

### MICHAEL FLUELLEN RECREATION PRESENTS:

PAFFAIR WITH A CHAIR
PLOW IMPACT AEROBICS
FOR SENIORS

START DATE: January 13, 2025
EVERY MONDAY- 11:30AM-12:30PM

COME START YOUR WEEK OFF GETTING FIT WITH USW

MICHAEL EMPELEN RECREATION GENTER -

2824 BIH STREET, COLS. GA., 31906

CENTUR DIRECTOR: CAROLYN EVANS

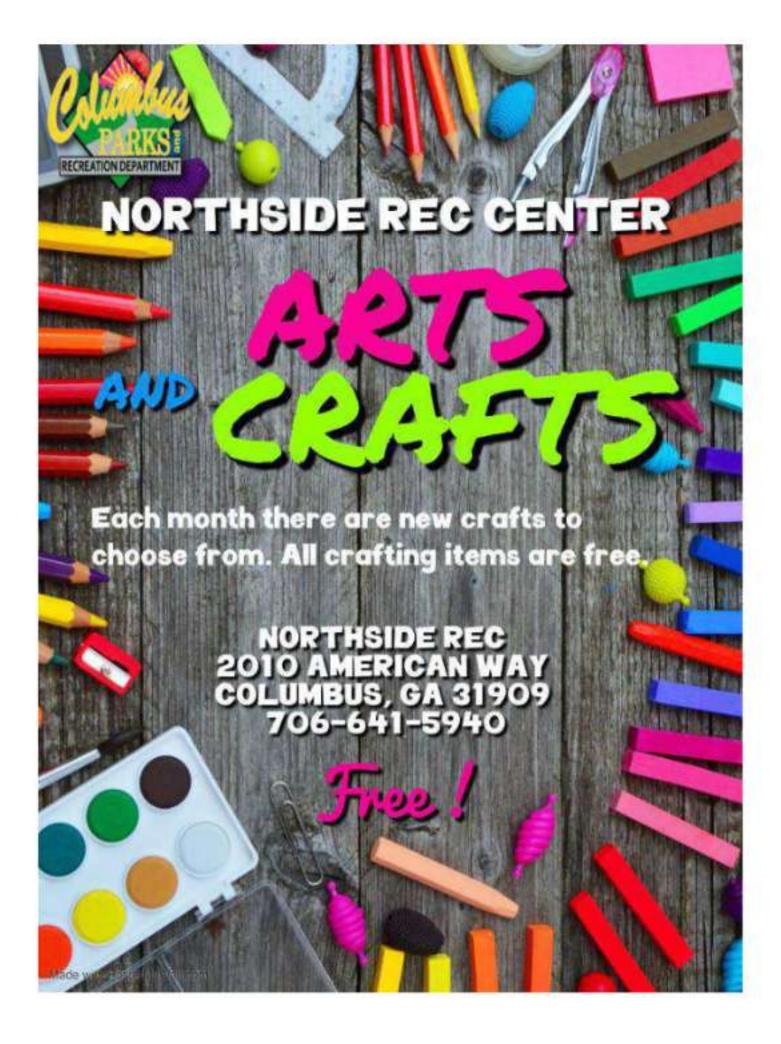
PHONE: (106) 641-5950 Email: Ev-

ans.carolynimediumbusga.org

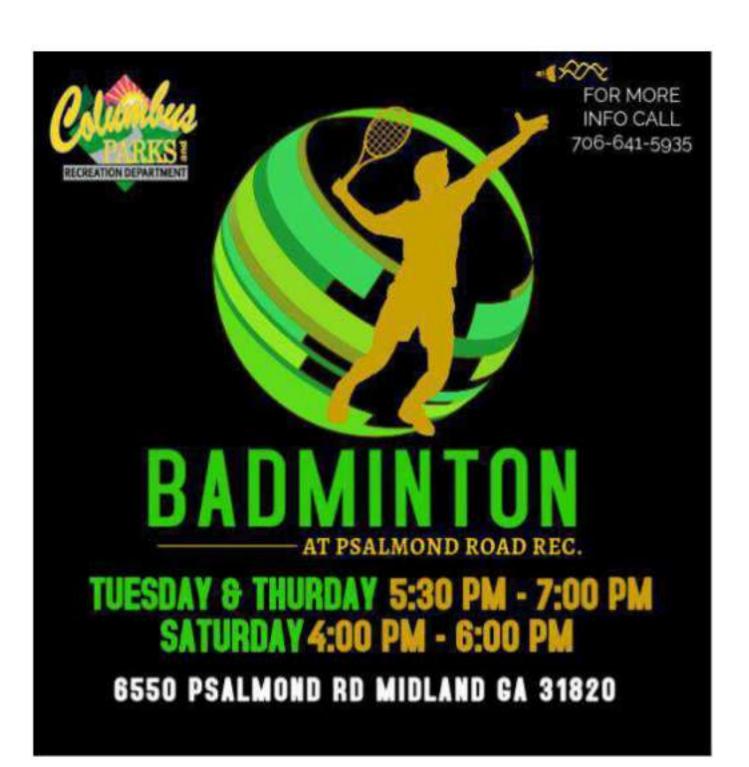








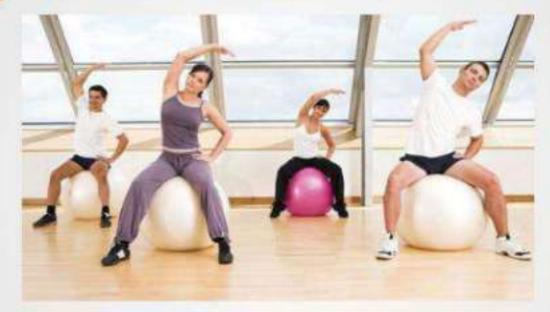




#### NORTHSIDE REC CENTER

## 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

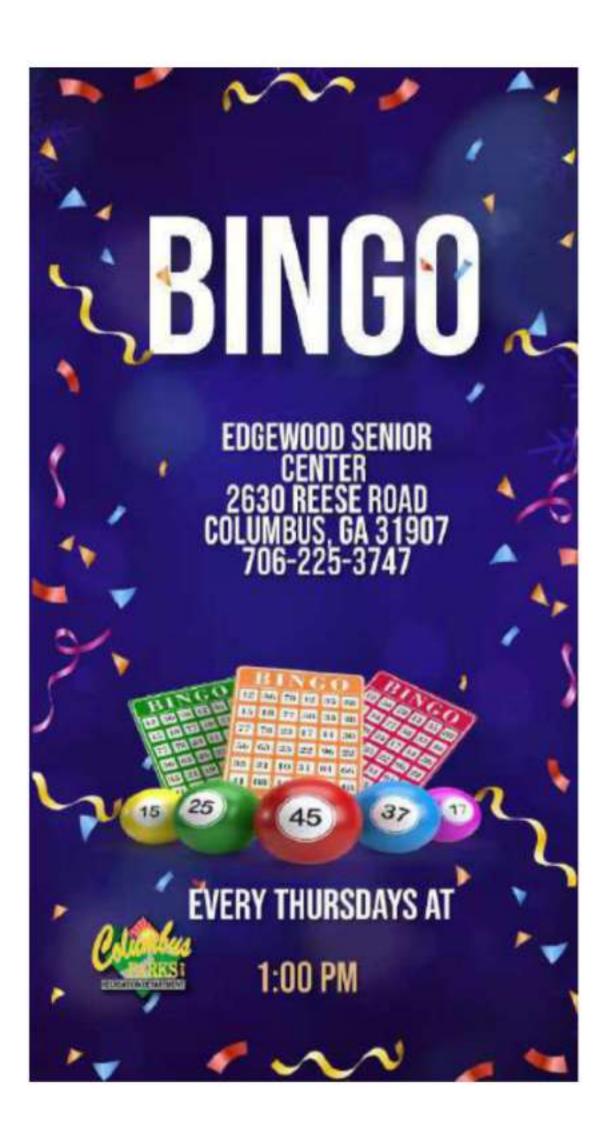
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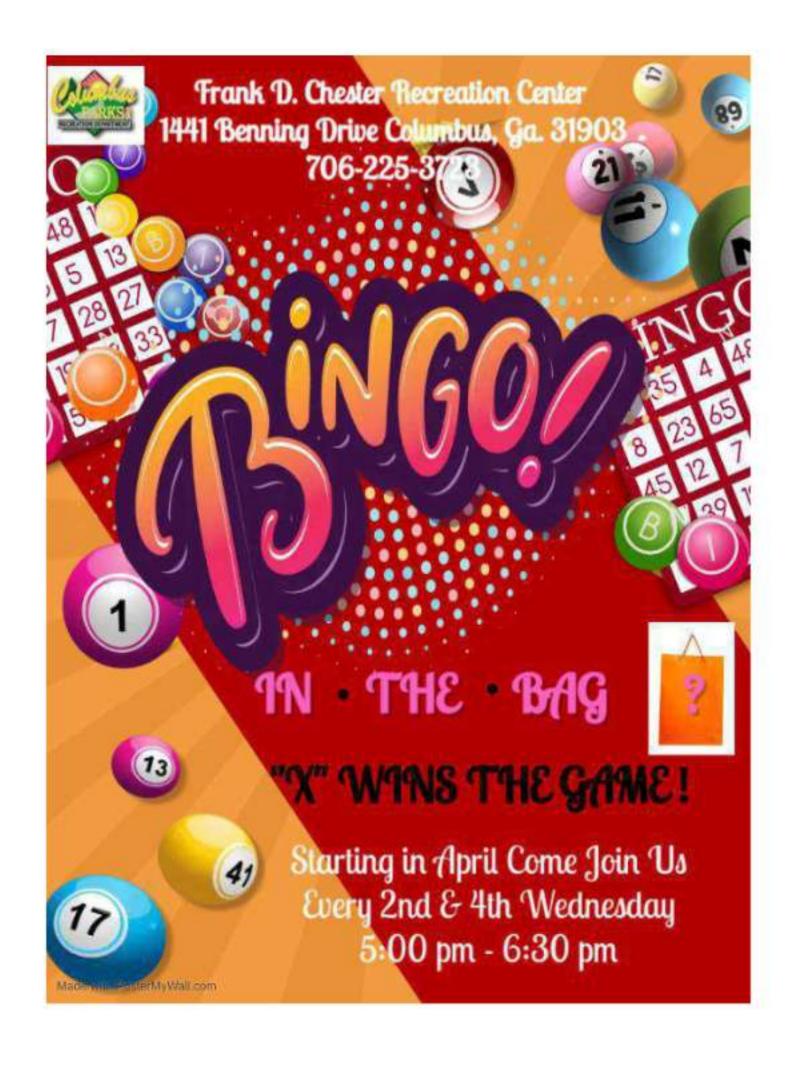




706-641-5940 2010 AMERICAN WAY









706-225-3727



#### TIME TO WIN A PRIZE



# BUERY



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

GALLOPS SENIOR CENTER

1212 15th STREET

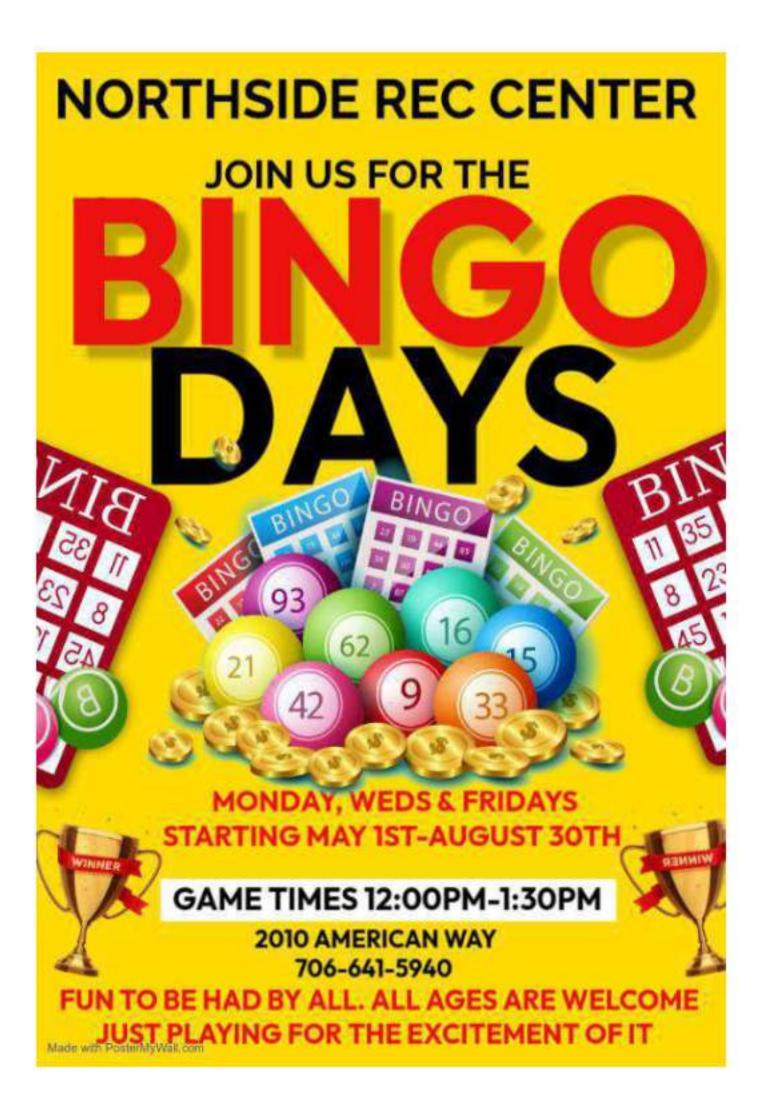
COLUMBUS, GEORGIA 31901

BRING THREE GIFTS
TO PLAY



FOR MORE INFORMATION: 706-225-3730







#### 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

### Files 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











# 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

#### 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



#### **Boxwood Recreation Center Presents:**

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







1:00-2:00

Monday · Wednesda

· 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** 





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





#### 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





#### Frank D. Chester Recreation Center

4:00P 5:30P

EVERY OTHER TUESDAY COME JOIN US FOR

Kids 8-14



with Ms. Deb P

starting MARCH 4, 2025

1441 Benning Drive, Columbus, GA 31903 706.225.3723 lade was PosterMyWall com



## JOIN OUR CROCHET GROUP!

Mondays 1pm-2pm







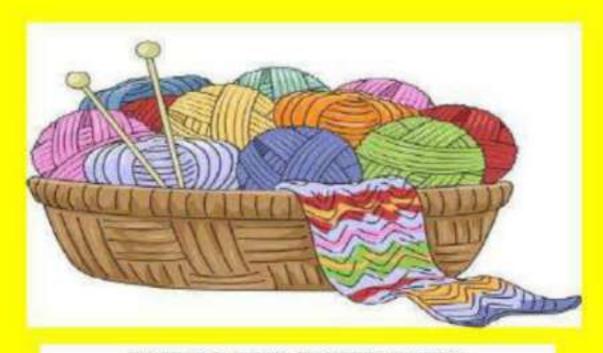
Ready to transform yarn into art? Dive into the world of crochet with our crochet group and embark on an exciting journey to master the craft of creating cozy and beautiful designs.

#### 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



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







#### **EDGEWOOD SENIOR CENTER**

\*\* DECORATING DECOR \*\*





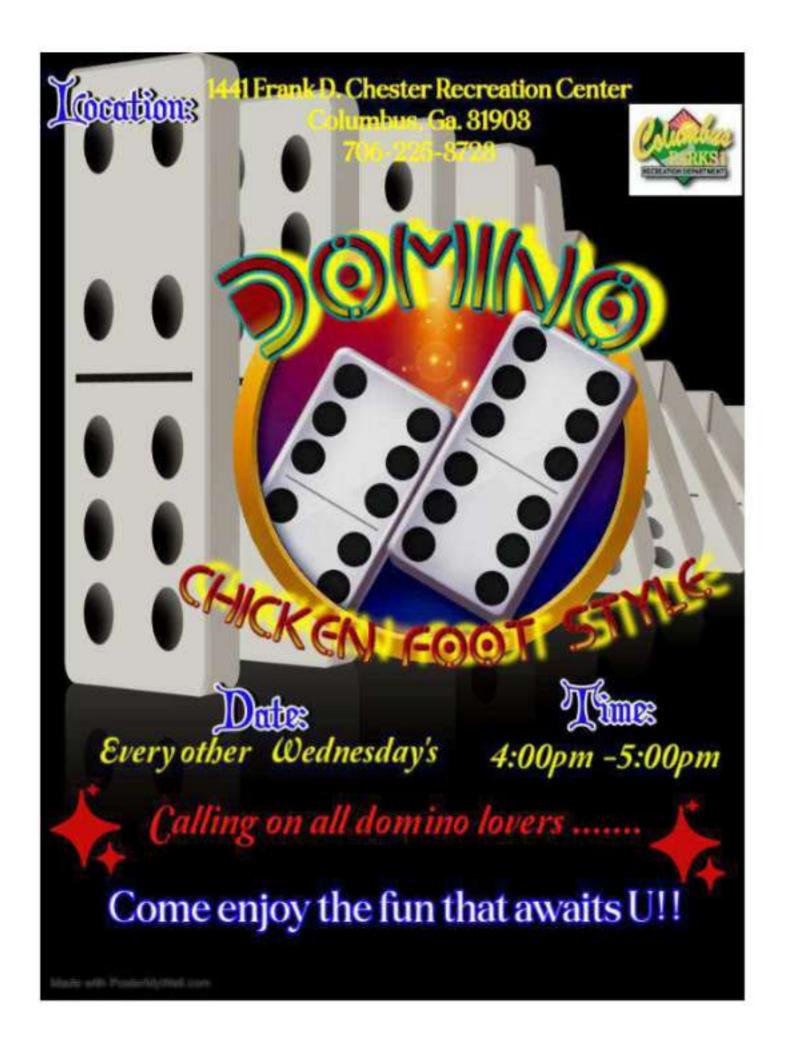


1ST FRIDAY OF EACH MONTH

EDGEWOOD SENIOR CENTER - TIME - 12PM

FOR MORE INFORMATION CALL - 706-225-3747

2630 REESE ROAD, COLUMBUS, GA. 31909





#### FRANK D. CHESTER RECREATION PRESENTS:



# DOUBLE DUICH

"Navigate the ropes at lightening speed."

1441 BENNING DRIVE COLUMBUS, GA 31903

EVERY OTHER TUESDAY STARTING:

JUNESED, TVH JULY 1ST, 1STH, 29TH

TIME

2 pm - 4pm

Made with PosterMyWall.com Contact for info. 706.225.3723

#### Frank Chester Senior Center



### SENIOR FITNESS Classes

Session 1

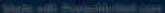
Every Monday, Wednesday and Friday at 8:45 AM Session 2 @ 9:30 AM

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



Frank Chester Senior Center 1441 Benning Dr. Columbus, Ga. 31903

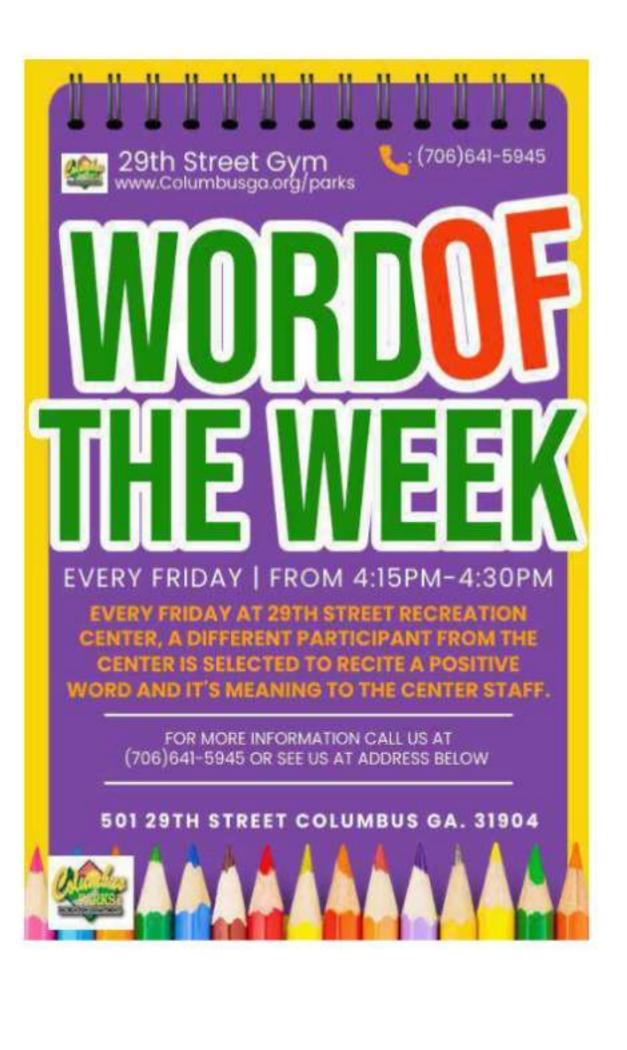


#### Come and Paint your own FLOWER POT



For more information call 706-225-3727

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#### Frank D. Chester Recreation Center

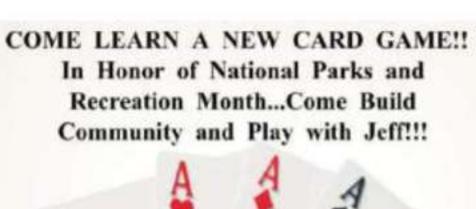
### Franks Flag Twirling Class



Fuly 21 - 24, 2025 © 2:00 PM - 4:00 pm

1441 Benning Drive, Columbus, GA 31903 706.225.3723









A GREAT GAME!

Friday, July 18th 2025 Starting at 11:00

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

For More Information:(706)225-3727







Thursday's 3pm-4pm

Gallops Senior Center 1212 15th Street Columbus, Georgia 31901

FOR MORE INFO 1706-225-3730





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

#### Northside Rec

## ICE CREAM COLLIN

July is Build Together - Play

Together Month.

MUSIC - GAMES - AND ICE CREAM

Volleyball, Basketball and Cheer Camp

Appreciation Day

For more information, contact us at 706-641-5940

#### 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:





Come An Play Jenga With Us

> Friday July 11th, 2025 11:00 A.M.

SEMULIES



Frank Chester Senior Center 1441 Benning Dr. Columbus Ga. 31903

EMPLUYEES

For more information call 706-225-3727



BUILD TOGETHER, PLAY TOGETHER



#### July 3 2025

FLAG FOOTBALL 12-1 pm Ages 7-17

#### July 11 2025

Kids 11 and under by adults 18+

FIELD DAY must be accompanied Tug o War, sack race, ballon pop, etc 11-12

Ages 7-17



Scavenger Hunt Unlock the clue 12-12:45 Ages 7-17



Basketball Game (HORSE) 12-1 pm Ages 7-17



501 29th street Columbus, Ga 31904







fun, food & fellowship

\* 12 Noon - R.S.V.P. Only by Friday, July 11 @ Noon! \$3.00 per person.

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







MICHAEL FLUELLEN RECREATION CENTER

2824 8th STREET,

COLUMBUS, GA. 31906

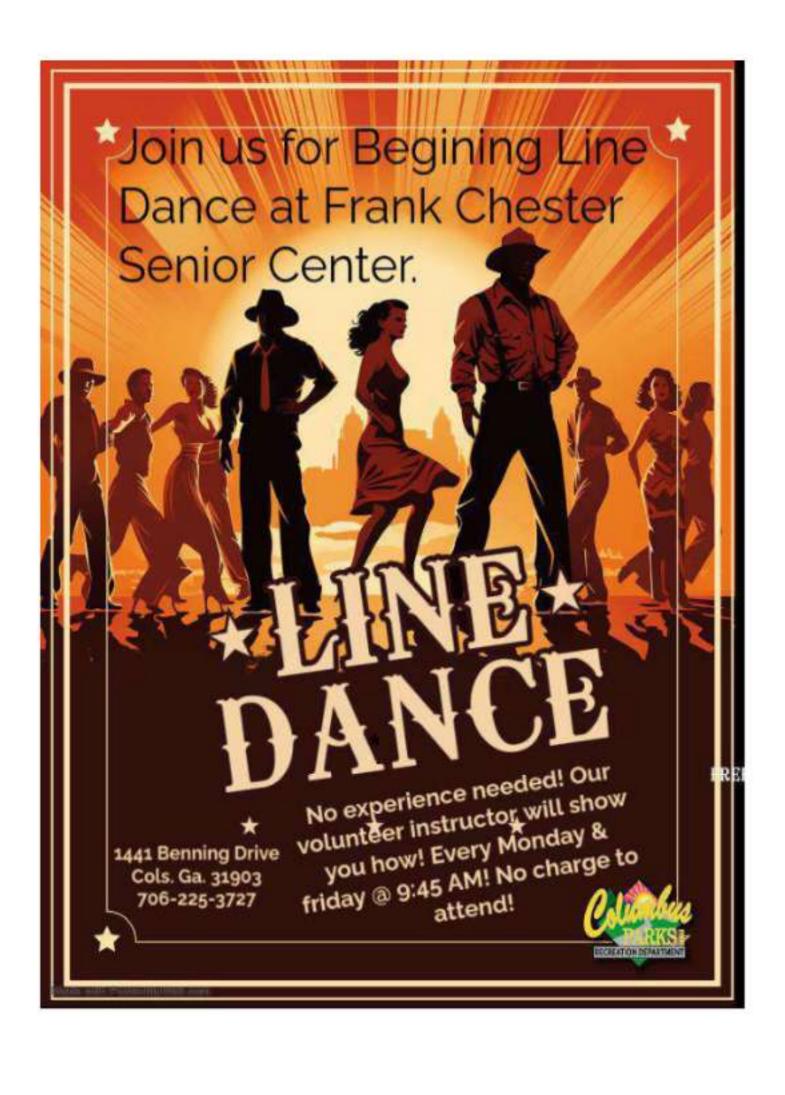
DIRECTOR: CAROLYN EVANS

PH. (706) 641-5950

EMAIL: Evans.carolyn@columbusga.org

















# 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

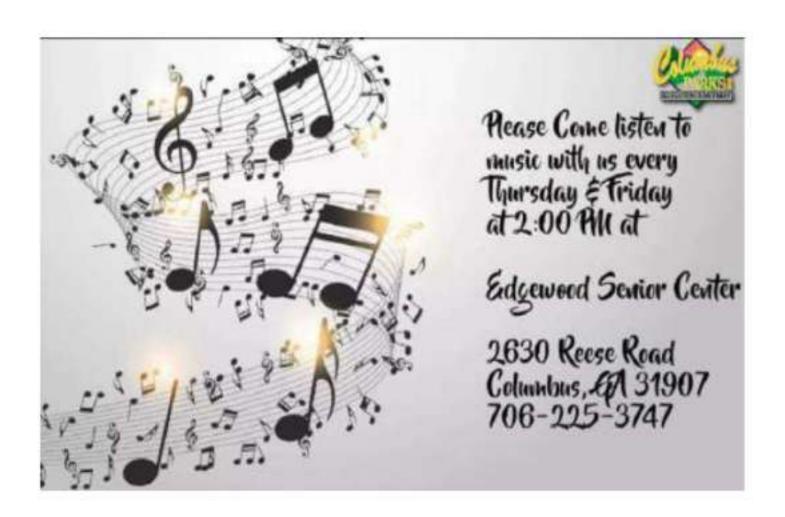




MALE MAIL IS POSITIVE GUY
TALK FOR MALES, AGES 7@UP!
TOPICS SUCH AS
ENCOURAGEMENT,
CONFIDENCE BUILDING,
EDUCATION, RESPECT, RULES,
FRIENDSHIPS, PERSONAL
GOALS, AND MORE WILL BE
DISCUSSED DURING THESE
SESSIONS.

EVERY 2ND TUESDAY 5:00 PM MONTH FROM, 5:25 PM.

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







NIGHT

FRIDAY, JULY 11TH

6:00-7:30 PM

6550 PSALMOND ROAD MIDLAND GA 31820

CALL 706-641-593 FOR ANY ADDITIONAL QUSTIONS

Why Participate?
Enjoy delicious, Custom icy snow cones!
Fun for the whole family!

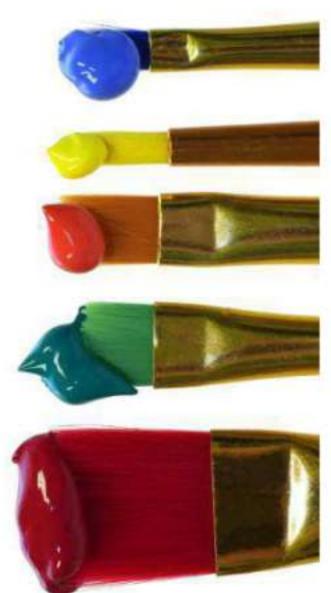


### PAINTING

#### EVERY THURSDAY 11am-12pm

Gallops Senior Center 1212 15th Street Columbus, Georgia 31901

For more Information:706-225-3730





#### FRANK D. CHESTER RECREATION CENTER

#### Parks & Recreation Month



TUESDAY JULY 1 Volcano Explosion Zp-4p
WEDNESDAY Bill Nye Day Zp-4p

THURSDAY Slime Day 2p-4p

#### = AMAZINGRACE

MONDAY JULY 7 Ultimate Cup Stacking Challenge

1p-2p

WEDNESDAY JULY 9

Super Mario Race

2p-4p

FRIDAY JULY 11

FRANK NINJA WIPE-OUT

3p-6p

#### GAME ON!!

MONDAY Pickleball 1p-4p

WEDNESDAY Video Gaming 1p-4p

1441 BENNING DRIVE, COLUMBUS, GA 31903
Made with PosterMyWall.com 706.225.3723



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

## PICKLEBALL



Adults

5pm 6:30pm

**Kids** 

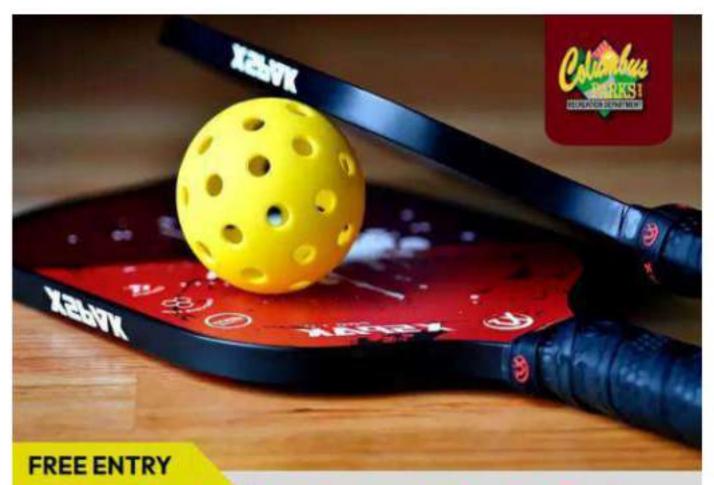
Starting in March: every other Monday's and Wednesday's



COME JOIN US

GREAT EXERCISE, CARDIO AND FUN!!!





#### PICKLEBALL OPEN COURT PLAY

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

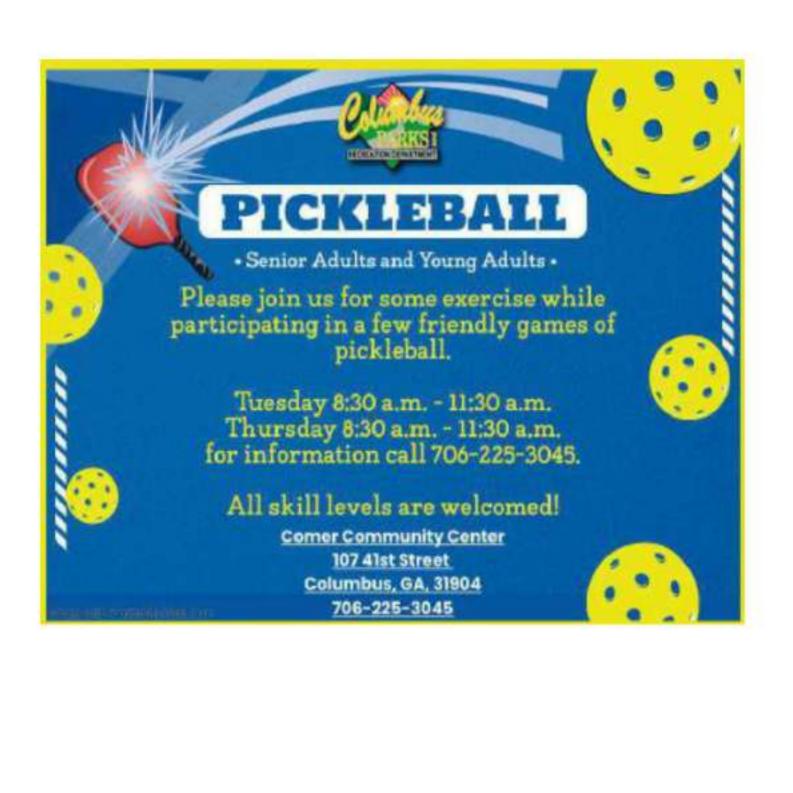
> WEDNESDAY & FRIDAYS 11:00 AM - 2:00 PM

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







## 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





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



#### 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

5:30P

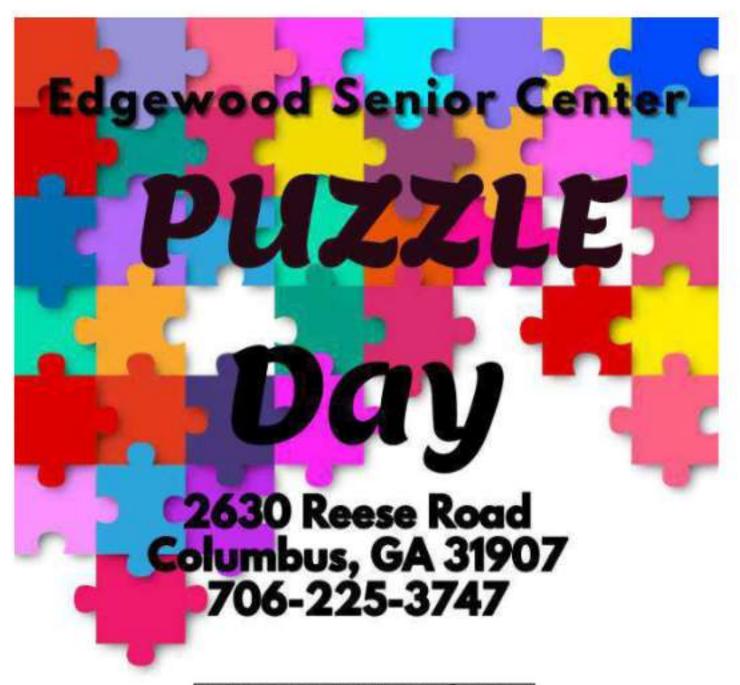
Your are welcome to bring your own flower pot.

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

FOR MORE INFO: 706.225.3723







Every Tuesday At 3:00





#### QUOTE OF THE QUARTER!!!!



EACH QUARTER, A DIFFERENT PARTICIPANT AT 29TH ST. WILL RECITE A INSPIRATIONAL QUOTE TO STAFF IN RETURN THE PARTICULAR QUOTE WILL BE DISPLAYED ON THE HALL WALL FOR THAT QUARTER, FOR AGES, 12-18.



THIS WILL TAKE PLACE AT 50x 29TH ST. COLUMBUS, GEORGIA 31904 ON THE LAST FRIDAY OF THE PARTICULAR QUARTER. IF INTERESTED, SEE THE ABOVE ADDRESS OR CONTACT US AT (706) 641-5945.









#### **ADVANCED CLOGGING CLASSES**

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





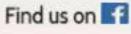
its never to late to start shufflin! Join us for some great fun!!



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



REGISTER HERE:



Made with PosterMyWall.com





#### Thursdays & Fridays 8:30AM - 12PM

Comer Community Center 107 41st Street, Columbus, GA, 31904 706-225-3045

Made with PosterMyWall.com





#### **EVERY TUESDAY AT 12:30PM**

GALLOPS SENIOR CENTER 1212 15<sup>TH</sup> STREET COLUMBUS, GEORGIA 31906

For more information: 706-225-3730



START DATE: JANUARY 2, 2024

2PM-6PM

AND PLAYE EITHER WAY COME ON

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

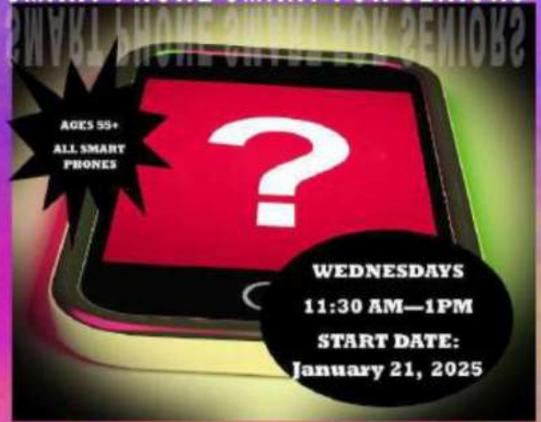
CENTER DIRECTOR: CAROLYN EVANS

PHONE: (706) 641-5950

Email: Evans.carolyn@columbusga.org



## MICHAEL FLUELLEN RECREATION PRESENTS: SILART PHONE SILART FOR SENIORS



SO YOU HAVE A BEAUTIPUL PHONE RIGHT? IT'S UP TO DATE, TAKES GREAT PICS RIGHT?

BUT WHEN SOMEONE ASKS YOU SOMETHING ABOUT IT! IS YOUR ANSWER TAK?

WELL THEN THIS CLASS IS FOR YOU!! COME ON OUT AND LET'S GET YOU SMART PHONE

SMART! BE ABLE TO NAVIGATE YOUR PHONE LIKE A 5 YEAR OLD!! BECAUSE THAT'S

WHO YOU CALL WHEN YOU NEED HELP RIGHT? JOIN US AS WE LEARN AND GET

SMARTER THAN A FIVE YEAR OLD—YES LET'S GET SMART PHONE SMART!!

MICHAEL FLUELLEN RECREATION CENTER -

2824 8TH STREET, COLS. GA., 31906

CENTER DIRECTOR: CAROLYN EVANS

PHONE: (706) 641-5950 Email: Evans.carolyn@columbusga.org





### 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







#### **EDGEWOOD SENIOR CENTER**

#### TEA GATHERING

FUN, LAUGHTER, SHARING AND LOVE



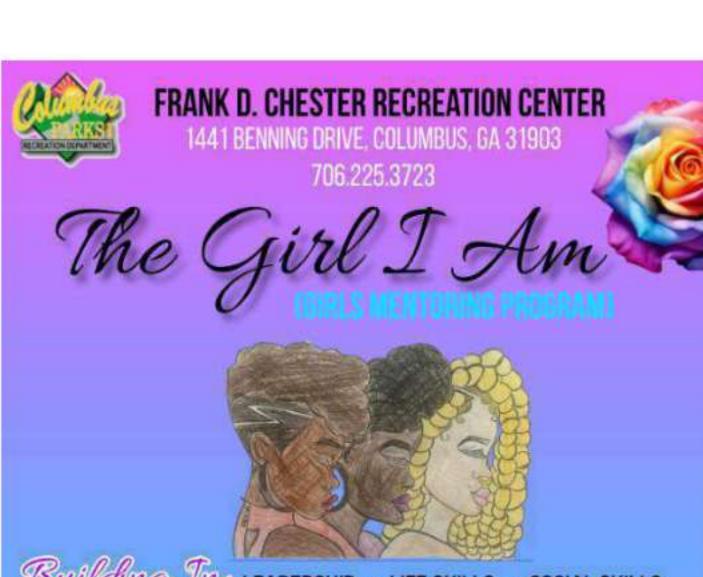
JOIN US FOR OUR MONTHLY TEA GATHERING

3RD TUESDAY OF EACH MONTH

TIME 12PM

EDGEWOOD SENIOR CENTER - 706-225-3747

2420 RECHE ROAD, CORNADUS, GA-31909



Building In: LEADERSHIP • LIFE SKILLS • SOCIAL SKILLS CREATIVITY SKILLS • COMMUNICATION SKILLS



MONDAYS & WEDNESDAYS

4:30P - 6:30P

STARTING JUNE 8TH

SATURDAYS TO BE ANNOUNCED

Made with PosterMyWall.com





501 29TH 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.

FOCUSING ON BECOMING A TOTAL BALLER!!!

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





**EVERY MONDAY 2:00pm** 

GALLOPS SENIOR CENTER 1212 15th STREET COLUMBUS, GEORGIA 31901

FOR MORE INFORMATION: 706-225-3730





TRY VOLLEYBALL FOR FREE

FRIDAY JULY 7TH THROUGH FRIDAY JULY 11TH, 2025 VOLLEYBALL CO-ED CLINIC

4:30PM-5:30PM CO-ED 6TH AND 8TH GRADES

5:30PM-6:30PM CO-ED 9TH-12TH GRADES

NORTHSIDE REC CENTER 2010 AMERICAN WAY 31909 706-641-5940

REGISTER BY LINK HERE: https://forms.office.com/g/LrgRC2mv5p?origin-lprLink

With the State of the State of

#### **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



# WHEN MUSIC HAD MEANING LIP SYNC CONCERT



MICHAEL FLUELLEN RECREATION CENTER
2824 8TH STREET, COLS. GA., 31906
CENTER DIRECTOR: CAROLYN EVANS
PHONE: (706) 641-5950

Email: Evans.carolyn@columbusga.





