

Springfield Township Senior News

9158 Winton Road, Cincinnati, Ohio 45231
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I had some fun with this earlier in the year, so I thought I would return to my list of special observances in the month!

Among the many observances, October is “Adopt a Shelter Dog” and “Squirrel Awareness” month - I guess one can take care of the other! For you food lovers, October is National Apple, Chili, Cheese, Corn, Caramel, Sausage, Seafood, Spinach Lovers, and (ironically) Cookbook month, so eat up and enjoy! And someone must have been thinking of me, because October is also National Sarcastic Awareness Month – I will let you insert your own comment here!

Not everything can have its own month – some things only get a week. “Walk Your Dog Week” is the 1st to the 7th; “Drink Local Wine Week” runs from the 9th through the 15th; and “Take Your Medicine Week” is the 10th through the 17th, hopefully not while you are drinking the local wine! Also getting their own week is “Freedom of Speech”, “Chestnuts”, and “Fire Prevention”; I’m not sure if the last one impacts Mel Torme’s lyrics when he sings “Chestnuts roasting on an open fire”?!?

And finally, the dailies... October 1st is “Frugal Fun Day”; October 4th is “National Taco Day”; “National Kick Butt Day” falls on the 10th; “Spiderman” gets his day on the 14th; and “National Chocolate Day” gets the tasty date of October 28th – I’m assuming this carries over to Halloween on the 31st.

There is something we can celebrate everyday if we look hard enough!

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.

As we are in October we start our deal of the year - NEW memberships are back to the full rate of \$20 for Springfield Township and Wyoming residents and \$25 for non-residents and you get the remainder of 2016 and all of 2017 for one price. 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.

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

Lunch and learn is back! Join us on **Tuesday, October 18** when we will be joined by Sandra Guile from the Better Business Bureau to discuss the latest in Scams Against Seniors. Lunch will be meatloaf, mashed potatoes, vegetables and dessert from Mt. Healthy Christian Village.

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. Please plan to sign up and pay by October 18th so that we can have an accurate count for the lunch order.

If you are celebrating your birthday in October and are coming to the lunch, make sure you check the “birthday box” on the registration sheet. Those celebrating a birthday in October and staying for lunch will receive a coupon for a free lunch at either the November, December or January meetings!

DOLLARS AND DOUGHNUTS

Our next Dollar & Doughnuts talk will be **Thursday, October 20th at 9:30 a.m.** This month, Joe Woelke from Edward Jones Investments will be speaking on “Tax-Free Investing and Market Updates”, 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!

ESTATE PLANNING

Join L. John Hartmann from Legacy Planning Services on **Wednesday, October 26th at 11:30 a.m.** for a program on "Getting Your Affairs in Order – Living Trusts and Estate Planning". John will cover what you need to know from the legal and financial side of estate planning, including living trusts, powers of attorney and long term care coverage. Sign-up at the front desk.

BLOOD DRIVE

The Springfield Township Fire Department will be hosting their annual Blood Drive on **Wednesday, October 12th from 2:00 p.m. to 8:00 p.m.** at the Springfield Township Administration Building. Schedule your appointment today by calling station 75 at 521-7578 or go to www.hoxworth.org/groups/springfieldfire. Walk-ins are welcome although it is advised to schedule a time in advance.

HAND, KNEE AND FOOT

Players for Hand, Knee and Foot, a form of Canasta, meet on **Wednesdays at 10:00 a.m.** Depending on players' availability, they may on Thursday as well. 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.

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.

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!

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!

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.

August 18th	Nancy Praechter	4810
August 25th	Rose Peery	4520
September 8th	Karen Berter	4970
September 15th	Kit Whiteman	5760

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.

August 23rd	George Parent	5070
September 6th	Nancy Neiman	3930
September 13th	Jon Sears	3727
September 20th	Nancy Neiman	5300

LADIES' POKER

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

MARATHON BRIDGE

Marathon Bridge meets the first Wednesday of the month from 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 member in good standing.

DUPLICATE BRIDGE

The next duplicate bridge game will be on October 19th at 12:30 p.m. Please contact Clyde Stauffer at 931-2632 for more information

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!

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!

BOOK CLUB

This month's selection is *When Madeline was Young*, by Jane Hamilton. This story follows a non-traditional family in the aftermath of a terrible accident when a beautiful young wife suffers a head injury in a bicycle crash and is left with the mental capabilities of a six-year-old. In the years that follow, her husband and his second wife care for her with deep tenderness and devotion as they raise two children of their own. Come and discuss the book at our meeting on **Friday, October 28th at 11:00 a.m.** Books may be signed out from the copy room.

MOVIE DAYS

Movies are back! Join Holly and Ginny on **Tuesday, October 11th and 25th at 1:00 p.m.** – Movie titles will now be posted on the bulletin board. Cost is \$1.00 for movie and snack.

RED HATTERS

The Red Hatters are going to see how things are painted red, purple and every other color in the rainbow as the head to the Cincinnati Art Museum on **Thursday, October 13th.** You will car pool from the Center, leaving at 10:15 a.m. and head to the museum for a self-guided tour, followed by lunch on your own at the café – there is a reservation for the group at 11:45 a.m. If you behave, they will bring you back to the center following lunch! Contact Queen Mother Lois Cronier for more information.

IN MEMORIUM

We were informed that Pat VanFossen, passed away on July 19th. Pat loved her Cincinnati Reds, dogs and time with her Red Hat group.

NEW MEMBERS

Here are the new members that have joined last month: Norman Corcoran and Nancy Gray. Welcome everyone!

SENIOR INC. BOARD

Currently, the Board still has three vacant 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!

DINNER AND A SHOW

ArtsConnect's last dinner theater of the season will take place at The Grove on **Friday, October 14th**, beginning at 6:30 p.m. Come enjoy a wonderful dinner by DiStasi's of Wyoming, followed by "Dracula: The Radio Play". Remember the good old days of radio when people had to use their imagination, when the mind was a stage? Those days are back, only better. You can see and hear the radio program of Dracula – the story of a small band of mortals who faced the most powerful vampire of them all.

This show is on track to sell out, so get your tickets NOW!! Tickets are \$40 each and include dinner, non-alcoholic beverages, cash bar and show. You can register with Thom 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 November newsletter must be received by noon, **Friday, October 14th.** If you are submitting items via email, using size 12 Times Roman font is preferable.

OTHER SENIOR PROGRAM OPPORTUNITES

Elder Orphans

Llanfair Retirement Community, 1701 Llanfair Avenue, 45231 will host a panel discussion on Thursday, October 13th from 9:30 a.m. to 4:30 p.m. to discuss options for those at risk of becoming an "elder orphan" with no spouse or children living. R.S.V.P. to Kim Kaser at 591-4567 or kkaser@llanfair.oprs.org by October 10th.

Learn to Square Dance

Learn to square dance at the Hayloft Barn of Parky's Farm, 10073 Daly Road, 45231 on Tuesday, October 18, 2016 from 7:00 p.m. to 9 p.m. Casual attire, singles are welcome, cost is \$5 for the class. For more information, call Jane at 703-7400 or JoAnne at 860-0747.

Seniors Luncheon and Fellowship

Gray Road Church of Christ, 4826 Gray Road, 45232, is hosting their annual Seniors Luncheon and Devotional Fellowship on Thursday, October 20th at 10:30 a.m. R.S.V.P. by October 14th to the church office at 541-4100.

SPRINGFIELD TOWNSHIP SENIOR CENTER

Month of October- 2016

Tuesday		Wednesday		Thursday		Friday	
4	9:30a WOODSHOP 12:30p CHICAGO BRIDGE 1p EUCHRE	5	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 10:30a TAI-CHI 12:30p MARATHON BRIDGE	6	9:30a WOODSHOP 12p LADIES' POKER 12:30p 500 CARDS 1p DOMINOES	7	11a CHAIR YOGA
11	9:30a WOODSHOP 12:30p ART CLASS 1p EUCHRE	12	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 10:30a TAI-CHI	13	9:30a WOODSHOP 12p LADIES' POKER 12:30p 500 CARDS 1p DOMINOES	14	11a CHAIR YOGA "DRACULA - THE RADIO PLAY" at The Grove 6:30 p.m.
18	9:30a WOODSHOP 12:30p ART CLASS 1p EUCHRE Lunch & Learn - 10:30 a.m.	19	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 10:30a TAI-CHI 12:30p DUPLICATE BRIDGE	20	9:30a WOODSHOP 12p LADIES' POKER 12:30p 500 CARDS 1p DOMINOES RED HATS TO THE ART MUSEUM Leave at 10:30 a.m.	21	11a CHAIR YOGA
25	9:30a WOODSHOP 12:30p ART CLASS 1p EUCHRE 1p MOVIE DAY - PG	26	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 10:30a TAI-CHI ESTATE PLANNING - 11:30 a.m.	27	9:30a WOODSHOP 12p LADIES' POKER 12:30p 500 CARDS 1p DOMINOES DOLLARS & DOUGHNUTS - 9:30 a.m.	28	11a CHAIR YOGA 11a BOOK CLUB
1 November	9:30a WOODSHOP 12:30p ART CLASS 1p EUCHRE	2	9:30a WOODSHOP 10a STAINED GLASS 10a WOOD CARVING 10a HAND & FOOT 10:30a TAI-CHI 12:30p MARATHON BRIDGE	3	9:30a WOODSHOP 12p LADIES' POKER 12:30p 500 CARDS 1p DOMINOES	1	11a CHAIR YOGA

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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October 2016

...see inside for details

Friday, October 14th beginning at 6:30 p.m.

Dracula: The Radio Play

Save the Date!

Springfield Township Senior News

