

Springfield Township Senior News

9158 Winton Road, Cincinnati, Ohio 45231
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I can't believe I'm writing for the July newsletter already – it seems like in our instant messaging, need to know now society, the day (and month) is over before it has begun!

Hopefully you are enjoying the summer fun – golfing, walking, outdoor concerts, family picnics, traveling or even cuddling up to the air conditioner – whatever brings you pleasure in life, do it this summer.

Summer is also a time to keep tabs on family and friends or even better yet, making sure others are keeping tabs on you! While we worry about the effects of the cold winter temperatures on the human body, the hot summer months can be even more brutal. Pace your outdoor activities, keep yourself well hydrated with your favorite bottle of water or juices and just keep in mind that sometimes doing less is the better route – they don't call them the lazy days of summer for nothing!

All the best!

Thom

CORNER

DIRECTOR'S

2016 MEMBERSHIP DUES

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.

Since we are now already halfway through the year (hard to believe), NEW memberships are pro-rated, with Springfield Township & Wyoming residents paying \$10 and non-residents paying \$12.50. This is a great opportunity to invite friends and neighbors to join the center!

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.

ANTICIPATED CLOSURE

We are anticipating being closed August 22nd through the 26th to have the parking lot resurfaced. Please check the August newsletter for updated information.

E-MAIL UPDATES

If you've recently changed email address or you've just logged on, send that information my way to ttschneider@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

We are on a summer break from our Lunch and Learn series. Join us when they return on Tuesday, September 20th. A big THANK YOU to the Senior Inc. Board for their time and effort in coordinating these programs for the membership!

DOLLARS AND DOUGHNUTS

Our next Dollar & Doughnuts talk will be **Thursday, July 21st at 9:30 a.m.** This month, Joe Woelke from Edward Jones Investments will be here to do an update on the stock market and discussing whether stocks are overvalued, 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!

AN-TRIP-APATION

Another trip is tentatively scheduled for **Friday, July 22nd** – departure and return times TBA. Join us for afternoon of fun on B&B Riverboat's *The Belle of Cincinnati!* This will include a river cruise with lunch, music, games and prizes! Cost will be \$45 per person and we need a minimum of 20 people signed up and paid by Wednesday, July 13th. Sign up at the front desk today – don't wait!

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.

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.

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

Join 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!

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

Join Marlene Brown for her Tai-Chi Qigong class on **Wednesdays at 10:30 a.m.** 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.

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

May 26th	Mary Ann Hilvert	5710
June 2nd	Tim Praechter	5070
June 9th	Tim Praechter	5560
June 16th	Dorothy Gannon	4190

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.

May 24th	Shirlee Brown	5600
May 31st	Nancy Neiman	3170
June 7th	Nancy Neiman	4750
June 14th	Bob Becker	4200

LADIES' POKER

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

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!

BOOK CLUB

This month's selection is *Big Stone Gap* by Adriana Trigiana. A local town spinster, pharmacist and all-around good gal has decided her predictable life just isn't good enough anymore. Even though she tries to convince herself that she likes being alone and predictable, fate has another scenario in mind. With the discovery of a very big family secret, her entire world and life she has come to know and depend on is turned upside down - but that isn't necessarily a bad thing! Come and discuss the book at our meeting on **Friday, July 22nd at 11:00 a.m.** Books may be signed out from the copy room.

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

Ginny and Holly are taking some time off this summer, so the cinema will not return until September 13th. See you then!

RED HATTERS

The Red Hats next outing will be to the Clovernook Country Club for lunch on Tuesday, July 12th at 11:30 a.m. For more information, contact Mary Wagner at 729-0237.

IN MEMORIUM

We received word on the passing of former member Fern Parent passed away on May 29th. In her day, Fern enjoyed her time playing cards with her husband and current member George Parent.

NEW MEMBERS

Here are the new members that have joined last month: Joyce Baker and Ann Blakenhorn. 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.

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!

SUMMER CONCERT

Enjoy the first of ArtsConnect's concert. Sponsored by Energy Alliances, on **Thursday, July 7th with Wild Carrot and the Root Band and again July 21st with 2nd Wind. Concerts being at 7:00 p.m.** on the grounds of The Grove Banquet Hall & Event Center, which open at 6:00 p.m. Admission to the outdoor concert is FREE. Bring picnic blankets and lawn chairs. Food and beverages will be available for purchase, along with a variety of arts vendors for you to peruse. In the case of inclement weather, a call will be made by 3:30 p.m. on the day of the concert if there is the need to cancel. Announcements will be made on the Township's and ArtsConnect's Facebook pages.

ArtsConnect is also raising funds to support the summer concerts in their annual ball drop campaign. Purchase a numbered ball for \$5 and you may have a chance to win \$300—the more balls you buy, the better your odds! Balls can be purchased at the concerts or by seeing Thom or Karen. For complete information on all the concerts or ArtsConnect activities, call 522-1410 or visit www.theartsconnect.us.

DINNER AND A SHOW

ArtsConnect's first dinner theater of the season will take place at The Grove on Friday, August 12th, beginning at 6:30 p.m. Come enjoy a wonderful dinner by DiStasi's of Wyoming, followed by a performance of "Jackie Robinson — A Game Apart". From the award winning playwright, actor and director, Mike Wiley take a step back in time and meet the legend Jackie Robinson and his experiences of being showered with adulation on the field, but treated as a second-hand citizen outside the stadium. Tickets are \$40 each and include dinner, non-alcoholic beverages, cash bar and show. You can register at the front desk or online at www.TheArtsConnect.Us/dinner-theater.

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.

NEWSLETTER INFO DEADLINE

Information and announcements to be included in the August newsletter must be received by noon, **Friday, July 8th**. If you are submitting items via email, using size 12 Times Roman font is preferable.

OTHER SENIOR PROGRAM OPPORTUNITES

Hamilton County 4-H Fair

The 6th annual Hamilton County 4-H Community Fair will take place on July 13th – 16th at Stricker's Grove, 11490 Hamilton Cleves Road, 45013. You are invited to not only attend, but to enter one of the many artistic and food categories to showcase your talents. Complete information is available at www.hc4hcommunityfair.org or by contacting Mary Ann Henninger at 515-8337.

Winston Churchill

Llanfair Retirement Community, 1701 Llanfair Avenue, 45231 will host Diane Shields from the Museum Center Preservation Society to share the life and legacy of Winston Churchill on Wednesday, August 10th at 10:00 a.m. R.S.V.P. by August 5th to Kim Kaser at 591-4567 or kkaser@llanfair.oprs.org.

SPRINGFIELD TOWNSHIP SENIOR CENTER

Month of July - 2016

Tuesday	Wednesday	Thursday	Friday
<p>Coming up....</p> <p>Summer Concert Series - August 4th Dinner Theater - "Jackie Robinson: A Game Apart" - August 12th** Anticipated Center Closure - August 22nd - 26th ** Requires sign-up in advance</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 10:30a TAE KWON DO</p>	<p>7 9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES</p> <p>Summer Concert Series Grounds Open @ 6:00 p.m.</p>	<p>8 11a CHAIR YOGA</p>
<p>12 9:30a WOODSHOP 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p EUCHRE</p> <p>Red Hats @ Clovernook 11:00 a.m.</p>	<p>13 9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 10:30a TAE KWON DO</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</p>
<p>19 9:30a WOODSHOP 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p EUCHRE</p>	<p>20 9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 10:30a TAE KWON DO</p>	<p>21 9:30a WOODSHOP 11a EXERCISE 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES</p> <p>DOLLARS & DOUGHNUTS - 9:30 a.m.</p> <p>Summer Concert Series Grounds Open @ 6:00 p.m.</p>	<p>22 11a CHAIR YOGA 11a BOOK CLUB</p> <p>B&B Riverboat Lunch, Bingo & Cruising!</p>
<p>26 9:30a WOODSHOP 12:30p ART CLASS 12:30p CHICAGO BRIDGE 1p EUCHRE</p>	<p>27 9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 10:30a TAE KWON DO</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</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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Inside:

- Director's Corner
- 2016 Membership Dues
- Lunch and Learn
- Dollars and Doughnuts
- An-Trip-Apation
- July Calendar of Events

July 2016

...see inside for details

Jackie Robinson – A Game Apart
Friday, August 12th beginning at 6:30 p.m.

Save the Date!

Springfield Township Senior News

