

# Springfield Township Senior News

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



Heat and rain – heat and rain. That has summed up summer in Springfield Township so far. The lawn mowers have had little chance to rest, but at least we are saving a few dollars on the water bill by not having to sprinkle the lawn too much!

No matter what the weather, the Senior Center provides a respite, with a variety of activities. This is a great opportunity to check on those friends of yours you haven't heard from in a while and invite them to join you for a day here at the Center. Tell them to come chill out with you! Try out dominoes, the wood shop, an art class, a game of cards or stop by for movie day.

And even if the mercury continues to climb, look on the bright side – the first snow is probably only 15 or 16 weeks away!!!

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.

### CENTER CLOSURE

As of this writing, the Center is scheduled to be now closed August 29th through September 2nd for our parking lot repaving. If there are any further changes, we notify through email and signage at the center.

### 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](mailto: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](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

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!

### SCHOOL SUPPLIES

Our annual school supply donation drive is off and running!! Lois Alston-Davis has agreed once again to head this worthwhile program to help area students in need.

We have a container in the lobby available to place your donated items through September 22nd. Many office supply stores and businesses are already gearing up for their sales. Area schools are looking for notebook paper, composition books, black ink pens, markers, crayons, pencils, thin 1" binders, deodorant, soap, wash cloths, shampoo, paper towels, hand sanitizers and tissues for those families who cannot afford these items. This is a great way for us to give back to the community and help the next generation – drop in whatever you can today!

## DOLLARS AND DOUGHNUTS

Our next Dollar & Doughnuts talk will be **Thursday, August 18th at 9:30 a.m.** This month, Joe Woelke from Edward Jones Investments will be speaking on "Standing Guard – Protecting What You've Worked For", 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

The next trip is a mystery trip. Why is it a mystery? Because we aren't telling you where you are going... but we do promise to bring you back! We can tell you it will take place on **Friday, August 26th** – tentative departure time is 11:00 a.m. Cost for the transportation and entry is \$30 – there will also be a stop at a nice restaurant for anyone that wishes to have lunch. Casual dress and comfy shoes is your last clue. We need 12 people registered up and paid by August 19th for the trip to take place. Sign up at the front desk today!

## TRIP NUMBER 2

The Art Group invites you to join them on a trip to the Cincinnati Museum Center on **Tuesday, September 13th** to see the DaVinci Exhibit. Cost is \$20 for transportation and entry to the exhibit. Sign up and pay at the front desk by September 6th.

## 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.

Due to work commitments, Ellen will not be holding class on August 11th.

## 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!

April will not be holding class on August 5th as she travels the globe.

## 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.

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

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

June 23rd	Mary Ann Stout	5770
June 30th	Dorothy Gannon	5510
July 7th	Dot Ventura	4730
July 14th	Tim Praechter	5620
July 21st	Kit Whiteman	5160

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.

June 21st	Ellie Miller	3330
June 28th	Bob Becker	4670
July 5th	Irene Hufnagel	4310
July 19th	Carolyn Savage	5100

## LADIES' POKER

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

## MARATHON BRIDGE

Marathon Bridge will meet the first Wednesday of the month from September through May at 12:30 p.m. in Room B. If you weren't signed up in May and would like to play, find a partner and notify Kim Stewart at 297-1166 or 288-4233. Cost will be \$12 per person. All participants must be Senior Center members in good standing.

## DUPLICATE BRIDGE

The Third Wednesday duplicate bridge game will re-commence on September 21st at 12:30 p.m. Please contact Clyde Stauffer to register. New pairs are warmly welcomed!

## 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 *One Summer America 1927* by Bill Bryson. The summer of 1927 began with Charles Lindbergh crossing the Atlantic. Meanwhile, Babe Ruth was closing in on the home run record. In Newark, New Jersey, Alvin "Shipwreck" Kelly sat atop a flagpole for twelve days, and in Chicago, the gangster Al Capone was tightening his grip on bootlegging. The first true "talking picture," Al Jolson's *The Jazz Singer*, was filmed, forever changing the motion picture industry. All this and much, much more transpired in the year Americans attempted and accomplished outsized things—and when the twentieth century truly became the American century. *One Summer* transforms it all into narrative nonfiction of the highest order. Come and discuss the book at our meeting on **Friday, August 26th 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 will be traveling downtown to the Rookwood factory for a tour on **Wednesday, August 10th.** Bus will leave the center at 10:00 a.m. Lunch will be on your own as we stop by the Village Troubadour in Greenhills. Sign-up at the front desk – open to non-red hat members... that includes you guys, too! At least 13 need to be registered for the trip to occur.

## IN MEMORIUM

Nancy Ratz passed away suddenly on July 12th. Nancy was a newer member of the Center and could be found with her crew in the woodcarvers group. In addition to her time here, Nancy was also part of the Cincinnati Carvers Guild.

## NEW MEMBERS

Here are the new members that have joined last month: Margaret Bain, Mary Jane Dunklin, Mary Lee Freeman and Linda Poe. 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

The finale of the ArtsConnect Summer Concert Series will take place on **Thursday, August 4th**, beginning at 7:00 p.m. at The Grove and feature the Cincinnati Civic Orchestra. Doors open at 6:00 p.m.; beverages will be available for purchase. For complete information on all the concerts or ArtsConnect activities, call 522-1410 or visit [www.theartsconnect.us](http://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](http://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 September newsletter must be received by noon, **Friday, August 12th.** If you are submitting items via email, using size 12 Times Roman font is preferable.

## OTHER SENIOR PROGRAM OPPORTUNITES

### Ice Cream Social

Llanfair Retirement Community, 1701 Llanfair Avenue, 45231 will an ice cream social on Friday, August 12th from 12:30 p.m. to 2:30 p.m. to help raise funds for residents who can no longer afford to have their hair care in the Llanfair beauty shops. It's calories for a good cause! Cost of \$5.00 per sundae paid at the door. Contact Kim Kaser at 591-4567 or [kkaser@llanfair.oprs.org](mailto:kkaser@llanfair.oprs.org) for more information.

### Concert on the Patio

Christian Village at Mt. Healthy, 8097 Hamilton Avenue, 45231 the Proctor and Gamble Big Band on Thursday, August 18th at 6:00 p.m. Concert and refreshments are complimentary. For more information, call 931-5000.

# SPRINGFIELD TOWNSHIP SENIOR CENTER

## Month of August - 2016

Tuesday		Wednesday		Thursday		Friday	
<b>2</b>	9:30a WOODSHOP 12:30p CHICAGO BRIDGE 1p EUCHRE	<b>3</b>	9:30a WOODSHOP 10a WOOD CARVING 10a TAE KWON DO	<b>4</b>	9:30a WOODSHOP 12p LADIES' POKER 12:30p 500 CARDS 1p DOMINOES	<b>5</b>	
<b>9</b>	9:30a WOODSHOP 12:30p ART CLASS 1p EUCHRE	<b>10</b>	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 10:30a TAE KWON DO  <b>RED HATS TO ROOKWOOD - 10 A.M.</b>	<b>11</b>	9:30a WOODSHOP 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES	<b>12</b>	11a CHAIR YOGA
<b>16</b>	9:30a WOODSHOP 12:30p ART CLASS 1p EUCHRE	<b>17</b>	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 10:30a TAE KWON DO	<b>18</b>	9:30a WOODSHOP 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES  <b>DOLLARS &amp; DOUGHNUTS - 9:30 a.m.</b>	<b>19</b>	11a CHAIR YOGA
<b>23</b>	9:30a WOODSHOP 12:30p ART CLASS 1p EUCHRE	<b>24</b>	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 10:30a TAE KWON DO	<b>25</b>	9:30a WOODSHOP 12p LADIES' POKER 12:30p CHAIR VOLLEYBALL 12:30p 500 CARDS 1p DOMINOES	<b>26</b>	11a CHAIR YOGA 11a BOOK CLUB  <b>MYSTERY TRIP!! - 11 A.M.</b>
<b>30</b>	<b>CENTER CLOSED</b>	<b>31</b>	<b>CENTER CLOSED</b>	<b>Sept. 1</b>	<b>CENTER CLOSED</b>	<b>2</b>	<b>CENTER CLOSED</b>

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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# Springfield Township Senior & Community Arts Center

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## Inside:

- Director's Corner
- 2016 Membership Dues
- Center Closure
- Dollars and Doughnuts
- An-Trip-Apation
- August Calendar of Events

# August 2016

*...see inside for details*

Friday, August 12th beginning at 6:30 p.m.

## Jackie Robinson – A Game Apart

# Save the Date!

## Springfield Township Senior News

