

The connection

The City of Groveport's Media Hub

CITY OF GROVEPORT

Topic	Pages
General News	1 - 2, 21

PARKS & RECREATION

Topic	Pages
General News	3 - 4
Fitness	5 - 6
Adult Athletics	7
Youth Athletics	8
Classes & Special Events	8 - 9
Sports Med. Minute	9 - 10
Home School	10
Aquatics	11
Important Dates	12

SENIOR CENTER

Topic	Pages
General News	13

COMMUNITY AFFAIRS

Topic	Pages
Adult Programs	14 - 15
This-N-That	16
Youth Programs	17 - 19
Important Dates	20

Holiday Wishes

The City of Groveport would like to wish you and your family and safe and happy holiday season.



Holiday Hours for Groveport City Offices

Facility	Date	Hours
Recreation Center	Thurs., Dec. 24	5:30 AM - 12:00 PM
Municipal Building	Christmas Eve	Closed
Town Hall		Closed
Crooked Alley KidSpace		Closed
Links At Groveport		Closed
Recreation Center	Fri., Dec. 25	Closed
Municipal Building	Christmas	Closed
Town Hall		Closed
Crooked Alley KidSpace		Closed
Links At Groveport		Closed
Recreation Center	Sat., Dec. 26	8:00 AM - 8:00 PM
Municipal Building		Closed
Town Hall		Closed
Crooked Alley KidSpace		Closed
Links At Groveport		Open (Weather Permitting)
Recreation Center	Sun., Dec. 27	8:00 AM - 6:00 PM
Municipal Building		Closed
Town Hall		Closed
Crooked Alley KidSpace		Closed
Links At Groveport		Open (Weather Permitting)

Continued on page 2



Gift Certificates to the Groveport Recreation Center or Aquatic Center make great stocking stuffers.



CITY OF GROVEPORT - General News -

614-836-5301 / www.groveport.org

Leaf Pick Up Continues

The Groveport Public Works Dept. will continue to pick up curbside leaves thru Dec. 10. Residents are asked to rake their leaves close to the curb, but not in the street. Leaves in the street cause issues with water flow and sanitary sewers. Debris other than leaves, such as twigs, rocks and trash, will not be picked up. Please avoid parking vehicles in front of or behind leaf piles. Any questions, call the Public Works Dept. at 614-836-3910.

Prepare Your Vehicle Now for Winter

All motorists should put together a Winter Survival Kit in their vehicle. In an emergency, it could save your life!

- Shovel and small broom
- Windshield scraper
- Flashlight with extra batteries
- Battery powered radio
- Water & snack food i
- Matches and small candles
- Extra hats, socks and mittens
- First aid kit
- Pocket knife
- Blankets or sleeping bag
- Tow chain or rope
- Road salt, sand or cat litter for traction
- Jumper Cables
- Emergency flares
- Cell phone adapter to plug into lighter



Holiday Hours continued...

Facility	Date	Hours
Recreation Center	Thurs. Dec. 31	5:30 AM - 5:00 PM
Municipal Building	New Year's Eve	8:00 AM - 5:00 PM
Town Hall		8:30 AM - 5:00 PM
Crooked Alley KidSpace		8:30 AM - 5:00 PM
Links At Groveport		Open (Weather Permitting)
Recreation Center	Fri., Jan. 1	Closed
Municipal Building	New Year's Day	Closed
Town Hall		Closed
Crooked Alley KidSpace		Closed
Links At Groveport		Closed

2015 Year in Review



2015 continued the work done to enhance the quality of life for Groveport residents and businesses.

The City's recently-revived Street Maintenance Program was in full swing with several core streets improved, along with the paving of Blacklick Park, Police Building, and KidSpace parking lots. The annual sidewalk replacement program again took place, and Phase I of the Wirt Road pedestrian path was built. A sanitary sewer lift station and line was installed at the golf course, and the long-anticipated water treatment plant construction was completed. Other projects included the installation of security cameras in Groveport Park and the replacement of the Groveport Recreation Center natatorium roof.

Partnerships were important to the Mayor and Council this year. The Council voted unanimously to donate property to the Groveport Heritage and Preservation Society to be used for the relocation of the historic structure from the property located at Rohr and Pontius. The City's Preservation & Restoration Committee, made up of City Staff and representatives of the society, worked together to provide street signs indicating the historic area of the city and to develop guidelines to assist property owners within the historic area. Council also agreed to allow the Greater Groveport Food Pantry use of the City's Cherry Street building for the food pantry that assists area residents in need.

In cooperation with our Groveport businesses located in the Rickenbacker industrial area, the City implemented a daily shuttle service as the last mile link with COTA's bus route to the area. Named the Groveport Rickenbacker Employee Access Transit (G.R.E.A.T.) Program, this newly designed program provides daily transportation to these businesses.

The City implemented a Community Notification System to alert residents in real-time for localized emergencies, relevant community advisories, and community announcements. Registration information is on the home page of the City of Groveport website, www.groveport.org.

City officials and administration wish all residents a joyful holiday season, and peace for the upcoming year. - Marsha Hall, *City Administrator*

GROVEPORT PARKS & RECREATION DEPT. - General News -

614-836-1000 / www.groveportrec.com

More Drop-In Play Time

If you have not already heard, our Men's Winter Basketball League will now be playing after the facility closes on Sundays. What does this mean? This means that we will be offering more drop-in play time in our gyms on Sundays.

We encourage you to check out our gym schedules before showing up to play as we have different times for different age groups. Schedules can be viewed on our website, which is

www.groveportrec.com

Simply click on the Rec Center button and then click on Hours & Schedules in the left hand column and select Gym Schedules.

An annual pass to the Groveport Recreation Center is a gift that gives all year long. Gift certificates are also available for purchase.



Merry Fitness

Why not do your shopping with us?

Give the gift of fitness to someone you love. Purchase a gift certificate for a friend and they can apply it towards an annual recreation center pass. If they join between Nov. 1 and Dec. 31, they can get 13 months for the price of 12 or pick another gift from us, such as (4) one-day passes to the award winning Groveport Aquatic Center OR (4) one-day passes to the Groveport Recreation Center OR (1) free round of golf at The Links At Groveport.

MERRY FITNESS 2015

Coupon is valid for two free adult (18 years & above) visits to the Groveport Recreation Center.

May be used between 11/1/15 and 12/31/15. Not valid with any other offers. Must be used on same date. May not be used as (2) individual visits. Photo I.D. required for entry. Coupon may only be used one time by same person or persons.

7370 Groveport Road
Groveport, OH 43125
614-836-1000 / www.groveportrec.com
www.groveportrec.com



December & Early January Closure & Non-Traditional Hours

Friday, Dec. 4	Maintenance	CLOSED
Thursday, Dec. 24	Christmas Eve	5:30 am - 12 pm
Friday, Dec. 25	Christmas	CLOSED
Thursday, Dec. 31	New Year's Eve	5:30 am - 5 pm
Friday, Jan. 1	New Year's Day	CLOSED

Birthday Parties

If you are a parent with an active child, you need to read further. For **\$12.50** per person your child and his/her friends can celebrate a birthday at the Groveport Recreation Center. \$250 covers: • 20 Day Passes to the GRC • 90 minute room reservation • 3 Large Single Item Pizzas • 1 Dairy Queen Ice Cream Cake • 4 Two Liters of Pop • Disposable plates, cups, napkins & utensils • T-shirt for the birthday boy or girl • 4 GRC to be used at a later date. Your child will also have his birthday splashed on our massive digital marquee sign. All you need are a few decorations, some invitations and maybe some ear plugs (optional). Additional party guests are only \$5/person. To check room availability, please call 614-836-1000 or stop by the front desk.

December Climbing Wall Hours

Tue. & Thurs.	6:00 PM - 8:00 PM
Sat. & Sun.	12:00 PM - 3:00 PM

Scholarships Available for Youth Athletic Programs

Marty DuBoe Muncy Memorial Scholarships may be used towards athletic programs through the Groveport Parks & Recreation Dept., such as Youth Soccer & Swim Lessons. For more information about the scholarship program and to see if you are eligible, please contact Groveport Madison Adopt-A-Family at 614-836-7939. Persons that are utilizing scholarship funds must register in-person at the Groveport Recre-

Encourage Your Friend to take a Free Test Drive at the GRC

You test drive a car before you buy it. So why not test a community rec center before you decide to purchase a pass? Share this coupon with a friend and encourage them to give us a try on their way to living a happier & healthier life.

GROVEPORT PARKS & RECREATION DEPT.

- General News -

614-836-1000 / www.groveportrec.com

Outdoor Winter Running Tips

- Run with a buddy and carry a cell phone.
- Avoid running in areas where water collects. Be on the look out for black ice.
- Take care of your feet. Run in shoes that have the least amount of mesh. Wear moisture wicking socks that also keep your feet warm.
- Dress as if it is 20 degrees warmer. Wear layers of technical fabrics that wick sweat and are vented (if possible). Wear gloves, mittens and a hat.
- Be seen. Wear reflective & fluorescent gear.
- Warm up inside. Get your blood flowing inside without breaking a sweat. The cold does not feel so cold when you are warm.
- Start your run into the wind and finish it with it at your back. Cover exposed skin with Vaseline.
- Don't worry about speed. Focus on maintenance miles.
- Change out of your clothes quickly after your run and grab a warm beverage.
- If you listen to music, make sure that you can hear oncoming vehicles, bikers, etc.



Tips for Healthy Holiday Eating

The holiday season is time to celebrate with family & friends. Unfortunately, for many it also becomes a time for over-eating and weight gain. According to the National Institutes of Health, holiday eating can result in an extra pound or two every year. Over a lifetime, holiday weight gain can really add up. The holidays don't have to mean weight gain. Focus on healthy balance of food, activity and fun. By implementing a few simple tips you can stay healthy through the holiday season.

- Be realistic. Don't try to lose pounds during the holidays. Instead, try to maintain your weight.
- Plan time to exercise. Exercise helps relieve holiday stress and prevent weight gain. A moderate and daily increase in exercise can help partially offset increased holiday eating.

- Don't skip meals. Before leaving for a party, eat a light snack like raw vegetables or a piece of fruit to curb your appetite. You will be less likely to over-indulge.
- Survey party buffets before filling your plate. Choose your favorite foods and skip your least favorite. Include vegetables and fruits to keep your plate balanced.
- Eat until you are satisfied, not stuffed. Savor your favorite holiday treats while eating small portions. Sit down, get comfortable and enjoy.
- Be careful with beverages. Alcohol can lessen inhibitions and induce overeating; non-alcoholic drinks can be full of calories and sugar.
- If you overeat at one meal, go light on the next. It takes 500 calories per day (or 3,500 calories per week) above your normal /maintenance consumption to gain one pound. It is impossible to gain weight from one piece of pie.
- Take the focus off of food. Turn candy and cookie making time into non-edible projects, like making wreaths, dough art decorations or a gingerbread house. Plan group activities with family and friends that are not all about food. Try serving a holiday meal to the community, playing games on a walking tour of decorated homes.
- Bring your own healthy dish to a holiday gathering.
- Practice Healthy Holiday Cooking. Preparing favorite dishes low in fat and calories will help promote healthy eating. Incorporate some of these simple-cooking tips in traditional holiday recipes to make them healthier.

Source: www.cpmc.org/about/e-health

Fitness Quote of the Month

"Time and health are two precious assets that we don't recognize and appreciate until they have been depleted."

- Denis Waitley

Speed Up Your Entry

Want to speed up your and your fellow pass holders' entry into the facility? Just bring your Groveport Recreation Center I.D. Card. Typing in your name and finding it amongst the thousands of persons in our database takes time as compared to swiping your card under the electronic card reader.

GROVEPORT PARKS & RECREATION DEPT. - December Group Fitness Class Schedule -

614-836-1000 / www.groveportrec.com

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
Mon.	6:30 a.m.	The Wheel Deal	Birk
	9:15 a.m.	Trim Tummies	Denune
	10:00 a.m.	Water Aerobics	Frank
	10:00 a.m.	SilverSneakers Classic	Denune
	11:15 a.m.	Arthritis Aquatics Program	Frank
	5:00 p.m.	Arthritis Land Based Program	Frank
	5:00 p.m.	*Tae Kwon Ki Do/Karate Ki Do	Evans
	6:00 p.m.	Water Aerobics	Denune
	6:15 p.m.	Zumba	Frank
Tues.	7:00 a.m.	*PuroFitness	James
	8:30 a.m.	Water Aerobics	Denune
	5:30 p.m.	Pilates	Neu
	6:45 p.m.	Zumba	Neu
Wed.	9:15 a.m.	Cycling with Sara	Denune
	10:00 a.m.	Water Aerobics	Frank
	10:15 a.m.	SilverSneakers Yoga	Denune
	11:15 a.m.	Arthritis Aquatics Program	Frank
	12:00 p.m.	The Wheel Deal	Birk
	5:30 p.m.	Piloxing® Barre	Neu
	6:15 p.m.	Aqua Zumba	Frank
	6:30 p.m.	Stretch, Sculpt & Slim Down	Neu
Thurs.	7:00 a.m.	*PuroFitness	James
	9:15 a.m.	Stretch to Fitness	Frank
	9:15 a.m.	H2O Kickboxing/Step	Denune
	10:30 a.m.	SilverSneakers Classic	Frank
	5:00 p.m.	Arthritis Land Based Program	Frank
Fri.	6:15 p.m.	Zumba / Strength & Tone	Frank
	7:30 a.m.	On the Ball	Denune
	8:30 a.m.	Water Aerobics	Denune
	10:00 a.m.	Cycling with Sara	Denune
Sat.	5:30 p.m.	Pilates	Neu
	10:00 a.m.	Boot Camp	Newland
Sun.	11:15 a.m.	Indoor Cycling	Newland
	11:00 a.m.	Restorative Yoga	Finneran
	12:15 p.m.	Power Yoga	Finneran

Free Blood Pressure Screenings

Compliments of the Madison Township Fire Dept., free blood pressure screenings will be offered in the lobby of the Groveport Recreation Center. Due to emergency runs, there may be times when the Madison Twp. Fire Dept. staff may not be available.

Date: **Time:**
Thursday, December 3 9:00 AM - 12:00 PM
Thursday, December 17 9:00 AM - 12:00 PM

Stretch, Sculpt & Slim Down

Start by stretching, add muscle conditioning to sculpt your entire body and finish by cycling to strengthen and define your legs to increase cardiovascular health to achieve that slimmer you. This class is for those just beginning an exercise program and for those wanting to change or challenge their current exercise routine. Get ready to work out to upbeat music and have fun! Various workout equipment will be used and is provided.

Who: Ages 13 and over
Days: Wednesdays
Times: 6:30 PM - 7:30 PM
Location: Groveport Recreation Center
Fee: \$5 Res/\$6 NR
 *Use your Fitness Freedom Pass
Instructor: Ann Neu

Annual Resolution Run/Walk 5k



The Resolution Run/Walk 5K is all about starting the New Year off the healthy way! The course will begin and end on the paved leisure trail surrounding the Groveport Rec. Center. All are welcome. Make a commitment to yourself to become and remain healthy! Make the Resolution Run the KICK-OFF to the healthy new you! If inclement weather, we will run on the indoor track.

Ages: All ages welcome
Date/Time: Jan. 2, 2016 / 9:30 AM
Fee: \$15 R/NR
Registration Dec. 1 - Jan. 2, 2016

*** Pre-registration REQUIRED.**

GROVEPORT PARKS & RECREATION DEPT.

- Fitness -

614-836-1000 / www.groveportrec.com

Mission SLIM-possible

NOW is the time to reach your fitness goals. Achieve what you have dreamt about AND receive a cash prize award. Initial weigh-in is Monday January 4. You have 12 weeks to achieve mission SLIM-possible. Totals are based on total weight loss percentage. Receive tips and inspiration from staff to help you with your health and wellness journey.

Ages: 18 and over
Date: January 4 - March 28
Location: Groveport Recreation Center
Fee: \$15
Registration December 1 - January 4, 2016



The Wheel Deal

Have you been wanting to try an indoor cycling class, but haven't had the time? Or have you been intimidated by stories of hardcore cycling classes? You don't have to spend a lot of time in the gym to get a GREAT workout to strengthen your heart, burn calories, and build endurance. Current clinical fitness studies are showing that shorter blasts of exercise (30 minutes daily) can be as, or more, effective than lengthily workouts improving health and weight loss goals. This is a PERFECT class for people just starting out on their fitness journey.

Who: Ages 13 and over
Days: Mondays & Wednesdays
Times: Mondays: 6:30 AM - 7 AM
Wednesdays: 12 PM - 12:30 PM
Location: Groveport Recreation Center
Fee: \$5 Res/\$6 NR
*Use your Fitness Freedom Pass
Instructor: Anita Birk

Meet new group fitness instructor

Anita Birk

Before becoming a mother to her son Owen (8 years old), Anita Birk was a Clinical Research Associate for the National Cancer Institute's Cooperative Human Tissue Network and Biopathology Center at Nationwide Children's Hospital. Anita has lived all over the state of Ohio with her husband, and Methodist pastor Rick; recently settling into their first home in Lithopolis two years ago. Anita's son Owen was born with multiple life-limiting rare conditions and she has devoted much of the past 8 years to his fulltime care. Anita is also the founder of the world's largest virtual support group for mothers of children with special needs called Mommies of Miracles, of which she has won both the prestigious Jefferson Award for Public Service (2014) and the Hartung Family Pioneer Award for Public Service (2015). In 2014, after personally experiencing four surgeries and more visits to the ER for herself than for her son due to constant stress, anxiety, and poor health habits, Anita decided that she was extremely overdue for some serious self-care.

In January of 2015 Anita joined the Groveport Recreation Center and began her personal journey to better health. Anita has said that the GRC has become her home away from home, her community of health-minded friends, and a place that has provided her the tools and encouragement to succeed at becoming a FITOUR certified Personal Trainer, Frail Elder and Special Populations certified trainer, and a certified Indoor Cycling Trainer. Anita is happy to share her health journey with anyone and to date she has lost over 50lbs. She reminds people frequently that good health is not a destination, it is a permanent, positive, lifestyle shift.

Per Anita, "I am just trying to become a healthier version of me, and it has been an empowering experience to change for the better. I just want everyone to know that if I can do this, so can they! It isn't always easy to choose grilled chicken and veggies over pizza, or to run on the treadmill over sitting on the couch and watching a movie, but it is absolutely worth it – because I am worth it, and so are YOU!"



GROVEPORT PARKS & RECREATION DEPT. - Adult Athletics -

614-836-1000 / www.groveportrec.com

Men's Winter Basketball League

Teams will play a 10 game schedule. Top 6 teams will play an end of season, single elimination tournament. Registration is on a first come - first served basis. Games are on Sunday evenings at the Groveport Recreation Center.

Who: Men 18 and over
Dates: Tentatively begins Sunday December 6
Game Times: 6 PM - 9 PM
Location: Groveport Recreation Center
Registration: Oct. 1 - Nov. 30, 2015
Team Fee: \$525

Adult Winter Volleyball Leagues

This is a Co-Ed Competitive League which will play on Wednesday evenings. All teams will play 10 matches then all teams will then be invited into an end of season, single elimination tournament.

Who: Men & Women 18 and over
Date: Tentatively begins January 20
Location: Groveport Recreation Center
Registration: Dec. 1 - Jan. 11, 2016
Team Fee \$250



Thank you
Groveport Police
Officers for
sharing your
knowledge &
skills at the
Women's Self
Defense Class
held in October.
The class was
GREAT!

Calling Adult Sports Junkies! Don't have a team? Want to play?

Call Stephania Bernard (Sports/Fitness Manager) at 614-836-1000 ext. 1513. She will then put you on a Free Agent List and try and get you on a team. If there are enough Free Agents, a "Free Agent Team" may be formed.

Adult Winter Pickleball League

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a wiffle ball) and wood or composite paddles. The game can be played as singles (one person per side) or doubles (two people per side). It is easy for beginners to learn, and can develop into a quick, fast-paced, competitive game for experienced players. Participants are guaranteed 2 games, self scored for eight weeks. Games will be played as doubles. Partner's will be assigned and will change weekly.

Who: Men and Women 18 and over
Date: Thursdays tentatively January 14
 PM League 6:00 PM - 8:30 PM
***Never played before? Join us for the open play on Thursday Jan. 7 This is a great opportunity to try out the game, learn the rules, ask questions and meet your partners and opponents!**

Location: Groveport Recreation Center

Registration: Dec. 1 - Jan. 7, 2016

Player Fee: \$40



Adult AM Winter Pickleball League *NEW*

Who: Men and Women 18 and over
Date: Tuesdays tentatively January 5
 AM League 9:00 AM - 12:00 PM
***Never played before? Join us for the open play on Tuesday Dec. 29 This is a great opportunity to try out the game, learn the rules, ask questions and meet your partners and opponents!**

Location: Groveport Recreation Center

Registration: Nov. 9 - Dec. 29, 2015

Player Fee: \$40

GROVEPORT PARKS & RECREATION DEPT. - Youth Athletics / Classes & Special Events -

614-836-1000 / www.groveportrec.com

Little Hoop Stars (Jump Start Sports)

Professional coaches from Jump Start Sports will run this instructional and recreational basketball program for children. Players are taught the basics of dribbling, passing, shooting, positioning, defense, and rebounding, then apply what they have learned in fun, non-competitive games. Parents are welcome to assist in the coaching, but classes will be run by Jump Start Sports instructors. Players will be assigned to teams and each session will include a game as well as instruction. Fee includes T-shirt and Medal. All classes at Groveport Rec. Ctr.

Who: Boys and Girls 4 - 6 Years
Dates/Time: Sat., Jan. 16 - Feb. 20
 12:30 PM - 1:30 PM or 1:30 PM - 2:30 PM
Fee: \$60
Registration: Oct 1 - Jan. 9



Indoor Soccer (Jump Start Sports)

3 - 6 year olds have fun and learn the basics of soccer: dribbling, passing, trapping, shooting, defense, and positioning. This 6-week session consists of instruction in each aspect of the game, participants engage in fun drills that are designed to teach fundamental skills to young children, in low-key, non-competitive games. All coaching will be conducted by Jump Start Sports staff, but parents may assist.

Who: Boys and Girls 3 - 6 Years
Dates/Time: Thurs., Jan. 14 - Feb. 18
 3 - 4 Yr. (5:30 - 6:30 PM)
 5 - 6 Yr. (6:30 - 7:30 PM)
Fee: \$55
Location: Groveport Rec. Center
Registration: Dec. 1 - Jan. 10



3rd - 4th Grade Volleyball Clinic

A fun and instructional clinic, where all fundamentals will be taught, including serves, sets, spikes, blocks, returns, positioning and team strategy. Whether your child is an experienced player or a complete novice, they will have fun learning about the sport. Fee includes Jump Start Sports shirt. **Knee Pads optional.**

Date/Time: Mon. Jan. 18 - Feb 22 / 5:30 - 6:30 PM
Fee: \$60
Registration: Dec. 1 - Jan 10

5th - 6th Grade Volleyball League

All fundamentals will be taught, including serves, sets, spikes, blocks, returns, positioning and team strategy. Instruction will take place on Monday evenings and games will be played on Thursday evenings. Fee includes Jump Start Sports shirt. **Knee Pads optional.**

Dates: Jan. 18 - Feb. 25, Mon. (6:30 - 7:30 PM) & Thurs. (7:30 - 8:30 PM)
Fee: \$70
Registration: Dec. 1 - Jan 10



Jr. All Stars (Jump Start Sports)

The Junior All-Starts Sports Program provides kids with positive age-appropriate introduction to a variety of sports (soccer, basketball, football, floor hockey & more) in a fun learning environment. Stretching, exercises & highly active running games will be taught in a low-stress way to promote cardio fitness. Program helps kids enjoy exercise and to see which sports they like the most. It also helps build confidence & social skills.

Who: Boys and Girls 3 - 5 Years
Dates/Time: Thurs., Jan. 22 - Feb. 19 / 4:00 - 5:00 PM
Location: Groveport Recreation Center
Fee: \$45
Registration: Dec. 1 - Jan. 10



Questions regarding Jump Starts Sports programs should be directed to Aaron Bally at abally@jumpstartsports.com

Kids Night Out

Ditch the parents and head to the GRC for some good old fashion fun. Well, you might need a ride. Play games, swim, eat pizza, climb the wall (on occasion) and more under the watchful eyes of our staff. Pack your swimsuit and towel as well. Don't forget your tennis shoes! Space is limited so sign up early Where else can you find a deal this good.

Who: 6 - 11 years
Dates/Time: Fridays, Dec. 11 & 18 / 5:30 - 8:30 PM
Fee: \$8 res. / \$10 non-res.

GROVEPORT PARKS & RECREATION DEPT.

- Classes & Special Events / Sports Med. Minute -

614-836-1000 / www.groveportrec.com

Dinner with Santa

Santa is coming to the Groveport Recreation Center! We've made arrangements with Mrs. Claus to have Santa stay for a while and join us for a Semi-formal Dinner. Other Fun activities for kids include pictures with Santa, singing, dancing, holiday crafting, coloring, and enjoying the songs of the season. Please bring your camera. All children must be accompanied by an adult and everyone attending the event must be pre-registered.

Who: Families **Fee:** \$6/person
Dates/Time: Sat., Dec. 5 / 5:30 - 7:30 PM
Location: Groveport Rec. Center
Registration: Nov. 1 - Dec. 1



Santa's Calling

Santa's helpers will be assisting Santa this holiday season by providing him with a direct phone line into our community. Parents who would like their children (ages 3-12 years old) to receive a phone call from Santa should fill out an "official Santa's Calling form" (found online and at the Groveport Recreation Center) and return it to the Front Desk of the GRC. Santa is very busy, so he will only have time for one call per family. It's important that you're home when your call is scheduled! We will do our best to honor day and time requests. Space is limited so please register early!

Dates/Time: Calls will be made on Tue., Dec. 15 & Wed, Dec. 16 between 5:30 - 8:30 PM
Fee: FREE
Registration: Nov. 1 - Dec. 13



Swim With Santa

Santa and a few of his lifeguard elves will be visiting the Groveport Rec. Center's Indoor Pool. Santa will be listening to holiday wishes, handing out candy to good girls & boys, as well as posing for photos. Please bring your bathing suit and towel. Don't forget your camera so you can capture some memories. All ages welcome.

Date/Time: Fri., Dec. 11 / 6:30 PM - 8:30 PM
Fee: \$4/person



The registration deadline for Swim With Santa is Dec. 10.

Parent Tot Open Swim/Gym

Open Gym - We provide the space, music, toys & opportunities for gross motor play, as well as some structured staff led activities. Come have fun and make some new friends. Participants must wear soft soled shoes and all children must be accompanied by an adult. **Open Swim** - All children must be accompanied by an adult and children that are not toilet trained must wear swim diapers.

Who: Parents & their kids (5 yrs. & under)
Dates/Times: Mon./Wed (Gym); Fri. (Swim), 10 - 11 AM
Fee: \$2.50 one child; \$4 two children; \$5 three children; \$8 four+ children; \$20 for 10 visit punch pass. Kids must be in same family to receive multi-child discounted rate.
Registration: Drop In

Is Your Ankle Playing Tricks on You?

Ankle sprains happen. Athletes learn the concepts of P.R.I.C.E. (Protect, Rest, Ice, Compression, Elevation) early in their career as a way to manage acute (recent) injuries with swelling and pain. General guidelines are that an athlete should not return fully to play until swelling has resolved, and they can perform multiple repetitions of sport-specific activities without an increase in pain or swelling. But sometimes ankle sprains keep happening, and an athlete can spend an entire season dealing with one ankle sprain after another. Athletes may call it a trick ankle; doctors call it recurrent ankle sprains. Therapists call it decreased proprioception, and it is treatable.

There are three body systems that aid in maintaining balance: vestibular, visual and somatosensory, or proprioception. Proprioception is knowing where your body is in space. You have sensors in your skin, muscles and joints that give you information regarding what type of surface you are standing on and where your arms and legs are in relation to each other and that surface. If your brain receives information from those sensors that you are not balanced and are going to fall, your body reacts to first prevent the fall, and if that isn't possible, then to protect your head from hitting the ground. When your body sustains an injury - a sprain, a hit, surgery - the swelling and tissue damage disrupt the sensors, and balance is impaired. Even after the swelling and pain of an ankle sprain are gone, if those sensors are not trained, they will not do their job well, and the body will not be able to prevent the next ankle sprain.

Balance is a skill just like free throws, juggling, throwing, or any other sport skill. Just like any other skill, you can improve your balance by practicing it. In rehabilitation, proprioception is trained by strengthening the muscles surrounding the ankle, and by working the ankle's sensors.

CONTINUED ON PAGE 10.

GROVEPORT PARKS & RECREATION DEPT. - Home School -

614-836-1000 / www.groveportrec.com

Home School Swim Time

You must be enrolled in either Home School Gym or Fun with Fitness in order to participate in Swim Time. Swim time is an open swim to give your children an opportunity to have fun in the water without direct instruction. Children under 10 years of age must be accompanied by a responsible adult (18 and over) who must directly supervise them while in the Indoor Aquatic Center.

Ages: 4 - 18
Days/Dates: Fridays, Jan. 8 - March 11
Time: 11:30 AM - 12:30 PM
Location: Groveport Rec Indoor Aquatic Center
Fee: \$25

Home School Water Fun

*Instructional swimming course. All participants must wear appropriate swimwear. Lined bathing suits are required. You do not need to be enrolled on an additional class in order to participate. **Water Fun is not the American Red Cross Learn to Swim Program.*

Ages: 5-10
Days/Dates: Fridays, Jan. 8 - March 11
Time: 9:00 AM - 10:00 AM
Location: Groveport Rec Indoor Aquatic Center
Fee: \$25

Home School Gym ~ Fun with Fitness

Home School Gym Class will help your child develop motor skills, learn teamwork, improve social skills all while getting exercise. Your child will be engaged in active group games as well as learn the basics of traditional and non-traditional sports. Please wear appropriate gym attire along with soft soled, closed toed shoes.

Ages: 4 - 6, 7 - 10, 11 - 18 yrs.
Days/Dates: Fridays, Jan. 8 - March 11
Time: 10:15 AM - 11:15 AM
Location: Groveport Recreation Center
Fee: \$25

Sports Med. Minute continued from page 9.

If you have turned your ankle, and there is some pain and swelling, use the concepts of PRICE for 1-2 weeks until the swelling has gone, and you have no pain at rest. Then you are ready to try some of the following exercises, which are in order of difficulty. Do not move on to the next exercise before you can success-

For strengthening

- Stand on a stair with your injured leg, keeping your other leg straight. Slowly bend the knee of the leg on the stair, and lightly touch the floor with the other foot-just touch it, do not stand on it. Return to standing. You may hold onto the railing for balance if you need to. Repeat 10-15 times.
- Stand on your injured leg, raise up on your toes as far as you can and come back down. Repeat 10-15 times.

For balance

- Stand on one foot, hands on hips, with legs not touching. The goal is to balance 2 minutes without falling.
- Stand as in #1, and close your eyes. The goal is 2 minutes without falling.
- Stand as in #1 in front of a wall, facing the wall, and bouncing a ball against the wall 20 times without losing your balance.
- Stand as in #3, with your foot parallel to the wall. Turn the trunk of your body 90° and bounce a ball against the wall 20 times. Repeat facing the other direction.
- Stand as in #4, between 2 walls (as in a hallway). Keeping your foot stationary, turn and bounce the ball off of one wall, then turn and bounce it off the other wall. Repeat 20 times.

Increasing proprioception will not only help an athlete get into the game, and stay in the game, but it can also help with performance. Ankle injuries may seem like a minor problem, especially if it is a mild sprain. However, if that sprain is not properly treated, it can obviously happen again and again. That is why it is important to allow the injury to fully heal, before trying to continue playing. **PRICE** can aid in healing quicker, but strength and balance will aid in making sure your ankle does not continue to play tricks on you.

For more info. about our five central Ohio locations, visit NationwideChildrens.org/Sports-Medicine

GROVEPORT PARKS & RECREATION DEPT.

- Aquatics -

614-836-1000 / www.groveportrec.com

The Groveport Parks and Recreation Department is a local provider of The American Red Cross Learn-to-Swim program.

Parent & Tot (6 months to 2 years of age):

This class is designed to give children an introduction into the world of pool water. Hands-on parent involvement required. You and your child will gain confidence in the water and learn water safety skills.

Pre-school Program (3 years to 5 years of age):

Splash, play games and build confidence. Class is designed for children that are unsure of the water.

LEVEL 1 - Introduction to Water Skills:

Helps students feel comfortable in water. Participants learn to enter & exit water safely, open eyes underwater & pick up submerged object, swim on front & back using arm & leg actions, submerge mouth, nose & eyes, float on front & back, follow basic rules, exhale underwater through mouth & nose, explore arm & leg movements, use a life jacket.

LEVEL 2 - Fundamentals of Aquatic Skills:

Participants learn to enter water by stepping or jumping from side, open eyes underwater, pick up a submerged object, roll over from front to back & back to front, swim on side, exit water safely using ladder or side, float on front & back, tread water using arm & leg motions, move in the water while wearing a life jacket, submerge entire head, perform front & back glide, swim on front & back using combined strokes.

LEVEL 3 - Stroke Development:

Participants learn to jump into deep water from the side, bob with head fully submerged, perform survival float, butterfly (kick & body motion), use check-call-care in an emergency, dive from kneeling or standing position, use rotary breathing in horizontal position, change from horizontal to vertical position on front & back, perform the HELP & Huddle position, submerge & retrieve an object, perform front & back glide & crawl, perform a reaching assist.

LEVEL 4 - Stroke Improvement:

Participants learn to shallow dive or dive from stride position, perform open turns on front & back using any stroke, swim underwater, tread water using sculling arm motions & kick & perform feet first dive. Swimmers will perform front & back crawl, swim on side using scissors-like kick, breaststroke, butterfly & elementary backstroke.

LEVEL 5 - Stroke Refinement:

Participants learn to tread water with two different kicks, learn survival swimming & perform rescue breathing. Swimmers will perform standing dive, pike surface dive, butterfly, shallow dive, front flip turn, breaststroke, backstroke flip turn, elementary backstroke, tuck surface dive, front & back crawl, sidestroke.

LEVEL 6 - Swimming & Skill Proficiency:

Participants will refine their strokes so they swim with ease, efficiency, power and smoothness over greater distances. This class prepares swimmers to participate in more advanced courses, including Water Safety Instructor & Lifeguard Training Courses. These options include: personal water safety, fitness swimming, lifeguard readiness & fundamentals of diving.

Group Swim Lessons

Let our staff your child the skills they will use the rest of their life. Classes normally fill quickly. Registrations are taken on a first come - first served basis. In the event of bad water chemistry or storms in the area, some classes may be held out of the water.

Who:	6 months - 15 years, plus Adults 16+
Fee:	\$45 Resident / \$55 Non-Res. \$5 late fee assessed if participant registers after posted registration deadline (provided space is available).
Dates:	Tue./Thus., Jan 5 - 28 (p.m.)
Registration:	Dec 21 - Jan 4
Dates:	Sat., Jan 9 - Feb 27 (a.m.)
Registration:	Dec 28 - Jan 8



Private & Semi-Private Lessons

Is your little one having a hard time integrating into a group lesson? Are you looking for stroke refinement for your older swimmer? Private Lessons might be just what you need. We offer Private (1 swimmer) or Semi-Private (2 or more swimmers) Lessons with an instructor. Please contact Kelly Carter (Aquatics Coord.) at 614-836-1000 ext. 1512 to be set up with an instructor. The cost is \$180 for six 30-minute Private Lessons or \$240 for six 30-minute Semi-Private Lessons.

Master's Swimming

Are you at least 19 years of age? Enjoy swimming as part of your workout? If so, give Kelly Carter (Aquatics Coord.) a call at 614-836-1000 ext. 1512 or send her an email at kcarter@groveport.org. She would be happy to give you more information regarding our Masters Swim Team. Practices are Mon., Wed. & Fri., 6 - 7 AM.

GROVEPORT PARKS & RECREATION DEPT. - Important Dates -

614-836-1000 / www.groveportrec.com

EVENT / PROGRAM	DATE
Resolution Run 5k registration begins	Dec. 1
Adult Co-Ed Winter Volleyball League registration begins	Dec. 1
Adult Winter Pickleball League registration begins	Dec. 1
Indoor Soccer registration begins	Dec. 1
3rd - 4th Grade Volleyball Clinic registration begins	Dec. 1
5th - 6th Grade Volleyball League registration begins	Dec. 1
Junior All-Stars registration begins	Dec. 1
Dinner With Santa registration deadline	Dec. 1
Free Blood Pressure Screening at GRC 9:00 AM - 12:00 PM	Dec. 3
Groveport Recreation Center CLOSED for scheduled maintenance	Dec. 4
Dinner With Santa at Groveport Rec. Center (5:30 PM - 7:30 PM)	Dec. 5
Kids Night Out at GRC	Dec. 11
Santa's Calling registration deadline	Dec. 13
Santa's Calling (5:30 - 8:30 PM)	Dec. 15 & 16
Free Blood Pressure Screening at GRC 9:00 AM - 12:00 PM	Dec. 17
Kids Night Out at GRC	Dec. 18
Groveport Recreation Center open (5:30 AM - 12:00 PM)	Dec. 24
Groveport Recreation Center CLOSED (Christmas)	Dec. 25
Groveport Recreation Center open (5:30 AM - 5:00 PM)	Dec. 31
Groveport Recreation Center CLOSED (New Year's Day)	Jan. 1

Please see page 11 regarding all important dates regarding Swim Lessons



**There's only
one sports
medicine leader
for serious athletes.**

We're the best at getting them ready for battle. The best at getting them back in the game. And the best at bringing their goals into reach. We're the sports medicine experts at Nationwide Children's Hospital and we're the best equipped to treat concussions, rehab sports injuries or prevent them from happening in the first place. So, if your athlete is 18 or under, don't risk their career to anyone else.

For more information
about our five central Ohio locations, visit
NationwideChildrens.org/Sports-Medicine



**NATIONWIDE
CHILDREN'S**

When your child needs a hospital, everything matters.™

GROVEPORT SENIOR CENTER

- General News -

614-836-4599 / www.groveportrec.com

Are you 55 years or older? Do you enjoy shooting pool, playing cards, going on day and overnight trips, playing board games, participating in educational seminars, dancing, exercising, playing shuffleboard, making crafts, eating meals, playing ping pong, participating in holiday special events and more? If so, you might want to consider joining the Groveport Senior Center. Under most cases, persons must be a member of the Groveport Senior Center to participate in programs. Annual membership dues are only \$6. Questions, call Deb at 614-836-4599.

DAILY ACTIVITIES

Monday	Bridge	11:30 a.m.
	Progressive Euchre	12:30 p.m.
Tuesdays	Line Dancing	9:30 a.m.
	Pinochle	11:00 a.m.
Wednesdays	Game Day	11:00 a.m.
	Quilting	12:00 p.m.
Thursday	Crafts	9:30 a.m.
	Lunch	11:45 a.m.
	Hand & Foot	Times Vary
Saturday	Progressive Euchre	4:00 p.m.

UPCOMING ACTIVITIES

Monthly Craft - Join us as we make a different craft each month. Pre-registration is required for this FREE event taking place on **December 11**, at 10:30 a.m. This program is sponsored by the Inn at Winchester Trail.

Wellness Clinic - A nurse from Winchester Place will be at the Senior Center on the 3rd Thursday of each month (10:30 a.m. - 11:30 a.m.) and will offer free blood pressure checks. Please stop in and get your blood pressure checked. The next scheduled Wellness Clinic is scheduled for **December 17**.

Hearing Screenings - Avada Audiology & Hearing Care will be at the Senior Center on the 2nd Thursday of each month between 9:30 a.m. and 11:30 a.m. to offer FREE hearing screenings and to check for wax blockage. Call the Senior Center to schedule a 15 minute appointment or just drop-in. The next screening day is **January 14th**.

Coming to the Senior Center in 2016-Foot clinics by a Certified Foot Care Nurse. Clinics will be scheduled the first Thursday of **every other month** beginning in February. Watch for additional information.

UPCOMING TRIPS

December 8-Oglebay Lights-This day trip begins with a stop at Mehlman's Café in St. Clairsville for an on your own dinner then its off to Wheeling to see the awesome display of lights at Oglebay Resort. We will also enjoy some shopping time in the gift shops throughout the park. The cost is only \$30.00 per person payable on sign up and includes transportation, a step on guide at Oglebay and gratuities on included items. Be sure to bring a snack for the ride home as dinner will be around 4:30pm.

December 16-Join us for La Comedia Dinner Theatres production of "**A Christmas Story**." This musical is a hilarious account of Ralphie's desperate quest to ensure that his most perfect of gifts, an Official Red Ryder Carbine-Action 200 shot Range Model Air Rifle, ends up under the his Christmas tree. The Broadway musical based on the classic 1983 movie, features funny and heartfelt songs and a faithful inventive book. The cost is \$60 per person and includes deluxe motorcoach transportation, a delicious lunch buffet and of course the show. Registration and payment is due by November 12th.

MEMBERSHIP RENEWAL FOR 2016

Please remember that the senior center dues run on a calendar year so you will want to renew for 2016 prior to the end of December. Stop in the senior center after November 15th to get a form so you can take care of this. The dues are still just \$6.00 per year but keep in mind, anyone who has not renewed by the end of the year will be assessed a \$2 late fee. New members are welcome to stop in at any time to join the center.

*The Groveport Senior Center staff & members
wish you and your family a safe and happy
holiday season.*



Deb Scholl-Saulnier
Senior Citizens Coordinator
7370 Groveport Road
Groveport, OH 43125
614-836-4599
www.groveportrec.com

GROVEPORT
Senior Center

GROVEPORT CULTURAL ARTS CENTER

- Adult Programs -

614-836-3333

community affairs department

Line Dancing

All skill levels and ages are invited to participate in this daytime line dancing program. Please wear shoes with leather soles or socks.

Dates/Times: Mondays & Wednesdays
10:00 AM - 11:30 AM

Location: Groveport Town Hall, 648 Main Street

Cost: Free

Registration: Drop in

Art of Movement

The Art of Movement Foundations combines the East and West intuitive dance practices to help you add energy and relieve

Who: 16 and up

Dates/Times: Thursdays / 6:30 PM - 8:00 PM

Location: Groveport Town Hall, 648 Main Street

Cost: \$4 resident / \$5 nonresident

Registration: Drop in

TOPS Weight Loss Support Group

Who: Everyone

Dates/Times: Wednesdays / 9:30 AM - 11:00 AM

Location: Groveport Town Hall, 648 Main Street

Cook's Corner

Adult (kid friendly) program series on the first Friday of each month. Join the fun and be a part of the demonstrations that include hands on cooking, discussions, experiencing new foods and learning new skills. December's Topic: *Dipping Oils & Bread*

Who: Adult

Dates: Friday, December 4

Times: 10:00 AM - 11:00 AM

Location: Town Hall, 648 Main Street

Registration: By December 2

Fee: Free

Tuesdays@One

Adult (child friendly) art and education program every Tuesday. Speakers, demonstrations, creative projects and activities. Registration is required, due to supplies being provided.

Who: Adults (child friendly)

Dates/Times: Tuesdays / 1:00 PM - 2:00 PM

Location: Groveport Town Hall, 648 Main Street

Cost: FREE

Registration: Accepted thru Tuesday of each class

December 1	Christmas Gourd Ornament Supplies provided
December 8	Christmas Cards Supplies provided
December 15	Coloring Activity Sponsored by Bixby Living Skills Center
December 22	Window Vase Ornament Supplies provided
December 29	Snowman Blocks Supplies provided

Knitting-Leaf Lace Kerchief

In this class you will knit up a stylish kerchief that features some basic lace and leaf like shaping. A pretty way to keep the chill at bay.

Who: Everyone

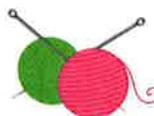
Dates/Times: Wednesday, December 2, 9, & 16
6:30 PM - 8:00 PM

Location: Groveport Town Hall, 648 Main Street

Supplies: Please call for supply list

Cost: \$10 resident / \$12 nonresident

Registration: By November 30



GROVEPORT CULTURAL ARTS CENTER

- Adult Programs -

614-836-3333

community affairs department

Sewing Group

Do you have sewing projects that you think you don't have time to finish, or maybe need help figuring out the next step on a sewing project? Come and be a part of the Sewing Group for support and advice on how to start or complete your sewing projects.

Who: Everyone
Dates: Friday, December 11 & 18
Times: 10:00 AM - 2:00 PM
Location: Groveport Town Hall, 648 Main Street
Registration: Drop In
Fee: Free
Supplies to Bring: Sewing machine & sewing project / supplies

Mommy & Me Cupcake Decorating

Kids bring an adult helper to have fun learning the art of cake decorating. Learning together is best! Join Danyel, Cake Décor of Groveport. Space is limited. December's theme: Mini Snowman Cake

Who: Ages 5 and up
Dates: Sunday, December 13
Times: 2:00 PM - 3:00 PM
Location: Town Hall, 648 Main Street
Registration: By December 11
Fee: \$8 per person resident / \$10 per person nonresident



Deco Mesh Wreath

How many of you love to decorate your doors for the holidays? How many of you have seen these beautiful huge mesh wreaths and wondered how hard are they to make? Well wonder no more! Come join us and learn how to make your own beautiful wreath for any holiday with just a few store bought items and

Who: Adults
Dates: Saturday, December 12
Times: 1:00 PM - 3:00 PM
Location: Groveport Town Hall, 648 Main Street
Registration: By December 10
Fee: \$10 resident / \$12 non resident



December's Art Gallery Dolls & Bears

Linda Henry Boving

My family was originally from Groveport and I started school at Edwards Elementary, later moving to Canal Winchester. I studied fine arts at Kent State University and illustration at Columbus College of Art and Design. My art career started as an illustrator for a textbook publisher which is now McGraw-Hill.

Around 1990 I began sculpting porcelain dolls for the Marie Osmond Doll Collection on QVC. I worked with Marie for 15 years. I also design collectible mohair bears and other animals. In the last 20 years I have designed for many manufactures including Lee Middleton Dolls and Annette Funicello Bears, The Georgetown Collection and the Disney Collectibles Catalog. I have completed two European show tours and have had great success working in the Japanese market. Recently I decided to return to illustrating and am currently writing and illustrating several children's books.



GROVEPORT CULTURAL ARTS CENTER

- This-N-That -

614-836-3333

community affairs department

Dec. National Day Calendar

- Dec. 1 National Day of Giving
- Dec. 2 Special Education Day
- Dec. 3 National Roof Over your Head Day
- Dec. 4 National Cookie Day
- Dec. 5 International Volunteer Day
- Dec. 6 National Microwave Day
- Dec. 7 National Pearl Harbor Remembrance Day
- Dec. 8 National Brownie Day
- Dec. 9 National Pastry Day
- Dec. 10 Nobel Prize Day
- Dec. 11 UNICEF Birthday
- Dec. 12 Poinsettia Day
- Dec. 13 National Day of the Horse
- Dec. 14 National Monkey Day
- Dec. 15 Bill of Rights Day
- Dec. 16 National Chocolate Covered Anything Day
- Dec. 17 National Re-Gifting Day
- Dec. 18 National Ugly Christmas Sweater Day
- Dec. 19 National Hard Candy Day
- Dec. 20 International Human Solidarity Day
- Dec. 21 Crossword Puzzle Day
- Dec. 22 National Homeless Persons Remembrance Day
- Dec. 23 National Roots Day
- Dec. 24 Christmas Eve
- Dec. 25 Christmas Day
- Dec. 26 National Thank You Note Day
- Dec. 27 National Fruitcake Day
- Dec. 28 Pledge of Allegiance Day
- Dec. 29 Tick Tock Day
- Dec. 30 National Bacon Day
- Dec. 31 New Years Eve

WORDS OF WISDOM

I truly believe that everything that we do and everyone that we meet is put in our path for a purpose. There are no accidents; we're all teachers - if we're willing to pay attention to the lessons we learn, trust our positive instincts and not be afraid to take risks or wait for some miracle to come knocking at our door.

[Marla Gibbs](#)

RECIPE OF THE MONTH

Mac & Cheese Bites

Ingredients:

- ½ pound elbow macaroni
- 2 Tablespoons butter
- 2 Tablespoons flour
- 1½ cups milk
- 2 cups shredded sharp cheddar cheese
- 2 ounces cream cheese
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 egg beaten



Directions

- Preheat oven to 400 degrees F.
- Spray mini muffin tins with cooking spray.
- Cook pasta according to packaged directions and set aside.
- In a medium size pan combine butter and flour over medium heat. Whisk until butter is melted and mixture is smooth. Slowly add milk and bring to a simmer. Add 1½ cups of the cheese, cream cheese, salt and pepper. Stir until smooth and creamy. Remove from heat.
- In a large mixing bowl, carefully stir pasta, cheese sauce, and egg until evenly mixed and pasta is evenly coated.
- Spoon mac and cheese into mini muffin tins and top each with a small pinch of remaining cheese. Bake at 400 degrees F for 15 minutes or until golden brown.
- Allow to cool 5 minutes before gently removing the bite

GROVEPORT CULTURAL ARTS CENTER

- Youth Programs -

614-836-3333

community affairs department

Preschool Playgroup

Grow with Me

Activities designed to accommodate different age groups within the same setting. Lessons, snacks, and free play help children grow academically and socially. Adult participation is required.

Who: Preschool children
Dates: Every Tuesdays & Wednesdays
Times: 10:00 AM - 11:30 AM
Location: KidSpace, 630 Wirt Road
Registration: No registration- Drop in
Fee: Free

Preschool Playgroup

Rock n' Rollers

Music and movement centered program for your junior rocker. Adult participation is required.

Who: Preschool children
Dates: Every Thursday
Times: 10:00 AM - 11:00 AM
Location: KidSpace, 630 Wirt Road
Registration: No registration- Drop in
Fee: Free

Preschool Picassos

Creative crafts that little hands can easily construct. Adult participation is required.

Who: Preschool children
Dates: Every Friday
Times: 10:00 AM - 11:00 AM
Location: KidSpace, 630 Wirt Road
Registration: No registration- Drop in
Fee: Free



Kid's Book Club

This book club will encourage young readers to read and to enjoy reading. Join Ms. Grimmert, a licensed teacher that teaches reading intervention. Let's keep them reading! First Tuesday of each month.

Who: Grades 3-5
Dates: December 1
Times: 6:00 PM - 7:00 PM
Location: Groveport Town Hall, 648 Main Street
Registration: By November 28
Fee: Free
December's Book: The Mixed Up Files of Mrs. Basil E. Frankweiler by E.L. Konigsburg

Preschool Art Pizzazz

Come join us for an evening hour of fun arts and crafts.

Who: Ages 3-5
Dates: Tuesdays, December 1 & 15
Times: 6:00 PM - 7:00 PM
Location: KidSpace, 630 Wirt Road
Registration: Two days before each program date
Fee: Free
December 1: Hand Wreath
December 15: Snow Globe

Kidz Dance Club

Come join us for an evening of dancing and fun exercise.

Who: Ages 8-12
Dates: December 2 & 16
Times: 6:00 PM - 7:00 PM
Location: KidSpace, 630 Wirt Road
Registration: Two days before each program date
Fee: Free

GROVEPORT CULTURAL ARTS CENTER

- Youth Programs -

614-836-3333

community affairs depart-

Petite Chef

Join us for a fun, 3 week series, beginner cooking class. Series includes hands on cooking, discussions, experiencing new foods and learning new skills at a level your child will understand and enjoy. Supplies are included. Space is limited.

Who: Ages 5-7
Dates: Thursday, December 3, 10, & 17
Times: 6:30 PM - 7:30 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: By December 1
Fee: \$7 resident / \$9 nonresident

Home School Art

Children will create their own unique "stained glass" decoration using contact paper and tissue paper. This winter theme can easily be duplicated at home for all four seasons or you can make up your own theme.

Who: Ages 4 and up
Dates: Thursday, December 3
Times: 10:00 AM - 11:00 AM
Location: Groveport Town Hall, 648 Main Street
Registration: By December 1
Fee: Free

Santa Night

Bring the whole family to Town Hall to welcome Santa's arrival on a fire truck! Start at the Tree Lighting across from Town Hall at 6:30pm. Then you can visit with Santa, enjoy some refreshments, and watch an ice sculptor demonstration. Children will be able to get their name carved in a block of ice. *Bring the Farm to You*, will be with us to help children make a wool ornament or placemat. Children will be able to take home their treasures to remember the night. Stop and "shop" at our Secret Santa "store" with a monetary donation or can goods to benefit Groveport Madison Center for Human Needs and Groveport Food Pantry. Bring your camera!

Who: Everyone
Dates: Friday, December 4
Times: 6:30 PM - Tree Lighting
7:00 PM - Town Hall activities / visit with Santa
Location: Groveport Town Hall, 648 Main Street
Fee: Free



Kid's Night-Gifts to Give

Kids come have fun and make scented gel fresheners and wood block key holders to give to someone special. Each child will be able to make both gifts.

Who: Ages 5-12
Dates: Tuesday, December 8
Times: 6:30 PM - 7:30 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: By December 6
Fee: Free

Preschool Story Time

Join Angela for a story and craft designed for Preschool children.

Who: Ages 2-6
Dates: Wednesday, December 9
Times: 6:00 PM - 6:45 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: By December 7
Fee: Free

Mr. Eric's Holiday Music Program

Join us for this fun, energetic, Holiday Music Program. Children will sing, dance, and play rhythm instruments.

Who: Ages 2-6
Dates: Friday, December 11
Times: 6:30 PM - 7:15 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: By December 9
Fee: \$5 resident / \$7 nonresident



GROVEPORT CULTURAL ARTS CENTER

- Youth Programs -

614-836-3333

community affairs depart-

Nature Program-Nature Christmas Ornaments

Learn how to turn simple nature items into beautiful ornaments.

Who: Everyone
Dates: Saturday, December 12
Times: 11:00 AM - Noon
Location: Groveport Heritage Park, 551 Wirt Road
Registration: By December 10
Fee: Free

Science Experiment Night

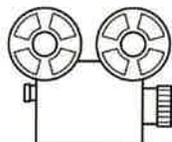
Join the fun and be a part of the things that make us go, "OHH and AHH". December's project: Kinetic Sand and Magic Milk. Please dress for mess!

Who: Ages 5-12
Dates: Monday, December 14
Times: 6:30 PM - 7:30 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: By December 12
Fee: Free

Family Movie Night

Come in from the cold and join us inside KidSpace for a holiday movie, popcorn, make a Christmas ornament and play board games. Bring a bagged dinner for your family and blankets to snuggle up in if you wish. PJ's are optional.

Who: Everyone
Dates: Friday, December 18
Times: 6:30 PM - 9:00 PM
Location: KidSpace, 630 Wirt Road
Registration: By December 16
Fee: Free



Preschool Science

Are you ready for a messy, fun time? Learn about science with hands on activities. Dress for mess! Space is limited.

December's project: Science with Candy

Who: Ages 3-5
Dates: Monday, December 21
Times: 6:00 PM - 7:00 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: By December 19
Fee: Free

Winter Break Camp

During your winter break come join us for two hours a day and have fun with other kids playing games, doing arts and crafts and learning about winter activities. Choose one, or all of the programs dates.

Who: Ages 5-12
Dates: December 28, 29, 30, & 31
Times: 1:00 PM - 3:00 PM
Location: Groveport KidSpace, 630 Wirt Road
Registration: By December 20
Fee: Free
December 28: Paper Log House
December 29: Pony Bead Winter Sun Catcher
December 30: Magazine Paper Frame & Wreath
December 31: Pop-Up Album & Indoor Competition Day



important dates

614.836.3333

December

Community Affairs Department

EVENT / PROGRAM	DATE	EVENT / PROGRAM	DATE
Preschool Grow with Me Tuesdays@One-Christmas Gourd Art Kid's Book Club Preschool Art Pizzazz	Tues., Dec. 1	Preschool Rock n' Rollers Art of Movement Petite Chef	Thurs., Dec. 17
Preschool Grow with Me TOPS Line Dance Knitting Kidz Dance Club	Wed., Dec. 2	Preschool Picassos Groveport Sewing Group Family Movie Night	Fri., Dec. 18
Preschool Rock n' Rollers Art of Movement Petite Chef	Thurs., Dec. 3	Line Dance Jewelry Making Preschool Science	Mon., Dec. 21
Santa Night	Fri., Dec. 4	Preschool Grow with Me Tuesdays@One-Window Vase Ornament	Tues., Dec. 22
Line Dance Jewelry Making	Mon., Dec. 7	Preschool Grow with Me Line Dance TOPS Knitting	Wed., Dec. 23
Preschool Grow with Me Tuesdays@One-Christmas Cards Kid's Night- Gifts to Give	Tues., Dec. 8	Closed	Thurs., Dec. 24
Preschool Grow with Me Line Dance TOPS Knitting Preschool Story Time	Wed., Dec. 9	Closed	Fri., Dec. 25
Preschool Rock n' Rollers Home School Art Art of Movement Petite Chef	Thurs., Dec. 10	Closed	Sat., Dec. 26
Preschool Picassos Groveport Sewing Group	Fri., Dec. 11	Closed	Sun., Dec. 27
Nature Program-Christmas Ornaments Mesh Wreath	Sat., Dec. 12	Line Dance Winter Break Camp Jewelry Making	Mon., Dec. 28
Mommy & Me Cake Decorating	Sun., Dec. 13	Preschool Grow with Me Tuesdays@One-Snowman Blocks Winter Break Camp	Tues., Dec. 29
Jewelry Making Kid's Science Program	Mon., Dec. 14	Preschool Grow with Me Line Dance TOPS Winter Break Camp Knitting	Wed., Dec. 30
Preschool Grow with Me Tuesdays@One-Coloring Activity Preschool Art	Tues., Dec. 15	Preschool Rock n' Rollers Winter Break Camp	Thurs., Dec. 31
Preschool Grow with Me Line Dance TOPS Knitting Kidz Dance Club	Wed., Dec. 16		

NOTE: Many of the programs noted have registration deadlines. For more info., please refer to each individual program description. - Thank you.

Stay in the know. "Like" City of Groveport on Facebook.



Follow us @GroveportGov



Happy Holidays



City of Groveport
655 Blacklick Street
Groveport, Ohio 43125
www.groveport.org

Municipal Offices, 655 Blacklick Street	614-836-5301
Crooked Alley KidSpace, 630 Wirt Rd.	614-836-3333
Recreation Center, 7370 Groveport Rd.	614-836-1000
Police Dept., 5690 Clyde Moore Drive	614-830-2060
Public Works, 7400 Groveport Rd.	614-836-3910
Town Hall, 648 Main Street	614-836-3333
The Links at Groveport, 1005 Richardson Rd.	614-836-5874

Lance Westcamp.....	Mayor
Shawn Cleary, Ed Dildine, Donna Drury,	
Jean Ann Hilbert, Becky Hutson, Ed Rarey.....	Council
Marsha Hall	City Administrator
Ralph Portier	Police Chief
Kevin C. Shannon	Law Director
Jeff Green	Asst. Administrator/Finance Dir.
Tom Walker.....	Golf Director
Kyle Lund	Parks & Recreation Director
Patty Storts.....	Community Affairs Director
Tom Byrne.....	Facilities Management Director
Dennis Moore.....	Public Works Superintendent
Stephen Moore.....	Chief Building Official
Bob Dowler.....	Transportation Director

Department Phone Numbers

Administration.....	614-830-2042
Building & Zoning.....	614-830-2045
Clerk of Council.....	614-830-2053
Clerk of Court.....	614-830-2052
Community Affairs.....	614-836-3333
Finance.....	614-830-2048
Human Resources.....	614-830-2051
Law Director.....	614-830-2059
Parks & Recreation.....	614-836-1000
Police.....	614-830-2060
Public Works.....	614-836-3910
Transportation.....	614-836-7433
Utilities.....	614-830-2048

Community Meetings

Tue., Dec. 14, 6:30 PM	(at Municipal Building)
Mon., Dec. 21, 6:30 PM	Committee of Whole Meeting
	Council Meeting

