



Central Community House
At Our House, People Are Central

~Fun for All~ Saturdays at Central

Two more dates left in our Spring Session!

Saturday, May 13 ~ 10:00-1:00

Gardening - Spring Planting 10:00-1:00

Help with the spring planting of the CCH Community Gardens. Learn hands-on from our master gardener, Jens Hemmingsen. Crops are harvested by neighbors bringing fresh produce to Main Street. All ages welcome.

Play Dates - Early Learning or School-aged Kids 10:00-1:00

Children ages 6 months to 12 years can enjoy play and socialization under the care of certified teachers of Columbus Early Learning Centers. Parents may use as respite care to run errands or join in CCH classes. Please drop-off between 10:00-10:30, pick up anytime up to 1:00 p.m.

Saturday Stretch 10:15-11:15

Relaxation Yoga for teens and adults. Focus on stretching and releasing tension. If you have a mat, please bring it, but some will be available. Instructor: Michele Winship, RYT-500 (Registered Yoga Teacher).

Men's Focus Group with Pastor Juan Brady 10:00-11:30

Discuss unique issues of life as a male with your brotherhood.

Guided Meditation 11:30-12:30

Learn about mindfulness and the practice of meditation. Instructor Art Krumsee.

Saturday, June 10 ~ 10:00-1:00

Gardening - Spring Planting 10:00-1:00

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Discuss unique issues of life as a male with your brotherhood.

Healthy Cooking Class 11:30-1:00

A demonstration and sampling of tasty, affordable ways to add fresh produce to your diet. Presented by Danny Schlingman and Eileen Brown, CCH staff.

Central
Community House

1150 E. Main St.

Space is limited!

Pre-registration is
required by
5:00 p.m. the
preceding
Wednesday

Email:

info@cchouse.org

Call:

614-252-3157

