

Springfield Township Senior News

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



Heat and rain – heat and rain. That has summed up summer in Springfield Township so far. The lawn mowers haven't had a chance to rest, but at least we are saving a few dollars on the water bill by not having to sprinkle the lawn!

No matter what the weather, the Senior Center provides a respite, with a variety of activities. This is a great opportunity to check on those friends of yours you haven't heard from in a while and invite them to join you for a day here at the Center. Tell them to come chill out with you! Try out dominoes, the wood shop, an art class, a game of cards or stop by for movie day.

And even if the mercury continues to climb, look on the bright side – the first snow is probably only 15 or 16 weeks away!!!

All the best!

Thom

CORNER

DIRECTOR'S

2015 MEMBERSHIP DUES

Rates for renewing members are \$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.

Since we are now half-way through the year, new memberships are prorated to \$10 for Springfield Township and Wyoming residents and \$12.50 for non-residents for the remainder of 2015. This is a great time to encourage a friend or family member to join the center!

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 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@springfieldtp.org. We'll add your e-mail address to the membership roster!

Email updates about community issues in the Township are also available through the Springfield 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.

Wyoming residents may receive a variety of information electronically by going to www.wyomingohio.gov and click on the tab marked "subscribe" on the homepage. Enter your email address and make up a password. From there, choose which publications you wish to receive and click "subscribe".

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

LUNCH AND LEARN

The Lunch and Learns, like the grand kids, are on summer break – see you back on September 15th!

LAST WEDNESDAYS

We have not secured a Last Wednesday Program as of this writing. Check the front desk for updates!

SCHOOL SUPPLIES

Our annual school supply donation drive is off and running!! Lois Alston-Davis has agreed once again to head this worthwhile program to help area students in need.

We have a container in the lobby available to place your donated items. Many office supply stores and businesses are already gearing up for their sales. Area schools are looking for notebook paper, composition books, black ink pens, markers, crayons, pencils and thin 1" binders for those families who cannot afford these items. This is a great way for us to give back to the community and help the next generation – drop in whatever you can today!

SENIOR PICNIC

Mark your calendars for our annual Senior Picnic which will be on **Friday, September 11th** at The Grove. This year's theme will be a continuation of the region's All-Star mania and will include our friends from both Wyoming and Sycamore Township! Sign-up at the front desk. More details to follow next month.

TRAVEL UPDATE

More great travel opportunities coming up – check these out!

The bus heads even farther north to the Hollywood Casino in Columbus on **Tuesday, August 18th**. Cost is \$30 per person. Check in at Springfield Township will be 9:20 a.m. and depart by 9:35 a.m. A total of 40 paid registrations required for trip to occur.

The bus heads north to Columbus on **Tuesday, August 4th** for the Ohio State Fair. This is one of those events you really have to see to believe! Your day of fun can include entertainment, fair food, learning, rides, music, a Frankie Valli Tribute concert, fine art and creative arts displays, a natural resource park and to top it all off, a free tote bag filled with goodies! Lunch is on your on at the fairgrounds. Coffee, juice, pastries and a breakfast sandwich served on the bus. An afternoon snack served on the trip home. **Cost \$55.00 for person**. Check in at Springfield Township will be 7:00 a.m. and depart by 7:20 a.m.

Still more chances to catch the Reds at Great American Ball Park this season. **Thursday, August 6th**, they meet the Cardinals and on **Thursday, October 1st**, the Cubs will be back. All games begin at 12:35 p.m. Cost is \$30 per ticket for lower level seats, a \$10 food credit and transportation or \$115 per ticket in the climate controlled Fox Sports Ohio Champions Club with all food and non-alcoholic beverages included and transportation. Check-in at 11:15 a.m. and leave at 11:30 a.m.

It will be dinner with the stars – the celestial stars that is. Come out for dinner at Hyde Park's Cock & Bull, followed by a private tour of the Observatory by the Outreach Astronomer and co-host of the syndicated astronomy program "Star Gazers", Dean Regas on **Monday, September 21st**. Dinner is scheduled for 5:50 p.m. and the tour from 7:30 p.m. to 8:45 p.m. Check in and pick-up times to be announced. Cost is \$45 per person. Please note that while the Observatory building is handicap accessible there are 5 steps leading into the dome and another 25 steps if you wish to head to the upper level.

Those interested in a trip will contact the Sycamore Senior Center at 984-1234 – you will register and pay for your trip via credit card. Departure times listed are for the Springfield Township Senior Center location.

BLOOD PRESSURE READINGS

As of this printing our blood pressure checks are moving to **Thursday, August 27th from 10:00 a.m. to 12:00 p.m.** We will welcome our friends at Spirit Homecare who will be handling the checks as both Rita and Gert have retired! While you are there, pick up a piece of fruit, provided by Steve O'Quinn of O'Quinn Insurance Services.

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 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 \$6 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.

June 25th	Tim Praechter	4910
July 2nd	Mary Hochmuth	4380
July 9th	Tim Praechter	5910
July 16th	Dorothy Gannon	5260
July 23rd	Mary Ann Hilvert	5950

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 30th	Carolyn Savage	3600
July 7th	Nancy Neiman	7550
No date	Nancy Neiman	3770
No date	George Parrent	5630

LADIES' POKER

The Ladies' Poker group meets on **Thursdays** in the Lounge, beginning at **noon**.

DUPLICATE BRIDGE

The third Wednesday Duplicate Bridge group will be meeting again starting this fall. Due to the dwindling number of players, we will be playing three tables of six pairs, following standard ACBL rotation. All pairs are considered together in the scoring. At the moment, we have six pairs who have committed to playing. It would be helpful to know of another pair, either as a substitute or as a rotation sit out pair each month. Play will be at 12:30 p.m. the third Wednesday of each month, starting in September. Any questions, contact Clyde Stauffer at 300-0227.

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!

BOOK CLUB

The August Book Club will be reading "Still Life with Bread Crumbs" by Anna Quindien. Moving to a small country cabin, a once world-famous photographer bonds with a local man and begins to see the world around her in new, deeper dimensions while evaluating second chances at love, career and self-understanding. Sign out your book in the copy room and join in for the discussion on **Friday, August 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!

MOVIE DAY

Wednesday, August 4th at 1:00 p.m. – Our movie for August will be *Annie*. A foster kid, who lives with her mean foster mom, sees her life change when business tycoon and New York mayoral candidate Will Stacks makes a thinly-veiled campaign move and takes her in. Third time is the charm!! Starring Quvenzhané Wallis, Cameron Diaz and Jamie Foxx. Rated PG - 1 hr. 58 min. Cost is \$1.00 for movie and popcorn.

MOVIE DAY, PART DEAUX

Wednesday, August 19th at 1:00 p.m. – Our second movie for August will be *The Two Faces of January*. This thriller set in Greece and Istanbul in 1962, where wealthy American tourists meet an American expat scammer working as a tour guide. A murder at the couple's hotel puts all three on the run together and creates a precarious bond between them as the trio's allegiance is put to the test. Starring Viggo Mortensen, Kirsten Dunst and Oscar Isaac. Rated PG-13 - 1 hr. 36 min. Cost is \$1.00 for movie and popcorn.

NEW MEMBERS

More new faces added to our Senior Center family last month: Peter Arber, Rosie Evans, Karen & Randy Huff and Margaret Tomer. Welcome!

IN MEMORIAM

We received word the former member Jim Stigler passed away on July 19th. Jim was a member of the golf league and chair volleyball. And even as he battled his physical ailments, Jim always had a smile on his face and a positive outlook to share.

SENIOR INC. BOARD

The Board currently has two seats 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, Lillian Bullock, Lois Cronier, Norb Gilman, Sharon Morris, Nancy Neiman, 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.

REC. CENTER AND POOL MEMBERSHIPS

Members of the Springfield Township Senior Center have the opportunity to join the Wyoming Recreation Center and/or their Aquatic Center at the Wyoming senior resident rate. The Rec Center has a number of fitness opportunities for those looking to get healthy and buff and at a significant rate discount than if you were joining as a non-resident! Applications will be available from Thom who will need to confirm your status as a member in good standing before the discount can be applied.

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!

COMMUNITY CONCERTS

ArtsConnect final concert of the summer season will be on **Thursday, August 6th**, featuring the Cincinnati Civic Orchestra. Concert will be held inside at The Grove - doors open at 6:30p and concerts start at 7p.

ARTSCONNECT CLASSES

Ever wanted to learn about oil painting, watercolors or digital photography? These are just some of the new class offerings starting in 2015 through ArtsConnect. Check out complete class details on class dates and times at www.TheArtsConnect.us.

DINNER THEATER

ArtsConnect Springfield Township will host their next dinner theater event on **Friday, August 21st**, beginning at 6:30 p.m. at The Grove. This will be a family friendly event featuring illusionist Stephen Knight, featured on "America's Got Talent". Tickets include a catered spaghetti dinner by DiStasi's, non-alcoholic beverages, cash bar and the show. Under 21 welcome. Cost is \$25 each. Register online at www.TheArtsConnect.us or see Thom for a registration form.

NEWSLETTER INFO DEADLINE

Information and announcements to be included in the September newsletter must be received by noon, **Friday, August 14th**. If you are submitting items via email, using size 12 Times Roman font is preferable.

OTHER SENIOR PROGRAM OPPORTUNITIES

Lunch and Program

Dr. Michael Hill will offer an informal session about hearing loss with lunch on Wednesday, August 19th from 11 a.m. to 1 p.m. at the Springfield Township Senior & Community Arts Center. To register, call 392-4964.

Art Exhibit

The Greater Cincinnati Watercolor Society invites you to their exhibit at the WACC Cultural Center, 6980 Cambridge Avenue, Mariemont, 45227 **Tuesdays through Fridays**, 9 a.m. to 2 p.m. and on **Saturday and Sundays, August 8th, 9th, 15th, 16th, 22nd & 23rd** from 1 p.m. to 4 p.m. A Grand Opening Reception will also be held on Sunday, August 9th from 1 p.m. to 4 p.m.

SPRINGFIELD TOWNSHIP SENIOR CENTER

Month of August - 2015

Tuesday		Wednesday		Thursday		Friday	
4	9:30a WOODSHOP 12:30p CHICAGO BRIDGE 12:30p ART CLASS 1p EUCHRE State Fair Trip** Check-in 7:20 a.m. Bus Leaves - 7:40 a.m.	5	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 1p MOVIE DAY - PG	6	9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES 2:30p MEMOIR WRITING - NEW*** Reds vs. Cardinals Trip** Bus leaves 11:30 a.m. First Pitch - 12:35 p.m.	7	11a CHAIR YOGA
11	9:30a WOODSHOP 12:30p CHICAGO BRIDGE 12:30p ART CLASS 1p EUCHRE	12	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT	13	9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES 2:30p MEMOIR WRITING - NEW***	14	11a CHAIR YOGA
18	9:30a WOODSHOP 12:30p CHICAGO BRIDGE 12:30p ART CLASS 1p EUCHRE Hollywood Casino C'bus - 9:35 a.m.** Blood Pressures - 10:00 a.m.	19	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 1p MOVIE DAY - PG	20	9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES 2:30p MEMOIR WRITING - NEW***	21	11a CHAIR YOGA Dinner Theater** "Night of Illusion" 6:30 p.m. - The Grove
25	9:30a WOODSHOP 12:30p CHICAGO BRIDGE 12:30p ART CLASS 1p EUCHRE	26	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT Last Wednesdays Program?*	27	9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES 2:30p MEMOIR WRITING - NEW*** Blood Pressures - 10:00 a.m.	28	11a CHAIR YOGA 11a BOOK CLUB

Coming up

Senior Picnic - September 11th*

Lunch & Learn - September 15th*

Dinner & Observatory Trip - September 21st**

Reds vs. Cubs - October 1st**

Bengals vs. Seahawks - October 11th**

*requires sign-up at Springfield Township Center

** trip sign-ups through Sycamore Township Center

***registration concluded/event full

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

Wyoming Recreation & Family Aquatic Center

Senior Rates:

Recreation Center:

Individual Senior: \$122
Senior Couple: \$165

Family Aquatic Center:

Individual Senior: \$83
Senior Couple: \$143

Combo Membership: (Recreation & Pool):

Individual Senior: \$185
Senior Couple: \$280

Springfield Township Senior Center Members qualify for Wyoming Resident Rates

Recreation Center Hours:

Mon-Thur: 5am-9pm
Fri: 5am-7pm
Sat: 7am-7pm
Sun: 12pm-6pm

2015 Family Aquatic Center Hours:

Mon-Thur: 12pm-8pm
Fri: 12pm-9pm
Sat-Sun: 12pm-8pm

School Days May 26-June 5: Closed Mon-Thurs
Fri: 3:30pm-9pm
Sat-Sun: 12pm-8pm

School Days Aug 17-Sept 7: Closed Mon-Thurs
Fri: 3:30 p.m.-9:00 p.m.
Sat-Sun: 12:00 p.m.-8:00 p.m.

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9940 Springfield Pike
Recreation: 821-5200 Pool: 842-1408
www.wyomingohio.gov

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- ArtsConnect Classes
- Dinner Theater
- August Calendar of Events

August 2015

...see inside for details

Friday, August 21st beginning at 6:30 p.m.

Illusionist Stephen Knight

Save the Date!

Springfield Township Senior News

