

Springfield Township Senior News

9158 Winton Road, Cincinnati, Ohio 45231
Tel: (513) 522-1154 • Fax: (513) 729-0818



November seems to be the month we reserve to give thanks. We pause on our National Day of Thanksgiving on the 24th with family and friends to remember our blessings. We give thanks on the 9th because this election will finally be over – of course we also start the cringing in anticipation of the next one in 2020! And above all, we give thanks to all those who served our country with honor and dignity on Veterans' Day, November 11th.

Many brave men and women have paid the ultimate price over our country's 237 year history to protect and defend those inalienable rights that our founding fathers laid out so brilliantly in our Constitution. Many continue this honored tradition to this very day all over the globe. It is befitting that we pause and honor their sacrifices that allow us to enjoy the many freedoms this great land has to offer.

Hamilton County's main library downtown was dedicated to the memory of our region's veterans. This dedication is commemorated each Veterans' Day with a very moving program, beginning at 10:45 a.m. in the library's atrium at Walnut and 8th Streets.

This year, their guest speaker will be Vietnam Veteran James Meyers. The program will also feature the Hamilton County Sheriff's Office Pipes and Drums, the lighting of the Flame of Remembrance, music by the Cincinnati Symphony Orchestra's Brass Trio, presentation of Memorial Wreaths and the playing of "Taps". For more information on this program, call 369-6900 or visit CincinnatiLibrary.org.

To all those who have served – thank you.

All the best!

Thom

DIRECTOR'S

CORNER

2016/2017 MEMBERSHIP DUES

Some are still renewing for 2016 and some are renewing early for 2017 – yeah! Renewal rates are still \$20 for Springfield Township and Wyoming residents and \$25 for non-residents. Payment by check is preferred, made payable to **Springfield Township**.

Membership renewal forms are available at the front desk or download from the Township's website at: <http://www.springfieldtpw.org/292/Senior-Memberships>.

As always, you can check the mailing address on front of this newsletter – your membership status should be listed below your name. If you have any questions about your membership status, please see Thom.

Our end-of-the-year deal is still going on - NEW memberships paying at the full rate of \$20 for Springfield Township and Wyoming residents and \$25 for non-residents get the remainder of 2016 and all of 2017 for one price. This is a great opportunity to invite friends and neighbors to join the center!

We continue to offer a Lifetime Membership rate. This is a one-time payment; for individuals ages 55 through 74, the resident rate is \$150 and the non-resident rate is \$200. For individuals 75 and better, the Lifetime Membership rate is \$100 for residents and \$150 for non-residents. New and renewing members have the option to select the annual membership or the one-time payment for the Lifetime Membership. If you have any questions, see Thom.

CENTER HOURS

The operating schedule for the Senior Center continues to be Tuesday, Wednesday & Thursday from 9:30 a.m. to 4 p.m. and Fridays from 9:30 a.m. to 1 p.m. We remain closed on Mondays. All senior center groups must complete their weekly or monthly activities and leave the premises by 4 p.m. (1 p.m. on Fridays) due to liability issues. Please help us by keeping these hours. Thank you.

CENTER CLOSINGS

The Springfield Township Senior Center will be closed for the following holidays: Friday, November 11th for Veterans Day; November 21st through the 25th for Thanksgiving; December 23rd through January 2nd for Christmas & New Years.

E-MAIL UPDATES

If you've recently changed email address or you've just logged on, send that information my way to tschneider@springfieldtpw.org. We'll add your e-mail address to the membership roster!

Email updates about community issues in the Township are also available through the Springfield Township's "Notify Me" program. Click on "Notify Me" on the Township's webpage at www.springfieldtpw.org to register for email notifications, or you may contact Kim Flamm at 522-1410 or by email at kflamm@springfieldtpw.org.

Wyoming residents may receive a variety of information electronically by going to www.wyomingohio.gov and click on the tab marked "subscribe" on the homepage. Enter your email address and make up a password. From there, choose which publications you wish to receive and click "subscribe".

Also, check out the Township's Facebook page at www.facebook.com/springfieldtpw and the Wyoming Facebook page at www.facebook.com/wyomingoh. "Like" us to keep up on all the latest activities and keep in touch with your community!

LUNCH AND LEARN

Join us for our next Lunch & Learn on **Tuesday, November 15** when we will be joined by Kim Flamm to discuss the Township's non-profit arts council, ArtsConnect. Lunch is TBA.

Cost for lunch is \$7.00. If there is not a volunteer at the desk, place your payment in a Senior Inc. envelope with your name and phone number, then drop it in the deposit box in the gift shop. Please plan to sign up and pay by November 11th so that we can have an accurate count for the lunch order.

If you are celebrating your birthday in November and are coming to the lunch, make sure you check the "birthday box" on the registration sheet. Those celebrating a birthday in November and staying for lunch will receive a coupon for a free lunch at either the December, January or February meetings!

DOLLARS AND DOUGHNUTS

Our next Dollar & Doughnuts talk will be **Thursday, November 17th at 9:30 a.m.** This month, Joe Woelke from Edward Jones Investments will be speaking on "The Election is Over – Now What?" along with a general market update and a Q & A afterwards. Bring your coffee or favorite morning beverage – Joe will be on hand with a morning treat and a wealth of knowledge – no pun intended! Join us!

CALLING ALL HOLIDAY ELVES

With Thanksgiving falling again late this year, we are going to get a jump on the holiday season. Get in the spirit and sign-up to help deck the halls... well, the lobby and library, at least... on **Thursday, November 17th starting at 10:30 a.m.** It's a great way to get together with some of your fellow members and enjoy the beginning of the holiday season. Sign-up at the front desk.

HAND, KNEE AND FOOT

Players for Hand, Knee and Foot, a form of Canasta, meet on **Wednesdays at 10:00 a.m.** Depending on players' availability, they may on Thursday as well. Don't know how to play? No problem, it's easy to learn. Just come on in and they'll teach you.

TECHNOLOGY HELP

Technology help for Center members is available at the Wyoming Civic Center, 1 Worthington Avenue, 45215, per the schedule below. Attendees receive free one-on-one assistance with their device from Wyoming High School volunteers. To sign up, contact Jennifer Dennis at the Wyoming Recreation Center at 821-5200, via email at jdennis@wyomingohio.gov or online at <http://www.signupgenius.com/go/20f0d49afae29aaf94-wyoming>. The deadline to register is 24 hours ahead of the date you are requesting. You may sign up for one hour-long time slot. Space is limited and available on a first sign-up, first served basis. On the day of your appointment, you are encouraged to bring your device charger in case your battery runs low. If you have questions, please call Debbie Bellman at 522-9361 or Vishnu Paranandi at 658-8887.

Thursday, November 10th from 3:15-5:15 p.m.

Sunday, December 4th from 2:00-4:00 p.m.

SILVER SNEAKERS

Silver Sneakers is accepted at the Wyoming Recreation Center. As a member of the Springfield Township Senior Center, you have the opportunity to try their "Walking and More" class on Tuesdays and Thursdays from 10:00 a.m. to 11:00 a.m. or "Balance, Strength, and Stretching" on Mondays and Wednesdays, also from 10:00 a.m. -11:00 a.m. Bring your Silver Sneakers ID number to get your membership! The Wyoming Recreation Center is located at 9940 Springfield Pike. Contact Jennifer Dennis at 679.4648 or jdennis@wyomingohio.gov.

EXERCISE PROGRAM

Join Ellen and her exercise class on **Thursdays at 11:00 a.m.** Ellen has over 20 years of experience in teaching. Exercises, done to music, can enhance balance and ease of movement. Part of the class is done in the seated position but can be done entirely from the chair. There is a \$2 per person, per class charge to cover the cost of Ellen's services. Stop by and give it a try – burn off some of those extra pounds.

Ellen will be traveling a lot for work in November. Between that and the holiday, Ellen will have only two classes in November which will be Tuesday, November 15th and Thursday, November 17th.

CHAIR VOLLEYBALL

Join us each **Thursday at 12:30 p.m.** for fun, exercise and a good time. The chair volleyball group invites and encourages you to join them any Thursday on the court. They are always in search of new members to bring their spikes and volleys and join in on the fun - see you there!

CHAIR YOGA

Join April Aloisio for Chair Yoga on **Fridays at 11:00 a.m.** There is a \$6 per person, per class charge. If you haven't experienced it before, give chair yoga a try!

Yoga empowers the mind and strengthens the body as you move through a series of meaningful poses. Sitting in a chair, certified yoga teacher, April Aloisio, leads her class designed to help reverse the age process and encourage good health. Breathing and warm-ups begin to circulate oxygen by expanding the lungs, loosening the spine, opening the hips and improving cellular function throughout the body, bringing more nutrients to our blood, organs, muscles and bones. Stretching and breathing into yoga postures enhances our flexibility and circulatory system, improving brain activity and allowing us to become more focused and grounded. Yoga flows warm the entire body and give us more energy. Using weights builds upper body strength and improves coordination. Balancing postures will help you feel more secure, independent and centered. And finally, relaxation and meditation help to release all of the "busyness" in the mind by just "being and letting go". The feeling of community and choices of yoga poses reassures everyone that we can ALL do chair yoga. Just listen to your body & come to a Chair Yoga class!

Please note there will be no yoga on Friday, November 11th and the 25th due to the holiday closures.

TAI-CHI QIGONG

Join Marlene Brown for her Tai-Chi Qigong class on **Wednesdays at 10:30 a.m.** Tai-Chi is quickly growing in popularity here in the U.S. It is estimated that literally tens of millions of people practice Tai-Chi worldwide daily. Tai-Chi helps to rebuild one's body, mind and spirit as it removes negative energy along the meridians (pathways) of true health, fitness and wellness. Tai-Chi helps to quicken blood circulation as it brings about peace of mind (stress relief). The respiratory system is stimulated by this slow, deep breathing which is linked with form or movement. The movements of Tai-Chi are purposely slow and even, which causes the practitioner to become more deliberate in all their other thoughts and actions, as well as, increasing balance. Cost will be \$6 per class.

FIVE HUNDRED – Thursdays at 12:30 p.m.

September 22nd	Dot Ventura	4770
September 29th	Dot Ventura	5540
October 6th	Mary Ann Hilvert	5680
October 13th	Dot Ventura	5170

The Five Hundred group is always looking for new players. If you have questions about the game, please call Dot Ventura at 729-1813.

CHICAGO BRIDGE – Tuesdays at 12:30 p.m.

September 27th	Gene Burton	3620
October 4th	Bob Becker	4280
October 11th	Nancy Neiman	3990
October 18th	Gene Burton	3200

LADIES' POKER

The Ladies' Poker group meets on **Thursdays** in the Lounge, beginning at **noon**.

MARATHON BRIDGE

Marathon Bridge meets the first Wednesday of the month from through May at 12:30 p.m. in Room B. Winners of the October 5th round were Zona Wilkinson and Liz Geers. If you didn't sign up, don't despair – Marathon Bridge is always in need of substitutes. Please contact Kim Stewart at 297-1166 or 288-4233 to be added to the list. The next round of Marathon Bridge will take place on November 2nd!

DUPLICATE BRIDGE

The next duplicate bridge game will be on November 16th at noon in Room B. Please contact Clyde Stauffer at 931-2632 for more information



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SPRINGFIELD TOWNSHIP SENIOR CENTER

Month of November- 2016

Tuesday		Wednesday		Thursday		Friday	
1	9:30a WOODSHOP 12:30p CHICAGO BRIDGE 1p EUCHRE	2	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 10:30a TAI-CHI 12:30p MARATHON BRIDGE	3	9:30a WOODSHOP 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES	4	9:30a ARTS & CRAFTS 11a CHAIR YOGA
8	9:30a WOODSHOP 12:30p ART CLASS 1p MOVIE DAY 1p EUCHRE ELECTION DAY - HEAVEN HELP US!	9	9:30a WOODSHOP 10a WOOD CARVING 10a HAND & FOOT 10:30a TAI-CHI	10	9:30a WOODSHOP 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES	11	CENTER CLOSED VETERANS DAY ARTLOCAL ART SHOW CENTENNIAL BARN
15	9:30a WOODSHOP 12:30p CHICAGO BRIDGE 1p EUCHRE Lunch & Learn - 10:30 a.m.	16	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 10:30a TAI-CHI 12:00p DUPLICATE BRIDGE	17	9:30a WOODSHOP 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES	18	9:30a ARTS & CRAFTS 11a CHAIR YOGA 11a BOOK CLUB RED HATTERS AT THE MANOR HOUSE 12:30 p.m.
22	CENTER CLOSED CLEAN THE HOUSE FOR COMPANY DAY	23	CENTER CLOSED BAKE THE PIES DAY	24	DOLLARS & DOUGHNUTS - 9:30 a.m. HOLIDAY DECORATING - 10:30 a.m.	25	CENTER CLOSED SHOP 'TIL YOU DROP DAY
29	9:30a WOODSHOP 12:30p ART CLASS 1p EUCHRE	30	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 10:30a TAI-CHI	1 December	9:30a WOODSHOP 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES	2	9:30a ARTS & CRAFTS 11a CHAIR YOGA

CENTER HOURS ARE FROM 9:30AM TO 4:00PM TUESDAY, WEDNESDAY & THURSDAY; 9:30 AM TO 1 PM FRIDAYS
CLOSED MONDAYS, SATURDAYS & SUNDAYS



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EUCHRE

Join the fun on **Tuesdays**, beginning at **1:00 p.m.** Regular play occurs the first and third Tuesdays, while the second, fourth and fifth Tuesdays are primarily for practice. Come check things out!

DOMINOES

The Dominoes Club meets every **Thursday at 1:00 p.m.** All are welcome. They have a group that comes in regularly and they are always looking for it to grow!

BOOK CLUB

This month's selection is *The Lacuna*, by Barbara Kingsolver. In this novel, the author takes you on an epic journey from the Mexico City of artists Diego Rivera and Frida Kahlo to the America of Pearl Harbor, FDR, and J. Edgar Hoover. *The Lacuna* is a poignant story of a man pulled between two nations as they invent their modern identities. Come and discuss the book at our meeting on **Friday, November 18th at 11:00 a.m.** Books may be signed out from the copy room.

STAINED GLASS

Stained glass meets informally each **Wednesday at 10:00 a.m.** Add a little color to your life, and windows, through stained glass. Brighten up your life with some bright stained glass pieces!

ART CLASSES

Art classes are held each **Tuesday at 12:30 p.m.** Bring your pad, paints and pencils and join Jo Hogan, Jan Goldschmidt and the rest of the class and find your creative side.

ART & CRAFTS – NEW GROUP

A new group is forming to explore their Arts and Crafts side on **Friday at 9:30 a.m.** Join in and bring your favorite, fun and artsy project to work on, or maybe something you've seen on Pinterest you think the group might like. Check it out in the art room on Fridays!

WOODCARVERS

The woodcarving group meets every **Wednesday from 10 a.m. to noon.** Just another way to carve out your niche here at STSC!

MOVIE DAYS

Movies are back! Join Holly and Ginny on **Tuesday, November 8th at 1:00 p.m.** – Movie title will now be posted on the bulletin board. Cost is \$1.00 for movie and snack. Due to Election Day, movie will be shown in the Lounge.

RED HATTERS

Maple Knoll Village's Manor House Restaurant will be the site for the next Red Hat event on **Friday, November 18th** starting at 12:30 p.m. As you know, it's a buffet style, so eat till your heart's content – you might want to consider checking the elastic in the waistband just in case! Afterwards, those who wish to have a Maple Knoll tour can board the bus and see a few apartments or condos. When your caller contacts you, please let her know if you can drive or need a ride to Maple Knoll. Riders will pay the driver \$3 for the short trips. It is important that we know how many people will be attending the luncheon. If you're unsure of your availability, please call Mary Agnes Fellmy at 314-4115, who is in charge of November's activity, as soon as possible. Contact Queen Mother Lois Cronier for any other questions.

NEW MEMBERS

Here are the new members that have joined last month: Robert Abbott, Evelyn Barlow, Bari Ewing, Diane Ficke, Stephen Hogue, Jonnie Sears & Verdal Walker. Welcome everyone!

SENIOR INC. BOARD

Currently, the Board still has three vacant seats. If you have any questions about what is involved with being a member of the Board, please contact any member: Lois Alston-Davis, Kathy Bachman, Chris Baumgardner, Lois Cronier, Norb Gilman, Sharon Morris, Rita Stinebuck, Mary Wagner and Ed Weber.

REC. CENTER & POOL MEMBERSHIPS

Members of the Springfield Township Senior Center have the opportunity to join the Wyoming Recreation Center at the Wyoming senior resident rate. The Rec Center has a number of fitness opportunities for those looking to get healthy and buff and at a significant rate discount than if you were joining as a non-resident! Applications will be available from Thom who will need to confirm your status as a member in good standing before the discount can be applied.

2016 Individual Senior Rec. Center memberships are \$122 or \$165 for a Senior Couple. Individual Pool memberships are \$83 and \$143 for a Senior Couple. A combo Rec Center and Pool membership for an Individual Senior is \$185 and for a Senior Couple is \$280. The Rec Center and Pool are located at 9940 Springfield Pike, just over the Wyoming corporation line in Woodlawn.

BOX TOPS FOR EDUCATION

We continue to help area schools by collecting proof-of-purchases from Campbell's soups and those products sporting the Box Tops for Education logos. These products include many General Mills, Betty Crocker, Cottonelle and Post Cereal products. A drop-off has been set-up in the lobby to collect these proof-of-purchases. So, before you toss that can or box into the recycling bin, check and see if you can help out local schools and the environment all at the same time!

ARTLOCAL

ArtLocal brings the community together with a two-day celebration of the arts. The Centennial Barn, located at 110 Compton Road, will hold a gallery of artwork by residents and surrounding communities. As a unique feature of the gallery, nationally known artwork of Charley Harper will be on display. The event will kick off on Friday, November 11th from 7:00 p.m. to 10:00 p.m. with a reception with artists. A wine tasting, light appetizers, live music, auction, split the pot and a "People's Choice" award will fill the evening and give neighbors a chance to mingle and enjoy the art. Many of the artworks will be available for sale. The gallery will reopen on Saturday from 10:00 a.m. - 2:00 p.m. Browse the artwork and even participate in a workshop. For more information, check out www.TheArtsConnect.us

SUPPORT THOSE WHO SUPPORT US

This newsletter is made possible in large part by the area businesses that purchase ad space. When you are out-and-about, please consider patronizing these great supporters when making your purchases. And by all means, let them know how you found out about them!

If you know of a business that would make a good advertiser for the newsletter, please pass that information along to a member of the Senior Inc. Board.

NEWSLETTER INFO DEADLINE

Information and announcements to be included in the December newsletter must be received by noon, **Friday, November 11th**. If you are submitting items via email, using size 12 Times Roman font is preferable.

Reimagining the Cincinnati Museum Center

Llanfair Retirement Community, 1701 Llanfair Avenue, 45231 will host Jonathon Perlman on Wednesday, November 9th at 10 a.m. to discuss how the Museum Center isn't just for kids! R.S.V.P. to Kim Kaser at 591-4567 or kkaser@llanfair.oprs.org by November 4th.

Veterans Appreciation Lunch

Northminster Presbyterian Church, 703 Compton Road, 45231 invite Veterans and their spouses to an Appreciation Luncheon on Sunday, November 13th at 12 p.m. Guest speaker will be U.S. Representative Brad Wenstrup. R.S.V.P. to the church office at 931-0243 or office@nmpchurch.org by November 9th.



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- Dollars and Doughnuts
- Technology Help
- November Calendar of Events

November 2016

...see inside for details

Friday, November 11th beginning at 7:00 p.m.

ArtLocal – Two-day celebration of the arts

Save the Date!

Springfield Township Senior News

