

Springfield Township Senior News

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



Another year is quickly coming to a close. As always, I look in the rearview mirror trying to figure where all the time went. And with winter making an unwelcome appearance before fall is even officially over, it makes it feel like time is flying in faster.

Life's pace seems to get quicker and quicker with every passing day. Make a point during this holiday season to stop once-in-a-while and enjoy all that is happening around us. Check out the Township's Winerfest program or relax with the tones of the Cincinnati Civic Orchestra and their annual holiday concert back at The Grove. Here at the Center, our monthly Lunch and Learn will be an afternoon of holiday fun. Or simply come for one of the many activities with your fellow members and enjoy each other's company.

Have a safe and happy holiday season!

All the best!

Thom

CORNER

DIRECTOR'S

2015 MEMBERSHIP DUES

Renewal rates for 2015 are off and running. Renewal rates 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.

A membership would make a great holiday gift for someone you feel may benefit from being a part of the Center and its activities!

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.

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.

HOLIDAY CLOSINGS

The center will be closed for the following holidays: Tuesday December 23rd through Friday, January 2nd for Christmas/New Years. Have a fun and safe holiday season!

E-MAIL UPDATES

If you've recently changed email address or you've just logged on, send that information my way to tschneider@springfieldtp.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.springfieldtp.org to register for email notifications, or you may contact Kim Flamm at 522-1410 or by email at kflamm@springfieldtp.org.

Also, check out the Township's Facebook page at www.facebook.com/springfieldtp. "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 final Lunch and Learn of the season on **Tuesday, December 16th, beginning at 10:30 a.m.** This will be an afternoon of holiday fun with songs, games and prizes.

Lunch will be from Wyoming Meat Market. Dessert will be a holiday cookie decorating contest by Comfort Keepers. They will have all the yummy items needed for you to create your beautiful holiday treat! 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 December and are coming to the lunch, make sure you check the "birthday box" on the registration sheet. Those celebrating a birthday in December and staying for lunch will receive a coupon for a free lunch at either the January, February or March meetings!

AND THE STOCKINGS WERE HUNG...

A big thank-you to those who volunteered to add some holiday cheer to the Center – Chris & Jim Baumgardner, Lois Cronier, JoAnn & Al Fluegeman, Marian Hauser, Gary McCarthy, Martha Schneider and Mary Wagner. A big thank you as well to Linda & David Shumard who in addition to decorating spent a day troubleshooting and repairing all the lights on the lobby tree!

AN-TRIP-ATATION

A big round of applause to Jane Bernzott for her many years of service organizing trips for the center. Jane put in many hours of work and downed quite a few aspirins dealing with the various agencies and complexities of orchestrating so many trips for the Center. Thank you, Jane!

Although the travel bus is in hibernation for the winter, a new cruise director has stepped forward. Len Silas has volunteered to organize trips for next year – she will have more information on some of the opportunities available for you in the New Year!

CORNHOLE

Cornhole will meet in Room C on **Tuesday, December 9th at 11:00 a.m.** Stop on by for some fun and laughter!

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 – burn off some of those extra pounds from all the extra holiday treats!

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.

October 23rd	Nancy Praechter	6020
October 20t	Dot Ventura	4560
November 6th	Dorothy Gannon	5190
November 13th	Kit Whiteman	5140

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.

October 21st	Gerry Melzer	5510
October 28th	Carolyn Savage	5400
November 4th	Shirlee Brown	2550
November 18th	Bob Becker	5790

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**.

MARATHON BRIDGE

Marathon Bridge will meet on **Wednesday, December 3rd** at 12:30 p.m.

We are in desperate need of substitutes. If any of you reading this newsletter play bridge but felt you could not commit to the nine-month playing schedule of the Marathon Bridge, we really could use your expertise as a substitute. For more information, contact Kim Stewart at 513-297-1166 or Barbara Wentz at 513-860-0363. We have a great time.

DUPLICATE BRIDGE

Duplicate Bridge will meet on **Wednesday, December 17th** at 12:30 p.m.

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!

RED HATS – CELEBRATING THE MAN IN RED

Christmastime is upon us, so how about having a Christmas party at the Senior Center! This all starts on **Thursday, December 11th at 11:30 a.m.** We'll start with our Christmas luncheon, followed by watching the Christmas musical *Nun-crackers* by those crazy nonsense nuns! You'll receive additional information from your caller. Please make every effort to attend. With the number of members, we've had very little participation this past year.

BLOOD PRESSURE READINGS

Rita and Gert are enjoying their sabbatical. In the meantime, for the month of December, the Tri-County Visiting Nurses will be here to check those pressures on **Wednesday, December 17th from 10:00 a.m. to 12:00 p.m.** Stop in on have them check out your pulse and pressure!

BOOK CLUB

This month's selection is *A Christmas Garland* by Anne Perry. A yuletide story set in exotic India in the year 1857, *A Christmas Garland* explores a terrible crime, which sets the stage for another crime and accusing an innocent man of murder. Pick-up your book in the back office and then join us for a discussion on **Friday, December 19th 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, December 9th at 1:00 p.m.** for *Noah*. You know the story – the man with the big boat surviving the flood with his family and a floating zoo. Come see the magically story on screen! Starring Russell Crow, Anthony Hopkins & Emma Watson. Rated PG-13- 2 hr. 17 min. Cost is \$1.00 for movie and popcorn.

NEW MEMBERS

We welcome the following new faces to our Senior Center family: Robert Day & Donna Waymire – welcome!

IN MEMORIAM

Former member Jim Schaeffner passed away on October 17th. Jim made several attempts to be an active member with the woodcarvers, but illness and injury always seemed to intervene – he enjoyed the time he was able to share here.

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.

HOLIDAY NUTS!

It's the holidays and time for all those parties! Senior Inc. is offering their famous nuts for sale - a tasty treat for yourself or a gift for a friend or family member. Varieties are going fast and by the time this newsletter reaches your hands, there will be at least one variety sold out! 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!

YOU DID GOOD

From the mailbag: "Thank you for your recent donation of school supplies to our program. Finneytown WildcatSERVE will be able to pass on the very generous supplies to our students who cannot afford them.

Over the years, the number of students on the free and reduced lunch program in our community has been on the rise. About half of the children enrolled in our schools qualify. As the demand for emergency food assistance increases, so does the need for other basic items such as personal hygiene products, household cleaning products, clothing and school supplies.

WildcatSERVE is a community service standing committee of the Finneytown Elementary and Secondary PTAs. Both PTAs and their communities are volunteer-run and rely heavily on support from students, staff and the community. All programs are funded by PTA members, various fundraisers and outside donations. Your support of our students is greatly appreciated!"

HOLIDAY WINTERFEST

Enjoy an afternoon of free holiday fun at Springfield Township's Holiday Winterfest on Saturday, **December 6th from 1:00 p.m. to 4:00 p.m.** at the Grove. Performing this year will be Madcap Puppets at 1 p.m. with Santa visiting at 2 p.m. for pictures. There will also be craft opportunities for the kids and a lot of holiday fun. Presented by ArtsConnect Springfield Township.

CINCINNATI CIVIC ORCHESTRA

The Cincinnati Civic Orchestra will perform their annual free holiday concert at the Grove Hall on **Sunday, December 7th, beginning at 3:00 p.m.** Come and enjoy a variety of your favorite holiday songs following this year's theme of *Frozen Water – Ice and Snow!* Doors will open at 2:30 p.m. Presented by ArtsConnect Springfield Township.

NEWSLETTER INFO DEADLINE

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

OTHER SENIOR PROGRAM OPPORTUNITES

Cocktails & Curiosity

Join Llanfair Retirement Community, 1701 Llanfair Avenue, 45224 on Thursday, December 4th from 4:30 p.m. to 5:30 p.m. as author Wendy Hart Beckman shares stories of famous Cincinnatians from her book *Founders and Famous Families*. Space is limited. RSVP by December 2nd to 591-4567 or it@llanfair.oprs.org

Finneytown Seniors Brunch & Concert

Finneytown High School will be holding their annual brunch and concert for seniors living within the school district on Friday, December 12th at 9:30 a.m. RSVP to 931-0712.



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2015 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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December 2014

...see inside for details

Cincinnati Civic Orchestra – Sunday, December 7th at the Grove

Frozen Water – Ice and Snow!

Save the Date!

Springfield Township Senior News

