

# Warm Weather Fun For Seniors

Franklin County offers many opportunities for seniors to enjoy the warmer weather. Warm weather activities designed with seniors in mind are not in short supply.

## **Fishing**

Fishing builds relationships and creates memories. However, in Ohio you'll need to purchase a license to participate. Reduced-Cost Senior Licenses are available for Ohio residents age 66 and older, who were born on or after January 1, 1938 and have resided in Ohio for the past 6 months. The cost is \$10.00. Licenses for Ohio residents born on or before December 31, 1937 are free of charge. Licenses can now be purchased online, from a participating agent or by mail order.

For more information on purchasing licenses and for a detailed list of places to fish in Franklin County and the surrounding areas 1-800-WILDLIFE (1-800-945-3543) or 614-265-6300 or visit <http://www.dnr.state.oh.us/>.

## **Golf**

Did you know that golf can help prevent bone degeneration, including osteoporosis? As a weight bearing exercise, it is great for your bones. It also burns calories, improves your quality of sleep, aides in the body's production of Vitamin D and increases your opportunity to socialize and make new friends. Senior golfing events are plentiful in our area. Here are two possibilities to consider:

Columbus Municipal Golf

Phone: 614-645-3375

<http://www.columbuscitygolfcourses.com>

As a division of Columbus Recreation and Parks, Columbus Municipal Golf operates seven public golf courses in Columbus that offer a variety of locations, prices and challenges without the use of tax dollars. Beginning in April, a schedule of events specifically for those 50 and over is available. These events include golf clinics, a senior series for men and women and concluding with the senior championship in September. For information about senior golf and the upcoming amateur championships call 645-6023.

Fore Hope

614-784-1111

[www.forehope.org](http://www.forehope.org)

Fore Hope was one of the first organizations created to provide a therapeutic approach to golf by creating a program for persons of all ages, disabilities and economic backgrounds, while assisting them with their physical and emotional development.

Fore Hope uses golf as an instrument to help in the rehabilitation of persons with disabilities or an inactive lifestyle. The Fore Hope team consists of certified recreational therapists and golf professionals. Individual and corporate giving, grants and special events support this organization. Seniors interested in participating or volunteering should call (614) 784-1111.

### **Additional Opportunities**

Many opportunities are available in Franklin County for seniors to learn, and enjoy leisure activities and events. Programs and activities range from learning a new hobby, enrichment classes, special events to travel and more.

#### Columbus Recreation and Parks

(614) 645-3300

<http://recparks.columbus.gov/Seniors/seniorcenters.asp>

Many Columbus Recreation and Parks senior centers offer trips, stretching and toning exercise programs, fitness equipment, line dancing, quilting, arts and crafts, chair volleyball, tai chi for arthritis, walking clubs, water aerobics and inter-active athletics using Wii virtual games. Call (614) 645-3300 to find a center hosting senior programs near you. Annual membership fees for those 50 and over is only \$15. This membership provides a monthly newsletter advertising upcoming events, trips, and programs at all the Columbus Recreation and Parks 50+ program centers.

#### Metro Parks

(614) 891-0700

Info Line (614) 508-8000 (24 hours/7 days)

<http://www.metroparks.net>

Metro Parks offers free educational and recreational opportunities every day of the year that will excite your senses and rekindle your spirit.

Metro Parks offer a variety of free programs at senior centers, nursing homes, and other senior group meeting places. Groups may also schedule a program at any of the 15 beautiful Metro parks! Programs are typically 60-minutes long but can be adjusted to meet the needs of your group. Most programs can be adapted to indoor or outdoor settings.

Current Programs topics include Amazing Trees, Animal Homes, Artifacts of the Past, Bees, Butterflies and Beyond; Birds, Fishing, Ohio Mammals, Raptors - Ohio's Birds of Prey; Reptiles and Amphibians and Sensory Walk.

To schedule a program, call the Metro Parks Reservations Office at (614) 508-8111 Monday through Friday 8:00 a.m. – 4:00 p.m.

**Baseball**

Enjoy a day filled with fun, entertainment and our home team, Thursday, June 9, 2011 at the Franklin County Office on Aging Day with your Columbus Clippers at Huntington Park.

Gates open at 11:15 a.m. and game time is 12:05 p.m. as the Columbus Clippers host the Rochester Red Wings. Fans aged 60 and over attending the event will be treated to reduced ticket prices of just \$5.00 for reserved seats and \$2.00 for general admission, a boxed lunch and special door prizes. Tickets must be purchased in advance. Tickets may be obtained by calling (614) 462-5250.