

# Springfield Township Senior News

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



We are very fortunate to have the opportunity to say thanks to many individuals and groups for the contributions made to us through-out the year. The help they provide makes what we do possible. But on the flip side, just remember, Karma is a good thing.

While we are generally the recipient of good works, we too can do good works for others that don't necessarily involve a lot of time or expense. As you read along, who will find opportunities to help area school children by donating school supplies or cutting out rebate points off many of the products you purchase.

We have several generous local businesses who buy ads to help make this newsletter possible – you have the opportunity to support these businesses and thank them for their support. You can also sign up for the Kroger rewards program – a few clicks on the internet will actually produce dividends for Senior, Inc.

Being on the receiving end is great – being on the giving end can feel so much better!

All the best!

Thom

**CORNER**

## DIRECTOR'S

### 2014 MEMBERSHIP DUES

It's still not too late to renew for 2014! Check the mailing address on front of the newsletter – your membership status should be listed below your name – “Renewal for 2014 Needed”, “Member through 2014” or “Lifetime Member” should be listed. If you have any questions about your membership status, please see Thom.

Rates for 2014 are still \$20 for Springfield Township residents and \$25 for non-residents. Payment by check is preferred, made payable to **Springfield Township**. Please make sure you include your membership renewal form with your payment. For those who have not filled out the long form in the last two years, please stop by the front desk so that we can get a full update on your information.

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.

For those joining the Center for the first time, rates are pro-rated to \$10 for Springfield Township residents and \$12.50 non-residents for the remainder of the year – these are for new member sign-ups only.

### 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.

### HOLIDAY CLOSURE

The Center will be closed on Friday, July 4th for Independence Day.

### 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](mailto:tschneider@springfieldtpw.org). We'll add your e-mail address to the membership roster!

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

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

### LUNCH AND LEARN

The Senior, Inc. Board is taking some time during the summer to rest up and re-group for the fall Lunch and Learn series. They will be back in action on September 16th with another great program and lunch!

### NEW PROGRAM

From the front desk sign-up, we have added Cornhole to the mix, currently scheduled for the second and fourth Tuesday at 11:00 a.m. Stop in and check out the fun!

### AN-TRIP-ATATION

The bus is waiting for you! Check these out:

**Thursday, August 28th – Belterra Park (formerly River Down).** Take a chance on this trip and maybe you'll hit it big at the newest gambling attraction in the state! Bus leaves at 9:45 a.m. and returns at 4:00 p.m. Cost is \$25 and includes transportation, \$10 player's card, a \$5 food voucher and driver's tip. Reservations and payment due by August 8th or until filled! No refunds after July 22nd.

**Thursday, October 16th – Festival of Riverboats.** Registration re-opened! Similar to Cincinnati's Tall Stacks, this riverboat celebration is in Louisville, Kentucky. You will have the chance to explore the shore display, along with a riverboat cruise and lunch on the Spirit of Peoria. Bus leaves at 7:00 a.m. and returns at 8:00 p.m. Cost is \$125 and includes transportation, riverboat cruise, lunch and driver's tip. **Reservations and payment is due by August 15th!**

Due to the popularity of recent trips, you must be a member of the Springfield Township Senior Center to sign up. We will open any remaining slots to non-members as outlined in the travel sign-up book at the front desk.

## ARE YOU A CRUISE DIRECTOR?

Jane Bernzott, our illustrious organizer of the Center day trips has announced her intentions to step away from the position later this year after the last bus trip. We send a big thank you for the time and effort she has put in that has resulted in many fun trips throughout the Tri-State area!

We are looking for someone interested in taking this project on and keep the opportunities for trips happening. Jane will be more than willing to work with the next individual(s) to bring you up to speed – the bus doesn't move all that fast! If you are interested, let Thom know.

## HAND, KNEE AND FOOT

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

## EXERCISE PROGRAM

Join Ellen and her exercise class on **Thursdays at 11:00 a.m.** There is a \$2 per person, per class charge to cover the cost of Ellen's services.

## CHAIR YOGA

Would you like to do yoga but can't get down on a mat? Then Chair Yoga is for you!

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 every week, 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!

Join instructor April Aloisio for Chair Yoga on **Fridays at 11:00 a.m.** There is a \$5 per person, per class charge. If you haven't experienced it before, give chair yoga a try!

## 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!

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

May 22nd	Rose Perry	4530
May 29th	Nancy Praechter	6150
June 5th	Mary Hochmuth	4940
June 12th	Anita Bidleman	5530
June 19th	Mary Ann Hilvert	4920

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.

June 3rd	Ruth Vogt	4270
June 10th	Sandy Jackisch	6010

## WEDNESDAY SOCIAL BRIDGE

### Wednesdays at 12:30 p.m.

Bring your favorite partner. Cookies, coffee and tea provided.

## MEN'S POKER

The Men's Poker group meets on **Tuesdays** in the Lounge, beginning at **noon**. Membership has been perking up in recent months and they would like to see you there, too!

## LADIES' POKER

Not to be outdone by the guys, the Ladies' Poker group meets on **Thursdays** in the Lounge, beginning at **noon**.

## 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!

## BLOOD PRESSURE READINGS

Join Rita and Gert on **Wednesday, July 30th from 10:00 a.m. to 12:00 p.m.** to get your blood pressure reading. Those who participate will receive a piece of fruit provided by O'Quinn Insurance Services.

## BOOK CLUB

This month's selection is *Me, Before You*, by Jojo Moyes. A former high-flying, thrill-seeking executive now confined to a wheelchair as a quadriplegic hires a caretaker, despite her total lack of experience. She learns that the six-month length of her contract coincides with the amount of time he has agreed, for his parents' sake, to postpone his planned assisted suicide. Armed with this information, the caretaker sets about to create adventure, hoping to give him a reason to live, while he encourages her to expand the expectations of what her life could be. Come and discuss the book at our meeting on **Friday, July 25th at 11:00 a.m.**

## 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 winter 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.

## WOODCARVERS

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

## "R" MOVIE DAY – PART ONE

Our first "R" movie on **Tuesday, July 8th at 1:00 p.m.** features *Twelve Years a Slave*. This 2014 Academy Award winning film is based on a true story of one man's fight for survival and freedom. In the pre-Civil War United States, a free black man from upstate New York, is abducted and sold into slavery. Facing cruelty as well as unexpected kindnesses, he struggles not only to stay alive, but to retain his dignity. Starring Chiwetel Ejiofor, Dwight Henry and Brad Pitt. Rated R - 2 hr. 13 min. Cost is \$1.00 for movie and popcorn.

## “R” MOVIE DAY – PART TWO

The second “R” rated feature this month will be *The Shawshank Redemption* on **Tuesday, July 22nd at 1:00 p.m.** This 1995 Oscar nominated film is based on a Stephen King novel and follows a young and successful banker whose life changes drastically when he is convicted and sentenced to life imprisonment for the murder of his wife and her lover. Set in the 1940’s, the film shows how, with the help of a fellow inmate and friend, the prison entrepreneur, he turns out to be a most unconventional prisoner. (Trivia question – where was a large portion of this film shot?) Starring: Tim Robbins and Morgan Freeman PG-13 - 2 hrs. 22 min. Cost is \$1.00 for movie and popcorn.

## RED HATS

It’s BINGO time again. Not knowing how hot the day will be, we’re staying indoors...and playing b-i-n-g-o on **Tuesday, July 15th**, starting at 10:00 a.m. We’ll play till around noon, then have the Subway sandwich that you ordered through your Red Hat’s contact. Please send your check for \$12.00 to Lois Cronier, 845 Reynard Ave., Cincinnati, OH, 45231.

## SENIOR INC. BOARD

The Board currently still has three positions vacant and is seeking members willing to serve the Center and your community. If you have any questions about what is involved on the Board, contact any member: Lois Alston-Davis, Larry Bernecker, Lilian Bullock, Lois Cronier, Claudette DeNoma, Norb Gilman, Sharon Morris, Rita Stinebuck, Mary Wagner and Ed Weber.

## 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 contact Lois Alston-Davis at 821-7317.

## 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!

## KROGER CARD FUNDRAISER

You can help the center every time you shop at your local Kroger store with their Community Rewards program.

You will need to register your Kroger Plus card number at [www.krogercommunityrewards.com](http://www.krogercommunityrewards.com). You will click on “Sign In/Register” and then go to “Sign Up Today.” Simply fill out the boxes with information requested. At one point, you will be asked to enter the NPO (Non-Profit Organization) number. The NPO for Senior, Inc. is **82462**. You will still earn your Kroger fuel points, but Kroger will donate a percentage of each purchase you make back to the center.

If you have any questions, or don’t have internet access and would like to participate, contact Liliane Bullock at 521-4370. The funds raised help support many opportunities at the Center, including this newsletter!

## ART AND WINE WEDNESDAYS

The next Art and Wine Wednesday classes will take place on **July 2nd and 16th from 6:30 pm to 9:00 p.m.** Whether you are an experienced artist or someone picking up a brush for the very first time, you will enjoy Art and Wine Wednesdays at the Springfield Township Senior & Community Arts Center. Sip our white and red wines and let your creative side flourish. Our professional artist will guide the class with easy-to-follow directions for the featured painting. At the end of the class, you will have a beautiful work of art to hang on your wall. View the monthly class projects online at [www.springfieldtwp.org/adultprograms.cfm](http://www.springfieldtwp.org/adultprograms.cfm). Cost for the class is \$45 and includes all paint supplies, a 20” canvas and a glass of wine. Additional wine will be available for purchase at \$3 per glass. Minimum registration of five required for the class to occur. This program is sponsored by the Springfield Township Arts and Enrichment Council.

## MEMORY QUILT MAKING CLASS

Empty out your closet of all those beloved, but no longer worn shirts that have significance in your family’s life and turn them into a quilt of precious memories to comfort and snuggle under. The class takes place on Wednesday, **July 23rd beginning at 6:00 p.m.** Cost for the class is \$25. You can sign-up and view the supply list online at [www.springfieldtwp.org](http://www.springfieldtwp.org).

## DINNER THEATER

The Springfield Township Arts & Enrichment Council brings you a night of food, laughter and mystery on **Friday, July 25th at 6:30 p.m.**! The Whodunit Players return with *A Wedding to Die For*, with the multi-billionaire cattle baron Dusty Pitts and country song stylist B.B. Lovelace tying the knot. Will they make it to the altar? Reserve your seats now and find out whodunnit! Tickets are \$35 each and include dinner, non-alcoholic beverages and entertainment. A Cash bar will be available. Catering by DiStasi. Reservations through July 22nd or when sold out. Registration sheets are available at the front desk or online at [www.springfieldtwp.org/dinner-theater](http://www.springfieldtwp.org/dinner-theater). All dinner theater events are for adults, 21 and over.

Look for a card in the mail for a discount for current AARP members! For more information or to register, call 522-1410 and ask for Kim Flamm.

## NEWSLETTER INFO DEADLINE

Information and announcements to be included in the August newsletter must be received by noon, Friday, July 11th.

## OTHER SENIOR PROGRAM OPPORTUNITES

### The Medicare Maze

Llanfair, 1701 Llanfair Avenue, 45224, will an informational program to help educate individuals on what is covered during a rehab stay, how Medicare works, the legal documents you should prepare and resources that will aid you through it all. For reservations, call 591-4567 or email [pashbrock@llanfair.oprs.org](mailto:pashbrock@llanfair.oprs.org) by July 18th.

# SPRINGFIELD TOWNSHIP SENIOR CENTER

## Month of July - 2014

Tuesday		Wednesday		Thursday		Friday	
<b>1</b>	9:30a WOODSHOP 12:30p CHICAGO BRIDGE 1p EUCHRE	<b>2</b>	9:30a WOODSHOP 10a WOOD CARVING 12:30p SOCIAL BRIDGE	<b>3</b>	9:30a WOODSHOP 12p LADIES' POKER 1p DOMINOES	<b>4</b>	11a CHAIR YOGA
<b>8</b>	9:30a WOODSHOP 12p MEN'S POKER 12:30p ART CLASS 1p EUCHRE 1p MOVIE DAY - PG	<b>9</b>	9:30a WOODSHOP 10a WOOD CARVING 12:30p SOCIAL BRIDGE	<b>10</b>	9:30a WOODSHOP 12p LADIES' POKER 1p DOMINOES	<b>11</b>	11a CHAIR YOGA  <b>TOUCH A TRUCK</b> 11 a.m. to 1 p.m.
<b>15</b>	9:30a WOODSHOP 12:30p CHICAGO BRIDGE 1p EUCHRE	<b>16</b>	9:30a WOODSHOP 10a WOOD CARVING 12:30p SOCIAL BRIDGE	<b>17</b>	9:30a WOODSHOP 12p LADIES' POKER 1p DOMINOES	<b>18</b>	11a CHAIR YOGA
	<b>RED HAT BINGO</b> 10 a.m.						
<b>22</b>	9:30a WOODSHOP 12p MEN'S POKER 12:30p CHICAGO BRIDGE 1p EUCHRE 1p MOVIE DAY - R	<b>23</b>	9:30a WOODSHOP 10a WOOD CARVING 12:30p SOCIAL BRIDGE	<b>24</b>	9:30a WOODSHOP 12p LADIES' POKER 1p DOMINOES	<b>25</b>	11a CHAIR YOGA 11a BOOK CLUB  <b>DINNER THEATER</b> <b>"A WEDDING TO DIE FOR!"</b> 6:30 p.m.
<b>29</b>	9:30a WOODSHOP 12:30p CHICAGO BRIDGE 1p EUCHRE	<b>30</b>	9:30a WOODSHOP 10a WOOD CARVING 12:30p SOCIAL BRIDGE  <b>BLOOD PRESURES</b> 10 a.m. to 12 p.m.	<b>31</b>	9:30a WOODSHOP 12p LADIES' POKER 1p DOMINOES		

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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### 2014 MEMBERSHIP RENEWAL DUES

*Springfield Township Senior and Community Center 9158 Winton Road, Cincinnati, Ohio 45231*

**ANNUAL DUES - \$20.00 (Residents) \$25.00 (Non-Residents)**  
**OR**

**LIFETIME MEMBERSHIP: Age 55 through 74 - \$150.00 Residents \$200.00 Non-Residents**  
**LIFETIME MEMBERSHIP: Age 75 and over - \$100.00 Residents \$150.00 Non-Residents**

**MAKE CHECKS PAYABLE TO: SPRINGFIELD TOWNSHIP**

Name/Names \_\_\_\_\_

E-Mail Address \_\_\_\_\_ Phone # \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Resident or Non-Resident \_\_\_\_\_ Is above a new address or phone #? \_\_\_\_\_  
**Circle One**

Is there a new emergency name or phone #? \_\_\_\_\_

I have received, understand and agree to the Springfield Township Senior by-laws. I understand and agree to absolve Springfield Township of all blame for injury, misadventure, harm, loss or inconvenience suffered as a result of taking part in any activity sponsored by, associated with or related to the Springfield Township Senior Community Center.

Signed \_\_\_\_\_ Date \_\_\_\_\_

**Will you allow your phone number and email address to be shared with other members if asked? Y or N**  
**Circle One**

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# Springfield Township Senior Community Center

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Tel: (513) 522-1154 • Fax: (513) 729-0818  
www.springfieldtwp.org



## Inside:

- Director's Corner
- Lunch and Learn
- Movie Day
- An-Trip-Atation
- Dinner Theater
- July Calendar of Events

# July 2014

*...see inside for details*

Friday, July 25th at 6:30 p.m.

## Dinner Theater - A Wedding to Die For

# Save the Date!

## Springfield Township Senior News

