

Springfield Township Senior News

9158 Winton Road, Cincinnati, Ohio 45231
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Some very uncertain times in the world of Senior Centers these days. Most of you are aware of the announcement that the Sycamore Senior Center was scheduled to close April 1st, ending programs for over 900 members. That very same week, the contractor providing services for the Anderson Senior Center announced they would not be renewing their contract when it expires in August, leaving leaders in that community contemplating that Center's future. And on the heels of that, Colerain Township's Community Services levy failed on March 15th, creating uncertainty about that Center's funding. It's been getting a little scary out there!

Fortunately for us in Springfield Township, we have found that short term solution of revenue - using funds derived from rentals of the Center and the Grove Banquet Hall to sustain the day-to-day cost of operations, as well as a portion of our maintenance and repair costs. This, along with the strong support of the Township Trustees and Administration for community programming and the enhanced quality of life provided to our residents, we are probably on the most stable ground since the economic downturn and the cuts in revenue from the State that starting in 2008. It's been a tough row to hoe, but we made it through.

During this period, we were also able to build a strong collaboration with the City Wyoming which provides Springfield Township Senior Center members resident rate membership to the Wyoming Rec and Aquatic Center and Silver Sneaker programming. Wyoming seniors benefit from expanded programming at our Center.

And now that we have our arms around the operational funding piece, we now have to look to the future of what our Center looks like over the next decade. A big piece of this will be moving towards a multi-generational facility, with some programs still targeting specific age groups, but also providing opportunities for the generations to work and interact together. Whether one is a fan of Old Blue Eyes or Justin Bieber, there is something each generation can learn and benefit from each other!

Working with the Township's non-profit Arts Council, ArtsConnect is at the beginning stages of identifying opportunities and partnerships, with the ultimate goal of building, operating and sustaining a new, enhanced community arts center that provides for community engagement and opportunities for interaction. Done correctly, these services will help to retain, as well as, attract new residents. A stable residential base then encourages economic redevelopment by the private sector, which benefits every generation of our Township. Our next chapter is just beginning!

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.springfieldtp.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.

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!

DOLLARS AND DOUGHNUTS

Our next Dollar & Doughnuts talk will be **Thursday, April 21st at 9:30 a.m.** This month, Joe Woelke from Edward Jones Investments will be here to talk about "Outsmarting the Scammers", a general update of the market and 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!

LUNCH AND LEARN

Join us on for our next Lunch and Learn on **Tuesday, April 19th, beginning at 10:30 a.m.** Our presentation will be from Karen Kahle, Marketing Director of Findlay Market, who will speak on the rich history of this Cincinnati marketing mainstay. Following the presentation, we will have lunch from some of the Findlay Market vendors!

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

AN-TRIP-APATION

Due to the closing of the Sycamore Senior Center, all posted trips for the Reds games this summer have been canceled. The Saturday, April 2nd and 23rd trips for lunch and shows at the Aronoff will continue as scheduled. If you purchased tickets for either of these trips, arrive here at the Center as directed.

As for the remainder of the travel season, we will be going back to the drawing board with other area Centers to see what we can come up with – stay tuned!

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. Space is limited and available on a first sign-up, first served basis. On the day of your appointment, you are encouraged to bring your device charger in case your battery runs low. Space is limited. These will be the last session of technology help until the fall. If you have questions, please call Debbie Bellman at 522-9361 or Vishnu Paranandi at 658-8887.

Tuesday, April 5th from 3:15-5:15 p.m.

Sunday, April 10th from 2:00-4:00 p.m.

Thursday, April 21th from 3:15-5:15 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

Chair Yoga instructor April Aloisio is adding a second day! Chair Yoga will now be held on **Wednesdays at noon and 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!

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!

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.

February 18th	Elizabeth Roeckers	3870
February 25th	Elizabeth Roeckers	6130
March 3rd	Vera Quaglia	5450
March 10th	Irene Hufnagel	5840
March 17th	Rose Peery	6360

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.

February 22nd	Nancy Neiman	4710
March 1st	Nancy Neiman	4350
March 8th	George Parent	6030
March 16th	Carolyn Savage	4670
March 22nd	George Parent	5260

LADIES' POKER

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

MARATHON BRIDGE

Marathon Bridge will meet again on **Wednesday, April 6th 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, April 20th 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 **Tuesday, April 26th from 11 a.m. to 1 p.m.** — stop on by and check out that blood pressure!

BOOK CLUB

This month's selection is *Hotel on the Corner of Bitter and Sweet* by Jamie Ford. This novel follows an incredible discovery of the belongings of Japanese families left in Seattle's Panama Hotel which has been boarded up for decades. The simple act of going through these items takes the lead character back to the 1940's during the height of World War II. Come and discuss the book at our meeting on **Friday, April 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, April 12th at 1:00 p.m. — Our movie will be the comedy *The Second Best Exotic Marigold Hotel*. With only a single vacancy remaining and two fresh arrivals, the operator of the Best Exotic Marigold Hotel eyes a property to pursue his expansionist dream of opening a second hotel. Starring Dame Judi Dench, Dame Maggie Smith and Dev Patel. Rate PG — 2 hr. 2 min. Cost is \$1.00 for movie and snack.

MOVIE DAY, PART DEAUX

Our second movie feature will be *The Judge* on **Tuesday, April 26th at 1:00 p.m.** A big-city lawyer returns to his childhood home where his father, the town's judge, is suspected of murder and sets out to discover the truth and reconnects with his estranged family along the way. Starring Robert Downey, Jr. and Robert Duvall. Rated R — 2 hr. 21 min. Cost is \$1.00 for movie and snack.

RED HATS

The Red Hats will be back on the road **Friday, April 15th** for a trip to the Ohio Valley Antique Mall at 7285 Dixie Hwy in Fairfield. They will meet there at 11:30 a.m. to shop and look around until lunch time, which will be between noon and 12:30 p.m.

Being that this is tax day, hopefully Uncle Sam will have left you with a little something in your pocket to enjoy the trip!

IN MEMORIUM

Rose Meier sadly passed away on February 16th. Rose was one of the hardcore bridge players here at the Center and had a great sense of humor which will be missed greatly.

NEW MEMBERS

Here are the new members that have joined since the beginning of the year: Marlene Baldes, Nancy Knueven, Lenora Salter, Jack Schooley, Janet Vennemeyer & Teresa Wickstrom. Welcome everyone!

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 & POOL 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.

2016 Individual Senior Rec. Center memberships are \$122 or \$165 for a Senior Couple. Individual Pool memberships are \$83 and \$143 for a Senior Couple. A combo Rec Center and Pool membership for an Individual Senior is \$185 and for a Senior Couple is \$280. The Rec Center and Pool are located at 9940 Springfield Pike, just over the Wyoming corporation line in Woodlawn.

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 May newsletter must be received by noon, **Friday, April 8th.** If you are submitting items via email, using size 12 Times Roman font is preferable.

OTHER SENIOR PROGRAM OPPORTUNITIES

Make the Most of Your Move

Llanfair Retirement Community, 11701 Llanfair Avenue, 45224, will be holding a three part series to make the most of your next move. Presentations will take place on Thursday, April 14th, 21st and 28th at 10:00 a.m. The programs will cover the emotional side of downsizing, the current real estate market and a panel discussion with experts in helping adults downsize and move. Register by April 8th to Kim Kaser at 591-4567 or kkaser@llanfair.oprs.org

Employment Opportunities

Looking for some extra mad money? Area McDonald's, including our very own a couple doors down, are seeking out interested candidates to for a variety of opportunities. They are extremely flexible on hours and days. If you would like more information, you can stop in at the Winton Road McDonald's to fill out an application or go online at www.mcoho.com/3409.

SPRINGFIELD TOWNSHIP SENIOR CENTER

Month of April - 2016

Tuesday	Wednesday	Thursday	Friday
<p>Coming up.... Lunch & Learn - Tuesday, May 17th Senior Summer Picnic - Tuesday, June 7th</p>			<p>1 11a CHAIR YOGA</p>
<p>5 9:30a WOODSHOP 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p EUCHRE</p>	<p>6 9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 12p CHAIR YOGA 12:30p DUPLICATE BRIDGE</p>	<p>7 9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES</p>	<p>8 11a CHAIR YOGA</p>
<p>12 9:30a WOODSHOP 10a SENIOR INC 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p MOVIE DAY - PG 1p EUCHRE</p>	<p>13 9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 12p CHAIR YOGA</p>	<p>14 9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES</p>	<p>15 11a CHAIR YOGA RED HATS AT OHIO VALLEY ANTIQUE MALL & LUNCH 11:30 a.m.</p>
<p>19 9:30a WOODSHOP 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p EUCHRE Lunch & Learn - 10:30 a.m. "Findlay Market"</p>	<p>20 9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 12p CHAIR YOGA 12:30p MARATHON BRIDGE</p>	<p>21 9:30a WOODSHOP 9:30a DOLLARS & DOUGHNUTS 11a EXERCISE 12p LADIES' POKER 12:30p 500 CARDS 12:30p CHAIR VOLLEYBALL 1p DOMINOES DOLLARS & DOUGHNUTS - 9:30 a.m.</p>	<p>22 11a CHAIR YOGA 11a BOOK CLUB</p>
<p>26 9:30a WOODSHOP 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p EUCHRE 1p MOVIE DAY - PG Blood Pressures 11:00 a.m.</p>	<p>27 9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 12p CHAIR YOGA</p>	<p>28 9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES</p>	<p>29 11a CHAIR YOGA Playhouse in the Park - "Rikki Tikki Tavi" - 7:00 p.m. at the Grove</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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April 2016

...see inside for details

Outsmarting the Scammers – Thursday, April 21st at 9:30 a.m.

Dollars and Doughnuts

Save the Date!

Springfield Township Senior News

