

Springfield Township Senior News

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



And the positive news keeps rolling in!

At their February 10th meeting, the Springfield Township Board of Trustees approved a collaborative effort between the Township and the City of Wyoming for senior programming.

Through this agreement, we are creating an informal partnership with Wyoming. As part of this agreement, Springfield Township will provide space for ongoing senior programming, easily tripling the dedicated space currently available to seniors at the Wyoming Recreation Center. Residents of Wyoming who are members of their recreation center will be considered members of the Senior Center; those who are not may join the center at the \$20 annual resident rate.

The City of Wyoming will use their recreation center staff to provide a specified number of ongoing and special programs for us here at the Center, providing opportunities that I haven't been able to focus on while searching for operating revenue through our facility rentals. Springfield Township Senior Center members will also have the ability to join the Wyoming Recreation Center and the Family Aquatic Center at the Wyoming resident rate.

While this agreement may not be earthshaking, it is a perfect example of two communities coming together and leveraging their respective resources to provide enhanced services for both communities with no additional cost. I see some great potential for both current and new members as we move forward.

So, to our new friends from Wyoming – welcome! To our current members, I hope you enjoy some of the new opportunities that will be announced over the next several months!

All the best!

Thom

CORNER

DIRECTOR'S

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

This should be the last month for this, unless Jack Frost decides to set-up camp. 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. As always, 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@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!

OPEN HOUSE

We will be holding an Open House at the Center on Wednesday, March 25th from 1:00 p.m. to 3:00 p.m. The Open House will be an official welcome to our new friends from Wyoming, as well as to anyone possibly looking to join the Center and benefit from its activities. Spread the word and invite those who you feel may benefit from becoming a member!

LUNCH AND LEARN

The March Lunch and Learn will be held on **Tuesday, March 17th, beginning at 10:30 a.m.** Our featured speaker will be Amy Heishman from Independent You. Amy will be sharing information on various items that can be of help for individuals to help keep them independently living for many years.

Lunch will feature pizza, salad and a St. Patrick's Day 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. Those who signed up for the February luncheon that was canceled due to weather can use that payment as a credit for the March luncheon.

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

FREE TAX PREPARATION

AARP volunteers will be onsite to offer free tax preparation help on **Thursdays, 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 – as of this writing, there were only five appointments left!

TIME FORE GOLF

It's time to start getting ready for golf season – the fairways are calling you! Our organizational meeting for the upcoming season will be on Thursday, March 12th, beginning at 10:00 a.m. Golf fees will be the same as last year and will need to be paid at the meeting or directly to organizer Charlie Riedmiller. Anyone participating in the golf league must also be member in good standing of the Center. If you wish to play, but are unable to attend the meeting or you need additional information, contact Charlie Reidmiller at 522-4404.

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 the 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 \$41 for members and \$51 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

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.** "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 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 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.

January 22nd	Mary Staudt	4560
January 29th	Mary Ann Hilvert	4570
February 5th	Dot Ventura	5280
February 12th	Liz Roecker	6420

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 27th	Gerry Melzer	6960
February 3rd	Marie Burks	3960
February 14th	Gerry Melzer	2880

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

We are always in 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, March 18th** at 12:30 p.m. Results for January were high North-South pair: Glenn Varney & Clyde Stauffer with 66.67% and high East-West pair: Carleen Esslinger and Nancy Stauffer with 72.22%.

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

Rescheduled from the snowy February cancellation, The Red Hats will have their lunch trip on **Monday, March 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).

BLOOD PRESSURE READINGS

Get your blood pressure checked with Rita & Gert on **Wednesday, March 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 March Book Club will be reading "The Escape" by David Baldacci! Part of the series featuring combat veteran and special agent John Puller, "The Escape" focus on the hunt for John's brother, Robert, who recently escaped prison. As the nationwide manhunt for Robert grows more urgent, Puller's masterful skills as an investigator and strengths as a fighter may not be enough to save his brother-or himself. Sign out your book in the copy room and join in for the discussion on **Friday, March 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 **Wednesday, March 4th at 1:00 p.m.** for *Still Mine*. An exquisitely crafted and deeply affecting love story, *Still Mine*, finds a couple in their twilight years fighting against local authorities in rural community to build their final home together. Starring James Cromwell Ronan Rees. Rated PG-13 - 1 hr. 42 min. Cost is \$1.00 for movie and snack.

"R" MOVIE DAY

Wednesday, March 18th at 1:00 p.m. will be our "R" movie *Legends of the Fall*. This film is an epic tale of three brothers and their father living in the remote wilderness of 1900's USA and how their lives are affected by nature, history, war, and love. Starring Brad Pitt, Anthony Hopkins and Aiden Quinn. Rated R - 2 hr. 15 min. Cost is \$1.00 for movie and popcorn.

NEW MEMBERS

We welcome the following new faces to our Senior Center family: Roger & Doris Centers; Steve Dressing; and Arthur Swartz – 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.

NUTS GOING AWAY!

What's left on the cart is it – prices have been reduced by \$1 per bag. Proceeds from the nut sales help support activities of the Center, including the printing and mailing of this newsletter. Due to the lagging sales, this may be the last year for the nut sale, so if you like something, get it now!

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!

STATE-OF-THE-TOWNSHIP

The Springfield Township Board of Trustees invites residents and businesses to its annual State of the Township community address on **Sunday, March 15th at 1:00 p.m.**

The State-of-the-Township address will include a formal presentation of the community financial outlook and other issues affecting the Township. After the presentation, the audience will have an opportunity to ask questions and chat with trustees and Township staff one-on-one.

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.

DINNER THEATER

ArtsConnect Springfield Township will be the first dinner theater of the season on Friday, April 24th, beginning at 6:30 p.m. The time is 1922 and the city's underworld is gathered for a special evening at the Pink Flamingo. Bootlegger and gunrunners Fritz and Spatz, Dixie the nightclub songbird, Trixie the starlet to be, and others all arrive with their desire to come out on top. But alas, someone gets rubbed out—the question is, Whodunnit? Tickets are \$40 and include your catered dinner by DiStasi's, dessert, non-alcoholic beverages, cash bar and the show. Register online at www.TheArtsConnect.Us or see Thom for a registration form.

NEWSLETTER INFO DEADLINE

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

OTHER SENIOR PROGRAM OPPORTUNITES

St. Patrick's Day Celebration

Llanfair Retirement Community, 1701 Llanfair Avenue, 45224 will offer a day of Wearing of The Green on Tuesday, March 17th. The day will begin with a Green Pancake Breakfast from 6:30a to 10a; cost is \$5.00 at the door. From 10a to 11a, the will host at tour of their apartments in the Larchwood building. Then beginning at 11a in the Campus Center Great Room, the will show *Visions of Ireland*, an aerial perspective of the Emerald Isle that provides breathtaking views ad you soar above the sea and landscapes. RSVP to Kim Kaiser at 591-4567 by March 10th.

SPRINGFIELD TOWNSHIP SENIOR CENTER

Month of March - 2015

Tuesday		Wednesday		Thursday		Friday	
3	9:30a WOODSHOP 12p DANCE YOGA 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p EUCHRE	4	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 10:30a CORN HOLE 12:30p MARATHON BRIDGE 1p MOVIE DAY - PG	5	9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES AARP TAX PREP** 9:00 a.m. to 12:00 p.m.	6	11a CHAIR YOGA
10	9:30a WOODSHOP 10a SENIOR INC 12p MEN'S POKER 12p DANCE YOGA 12:30p CHICAGO BRIDGE 12:30p ART CLASS 1p EUCHRE	11	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT	12	9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES GOLF MEETING 10:00 a.m.	13	11a CHAIR YOGA
17	9:30a WOODSHOP 12p MEN'S POKER 12p DANCE YOGA 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p EUCHRE Lunch & Learn - 10:30 a.m.	18	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 10:30a CORN HOLE 12:30p DUPLICATE BRIDGE 1p MOVIE DAY - R	19	9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES AARP TAX PREP** 9:00 a.m. to 12:00 p.m.	20	11a CHAIR YOGA
24	9:30a WOODSHOP 12p MEN'S POKER 12p DANCE YOGA 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p EUCHRE 1p MOVIE DAY - R	25	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT Blood Pressures 10:00 a.m. Open House 1:00 p.m. - 3:00 p.m.	26	9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES	27	11a CHAIR YOGA 11a BOOK CLUB
31	9:30a WOODSHOP 12p MEN'S POKER 12p DANCE YOGA 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p EUCHRE						

Coming up....

AARP Tax Prep. - April 2nd**

Lunch & Learn - Tuesday, April 21st**

**** 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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Inside:

- Director's Corner
- Lunch and Learn
- Free Tax Preparation
- ArtsConnect Classes
- Dinner Theater
- March Calendar of Events

March 2015

...see inside for details

Friday, April 24th at 6:30 p.m. at the Grove

Shots at the Speakeasy

Save the Date!

Springfield Township Senior News

