

Springfield Township Senior News

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



Wow – another Christmas holiday has come and gone. It seems like it came and went in a flash! Karen and I want to thank everyone for your holiday wishes, goodies and invites to all the different activities' celebrations. While we tried to make an appearance at some, duty called for way too much of the time and we know we missed out on a lot of fun. We appreciate you wanting to include us and we look forward to seeing you in the New Year!

Speaking of the New Year, another has been set before us - fresh, innocent and ours to make it what we want it to be. There will be new challenges set before us, new accomplishments to be made and, yes, a few new failures to learn from.

We made it through another year! While 2015 isn't a year I will look fondly on from a personal level, on a professional level, I think it has been one of the best years in my seven plus year tenure... yes it has been over seven years already!

We saw the start of the collaboration with the City of Wyoming for senior programming opportunities, several new faces joining our family and our rental machine running stronger than ever, providing the revenue needed to cover our day-to-day operating expenses.

We have seen glimmers of light in the economy and new opportunities for the Township in the near future. Looking back at this article published in January, 2015, I predicted that New Year to be the "Year of the Smile". Looking through the haze of the crystal ball, I believe 2016 will be moving us in the same positive direction – hey, we may even make it the "Year of the Grin".

Here's to the New Year – I hope it is the best for all us!

All the best!

Thom

DIRECTOR'S

CORNER

2016 MEMBERSHIP DUES

It's a New Year and time to renew your membership dues. Renewal 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**. 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 we have added several new ads, we no longer have space for the membership renewal form – nice problem to have, huh! You can pick one up at the front desk or download from the Township's website at: <http://www.springfieldtpw.org/292/Senior-Memberships>. We will add the membership form to the website beginning January 1.

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 – January 1st for New Years.

WEATHER CLOSINGS

We are loving this El Nino winter thus far, but eventually we know our luck will run out! Just a reminder that if Finneytown Schools close due to the weather, the Center will also be closed for activities. We will also do our best to get a Center closure listed with the various television outlets. 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@springfieldtpw.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.springfieldtpw.org to register for email notifications, or you may contact Kim Flamm at 522-1410 or by email at kflamm@springfieldtpw.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/springfieldtpw 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

Join us on for our next Lunch and Learn on **Tuesday, January 19th, beginning at 10:30 a.m.** We will have our annual visit from Springfield Township Administrator Mike Hinnenkamp to update you on the goings on in the Township! The lunch menu will be announced after the first of the year.

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

DE-DECORATING

What goes up must eventually come down. We are looking for some helping hands to return the holiday decorations to their 10 month nap, awaiting their return in November. The date is **Wednesday, January 13th at 10:30 a.m.** Sign-up at the front desk if you have some time to volunteer!

DOLLARS AND DOUGHNUTS

We are trying a new monthly get together for members interested in learning more about making their money better work for them. Joe Woelke from Edward Jones Investments will be offering a monthly get together we are calling Dollars and Doughnuts. Join Joe on the third Thursday of the month at 9:30 a.m. Bring your coffee or favorite morning beverage – Joe will be on hand with a morning treat and a discussion of various financial topics, as well as time for a Q & A afterwards. Our first try will be **Thursday, January 21st at 9:30 a.m.** to broadly discuss fixed investments like bonds and CDs, as well as ways the Fed's interest rate hike impact the market and investments. Join us!

FREE TAX PREPARATION

Speaking of finances, the tax man cometh yet again! AARP volunteers will be onsite again this year to offer free tax preparation help on **Thursdays, February 4th & 18th; and March 3rd, 17th & 31st.** Participants will need their current paperwork and a copy of your 2014 tax return. Appointments are required – Center members will have exclusive sign up privileges through January 15th. Beginning January 19th, we will open up remaining slots to the public. Sign up today at the front desk!

AN-TRIP-APATION

The travel bus has settled in for a short winters nap. Keep an eye out in future newsletters for the list of some exciting trips for 2016!

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 with the Sycamore Center. Departure times listed are for the Springfield Township Senior Center location.

SILVER SNEAKERS

Silver Sneakers is now accepted at the Wyoming Recreation Center. As a member of the Springfield Township Senior Center, you have the opportunity to try their "Walking and More" class on Tuesdays and Thursdays from 10:00 a.m. to 11:00 a.m. or "Balance, Strength, and Stretching" on Mondays and Wednesdays, also from 10:00 a.m. -11:00 a.m. Bring your Silver Sneakers ID number to get your membership! The Wyoming Recreation Center is located at 9940 Springfield Pike. Contact Jennifer Dennis at 679.4648 or jdennis@wyomingohio.gov.

HAND, KNEE AND FOOT

Players for Hand, Knee and Foot, a form of Canasta, meet on **Wednesdays and Thursdays 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 of 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 and start the New Year off right!

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.

December 3rd	Tim Praechter	5490
December 10th	Irene Hufnagel	5230

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.

December 1st	Nancy Neiman	4160
December 8th	Gene Burton	4120
December 15th	Bob Becker	4670

LADIES' POKER

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

MARATHON BRIDGE

The winning pair for December was Louis and Carol Lauber - congratulations. Just a reminder that all participants must be members of the Center in good standing. If you have questions about your membership, please see Thom.

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. Please think about becoming a substitute and then call either Kim Stewart at 297-1166 or Barbara Wentz at 382-6781. We have a terrific time.

DUPLICATE BRIDGE

Duplicate Bridge will meet again on **Wednesday, January 21st at 12:30 p.m.** 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!

BLOOD PRESSURE READINGS

Our blood pressure readings are back. We will be working with the Springfield Township Fire Department and their new Paramedicine program to offer these checks for you. We are also planning on rotating the days these checks are offered each month to give more members the chance to take advantage of this very important check. January's blood pressure reading is currently scheduled from **11 a.m. to 12 p.m. on Tuesday, January 26th** – stop on by and check out that blood pressure!

BOOK CLUB

This month's selection is *The All-Girls Filling Station's Last Reunion* by Fannie Flagg. This comic mystery revolves around a grown daughter's discovery of her mother's shocking secret that knocks her for a loop and suddenly calls into question everything she ever thought she knew about herself, her family and her future. Come and discuss the book at our meeting on **Friday, January 22nd 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

Tuesday, January 12th at 1:00 p.m. – Our movie will be *Ricki and the Flash*. This comedy follows a musician who gave up everything for her dream of rock-and-roll stardom who returns home, looking to make things right with her family. Starring Meryl Streep and Robert Redford. Rated PG 13 - 1 hr. 41 min. Cost is \$1.00 for movie and snack.

MOVIE DAY, PART DEAUX

Our second movie feature will be *Out of Africa* on **Tuesday, January 26th at 1:00 p.m.** This 1986 Oscar winner is a romantic drama is set in 20th-century colonial Kenya, where a Danish baroness/plantation owner has a passionate love affair with a free-spirited big-game hunter. Starring Meryl Streep and Kevin Klein. Rated PG - 2 hr. 41 min. Cost is \$1.00 for movie and snack.

RED HATS – G-20, B-15

The Red Hats are planning to start out 2016 as they did 2015 with some bingo, lunch and fun on **Wednesday, January 13th at 10:00 a.m.** If you have a like-new article in your home that you no longer want, wrap it and we'll include as a prize for our bingo playing. You'll then have your choice of winning an unopened gift or \$2 when you bingo.

After bingo, you'll have lunch. Your contact caller will inform you of the menu and cost for lunch. Mail your payment to Queen Mother Lois Cronier, 845 Reynard Avenue, 45231.

IN MEMORIUM

We sadly pass along that former member and Senior Inc. Board President Phil Froehlich passed away on November 22nd. Phil was known for his soft spoken manner, his time spent on the Senior Inc. Board and his devotion to the chair exercise program.

SENIOR INC. BOARD

At their December meeting, the Board re-appointed Sharon Morris and Ed Weber to another four term. The Board also selected officers for the New Year - Chris Baumgardner was named Chair, Kathy Bachman Vice-Chair, Mary Wagner Secretary and Sharon Morris Treasurer. Congratulations to everyone!

The Board also recognized the work of outgoing Chair Rita Stinebuck – Rita remains on the Board in an At-Large position.

Currently, the Board still has three seats. If you have any questions about what is involved with being a member of the Board, please contact any member: Lois Alston-Davis, Kathy Bachman, Chris Baumgardner, Lois Cronier, 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.

REC. CENTER MEMBERSHIPS

Members of the Springfield Township Senior Center have the opportunity to join the Wyoming Recreation 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!

NEWSLETTER INFO DEADLINE

Information and announcements to be included in the February newsletter must be received by noon, **Friday, January 15th.** If you are submitting items via email, using size 12 Times Roman font is preferable.

OTHER SENIOR PROGRAM OPPORTUNITES

The Voice of America

Llanfair Retirement Community, 1701 Llanfair Avenue, 45224 will be hosting Jack Dominic from the National Museum of Broadcasting on Wednesday, January 13th at 10:00 a.m. Jack will speak about the role Voice of America played in World War II. Cost is \$3.00 and includes a continental breakfast. RSVP by January 8th at 591-4501 or to jsweeney@llanfair.orps.org.

SPRINGFIELD TOWNSHIP SENIOR CENTER

Month of January - 2016

Tuesday	Wednesday	Thursday	Friday
<p>Coming up.... AARP Tax Prep. - February 4th & 18th** Lunch & Learn - Tuesday, February 16th**</p> <p>** Requires sign-up in advance</p>			<p>1</p> <p>NEW YEAR'S DAY center closed</p>
<p>5</p> <p>9:30a WOODSHOP 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p EUCHRE</p>	<p>6</p> <p>9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 12:30p MARATHON BRIDGE</p>	<p>7</p> <p>9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES</p>	<p>8</p> <p>11a CHAIR YOGA</p>
<p>12</p> <p>9:30a WOODSHOP 10a SENIOR INC 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p MOVIE DAY - PG 1p EUCHRE</p>	<p>13</p> <p>9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT</p>	<p>14</p> <p>9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES</p> <p>Red Hat Bingo 10:00 a.m.</p>	<p>15</p> <p>11a CHAIR YOGA</p>
<p>19</p> <p>9:30a WOODSHOP 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p EUCHRE</p> <p>Lunch & Learn - 10:30 a.m.</p>	<p>20</p> <p>9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 12:30p DUPLICATE BRIDGE</p>	<p>21</p> <p>9:30a WOODSHOP 9:30a DOLLARS & DOUGHNUTS 11a EXERCISE 12p LADIES' POKER 12:30p 500 CARDS 12:30p CHAIR VOLLEYBALL 1p DOMINOES</p>	<p>22</p> <p>11a CHAIR YOGA</p>
<p>26</p> <p>9:30a WOODSHOP 10a SENIOR INC 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p MOVIE DAY - PG 1p EUCHRE</p> <p>Blood Pressures 11:00 a.m.</p>	<p>27</p> <p>9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT</p>	<p>28</p> <p>9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES</p>	<p>29</p> <p>11a CHAIR YOGA 11a BOOK CLUB</p>

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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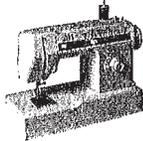
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Wyoming Recreation & Family Aquatic Center

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.

Wyoming Recreation & Family Aquatic Center
9940 Springfield Pike
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www.wyomingohio.gov



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- Lunch and Learn
- Dollars and Doughnuts
- Free Tax Preparation
- January Calendar of Events

January 2016

...see inside for details

Dollars and Doughnuts
Thursday, January 21st at 9:30 a.m.

Save the Date!

Springfield Township Senior News

