

# Springfield Township Senior News

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



Trash talking – sometimes it can be a good thing!

Just as a reminder to Springfield Township residents that beginning April 1, 2016 trash and recycling for residents will be covered under a contract negotiated by the Springfield Township Board of Trustees with Rumpke. This contract provides for both trash and curbside recycling collection at a reduced cost from what residents were paying with their individual contracts and eliminates fuel and other surcharges! This change only affects those living in single family dwellings or multi-family units with four or fewer residents – condo owners will see no change in their contracted trash removal.

Residents should start seeing their recycling carts arriving in March. I also want to remind everyone that Springfield Township receives a rebate from the Hamilton County Solid Waste Management District for every ton of material recycled at the curb and in the large green receptacles. These funds can be used for recycling programs or for the purchase of items made up of a specified percentage of recycled material, including items and materials in use here at the Senior & Community Arts Center! Recycling is a simple and effective way to benefit your local and global community!

Additional information on the waste collection program can be found on the Springfield Township website at [www.springfieldtpw.org/363/Trash-and-Recycling-Services](http://www.springfieldtpw.org/363/Trash-and-Recycling-Services) or by contacting Rumpke at 877-367-4191.

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.springfieldtpw.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@springfieldtpw.org](mailto: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](http://www.springfieldtpw.org) to register for email notifications, or you may contact Kim Flamm at 522-1410 or by email at [kflamm@springfieldtpw.org](mailto:kflamm@springfieldtpw.org).

Wyoming residents may receive a variety of information electronically by going to [www.wyomingohio.gov](http://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](http://www.facebook.com/springfieldtpw) and the Wyoming Facebook page at [www.facebook.com/wyomingoh](http://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, March 15th, beginning at 10:30 a.m.** Our speaker will be from Pro-Seniors who will provide some tips on how to handle potential fraud attacks on Seniors as well as highlight some of the free legal services that are available to seniors. Lunch will be from Home Instead.

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 March 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 April or May meetings!

### 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 **Wednesday, March 9th 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.

## DOLLARS AND DOUGHNUTS

Our next Dollar & Doughnuts talk will be **Thursday, March 17th at 9:30 a.m.** This month, Joe Woelke from Edward Jones Investments will be here to talk about mutual funds, 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!

## 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, March 3rd, 17th & 31st**. Participants will need their current paperwork and a copy of your 2014 tax return. Currently all spaces are filled, but we are taking names down on a stand-by list in case of any cancelations.

## AN-TRIP-APATION

Don't wait to sign up for these great day trip opportunities:

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. Space is limited. If you have questions, please call Debbie Bellman at 522-9361 or Vishnu Paranandi at 658-8887.

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

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

## 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!

## 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.

## 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!

There will be no Chair Yoga on March 4th or 25th due to April's travels!

## 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](mailto:jdennis@wyomingohio.gov).

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

January 21st	Liz Roeckers	4630
January 28th	Wanda Seither	4660
February 4th	Tim Praechter	5260
February 11th	Kit Whitman	5260

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 19th	Irene Hufnagel	4290
January 26th	Ruth Vogt	3690
February 2nd	Margaret Orendorf	4670
February 16th	George Parent	5360

## LADIES' POKER

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

## MARATHON BRIDGE

Marathon Bridge will meet again on **Wednesday, March 2nd 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, March 16th 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 **Thursday, March 31st from 11 a.m. to 1 p.m.** – stop on by and check out that blood pressure!

## BOOK CLUB

This month's selection is *The Maid's Version* by Daniel Woodrell. This novel tells the story of a deadly dance hall fire and its impact over several generations. Who was to blame – mobsters, local gypsies, the preacher or was it just an accident? Come and discuss the book at our meeting on **Friday, March 25th 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, March 8th at 1:00 p.m.** – Our movie will be the comedy *5 Flights Up*. 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.

## MOVIE DAY, PART DEAUX

Our second movie feature will be *Max* on **Tuesday, March 22nd at 1:00 p.m.** A dog that helped US Marines in Afghanistan returns to the U.S. and is adopted by his handler's family after suffering a traumatic experience. Starring Thomas Haden Church, Josh Wiggins, Luke Kleintank Rated PG - 1 hr. 51 min. Cost is \$1.00 for movie and snack.

## RED HATS LUNCH

The Red Hats hit the road on **Friday, March 11th at 12:30 p.m.** to the far reaches of this planet known as Greenhills! There you will gather for lunch at Butt Shack BBQ Grill, located on the south side of the Greenhills Shopping Center, facing the Commons and diagonally from the big white Greenhills Community Building. Hope to see you there!

## IN MEMORIAM

Former member Wilma Grothan sadly passed away on January 30th. Wilma was one of our talented members of the art group – she could make a paint brush sing!

## NEW MEMBERS

Seems we are a little behind on this section – here are the new members that have joined since the beginning of the year: Ron Bachman, Lauren Brafford, Norlyne Brownfield, Eugene Burton, Michele Carr, Frank Evans, Joan Klefas, Betty Lou & Gary Loman, Sandra Meiman & Patricia Vanover. 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 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 April newsletter must be received by noon, **Friday, March 11th**. If you are submitting items via email, using size 12 Times Roman font is preferable.

## OTHER SENIOR PROGRAM OPPORTUNITES

### Senior Olympics

The Southwest Ohio Senior Olympics will take place April 2nd through May 22nd. Complete information and registration is available at [www.swohio.nsga.com](http://www.swohio.nsga.com). Information is also available at the front desk. A printable PDF registration packet for mail-in registration is available at [cincyrec.org/seniorolympics](http://cincyrec.org/seniorolympics).

### Executor Education

Llanfair Retirement Community, 11701 Llanfair Avenue, 45224, will be holding a presentation outlining the duties, details and responsibilities of being an executor of an estate on Thursday, March 10th. A dinner will begin at 5:30 p.m. with the presentation running from 6:00 p.m. to 7:30 p.m. Register by March 7th to Kim Kaser at 591-4567 or [kkaser@llanfair.oprs.org](mailto:kkaser@llanfair.oprs.org)

# SPRINGFIELD TOWNSHIP SENIOR CENTER

## Month of March - 2016

Tuesday		Wednesday		Thursday		Friday	
Coming up.... Trip - Lunch & Book of Mormon Show - April 2nd Lunch & Learn - Tuesday, April 19th Trip - Lunch & Beauty & The Beast Show - April 23rd		9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 12:30p MARATHON BRIDGE	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT  <b>GOLF MEETING - 10:00 a.m.</b>	9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES  <b>AARP TAX PREP - 9:00 a.m.</b> (Appointment required)		3	
<b>Requires sign-up in advance</b>							
<b>8</b> 9:30a WOODSHOP 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p EUCHRE				<b>10</b> 9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES		<b>11</b> 11a CHAIR YOGA  <b>RED HAT LUNCH - 12:30 p.m.</b>	
<b>15</b> 9:30a WOODSHOP 10a SENIOR INC 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p MOVIE DAY - PG 1p EUCHRE				<b>17</b> 9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES <b>DOLLARS &amp; DOUGHNUTS - 9:30 a.m.</b>		<b>18</b> 11a CHAIR YOGA	
<b>22</b> 9:30a WOODSHOP 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p EUCHRE  <b>Lunch &amp; Learn - 10:30 a.m.</b>				<b>24</b> 9:30a WOODSHOP 9:30a DOLLARS & DOUGHNUTS 11a EXERCISE 12p LADIES' POKER 12:30p 500 CARDS 12:30p CHAIR VOLLEYBALL 1p DOMINOES		<b>25</b> 11a BOOK CLUB	
<b>29</b> 9:30a WOODSHOP 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p EUCHRE 1p MOVIE DAY - PG				<b>31</b> 9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES <b>Blood Pressures 11:00 a.m.</b>  <b>AARP TAX PREP - 9:00 a.m.</b> (Appointment required)		<b>April 1.</b>  <b>It's April - No Foolin'!</b>	

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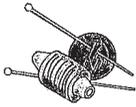
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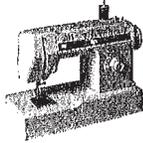
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## Wyoming Recreation & Family Aquatic Center

### 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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Director of Marketing and Admissions

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# Springfield Township Senior & Community Arts Center

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## Inside:

- Director's Corner
- 2016 Membership Dues
- Lunch and Learn
- Dollars and Doughnuts
- Free Tax Preparation
- March Calendar of Events

# March 2016

*...see inside for details*

Six opportunities to cheers on the Reds!

## An-Trip-Apation

# Save the Date!

## Springfield Township Senior News

