

Springfield Township Senior News

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



Well, fall is knocking at our door... AGAIN. Farewell summer of 2014; we hardly knew ye.

The work pace picks up again for fall, as the gardens need to be put to bed for the winter and leaves need to be raked. What to do with all that yard stuff? Hamilton County Department of Environmental Services offers a free yard waste drop off program at the Rumpke Landfill site, located on Struble Road near Colerain Avenue. The drop off occurs on Saturdays and Sundays from 11:30 a.m. to 5 p.m. now through November 23rd. There is even guys there to help you unload! Cans, paper bags or bundled items with twine work great – if you bring yard waste in plastic bags, you will need to take them back with you.

What about those extra lawn chemicals, oil based paints, cleaners, solvents batteries and other household hazardous wastes? There is a drop off for that, too! This will take place on Saturday, October 4th from 8 a.m. to 2 p.m. and you will need to register by calling 946-7766 or online at www.HamiltonCountyRecycles.org. Full information on the location will be forwarded to you when you register.

And how about those small household items that you just don't use anymore? Goodwill is a great opportunity to give them a new life or you could donate them to The Cottage gift shop right here at the Center! The Cottage accepts your small, gently used items – no clothing or furniture, please. Proceeds support the activities of Senior, Inc., including the printing of this newsletter!

October is a great month for getting things together and preparing for a tidy, uncluttered winter. Anyone needing some practice or likes a challenge can show up at my house next weekend!!!

All the best!

Thom

CORNER

DIRECTOR'S

2014 MEMBERSHIP DUES

Check the mailing address on front of the newsletter – your membership status should be listed below your name – “Member through 2014”, “Renewal for 2014 Needed” or “Lifetime Member”. If you have any questions about your membership status, please see Thom.

Renewal 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**, the end of the year special has begun! Pay the full membership rate and you get the remainder of 2014 and all of 2015!!

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.

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 are also available through the 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.

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

LUNCH AND LEARN

Join us on for the first Lunch and Learn of the season on **Tuesday, October 21st, beginning at 10:30 a.m.** This month we will be traveling back even further in time than we did last month, as we catch up with that famed inventor and statesman Benjamin Franklin, via Tony Steer. There is no truth to the rumor, however, that Thom will be flying a kite in a lightning storm as part of the presentation.

Lunch will be from LaRosa's hoagies and salad along with dessert. 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.

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

DON'T FALL FOR IT

"Fall" as a noun is pretty to look at; "fall" as a verb can be disastrous! Sign-up for the Fall Prevention Workshop, taking place on **Wednesday, October 15th at 11 a.m.** Learn how to prevent a fall that could ruin your fall... and winter... and spring. Sign-up at the front desk today! Presented by the West Chester Hospital Surgical Center

FINANCIAL FITNESS

Learn more about ways to help avoid the tax man with tax-free investing on **Wednesday, October 22nd at 11 a.m.** It will be an overview of tax-advantaged investments such as municipal bonds, unit investment trusts, mutual funds, IRAs and life insurance. Light refreshments will be provided. Presented by Joe Wolke from Edward Jones Investments.

SENIOR PICNIC WRAP UP

A BIG thank you to Kim, Laurie and Laura for another fun senior picnic! We had a great time channeling Bob Barker, Monty Hall and the other game show greats while we matched wits, guessed prices, filled in the blanks and won prizes!

An even BIGGER thanks goes to our generous sponsors who made the event possible: Premiere sponsors – Aetna, Alois Alzheimer Center, Burlington House, Home Instead Senior Care, Llanfair Retirement Community, Mapleknoll, MediGold and Triple Creek; Level Two sponsors includes A Caring Choice and Anthem Blue Cross-Blue Shield; and Level One sponsor is Mt. Healthy Christian Village. A big thank you to you all!

AN-TRIP-ATATION

It's one more for the road!

The travel bus is heading out one last time for the year on **Saturday, December 6th**. We will travel to Worthington, Ohio – just outside of Columbus – to see a performance of "The Living Christmas Tree". Cost is \$75 and includes transportation, reserved seats for the 2:30 p.m. show, boxed lunch, dinner following the show at Houston's Inn and driver's tip. Bus will leave at 11:00 a.m. and return around 9:00 p.m. **20 reservations and payments are due by November 4th for this trip to occur**. Sign-up today!

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?

Just as a reminder, Jane Bernzott, our illustrious organizer of the Center day trips has announced her intentions to step away from the position after this 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!

If you want to see trips occur next year, we are looking for someone to step up and get involved. Jane will be more than willing to work with the next individual(s) – it would be a shame to see these great opportunities come to an end. If you are interested, let Thom know.

CORNHOLE

Even though it's fall, the cornhole boards are still working! Cornhole meets on the **second and fourth Tuesdays at 11:00 a.m.** Most often, we will be indoors, but if the weather is nice, we just may take things outside for a little fresh air. Stop by and give it a try!

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.** Ellen has over 20 years 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!

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

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!

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

August 21st	Tim Praechter	4850
August 28th	Mary Ann Hilvert	5180
September 4th	Anita Bidleman	3790
September 11th	Maria Kurz	5240
September 18th	Mia Kurz	4220

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.

August 19th	Jayne Collins	6090
August 26th	Gerry Melzer	5270
September 2nd	Ruth Vogt	6880
September 9th	Marie	4120
September 16th	Ellie Miller	4820

WEDNESDAY SOCIAL BRIDGE

Social Bridge will meet on the **second, fourth and fifth Wednesdays at 12:30 p.m.** Bring a partner or pair up with someone there.

MARATHON BRIDGE

Marathon Bridge will meet on Wednesday, October 1st at 12:30 p.m. If you would like to be a substitute, please contact either Kim Stewart at 297-1166 or Barbara Wentz at-860-0363 as soon as possible. **Anyone participating must be a member in good standing of the Senior Center.** See Thom if you have questions about the status of your membership.

DUPLICATE BRIDGE

Duplicate Bridge will meet on Wednesday, October 15th at 12:30 p.m.

MEN'S POKER

The Men's Poker group meets on **Tuesdays** in the Lounge, beginning at **noon**. The Men's Poker group is in need of new members and they would like to see you around the table. Put on your best poker face and get it a try!

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, October 28th 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. Also keep in mind that this will be the last blood pressure readings at the Center for the remainder of the year – Rita and Gert will be taking November and December off!

BOOK CLUB

This month's selection is *Defending Jacob* by William Landay. *Defending Jacob* tells the story of a district attorney's son who is accused of killing a classmate. As the father attempts to prove his son's innocence, personal and painful ethical issues pertaining to a parent's responsibilities to a child, to a family and to society at large are raised. Come and discuss the book at our meeting on **Friday, October 24th 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 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.

WOODCARVERS

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

"PG" MOVIE DAY

Join us on **Tuesday, October 14th at 1:00 p.m.** for *Hamlet & Hutch*. When an aging Broadway star begins suffering from Alzheimer's disease, his great granddaughter and a dog are united by their love of the theater. This trio proves that anything is possible if you believe. Starring Burt Reynolds, Terri Vaughn, Emma Rayne Lyle and Elizabeth Leiner. Rated PG-13- 1 hr. 30 min. Cost is \$1.00 for movie and popcorn.

"R" MOVIE DAY

Our "R" rated feature this month will be *The Place Beyond the Pines*. Join us on **Tuesday, October 28th at 1:00 p.m.** for this powerfully movie that explores the consequences of motorcycle rider's fateful decision to commit a crime to support his child. The incident renders him targeted by a policeman, and the two men become locked on a tense collision course, which will have a devastating impact on both of their families in the years following. Starring Ryan Gosling and Bradley Cooper. Rated R - 2 hr. 21 min. Cost is \$1.00 for movie and popcorn.

NEW MEMBERS

We welcome the following new faces to our Senior Center family: Al Heitz and Kathleen Statt.

IN MEMORIAM

We sadly report that member Gerda McFarland passed away on August 23rd. Gerda was a long time member of the Center and was a big fan of the 500 Euchre group.

SENIOR INC. BOARD

The Board currently still has two 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 pass that information along to a member of the Senior Inc. Board.

THE NUTS ARE BACK!

Senior Inc. is once again selling their nuts! This popular fundraising opportunity can be a tasty treat for yourself or a gift for a friend or family member. Back by popular demand is the dark chocolate bridge mix, along with some new offerings: s'mores mix, dark chocolate sea salt caramels and day break berry nut mix. Check them out in the lobby! Proceeds from the nut sales help support activities of the Center, including the printing and mailing of this newsletter.

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!

DINNER THEATER

The Springfield Township Arts & Enrichment Council, now known as ArtsConnect Springfield Township, invites you to step out for something a little different than our typical dinner theater events. On **Friday, October 17th** we will present an evening of swing dancing with the Pete Wagner Band. Tickets are \$35 each and include dinner from DiStasi's of Wyoming, non-alcoholic beverages and entertainment. A Cash bar will be available. Swing dance lessons will also be offered starting at 5:45 p.m. Reservations through October 13th or when sold out. Registration sheets are available at the front desk or online at www.springfieldtwp.org/dinner-theater. All dinner theater events are for adults, 21 and over. Sign up today!

PLAYHOUSE IN THE PARK

Join ArtsConnect Springfield Township for another Playhouse in the Park presentation on **Thursday, October 30th at 7:00 p.m.** The Playhouse in The Park series continues at The Grove Banquet & Event Center in partnership with the Springfield Township Arts and Enrichment Council, The Wyoming Fine Arts Center and Cincinnati Playhouse in the Park. Your evening will begin at 7:00 PM with a preview to St. Xavier and Princeton High Schools' fall plays with students performing a 5 minute clip of their upcoming show. After the opening act, Playhouse in the Park's "Roses and Thorns" will amaze. This show, designed for grades 3-7, shows a darker, funnier take on the classic fairytale that proves true beauty is always more than skin deep. Following the show, children in attendance are invited to trick-or-treat in costume with the cast and crew. Tickets to the high school shows will be available for purchase. A great night for kids of all ages!

NEWSLETTER INFO DEADLINE

Information and announcements to be included in the November newsletter must be received by noon, **Friday, October 10th**. If you are submitting items via email, using size 12 Times Roman font is preferable.

OTHER SENIOR PROGRAM OPPORTUNITES

Book Signing

On Wednesday, October 8th from 2 p.m. to 3:30 p.m., Llanfair Retirement Community, 1701 Llanfair Avenue, 45224, will be hosting a workshop and book signing by Dr. Roger Landry, M.D., M.P.H on *Live Long, Die Short*. For more information or to RSVP, call 591-4567 or email it@llanfair.oprs.org.

Fall Music

The Cincinnati Civic Orchestra will be performing at the Glendale Lyceum, located at 865 Congress Avenue (Rt. 747) on Sunday, October 26th at 3 p.m. The concert theme is "Deep Water – The American River."

SPRINGFIELD TOWNSHIP SENIOR CENTER

Month of October - 2014

Tuesday		Wednesday		Thursday		Friday	
Coming up.... Veteran's Day - Tuesday, November 11th Lunch & Learn - Tuesday, November 18th**		9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 12:30p MARATHON BRIDGE		9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES		11a CHAIR YOGA	
** Requires sign-up in advance *** Trip registration concluded							
7 9:30a WOODSHOP 12p MEN'S POKER 12:30p CHICAGO BRIDGE 12:30p ART CLASS 1p EUCHRE		8 9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 12:30p SOCIAL BRIDGE		9 9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES		10 11a CHAIR YOGA	
14 9:30a WOODSHOP 10a SENIOR INC. MTG. 11a CORNHOLE 12p MEN'S POKER 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p EUCHRE 1p MOVIE DAY - PG		15 9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 12:30p DUPLICATE BRIDGE Fall Prevention Workshop** 11:00 a.m.		16 9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES Festival of Riverboats Trip*** Bus leaves at 7:00 a.m.		17 11a CHAIR YOGA Swing Dance Dinner Theater 6:30 p.m. - 10:00 p.m.	
21 9:30a WOODSHOP 12p MEN'S POKER 12:30p CHICAGO BRIDGE 12:30p ART CLASS 1p EUCHRE Lunch & Learn - 10:30 a.m.		22 9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 12:30p SOCIAL BRIDGE Financial Fitness Workshop** 11:00 a.m.		23 9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES		24 11a CHAIR YOGA 11a BOOK CLUB	
28 9:30a WOODSHOP 11a CORNHOLE 12p MEN'S POKER 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p EUCHRE 1p MOVIE DAY - R		29 9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 12:30p SOCIAL BRIDGE Blood Pressures 10 a.m. to 12 p.m.		30 9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES Playhouse in the Park at The Grove 7:00 p.m.		31 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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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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- Dinner Theater
- October Calendar of Events

October 2014

...see inside for details

Thursday, October 30th at 7:00 p.m. at the Grove

Playhouse in the Park

Save the Date!

Springfield Township Senior News

