

Springfield Township Senior News

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



As I eluded to last month, we will have some great new opportunities coming to fruition at the Center this year!

The first great piece of news I can officially announce is that you will be seeing another face around on a regular basis. Karen Dilz, who has been with the Township over the past three years, primarily working with the events at The Grove, will now be also working with us here in the Senior and Community Arts Center. Karen's presence will not only help us work through our rental inquiries more quickly, she will also be serving as a back-up for yours truly. This means the issues of having the Center un-manned at times I'm called out for meetings or appointments should be significantly reduced. Karen's talents will also be used to help us with some upcoming programming opportunities with both the Center and the Arts Council. Welcome Karen!

The second good piece of news is that will begin seeing some new programming opportunities. The first one will start this month will be "Let Your Yoga Dance," taught by our yoga instructor April Aloisio. Full details are described further down in the newsletter.

We will also be offering some additional art class opportunities, both during the day and in the evening, through the Springfield Township Arts and Enrichment Council, ArtsConnect. Classes in watercolors, oil painting and drawing are beginning and should be a great compliment to our art group that meets on Tuesdays. Check them out at www.TheArtsConnect.us.

We will be announcing more good news as we move through February and March. As they say on TV, stay tuned!

All the best!

Thom

DIRECTOR'S

CORNER

2015 MEMBERSHIP DUES

Keep those membership renewals for 2015 coming in. 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**. 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.

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.

WEATHER CLOSINGS

Only one weather closing so far this year – let's hope that is it! However, if Finneytown Schools close due to weather, the Center will also be closed for activities. A school delay does not affect the Center's operation time – stay safe out there!

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, February 17th, beginning at 10:30 a.m.** Our featured speaker will be Sanford Holmes from AARP who give an update on what AARP is working on and the services and benefits that are available.

Lunch will be provided by Evergreen. 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 February and are coming to the lunch, make sure you check the "birthday box" on the registration sheet. Those celebrating a birthday in February and staying for lunch will receive a coupon for a free lunch at either the March, April or May meetings!

FREE TAX PREPARATION

AARP volunteers will be onsite to offer free tax preparation help on **Thursdays, February 5th & 19th; March 5th & 19th; and April 2nd, from 9:00 a.m. to 1:00 p.m.** – in either Room A or the Arts Room. Participants will need their current paperwork and a copy of your 2013 tax return. Appointments are required – sign up today!

TRIPS GALORE

Len Silas, who is our new Cruise Director, has put together some great day trip opportunities. Check out the new sign-up book at the front. Each trip has its own file with the sign-up list. In the back of the folder is a waiver form and emergency contact form; you will need to include both sheets with your payment. Sign-up early as minimum registrations will be required to be met five weeks prior to the schedule trip date – DON'T WAIT! Here are some upcoming trip details! If you have questions regarding trips, email Len at lstrips128@gmail.com.

Friday, April 17th – Belterra Casino. Do you feel lucky – well do ya? Find out on a trip to Belterra Casino! Cost is \$20 for members and \$30 for non-members; registration for non-members will be open on February 17th. We need 35 registered and paid by March 6th for trip to occur. Price includes transportation, a \$10 player's card and a \$5 lunch voucher. Bus leaves the Center at 9:15 a.m. and returns at 4:00 p.m.

Saturday, May 20th – Reds vs. Nationals. It's All-Star fever this year at Great American Ball Park. Join in the excitement as we watch the Reds take on the Washington Nationals. Cost is \$40 for members and \$50 for non-members; registration for non-members will be open on March 31st. We need 40 registered and paid by April 24th for trip to occur. Price includes transportation and admission. Game time is 4:10 p.m. Bus departure and return TBA.

Also on the calendar with more information to follow: June 19th – Cozy-Dale Lake and Big Arts; July 24th – Hollywood Casino; August 21st – Boggs Town; September 25th – LaComedia Dinner Theater; October 16th – Miami Valley Gaming; November 20th – Golden Lamb; and December 18th – Creation Museum.

CORNHOLE

Same great game, same awesome folks, but a new day and time. Join us for Cornhole in Room C on the first and third **Wednesdays at 10:30 a.m.** Stop on by for some fun and laughter with some summertime fun to beat away the winter blues!

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!

LET YOUR YOGA DANCE – NEW!

A NEW exercise class at the Center will be happening on **Tuesdays at 12:00 p.m.**, beginning February 10th. "Let Your Yoga Dance" merges yoga and dance in a supportive, caring environment. Develop a new understanding and appreciation of music, discovering a new way to love your body. You awaken your inner rhythms that allow your spirit to revel in the celebration of life, recognizing your mind, spirit, heart, body and soul as vehicles for healing and self-expression. Everyone is a dancer! "Let Your Yoga Dance" is a terrific work-out and play-in and contains elements found in both yoga classes and aerobics classes without the seriousness or boredom. Cost is \$5 per class – come and give it a try!

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 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.

December 18th	Mary Staudt	4690
January 15th	Karen Berter	4640

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.

January 13th	Gerry Melzer	5210
January 20th	Gerry Melzer	5260

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, February 4th** at 12:30 p.m.

We are still 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, February 18th** at 12:30 p.m. Results for December were high North-South pair: Clybourn and White with 58.3% and high East-West pair: Crawford and Stewart with 64.4%.

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

The Red Hats will be out on the prowl again with a lunch trip on Monday, February 16th at 1:00 p.m. The fun and festivities will take place at Kabuto Japanese Steakhouse, 9455 Colerain Avenue, 45251 (next to Northgate Mall). It is the editor's understanding that one member of the Red Hats will have their birthday that day, which by Red Hat custom, means singing and dancing by the birthday girl shall be part of the entertainment!

BLOOD PRESSURE READINGS

Get your blood pressure checked with Rita & Gert on **Wednesday, February 25th from 10:00 a.m. to 12:00 p.m.** While you are there, pick up a piece of fruit, provided by Steve O'Quinn of O'Quinn Insurance Services.

BOOK CLUB

The February Book Club will be B.Y.O.B – bring your own book! Stop in the library and choose a selection and share all the details with the group on **Friday, February 28th 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, February 10th at 1:00 p.m.** for *Just Like Heaven*. This romantic comedy features a lonely landscape architect who falls for the spirit of the beautiful woman who used to live in his new apartment and is convinced she is still alive! Starring Reese Witherspoon and Mark Ruffalo. Rated PG- 1 hr. 35 min. Cost is \$1.00 for movie and snack.

“R” MOVIE DAY

Tuesday, February 24th at 1:00 p.m. will be our “R” movie. Okay, it's actually a PG-13 feature, so just think some adult thoughts while watching *The Fault in Our Stars*. This 2015 People's Choice Award Winner finds two teens, both who have different cancer conditions, fall in love after meeting at a cancer support group. Starring Shailene Woodley and Ansel Elgort. Rated PG-13- 2 hr. 5 min. Cost is \$1.00 for movie and popcorn.

NEW MEMBERS

We welcome the following new faces to our Senior Center family: Marian McDaniel, Nancy Shaw and Katheryn Sivrais – welcome!

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.

AWW, NUTS!

What's left on the cart is it – get them while they last. 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!

ARTSCONNECT CLASSES

ArtsConnect Springfield Township just recently mailed out their 2015 program guide to all registered voters in Springfield Township. Extras are located in the lobby if you didn't get yours! Ever wanted to learn about oil painting, watercolors or digital photography? These are just some of the new class offerings starting in 2015. Check out complete class details on class dates and times at www.TheArtsConnect.Us.

PLAYHOUSE PROGRAM

ArtsConnect Springfield Township will be presenting Playhouse in the Park's production of *Theory of the Mind* on **Friday, February 6th at 7 p.m.** This show proves that falling in love is never easy. For Bill, it's even more difficult because he is a teenager who happens to live on the autism spectrum. A sensitive, unsentimental portrait of relationships is cast in this telling story by Ken LaZebnik. Designed for grades 6 -12, but great for “senior” kids, too!

NEWSLETTER INFO DEADLINE

Information and announcements to be included in the March newsletter must be received by noon, **Friday, February 13th**. If you are submitting items via email, using size 12 Times Roman font is preferable.

OTHER SENIOR PROGRAM OPPORTUNITES

Trip of An Arrowhead

Llanfair Retirement Community, 1701 Llanfair Avenue, 45224 will offer a program “A Trip of an Arrowhead” on Tuesday, February 17th at 10a. Jason Watson, Park Naturalist of La Boiteaux Woods, will speak on the history of the American National Park Service. RSVP to Kim Kaiser at 591-4567.

Bless Your Heart Lunch and Learn

Mt. Healthy Christian Village, 8097 Hamilton Avenue, 45231, will host Bless Your Heart Lunch and Learn on Thursday, February 19th from 11a to 1p. Enjoy a heart healthy lunch, get some heart healthy eating tips, blood pressure checks and an introduction to senior exercise. Pre-registration required by calling 728-6613.

SPRINGFIELD TOWNSHIP SENIOR CENTER

Month of February - 2015

Tuesday		Wednesday		Thursday		Friday	
3	9:30a WOODSHOP 12:30p CHICAGO BRIDGE 1p EUCHRE	4	9:30a WOODSHOP 10a WOOD CARVING 10:30a CORN HOLE	5	9:30a WOODSHOP 12p LADIES' POKER 12:30p 500 CARDS	6	11a CHAIR YOGA
10	9:30a WOODSHOP 12p MEN'S POKER 12:30p CHICAGO BRIDGE 1p MOVIE DAY - PG	11	9:30a WOODSHOP 10a WOOD CARVING 10a STAINED GLASS	12	9:30a WOODSHOP 12p LADIES' POKER 12:30p 500 CARDS	13	PLAYHOUSE IN THE PARK 7:00 p.m - The Grove
17	9:30a WOODSHOP 12p DANCE YOGA 12:30p CHICAGO BRIDGE	18	9:30a WOODSHOP 10a WOOD CARVING 10:30a CORN HOLE	19	9:30a WOODSHOP 12p LADIES' POKER 12:30p 500 CARDS	20	11a CHAIR YOGA
24	Lunch & Learn - 10:30 a.m. 9:30a WOODSHOP 12p MEN'S POKER 12p DANCE YOGA 12:30p ART CLASS 1p MOVIE DAY - R	25	9:30a WOODSHOP 10a WOOD CARVING 10a STAINED GLASS	26	9:30a WOODSHOP 12p LADIES' POKER 12:30p 500 CARDS	27	11a CHAIR YOGA 11a BOOK CLUB
			Blood Pressures 10:00 a.m.		AARP TAX PREP** 9:00 a.m. to 12:00 p.m.		

Coming up....

AARP Tax Prep. - March 5th & 19th**
Lunch & Learn - Tuesday, March 17th**

** Requires sign-up in advance
*** Trip registration concluded

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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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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- ArtsConnect Classes
- Playhouse Program
- February Calendar of Events

February 2015

...see inside for details

Friday, February 6th at 7:00 p.m. at the Grove

Theory of the Mind

Save the Date!

Springfield Township Senior News

