

Springfield Township Senior News

9158 Winton Road, Cincinnati, Ohio 45231
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So, I seem to have developed writer's block. Pounded my head trying to think of a topic for my article this month, but nothing ever came! I finally went surfing on the internet looking for inspiration – found a site listing the unique “holidays” in May.

Did you know that May has been designated as “Date your Mate” month? Gee, thought if you had a mate, that was kind of a given and you didn't need a special month for that.

Here's an interesting one – May is both National Barbecue and Hamburger month... yum! But wait, it's also National Blood Pressure month, too, which makes one wonder who was watching the calendar when they scheduled that. But wait, it's also National Salad Month, so maybe it's all supposed to balance out in the end.

May is also National Photograph month. But based on the fact I haven't used my 35mm in over 10 years and rely almost solely on my cell phone to snap pictures, maybe this should become National Selfie Month?!?!?

May is also National Bike month – I just may have to head out to the Loveland Bike Trail to celebrate that one!

But most importantly, May is also Older Americans Month, which for us is really a 12 month holiday! And while Older Americans get a whole month, nurses, police and ems personnel only each get a week in May – you all apparently have a great lobbyist!! And of course there are those topics that are so “unique” that they only get one day – like “Lumpy Rug Day” on the 3rd, “International Tuba Day” on the 6th and “No Socks Day” on the 8th.

So however you want to celebrate it, enjoy the month of May - enjoy every day!

All the best,

Thom

DIRECTOR'S

CORNER

2016 MEMBERSHIP DUES

Our desk volunteers have been working hard to contact members who haven't had a chance to renew their membership for the upcoming year. For those that have renewed – thank you! We are glad to have you here. 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**.

Membership renewal forms are available 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. 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 last Lunch and Learn of the season on **Tuesday, May 17th, beginning at 10:30 a.m.** Our presentation will be a historical retrospective of the Cincinnati Reds. Come dressed in your favorite Red's gear or just your favorite red outfit! We will also be having other baseball themed fun as well!

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 May and are coming to the lunch, make sure you check the “birthday box” on the registration sheet. You will receive a coupon for a free lunch at either the September or October meetings!

DOLLARS AND DOUGHNUTS

Our next Dollar & Doughnuts talk will be **Thursday, May 19th at 9:30 a.m.** This month, Joe Woelke from Edward Jones Investments will be here to talk about *Rules of the Road of Investing*: avoiding the most common investing mistakes, strategies to help reach your long-term goals and what you can do now to keep a comfortable retirement, as well as 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!

SAVE THE DATE!

Senior Inc. will be hosting a Bingo Party on **Tuesday, June 21st**. Check out the June newsletter for all the specifics on the who, what, where, when and how much!

AN-TRIP-APATION

We will be forwarding along trip opportunities scheduled through Fairfield Community Arts Center and Green Township Senior Center in upcoming issues. The directors from many of the area senior centers met up and agreed to develop an RFP for trips to be developed and executed by area travel services. The area centers will then promote the trips to their memberships for them to sign-up and pay directly to the travel services. What I need from those interested in trips is to let me know what places or activities you would like to see offered or in lieu of specific places, a budget that a travel service could create something on their own. Please drop me a note or send me an email with your suggestion(s). The center directors are re-grouping in July to compile information and see if there is sufficient interest to move forward.

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 will 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!

TAI-CHI QIGONG – NEW!

Marlene Brown, former instructor at the Sycamore Senior Center, has agreed to move her Tai-Chi Qigong class to our facility on **Wednesdays at 2 p.m., starting June 1st!**

Tai-Chi is quickly growing in popularity here in the U.S. It is estimated that literally tens of millions of people practice Tai-Chi worldwide daily. Tai-Chi helps to rebuild one's body, mind and spirit as it removes negative energy along the meridians (pathways) of true health, fitness and wellness. Tai-Chi helps to quicken blood circulation as it brings about peace of mind (stress relief). The respiratory system is stimulated by this slow, deep breathing which is linked with form or movement. The movements of Tai-Chi are purposely slow and even, which causes the practitioner to become more deliberate in all their other thoughts and actions, as well as, increasing balance. Cost will be \$6 per class.

Marlene will introduce herself and offer a free class try-out on **Tuesday, May 17th at 2 p.m.** following our Lunch-and-Learn! Those interested are asked to sign-up at the front desk.

SILVER SNEAKERS

Silver Sneakers is 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.

March 24th	Karen Berter	4970
March 31st	Irene Hufnagel	5130
April 7th	Dot Ventura	4360
April 14th	Tim Praechter	5400

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.

March 29th	Irene Hufnagel	4830
April 5th	George Parent	3700
April 12th	Eugene Burtone	6130
April 19th	Nancy Neiman	4900

LADIES' POKER

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

MARATHON BRIDGE

Marathon Bridge will meet again on **Wednesday, May 4th at 12:30 p.m.** If you have questions, please call either Kim Stewart at 297-1166 or Barbara Wentz at 382-6781.

DUPLICATE BRIDGE

Duplicate Bridge will meet again on **Wednesday, May 18th 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, May 25th from 11 a.m. to 1 p.m.** – stop on by and check out that blood pressure!

BOOK CLUB

This month's selection is *Nine Boys in the Boat* by Daniel James Brown. This selection is based on the true story of nine Americans and their epic quest for gold at the 1936 Berlin Olympics. Come and discuss the book at our meeting on **Friday, May 27th 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 DAYS

Our Movie Days will be **Tuesday, May 10th and May 24th at 1:00 p.m.** – Movie titles will now be posted on the bulletin board. Cost is \$1.00 for movie and snack.

RED HATS

The Red Hats will be lunching at the Century Inn, located at 10675 Springfield Pike in Woodlawn, adjacent to Goodwill, on **Tuesday, May 24th at noon.** The Century Inn was established in 1806 as one of the first carriage stops between Cincinnati and Hamilton. There is no truth to the rumor that some members of the Red Hats will be reminiscing about the Inn's ribbon cutting! They hope to see you there!

IN MEMORIAM

Maria Kurz sadly passed away in April. Maria was a longtime member of the 500 Euchre group. Members of the 500 Euchre have made a donation to Senior Inc. in Maria's memory.

NEW MEMBERS

Here are the new members that have joined last month: Barry Adamson, Maria Brown, John & Robin Ceddia, Shirley Dial, Lois Mayberry, Duane & Linda Shafer and Kathleen Weis. 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 June newsletter must be received by noon, **Friday, May 13th.** If you are submitting items via email, using size 12 Times Roman font is preferable.

OTHER SENIOR PROGRAM OPPORTUNITES

Big Band Music Night

West Chester Activity Center, 7900 Cox Road, 45069, will be holding a Big Band Music Night on Saturday, May 7th from 6 p.m. to 8 p.m. Cost is \$12 per person and includes dinner of lasagna, salad, roll, soft drink and cash bar for beer and wine, along with music by West Chester Orchestra Jazz Section. R.S.V.P. by May 2nd to 779-7360.

Sentimental Journey with Doris & Rosemary

Faith Lutheran Church, 8265 Winton Road, 45231 & The Cincinnati Museum Center, will be holding an evening to remember the talent of Doris Day and Rosemary Clooney on Monday, May 23rd- doors open at 6 p.m. Enjoy dinner, a slide show on the lives of these great entertainers followed by a live performance of 10 songs they made famous. Cost is \$8 per person. Reservations by May 15th at 931-6100 or 851-0972.

SPRINGFIELD TOWNSHIP SENIOR CENTER

Month of May - 2016

Tuesday		Wednesday		Thursday		Friday	
3	9:30a WOODSHOP 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p EUCHRE	4	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 12p CHAIR YOGA 12:30p DUPLICATE BRIDGE	5	9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES	6	11a CHAIR YOGA
10	9:30a WOODSHOP 10a SENIOR INC 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p MOVIE DAY 1p EUCHRE	11	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 12p CHAIR YOGA	12	9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES	13	11a CHAIR YOGA
17	9:30a WOODSHOP 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p EUCHRE Lunch & Learn - 10:30 a.m. "The Cincinnati Reds"	18	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 12p CHAIR YOGA 12:30p MARATHON BRIDGE	19	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.	20	11a CHAIR YOGA
24	9:30a WOODSHOP 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p EUCHRE 1p MOVIE DAY RED HATS AT CENTURY INN 11:30 a.m.	25	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 12p CHAIR YOGA Blood Pressures 11:00 a.m.	26	9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES	27	11a CHAIR YOGA 11a BOOK CLUB
31	9:30a WOODSHOP 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p EUCHRE						

Coming up....

Summer Senior Picnic - Tuesday, June 7th, 11a to 1p**

Touch-a-Truck, Friday, June 17th, 11a - 1p

Bingo Party - Tuesday, June 21st

** Requires sign-up in advance

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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May 2016

...see inside for details

Tuesday, June 21st – more information coming in June.

Bingo Party

Save the Date!

Springfield Township Senior News

