

Springfield Township Senior News

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



Planning ahead – yeah, I'm not a big fan of it either. Something always seems to pop up we consider more "important" that hits the front burner, while we push more things to the back of the stove... or in my case, off the stove and behind the refrigerator!

February is usually winter's last gasp, although there have been some days in March and April that would challenge that statement. While everyone is still somewhat cooped up until the warm weather arrives, why not plan ahead and take care of some of that unfinished business.

It may be something simple like getting the garden tools cleaned up and sharpened for the upcoming season. It could be cleaning out those unneeded items in the basement or back bedroom to donate to your favorite charity. What about planning that summer or fall trip with family and friends? Or maybe it's something bigger like reviewing your estate plan or evaluating where you think you may want to be living over the next several years. A recent presentation by Mapleknoll indicated they now have a three year waiting list for housing on their campus and I'm sure other venues are experiencing the same!

Planning ahead, whether we like it or not, sometimes has to be the front burner issue. In the end, taking a little time now to plan ahead, no matter what the issue or topic may be, will help make those warmer days ahead more enjoyable and maybe a little more care free!

All the best!

Thom

DIRECTOR'S

CORNER

2016 MEMBERSHIP DUES

Keep those membership renewals coming! 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**.

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.springfieldtwp.org/292/Senior-Memberships>.

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

Well the snow monster got us a little in January – let's hope it goes into hibernation for February! 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 or early dismissal 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@springfieldtwp.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.springfieldtwp.org to register for email notifications, or you may contact Kim Flamm at 522-1410 or by email at kflamm@springfieldtwp.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/springfieldtwp 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, February 16th, beginning at 10:30 a.m.** Our speaker will be Mary Benken, owner and operator of the Wyoming Floral Shop. She will be here to give you some great tips for arranging flowers and bringing a little color to your indoor spaces! Lunch will be from Llanfair – menu TBA.

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 February and staying for lunch will receive a coupon for a free lunch at either the March, April or May meetings!

DOLLARS AND DOUGHNUTS

Our next Dollar & Doughnuts talk will be **Thursday, February 18th at 9:30 a.m.** Joe Woelke from Edward Jones Investments will be here to talk about equities and a general stock market update, along with a Q & A afterwards. Bring your coffee or favorite morning beverage – Joe will be on hand with a morning treat and a wealth of knowledge – no pun intended! 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 – sign up today at the front desk!

AN-TRIP-APATION

Just announced – the spring travel schedule! Some fantastic shows that you will not want to miss!

Come out on **Saturday, April 2nd** for *The Book of Mormon* at the Aronoff Center. Bus will leave Springfield Township at 11:00 a.m. Lunch will be at the Incline Public House followed by the show. Just a note, the show does contain explicit language. Cost is \$120 for lunch, show and transportation.

The bus returns to the Aronoff on **Saturday, April 23rd** for a performance of *Beauty and the Beast*. Bus will leave Springfield Township at 11:45 a.m. You will be whisked off for lunch at Suzie Wong's in Hyde Park, followed by the show. Return time is estimated at 6 p.m. Cost is \$110 and includes lunch, show and transportation.

And you will have six opportunities to cheer on the Reds this year at Great American Ball Park: **Thu., June 9th, Wed., June 29th, Wed., July 20th, Thu., Aug. 4th, Mon., Aug. 22nd & Wed., Sept. 7th.** All but the June 9th games start at 12:35 p.m.; June 9th begins at 7:10 p.m. Cost for the games under Option 1 is \$30 which includes lower level seat, \$10 food/beverage voucher and transportation; or Option 2 is \$115 which includes seat in climate controlled Fox Sports Ohio Champion Club, all food and non-alcoholic beverages and transportation. Game departure times to be announced in later newsletters.

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.

TECHNOLOGY HELP

Technology help for Center members is available at the Wyoming Recreation Center, 9940 Springfield Pike, 45215, per the schedule below. Attendees receive free one-on-one assistance with their device from high school volunteers. To sign up, contact Debby Martin at the City of Wyoming, 821-7600, or online at <http://www.signupgenius.com/go/20f0d49afae29aaf94-wyoming>. The deadline to register is 24 hours ahead of the date you are requesting. You may sign up for up to two, half-hour segments during the time frame. On the day of your appointment, you are encouraged to bring your device charger in case your battery runs low. If you have questions, please call Debbie Bellman at 522-9361 or Vishnu Paranandi at 658-8887.

Thursday, February 4th from 3:15-5:15 p.m.

Sunday, February 28th from 2:00-4:00 p.m.

Thursday, March 10th from 3:15-5:15 p.m.

Sunday, March 20th from 2:00-4:00 p.m.

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!

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.

FIVE HUNDRED – Thursdays at 12:30 p.m.

December 17th	Irene Hufnagel	5010
January 6th	Dot Ventura	6320
January 13th	Dot Ventura	4140

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 29th	Marie Burk	4850
January 5th	Marie Burk	5050
January 12th	Irene Hufnagel	4290

LADIES' POKER

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

MARATHON BRIDGE

Marathon Bridge will meet again on **Wednesday, February 3rd at 12:30 p.m.** They are in desperate need of substitutes. If any of you are reading this newsletter and play bridge but felt you could not commit to the nine-month playing schedule of the Marathon Bridge, they 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.

DUPLICATE BRIDGE

Duplicate Bridge will meet again on **Wednesday, February 17th 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

Stop in and meet with members of our Springfield Township Fire Department and their new Paramedicine program for a blood pressure check. Our next check will be **Wednesday, February 24th from 11 a.m. to 1 p.m.** – stop on by and check out that blood pressure!

BOOK CLUB

This month's selection is *Book Thief* by Markus Zusak. A foster girl, living outside of Munich in 1939 Nazi Germany, scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. Come and discuss the book at our meeting on **Friday, February 26th 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, February 9th at 1:00 p.m. – Our movie will be *5 Flights Up*. This drama features a long-time married couple who has spent their lives together in the same New York apartment, but become overwhelmed by personal and real estate-related issues when they plan to move away. Starring Diane Keaton and Morgan Freeman. Rated PG 13 - 1 hr. 32 min. Cost is \$1.00 for movie and snack.

MOVIE DAY, PART DEAUX

Our second movie feature will be the comedy *The Intern* on **Tuesday, February 23rd at 1:00 p.m.** A 70-year-old widower has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion website. Starring Anne Hathaway and Robert DeNiro. Rated PG-13 - 2 hr. 1 min. Cost is \$1.00 for movie and snack.

RED HATS – G-20, B-15

Weather played havoc with January's scheduled Red Hat event, so as the song goes – second verse, same as the first! The Red Hats are planning to start out 2016 (again) as they did 2015 with some bingo, lunch and fun on **Wednesday, February 17th 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

Former Center Al Corsbie passed away on December 26th. Al had been a member since 2004 and was a regular for Tuesday's Chicago Bridge group.

SENIOR INC. BOARD

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 March newsletter must be received by noon, **Friday, February 12th.** If you are submitting items via email, using size 12 Times Roman font is preferable.

OTHER SENIOR PROGRAM OPPORTUNITIES

Heart Health Lunch and Learn

Mt. Healthy Christian Village, 8097 Hamilton Avenue, 45231 will be hosting "Bless Your Heart" Lunch and Learn on Tuesday, February 23rd at 11:30 a.m. This program will be presented by Dr. Sai Hanumanthu, Cardiologist for TriHealth's Heart Institute. Pre-registration is required. Call 728-6613.

WMKV Big Band Dances

Mapleknoll, 11100 Springfield Pike, 45246 hosts the WMKV-FM Big Band Dances on the fourth Sunday of each month from 2:00 p.m. to 5 p.m. Cost is \$11 and includes snacks, soft drinks and entertainment! For more information, call 782-2427.

SPRINGFIELD TOWNSHIP SENIOR CENTER

Month of February - 2016

Tuesday		Wednesday		Thursday		Friday	
2	9:30a WOODSHOP 12:30p CHICAGO BRIDGE 1p EUCHRE	3	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 12:30p MARATHON BRIDGE	4	9:30a WOODSHOP 12p LADIES' POKER 12:30p 500 CARDS 1p DOMINOES	5	11a CHAIR YOGA
9	9:30a WOODSHOP 12:30p ART CLASS 1p MOVIE DAY - PG 1p EUCHRE	10	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 12:30p MARATHON BRIDGE	11	9:30a WOODSHOP 12p LADIES' POKER 12:30p 500 CARDS 1p DOMINOES	12	11a CHAIR YOGA
16	9:30a WOODSHOP 12:30p ART CLASS 1p EUCHRE	17	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT	18	9:30a WOODSHOP 12p LADIES' POKER 12:30p 500 CARDS 1p DOMINOES	19	11a CHAIR YOGA
23	Lunch & Learn - 10:30 a.m.	24	Red Hat Bingo 10:00 a.m.	25	DOLLARS & DOUGHNUTS - 9:30 a.m.	26	11a CHAIR YOGA 11a BOOK CLUB
	9:30a WOODSHOP 12:30p CHICAGO BRIDGE 1p EUCHRE 1p MOVIE DAY - PG	2	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 12:30p DUPLICATE BRIDGE	3	9:30a WOODSHOP 12p LADIES' POKER 12:30p 500 CARDS 1p DOMINOES	4	11a CHAIR YOGA
1 MARCH	9:30a WOODSHOP 12:30p ART CLASS 1p EUCHRE		Blood Pressures 11:00 a.m.	AARP TAX PREP - 9:00 a.m. (Appointment required)	AARP TAX PREP - 9:00 a.m. (Appointment required)		

CENTER HOURS ARE FROM 9:30AM TO 4:00PM TUESDAY, WEDNESDAY & THURSDAY; 9:30 AM TO 1 PM FRIDAYS
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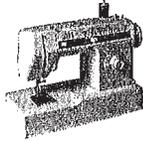
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Wyoming Recreation & Family Aquatic Center

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.

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www.wyomingohio.gov



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Inside:

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

February 2016

...see inside for details

to the Aronoff Center—Saturday, April 2nd and Saturday, April 23rd

An-Trip-Apation

Save the Date!

Springfield Township Senior News

