE



JOIN US FOR OUR MONTHLY TEA GATHERING
3RD TUESDAY OF EACH MONTH

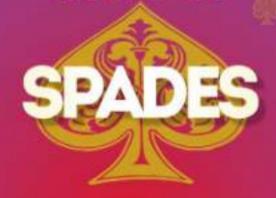
TIME 12PM

EDGEWOOD SENIOR CENTER - 706-225-3747

26TO REESE ROAD, COLUMBIA, GA. 31909



LETS PLAY A GAME OF



TUESDAY AND FRIDAY 1:00pm-4:00pm

GALLOPS SENIOR CENTER 1212 15th STREET COLUMBUS, GEORGIA 31901

FOR MORE INFORMATION: 706-225-3730





START DATE: JANUARY 2, 2024

COME PLAY 2PM-6PM

OR COME LEARN
AND PLAY!!
EITHER WAY, COME ON!!

MICHAEL FLUELLEN RECREATION CENTER 2824 8TH STREET, COLS. GA., 31906

PHONE:(706) 641-5950

Email: Evans.carolyn@columbusga.org

CENTER DIRECTOR: CAROLYN EVANS







EVERY TUESDAY AT 12:30PM

GALLOPS SENIOR CENTER 1212 15TH STREET COLUMBUS, GEORGIA 31906

For more information: 706-225-3730



Thursdays & Fridays 8:30AM - 12PM

Comer Community Center 107 41st Street, Columbus, GA, 31904

Made with PosterMyWall.com

706-225-3045



YOU'RE INVITED TO OUR

Paint & Syp

FOR AGES 50+

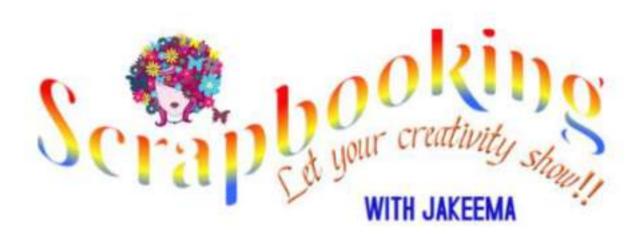
Hosted and Sponsored by ORS FINANCIAL GROUP LLC

Wednesday, October 8, 2025 10:00 AM — 12:00 PM

At the Comer Community Center

Made with PosterMyWIQ7:41st ST. Columbus, GA 31904 | 706-225-4645





Your invited to attend our scrapbook class to make your very own scrapbook.

Be prepared to let your creativity show as you design your one of a kind memory book.

-Take home your creation for it is your to keep as well as any papers or scraps you may need inorder to finish your book on your own free time
- Enjoy music and refreshments while your creative mind is at work.
-Family, Friends, and Fun

WHEN: STARTING IN OCTOBER 2025 EVERY OTHER 2ND & 4TH THURSDAY'S



Starting at ages 8 and up TIME: 5:00 PM 6:30 PM

Please bring 2 or 3 pictures of yourself to personalize your scrapbook

Frank D. Chester Recreation Center 1441 Benning Drive Columbus, Ga. 31903 706-225-3723





ADVANCED CLOGGING CLASSES

Mondays and Thursdays 11:00AM-12:30PM

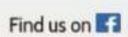




Its never to
late
to start
shufflin! Join
us for some
great fun!!



NORTHSIDE RECREATION CENTER 2010 AMERICAN WAY COLUMBUS, GA 31909 (706)-641-5940







Made with PosterMyWalLcom

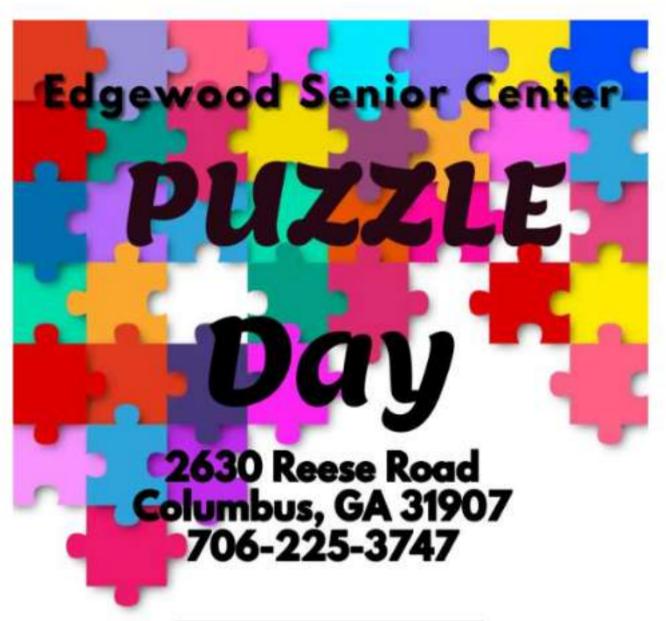




ENTER THE UNKNOWN

A FREE, QUEER, COMMUNITY EVENT

Made with Poster My MED A: MORE INFO, CONTACT 708-225-4645



Every Tuesday At 3:00





PUMPKIN PAINTING

STARTING OCT 1⁵⁷ 2025 CLASSIC RETRO HALLOWEEN
THEME
EMOJI PUMPKIN'S
POPULAR CHARACTERS
ANIMAL CHARACTERS
AND MORE!

FAMILY-FRIENDLY FUN

PERFECT FOR ALL AGES AND SKILL LEVELS

ALL SUPPLIES WELL BE PROVIDED

1425 13" AVE COLUMBUS, GA 31901 FOR MORE INFO CONTACT: 706-641-5844





JOIN US FOR A EVENING WHERE WORDS COME ALIVE!

SELF- DISCOVRY LOVE POEMS CULTURAL NARRATIVE 4:45PM-6PM

EVERY TUESDAY & WEDNESDAY

CHILDHOOD MEMORIES ADVERSITIES FRIENDSHIP

STEP INTO A WORLD OF RHYTHM, RHYME AND RAW EXPRESSION WHETHR YOU WRITE, READ, OR SIMPLY LISTEN THIS SPACE IS FOR YOU.

MEET US AT TILLIS RECREATION CENTER 1425 13th Ave Columbus, Ga 31901



FRANK D. CHESTER RECREATION CENTER 1441 BENNING DRIVE, COL., GA 31903

Planter Face



JOIN US TO CREATE PLANT HOLDER WITH DIFFERENT FACES OF YOUR CHOICE

Tuesday, July 15, 2025 Every Other Tuesday

4:30P

Your are welcome to bring your own flower pot.

You will need to bring accessories that you desire to decorate with.

FOR MORE INFO: 706.225.3723

Made with PosterMyWall.com



Join fellow card players for fun and socializing!

Tuesdays & Thursdays 1:00PM—6:00PM



Shirley Winston Recreation Center 5025 Steam Mill Road, Columbus, GA 31907 (706) 641-5877





PICKLEBALL CLASSES

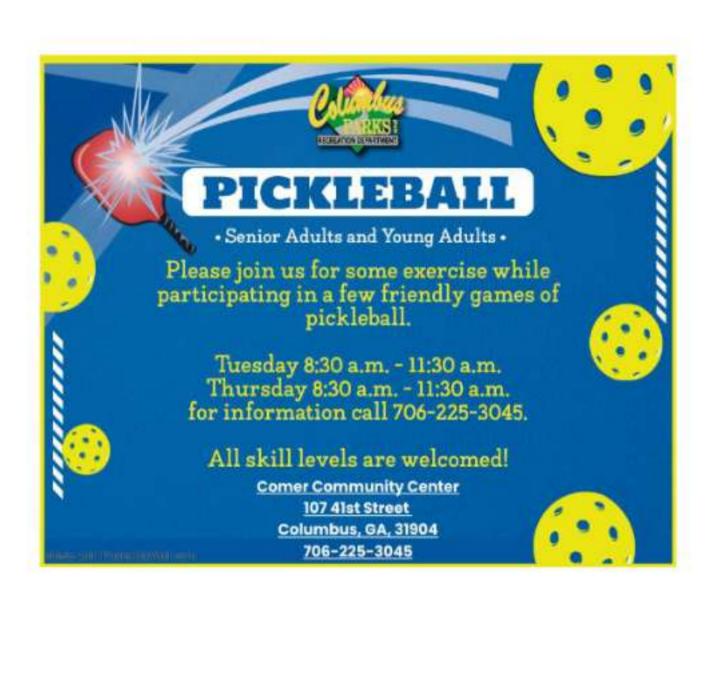
TUESDAYS
II:00AM-12:30PM
Ask When Next Class Starts

CLASSES ARE FREE
OPEN COURT PLAY AFTER CLASS FROM 12:31PM-2:00PM
REGISTER FOR CLASS WITH QR CODE

Northside Rec Center 2010 American Way Columbus, Ga 31909 706-641-5940

REGISTER ONLINE







PICKLEBALL OPEN COURT PLAY

TUESDAY CLASSES FOR BEGINNERS 11:00 AM - 12:30 PM 12:30-2:00 PM (Open Court)

> WEDNESDAY & FRIDAYS 11:00 AM - 2:00 PM

COME AND EXPERIENCE THE FASTEST-GROWING SPORT IN THE COUNTRY. IF YOU HAVE PLAYED TENNIS, SQUASH, BADMINTON, OR TABLE TENNIS, YOU ARE SURE TO ENJOY THIS EXCITING NEW GAME.

ALL LEVELS AND AGES WELCOME

Nets, Paddles and Balls are provided

NORTHSIDE RECREATIONAL CENTER 2010 AMERICAN WAY COLUMBUS, GA 31909 706-641-5940

Made with PosterMyWall.com



1441 Frank D. Chester Recreation Center Columbus, Ga. 31903 706-225-3723

PICKLEBALL



5pm 6:30pm

Starting in March: every other Monday's and Wednesday's



COME JOIN US

GREAT EXERCISE, CARDIO AND FUN!!!





PAINTING

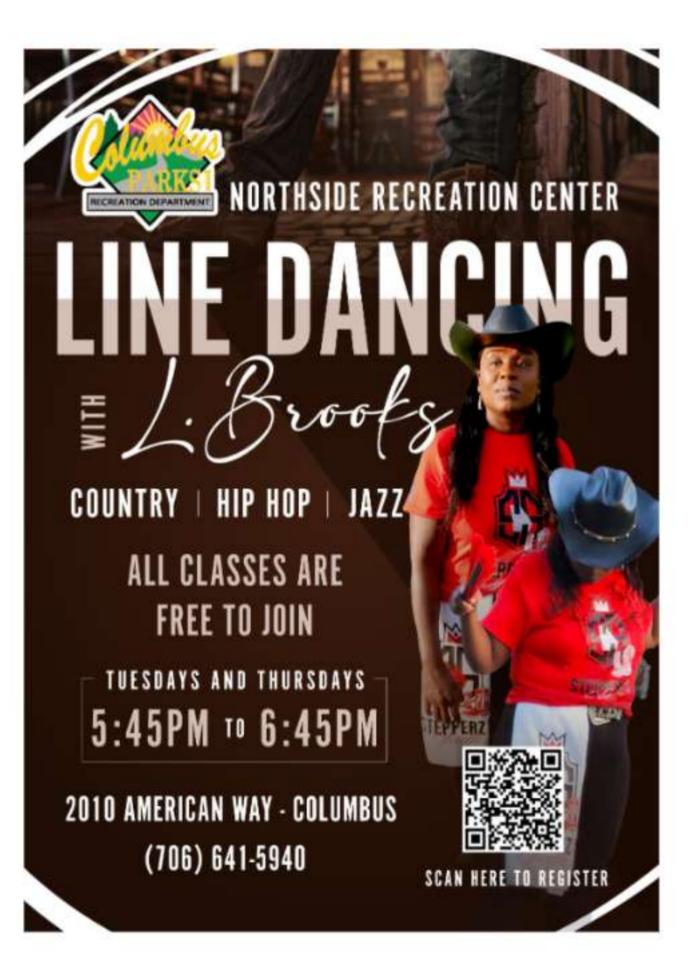
EVERY THURSDAY 11am-12pm

Gallops Senior Center 1212 15th Street Columbus, Georgia 31901

For more Information:706-225-3730















MALE MAIL IS POSITIVE GUY
TALK FOR MALES, AGES 7@UP!
TOPICS SUCH AS
ENCOURAGEMENT,
CONFIDENCE BUILDING,
EDUCATION, RESPECT, RULES,
FRIENDSHIPS, PERSONAL
GOALS, AND MORE WILL BE
DISCUSSED DURING THESE
SESSIONS.

EVERY 2ND TUESDAY 5:00 PM MONTH FROM, 5:15 PM.

IF INTERESTED, (706)641-5945 OR 501 29TH STREET COLUMBUS, GEORGIA 31904.





Looking for lunch?

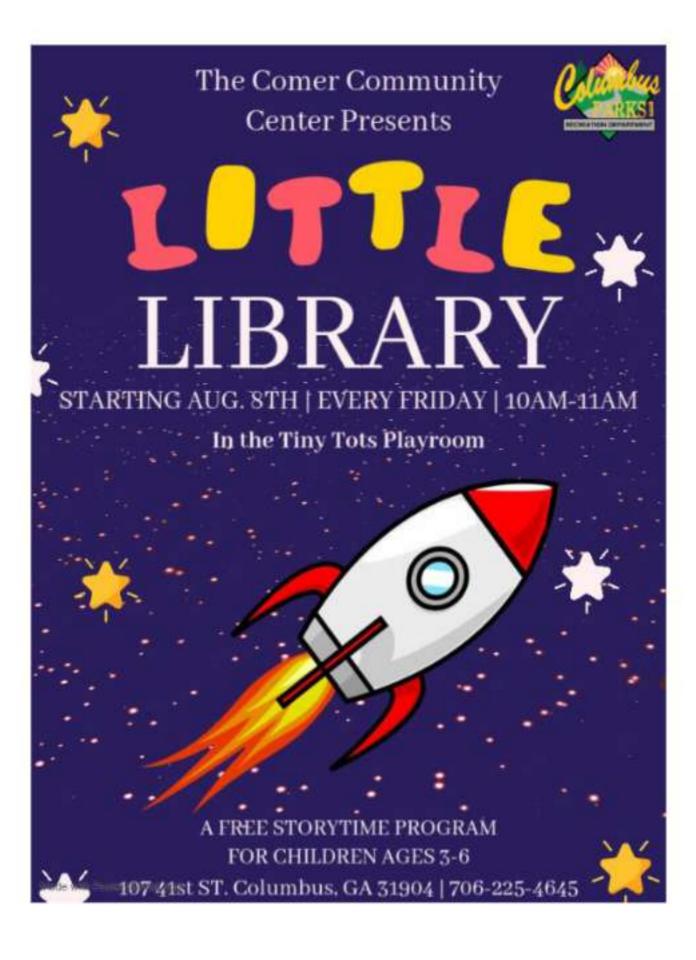
Stop in and sign up Monday Through Friday
8am-4:30pm for lunch, which is served on
Tuesday's from 12pm to 1:30 pm at the
GALLOPS SENIOR CENTER 1212 15th STREET
COLUMBUS, GA. Please make sure that you sign
up by friday to reserve your lunch on Tuesday's.

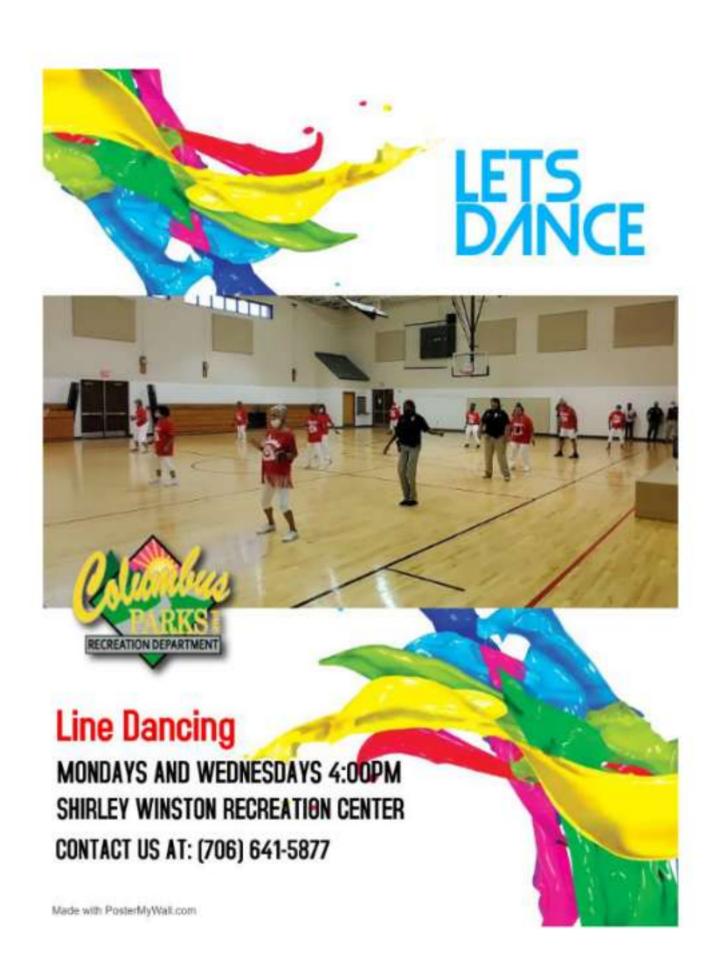
Price \$8

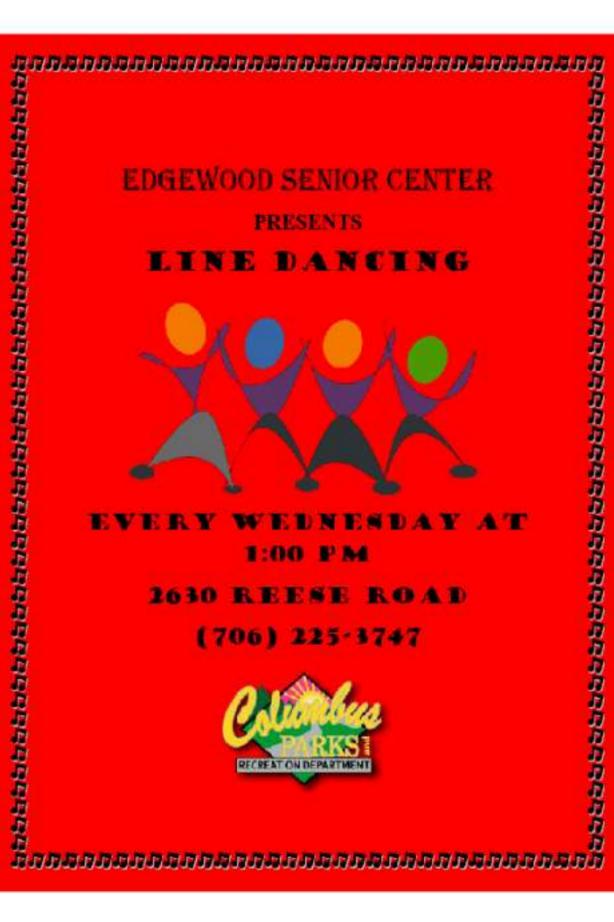
Great food at a great price.

For more information call 706-225-3730

Made with PasterflyWat com-

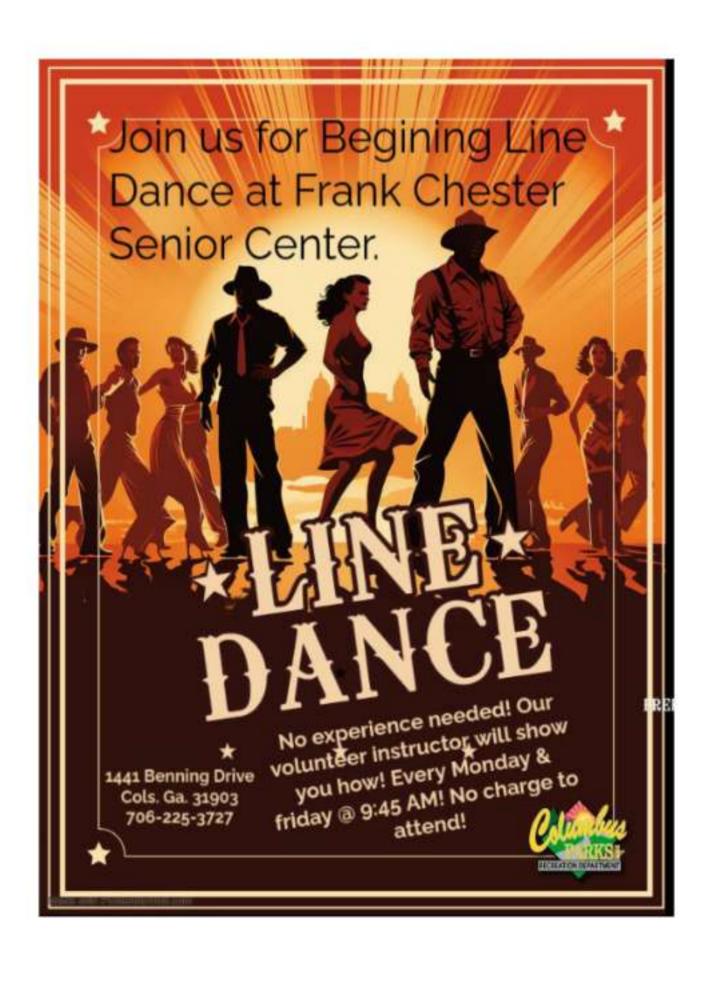


















MICHAEL FLUELLEN RECREATION CENTER

2824 8th STREET,

COLUMBUS, GA. 31906

DIRECTOR: CAROLYN EVANS

PH. (706) 641-5950

EMAIL: Evans.carolyn@columbusga.org







INTERMEDIATE CLOGGING CLASSES

Thursdays 12:30PM - 2:00PM





Its never to
late
to start
shufflin! Join
us for some
great fun!!



NORTHSIDE RECREATION CENTER 2010 AMERICAN WAY COLUMBUS, GA 31909 (706)-641-5940





REGISTER HERE:



Made with PosterMyWall.com





REGISTER HERE







Northside Recreational Center 2010 American Way Columbus, Ga 31909 706-641-5940

CLASSES EVERY MONDAY @
5:30pm-6:30pm CALL TO REGISTER FOR
Made with PosterMyWall.com THE NEXT SET OF CLASSES

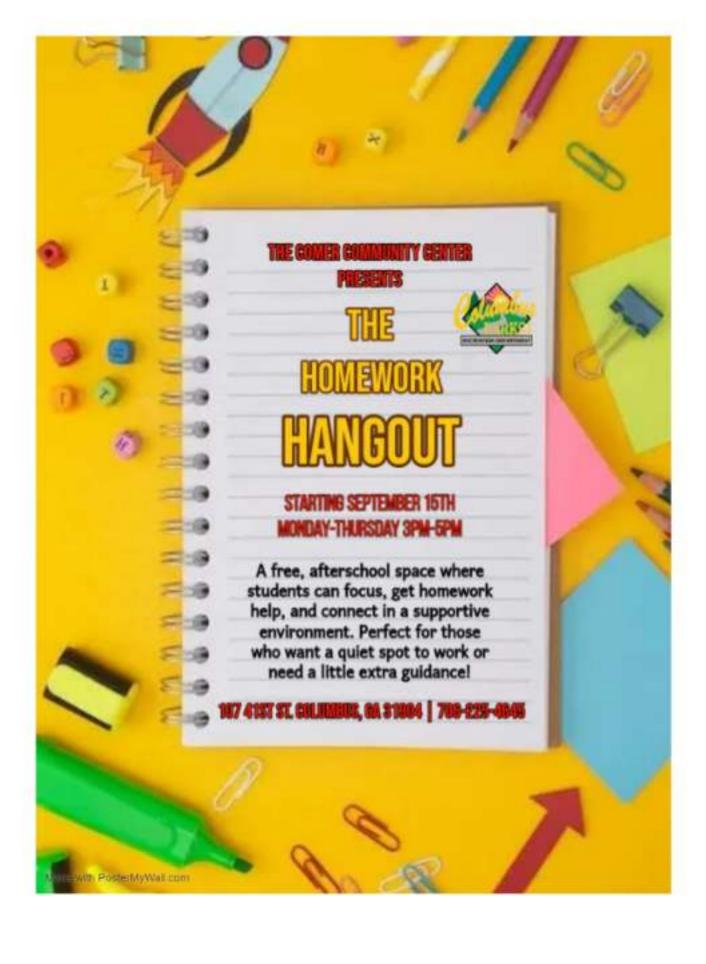




Thursday's 3pm-4pm

Gallops Senior Center 1212 15th Street Columbus, Georgia 31901

FOR MORE INFO 1706-225-3730





HALLOWEEN

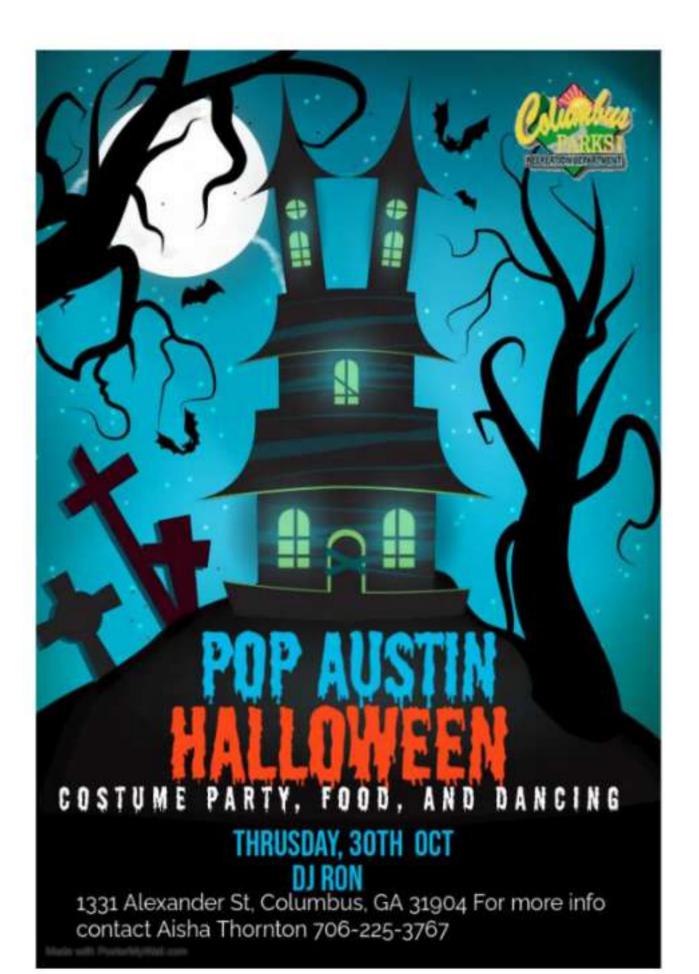


FRANK CHESTER SENIOR CENTER 1441 BENNING DR. COLUMBUS GA. 31903

COME AND PLAY WITH US

WEDNESDAY OCT 8TH, 2025 AT 11:00 AM.

FOR MORE INFORMATION CALL 706-225-2737





HAPPY

Card Class Wednesday, Oct. 15th @ 10 AM - Free



Frank Chester Senior Center 1441 Benning Drive Cols. Ga. 31903

-706-225-3727



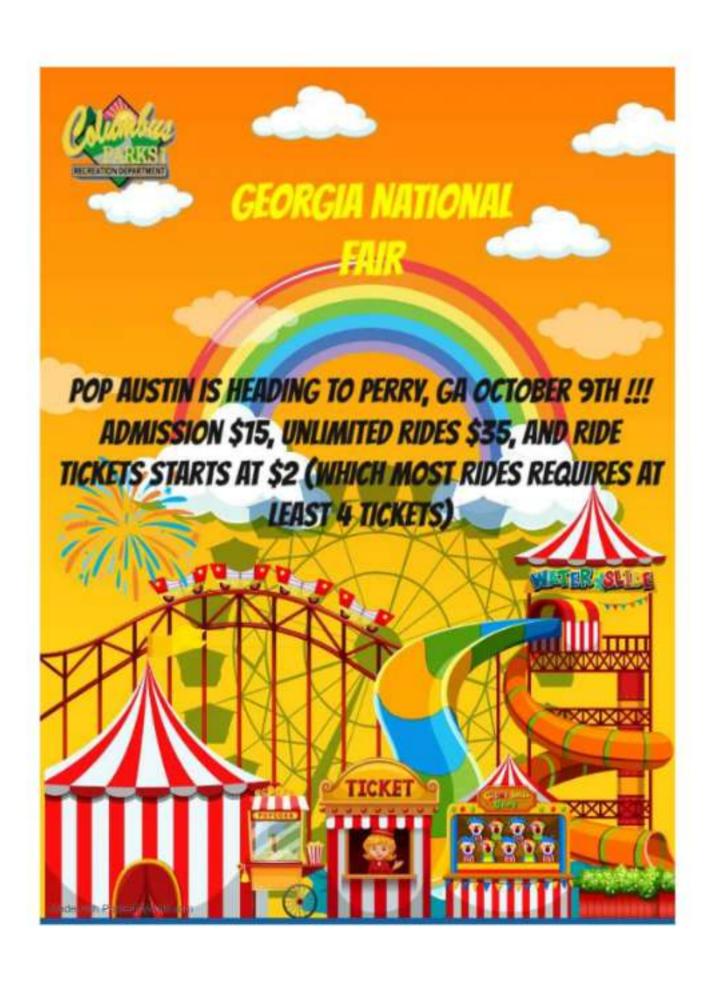




Contact Info: 7066415844











FOR BOYS & GIRLS **AGES 10-18**

COME OUT AND JOIN US IN THE GYM EVERY ZND AND 4TH FRIDAY ,FROM, 12:30 PM - 1:30 PM THROUGHOUT THE SUMMER AND 4:00 PM -5:00 PM, WHEN SCHOOL RESUMES.

FOR MORE INFORMATION, CALL US AT (706)641-5945 OR SEE ADRESS ABOVE.

CALL: (706)641-5945









Tuesday, October 21st Starting at 11:00 AM

Frank Chester Senior Center 1441 Benning Drive Columbus, GA. 31903



For More information:(706)225-3727





Wednesday

OCT 22nd

STARTS 10 AM

Frank Chester Senior Center 1441 Benning Drive Cols. Ga. 31903

FUN TIME

Games, Costume Contest, and more!





For more information call 706-225 - 3727



Frank Chester Senior Center



SENIOR FITNESS Classes

Session 1

Every Monday, Wednesday and Friday at 8:45 AM Session 2 @ 9:30 AM

Classes are held in the Gym next door to us. The Gym is open for Walking @ 8:00 AM on these days only!

Freel



1441 Benning Drive Cols. Ga. 31903 706-225-3727









EDGEWOOD SENIOR CENTER

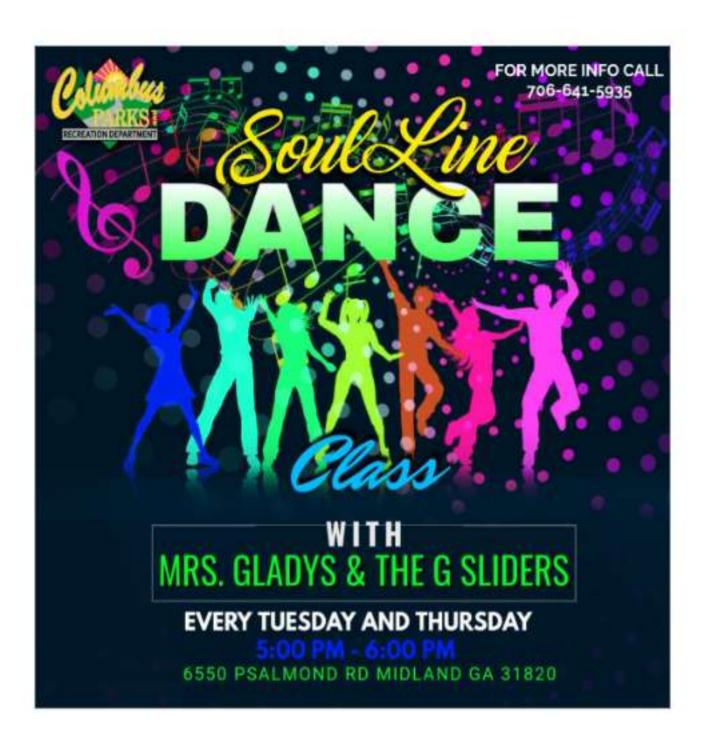
** DECORATING DECOR **







1ST FRIDAY OF EACH MONTH
EDGEWOOD SENIOR CENTER - TIME - 12PM
FOR MORE INFORMATION CALL - 706-225-3747
2630 REESE ROAD, COLUMBUS, GA. 31909





COME JOIN US TO CROCHET OR KNIT

EVERY 2** AND 4** TUESDAY AT 1:00 PM

EDGEWOOD SENIOR CENTER

2630 REESE ROAD

COLUMBUS, GA 31907

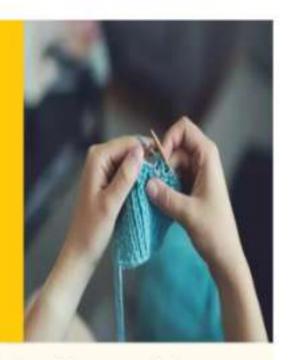
706-225-3747





JOIN OUR CROCHET GROUP!

Mondays 1pm-2pm







Ready to transform yarn into art? Dive into the world of crochet with our crochet group and embark on an exciting journey to master the craft of creating cozy and beautiful designs.

WHAT YOU'LL LEARN:

- Essential Stitches
- Pattern Reading
- Hands-On Projects
- Professional Finishing

Gallops Senior Center 1212 15th Street Columbus, Georgia 31901

For more information: 706-225-3730





Chicago – Style Stepping Lessons

Shirley B. Winston Recreation Center 5025 Steam Mill Rd. Columbus, GA Every Friday



5:00 - 7:00

FREE - FREE - FREE

Shirley Winston Recreation Center 706-641-5877





Join us for lots of fun as you learn

CHAIR VOLLEYBALL

We play every Thursday from 9 - 11 AM. We utilize the gym next door for this program.

Frank Chester Senior Center 1441 Benning Drive Cols. Ga. 31903 706-225-3727



Boxwood Recreation Center Presents:

1110 ENOCH DR COLUMBUS, GA 31907 CONTACT: (706-225-3725)







1:00-2:00

Monday

Wednesday

Friday

Low Impact Chair Dance Fitness

For Seniors or Beginners!

Burn Calories

Easy to follow & Fun

Improve Circulation

Tone Muscles
Improve Flexibility
Improve Joint Health
Build Endurance & Energy

EDGEWOOD SENIOR CENTER

COME JOIN US FOR CHAIR EXERCISE ON WEDNESDAYS AT 10AM AND FRIDAYS AT 9:30AM





2630 REESE ROAD COLUMBUS, GA 31907 706-225-3747



CHAIR EXERCISE

Monday,Wednesday,Friday 9:15am-10:30am





Reclaim mobility Reclaim balance Reclaim muscle tone Feel better

GALLOPS SENIOR CENTER

1212 15th Street Columbus, Georgia 31901

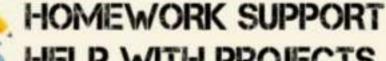
For more information: 706-225-3730

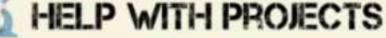


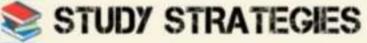
MICHAEL FLUELLEN CENTER

Homework Studb

WHAT WE PROVIDE:











EVERY WEDNESDAY STARTS-OCT 01, 2025 4:30PM - 5:30PM

2824 8th Street, Columbus, Georgia 31906 CENTER DIRECTOR: CAROLYN EVANS

PHONE: (706) 641-5950

EMAIL: EVANS.CAROLYN@COLUMBUSGA.ORG









POP AUSTIN PRESENT

BOCCE BALL



SATURDAY OCTOBER 17TH AND 18TH FOR SPECIAL OLYMPICS IN VALDOSTA, GA

Made with PasterNyWallicon

FREE BLOOD

Pressure Checks with Piedmont Hospital's Mobile Unit - First Friday of each month from 9 - 11 AM

> Frank Chester Senior Center 1441 Benning Drive Cols. Ga. 31903 706-225-3727









LETS PLAY "BID WHIST,"



EVERY WEDNESDAY AND FRIDAY 12:00 pm to 4:30 pm

GALLOPS SENIOR CENTER 1212 15TH STREET COLUMBUS, GA 31901

All are Welcome!"

For more information: 706-225-3730

TIME TO WIN A PRIZE



BUERY



TUESDAY 1:00pm -3:00pm FRIDAY 12:00pm-3:00pm

GALLOPS SENIOR CENTER

1212 15th STREET

COLUMBUS, GEORGIA 31901

BRING THREE GIFTS
TO PLAY



FOR MORE INFORMATION: 706-225-3730



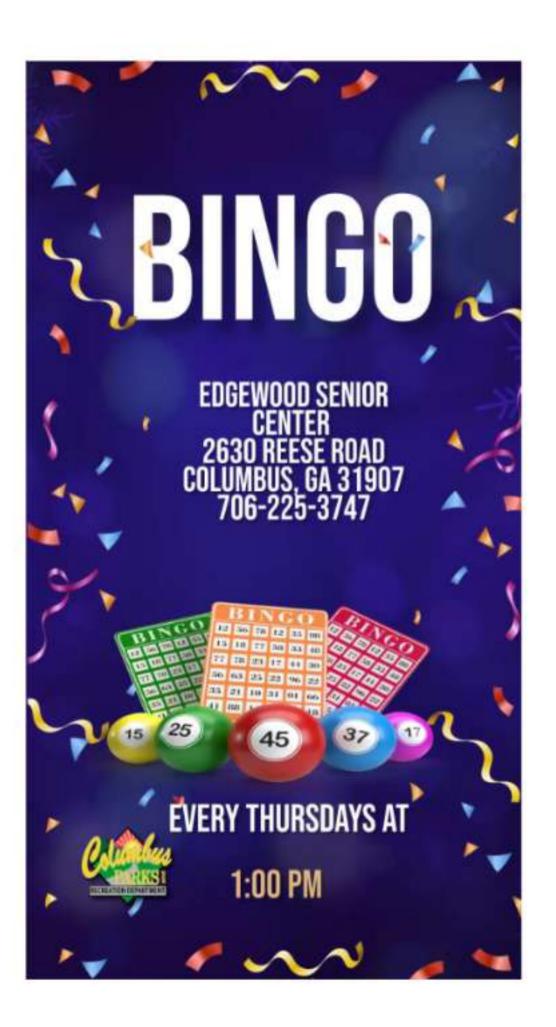




Please bring 4 gifts (Dollar Tree gifts or anything similar) - Jackpot Gifts are done on a rotational basis!

> Frank Chester Senior Center 1441 Benning Drive Cols. Ga. 31903

706-225-3727





ST. COL.GA.

31904.



BETTER BY THE BUCKET

TRAINING SESSIONS

CO-ED 7-18, MON.@WED. 5:30PM-6:30PM. KIDS UNDER 12, MUST BE
ACCOMPANIED BY AN ADULT.
WE WILL PAUSE TRAINING
SESSIONS DURING CYB
SEASON. YOU MUST BE
REGISTERED TO PARTICIPATE.

FOCUSING ON BECOMING A TOTAL BALLER!!!

CALL(706)641-5945 OR EMAIL Thomas.Chauncey@columbusga.org.

NORTHSIDE REC CENTER

PILATE





CLASS IS 11AM - 12PM EVERY WEDNESDAY.

CLASSES ARE FREE! PLEASE BRING A YOGA BALL AND MAT.

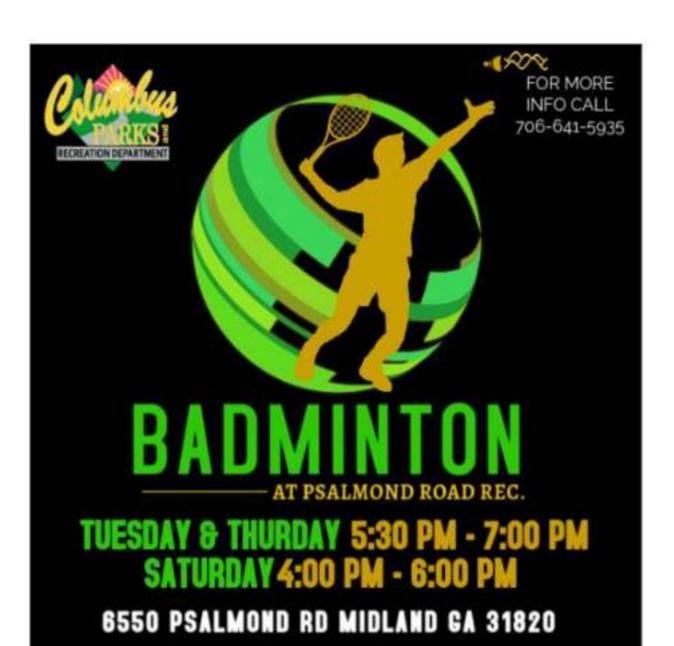


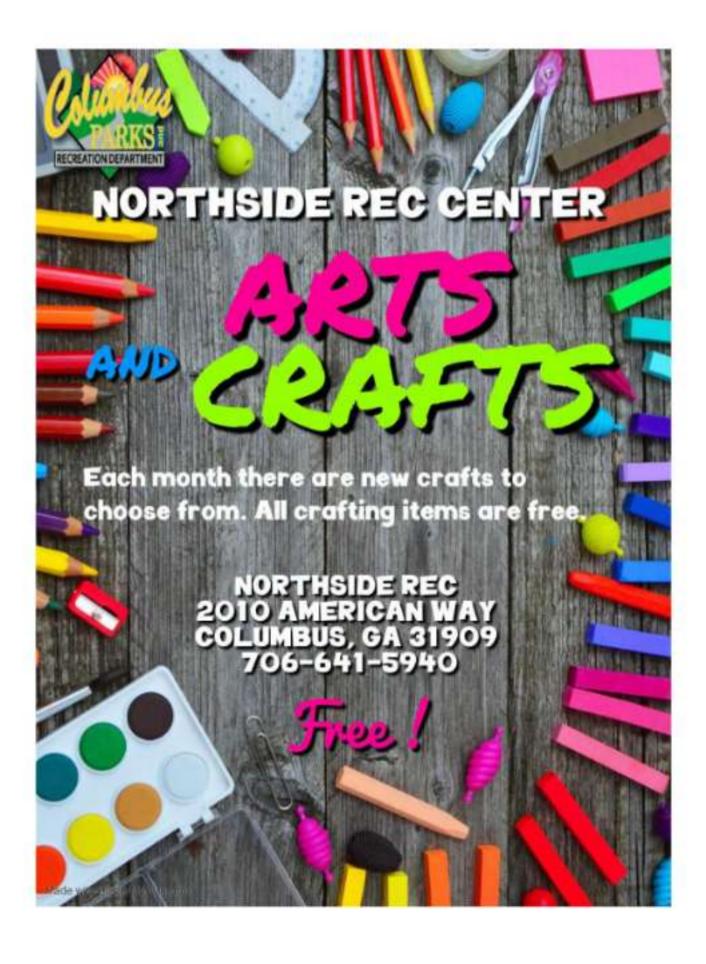
REGISTER ONLINE HERE



2010 AMERICAN WAY COLUMBUS, GA 31909 706-641-5940

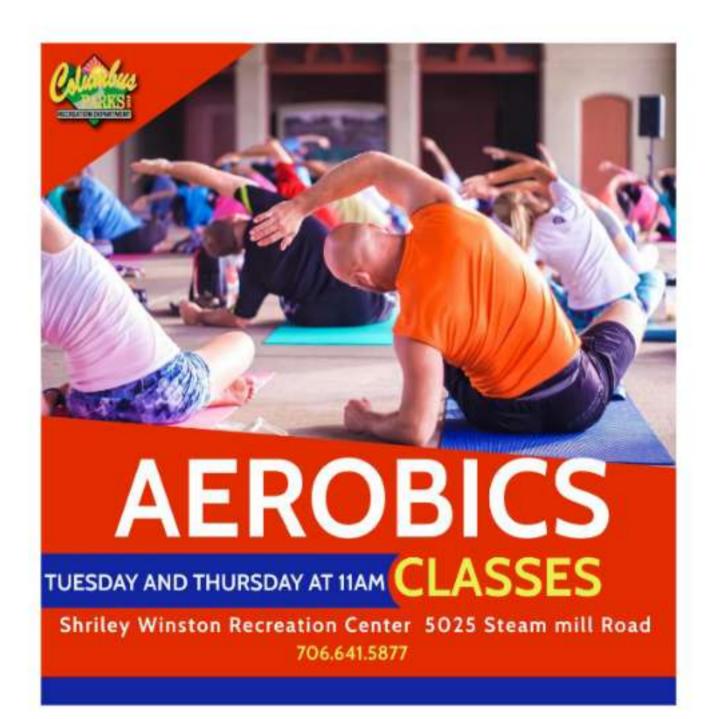
Made with PosterMyWall.com











THURS OCT 23 2025 FRANK D. CHESTER RECREATION CENTER 1441 BENNING DR. COLUMBUS, GA 31903 706.225.3723



THE DATE AND J

GERENATION I

5:30 pm - 8:00 pm

Croc Designing - Music - Vendors - Cames - Photo - Refreshments
And More

likela with PromethlyWell.com