

Senior Notes

A bimonthly publication for members of the Yellow Springs Senior Center



Volunteer service and financial contributions are vital to the operation of the Senior Center.
227 Xenia Avenue, Yellow Springs, OH 45387 • 937-767-5751 • ysseniors.org

Director's Comments

Something we all value is autonomy – not that we don't need others in our world, but we appreciate the sense of what we can do on our own. The Senior Center is no different – we take pride in the ways we can be relatively autonomous – but with the support of several key partners.

In what ways are we taking care of ourselves:

- We do not accept business sponsorship or advertisements for income
- Our classes are mostly available at no cost
- Members of the community often develop programs of their own interests
- All ages are welcome to attend
- Several events and activities happen outside of our business hours
- Homemakers providing service in Yellow Springs are employed by the Senior Center
- Our transportation services are free
- We own our building
- The Center reflects the community's ideals of caring and sharing

What makes this possible:

- Over 170 volunteers, who have supplied over 3000 hours of help so far in 2023
- A strong membership comprising of over 15% of the village residents
- Generous donors who provide over 16% of our operating budget
- The Senior Support Levy funds, managed by the Greene County Council on Aging, provides over 40% of our operating budget through grants and in payments for services provided to clients
- The YSSC Board (all volunteers) is dedicated to the success and future of the organization

- The Yellow Springs Community Foundation has been a fiscal partner, holds our largest endowment, and funds grants supporting several projects and improvements
- A skilled and caring staff assure that we continue to respond to community needs and care for the building and each other
- We keep our expenses minimal and rational

YSSC continues to be the only Senior Center in Greene County which does not have any fiscal or in-kind support through the community government. The Senior Services Levy funds remain the most critical aspect of our budget.

Our Annual Appeal, which will commence later this month, is an essential source of funding so that YSSC can continue to serve the community. We have increased our goal this year from \$44,000 to \$48,000. Last year we exceeded our goal and hope we can once again exceed our expectations. Thank you to each person who makes our success possible – volunteers, staff, members, and donors. We're not autonomous at all – we couldn't thrive without all of you!

– Caroline Mullin, Executive Director
937-767-5751 x 101, cmullin@ysseniors.org



Those who came to the inaugural Friday Night Bingo had a great time. Bingo will also be held on October 27, November 10, and December 8.

CLASSES & GROUPS

Exercise, Movement, & Yoga

Rock Steady Boxing*, Mon. noon

For people with PD. *In the Great Room and Zoom.*
Register by emailing info@ysseniors.org to get the link.

Yoga with Reena*, Mon. & Thurs. 1:30 pm

Beginner's yoga. *In the Great Room and on Zoom.*

Qi Gong, Tues. & Fri. 1–1:45 pm

Following an easy DVD. *In the Great Room.*

Tai Chi with Dee, Tues. 5:15 pm & Fri. 11:30 am

Gentle low or no impact exercise. *In the Great Room.*

Tap Fit, Wednesdays, noon

Can be done standing or seated. *In the Great Room.*

Dancing with Parkinson's*, Wed. 2–3 pm

For people with PD. *In the Great Room and on Zoom.*

Learn a Language

Advanced Beginner Spanish, Mon. 4–5 pm

Judith Skillings teaches. *On Zoom.*

Spanish, Wed. noon–1 pm

On Zoom, contact JudithSkillings@yahoo.com.

Intermediate Spanish with Josefina, Thurs. 4 pm

Suggested donation \$100 for 10 sessions. *On Zoom.*
Contact JudithSkillings@yahoo.com.

All Level Spanish Class, Fri. 10 am

An all level Spanish Class. *In the Great Room.*

French Class, Tues. 2 pm

On Zoom, contact Lynda at lyndalh7@hotmail.com.

German in Review, Tues. 3:30–4:30 pm

Taught by Dr. Robert Conard. *In the Fireplace Room.*

American Sign Language, Tues. 4:15 pm

Practice group with no instructor. *In the Great Room.*

Class titles in **Red** are on Zoom. Class titles **underlined*** and with an * are hybrid and are both in person and on Zoom

Check the Calendar on the website for updates at ysseniors.org and on MyActiveCenter.com

Card & Strategy Games

Euchre Online, Mon. & Wed. 1:30 pm

Call Brad, 707-321-2341 for information. *Online.*

Rummikub, Tues. 2 pm

Fun tile game, easy to learn. *In the Great Room.*

Bridge, Second & Fourth Wed. 1–3:30 pm

Bridge. *In the Fireplace Room.*

Bridge, Wed. 6:30–9 pm

Duplicate bridge. *In the Great Room.*

Mahjong, Thurs. & Sat. 1–4 pm

Thurs. *in the Fireplace Room*; Sat. *in the Great Room.*

Scrabble, Sat. 1–3:30 pm

In the Fireplace Room.

Other Social Activities

Ethical Wills with Artie Isaac

Convey your values, stories and info to loved ones.
Thursday, December 21 at 10 am, *in the Fireplace Room.*

Ukulele Class, Tues. 10 am – all levels; and

Thurs. 9:30 am (first three weeks each month) – beginners
In the Great Room.

Knitting, Crochet, & Crafts, Wed. 10 am–noon

Weekly knitting/crocheting. *In the Great Room.*

History Discussion, Second & Fourth Wed. 4 pm

Email henrywmyers1@live.com. *In the Fireplace Room.*

Mending Circle, First & Third Thurs. 6–8 pm

Contact [Hello@SisterTrillium.org](mailto>Hello@SisterTrillium.org). *In the Fireplace Room.*

Tech Help, Fri. 2:30–3:30 pm

No appointment needed, please know or bring your passwords. *In the Fireplace Room.*

Writers Eclectic Group, First & Third Sun. 2 pm

For all writers of all ages and styles. *In the Great Room.*

Shakespeare Reading Group, select Sundays 2 pm

At the meeting room at [Friends Care Assisted Living](http://FriendsCareAssistedLiving.com).

Grandmother Council, Third Sun. 12:30 pm

For info, email dreamspinner.crone@gmail.com.

UPCOMING EVENTS & NEW ACTIVITIES

3

Community Colloquy Series, 3rd Thursday, 7 pm

The Senior Center hosts monthly guests to share their expertise and knowledge with the community.

The November 16 guest is Desiree Nickell, retired YSHS English teacher who will present "Archetypes in Shakespeare." She will show a video that looks at how Shakespeare visited and re-visited critical life themes in his plays.

Programs meet in the Great Room and on Zoom. All are welcome. To get the Zoom link, register on MyActiveCenter.com, call 937-767-5751, or email info@ysseniors.org. There is no event in December.

Monthly Financial Series, 2nd Mondays, 5:30 pm

Ryan Carpe, financial advisor with Edward Jones in Yellow Springs, will end the year with a Market Update on November 13.

Day Trip, Wednesday, November 15, 11:45 am

The November 15 day trip is to Hawthorn Hill, the private home of Orville Wright. There is a possibility of a guided tour if there is enough interest; the tour starts at 12:30 pm, meeting at the main entrance of Carillon Park. The group would be shuttled to the Hawthorn Hill home for a guided 90-minute tour. Cost is \$14 for Dayton History Members, \$16 for others. Tour is not wheelchair accessible. Contact Maggie at 937-767-5751, or info@ysseniors.org by November 8 so a tour can be scheduled if applicable; otherwise, the group will do a self-guided tour. Meet at the Bryan Center parking lot at 11:45 am.

Third Thursday Potlucks, 3rd Thursday, 11:30–1 pm

Join us in the Great Room for monthly potlucks. Please bring a side dish to share. The November 16 guest is someone from the Friends Care Physical Therapy team. The December 21 guest is Andrew Brody who will talk on "self care during the holidays and winter blues."

Bingo, Second Friday of the month, 5:30–7 pm

Play Bingo for cash prizes on November 10 and December 8 in the Great Room with refreshments. Cards cost 25¢ per card each round, play as many cards as you like. Open to ages 21 and up.

Volunteer Appreciation Brunch, November 9

All volunteers are invited to a Volunteer Appreciation Brunch Thursday, November 9 from 10:30–11:30 am.

Improv Class, Mondays, 10–11 am in Nov.

Justin Howard, founder of The Black Box Improv Theater and founder of Emerge Improv, will offer his 20 years of experience and talents helping people exercise their brains and cultivate creativity through improvisational comedy. Justin regularly runs corporate workshops and occasionally can be found offering classes in the village. Classes meet the month of November in the Great Room.

Theater Group, Tuesdays, 10–11:30 am, Dec. & Jan.

Have you wanted to explore the world of acting, but haven't had the chance? In this class, Amy Bennett will lead 5–7 participants through a table reading of the play "Grounds for Murder" and build up to staged rehearsing if possible. No experience necessary and all abilities welcome. The Group will meet in December and January in the Fireplace Room.

Beginner Ukelele, Thursdays 9:30–10:30 am

This is meant to complement the regular ukelele class and be a starting point for beginners who can then move on to the Tuesday class, which is an all-levels class. Meets the first 3 weeks of the month, taking the last week off. Contact Maggie to sign up.

Hearing Aid Help, November 14, 10 am

Harmony Hearing, formerly known as Xenia Hearing Center, will be here to do hearing aid cleanings and hearing screenings. Free packs of batteries will be given to those who show up. They will be coming every other month instead of monthly.

Drawing Practice Group, Fridays 1–2 pm

For those who have taken Drawing for Beginners and want more practice, or those who would like to practice basic drawing with others. Meets in the Fireplace Room.

Strength Training, Mondays 3:30–4:15 pm

Have fun and stay strong with local fitness favorite Andrew Brody as the instructor for this low-impact, strength-training exercise class in the Great Room.

Powerful Tools for Caregivers Course, January

This free, 6-week course (NOT a support group) will be led by Aida Merhemic for up to 12 participants and uses a scripted curriculum to teach invaluable self-care tools for caregivers. Coming in January.

Medicare Open Enrollment

Hello! Open enrollment continues through Thursday, December 7. Coverages may change from year to year, so it is important to review your plan every year. I am available to assist you review your current plan, run comparisons and compare options, and help you sign up for a new plan. On our website, under Programs / Support Services / Medicare, at the bottom of the page is a printable form for listing your current prescriptions. If you don't have access to a printer, you may stop by the Center and pick up a form. This form needs to be completed prior to your appointment.

Please be very wary of advertisements on the television and insurance mail you receive, that appears to be from Medicare, but may actually be a marketing ploy trying to get a commission. The assistance you receive from the Senior Center is provided by OSHIIP volunteers and is unbiased, free, and not based on a commission.

– **Stephanie Lawson, RN, Support Services Manager**
937-767-5751, ext. 108, slawson@ysseniors.org

A Positive Impact

The Senior Center has had a positive impact on the Village for over fifty years, seeing and meeting the needs of our community in ways that can be seen by everyone starting with the thrift store in the '60s, wonderful potluck lunches, and many enriching classes. However, some of the largest impacts that we make are not so readily seen. We help with Medicare changes; we transport individuals to medical appointments and we offer homemaking which allows seniors enough help so that they can safely remain at home and independent. We have some clients that have used our services for over 10 years. Allow us to have a positive impact on your life call and discuss how we can help.

– **Teresa Bondurant, Homemaker Program Manager**
937-767-5751 x107, tbondurant@ysseniors.org

Membership Dues

\$25 annual membership, \$15 for each additional household member. Make check payable to **Yellow Springs Senior Center**. Drop in door slot or mail to: YSSC, 227 Xenia Ave., Yellow Springs, OH, 45387

Or pay online at: ysseniors.org/membership

Making a Difference

“I meant what I said and I said what I meant.”

–Dr. Seuss, *Horton Hears a Who* (1954)

Sure is busy downtown today! What about them Reds? Hot enough for you? Our days are replete with the sing-song of trivial exchanges, chit-chats and chin-waggings conveying seemingly meaningless content. As a child, such “conversations” struck me as predictable pawn openings on a chess board without the intent to play a game. I was flummoxed by the exercise of asking, “How’re ya’ doing?” when the intent was only to elicit the scripted response, “Fine.” Go figure, thought I – and not with any particular charity toward the speaker! I know now that such “empty” palaver, arguably, conveys the fullest of meaning in social interactions. Our impromptu, sidewalk chatterings allow us to project attitude, friendly intent, and to be “present” in the eyes of the other.

However, like receiving nothing but Hallmark cards in lieu of visitors or phone calls when celebrating a personal milestone there is risk of losing connection with others through scripted talk. We are regularly subjected to customer service scripts telling us to “Have a nice day,” or “Please come back again,” or “Thank you,” for example. Does the constant exposure to such mechanical and empty content risk eroding the meaning and gift such expressions represent.

Perhaps. But we need not let it happen. Consider, Carol Cox called the office recently to pass along a change of address. She and Monty are downsizing and will, by now, be settled into their new home at Friends Care Community. What she said next opened my heart. “You know,” she said, “Monty and I could not have hoped to stay in town were it not for the services of the Senior Center.” Whether it’s transportation, Medicare assistance, foreign language class, or exercise programs, the Senior Center is able to make a difference in the community – because the community, through volunteering, extends our reach.

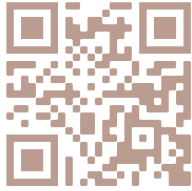
The approach of winter holidays offers many opportunities to express thanks and appreciation. The sheer volume of holiday platitudes provides a self-awareness of the measure between our “scripted” self and “authentic” self. It’s a priceless art to be able to bring simple sincerity into the flow of your life and relationships. It needs to be exercised regularly. Fortunately, there is a reason in every season to do so.

– **Robert Libecap, Transportation Manager**
937-767-5751 x104, rilibecap@ysseniors.org

THURSDAY

FRIDAY

SAT / SUN



	<p>1</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 1:00 — Drawing Practice Group 2:30 — Tech Help</p>	<p>2</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>3</p> <p>2:00 — Writers Eclectic</p>
<p>7</p> <p>9:30 — Beginner Ukulele 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — <u>Intermediate Spanish</u> 6:00 — Mending Circle, Sister Trillium</p>	<p>8</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 1:00 — Drawing Practice Group 2:30 — Tech Help 5:30 — Bingo, p. 3</p>	<p>9</p> <p>1:00 — Mahjong 1:00 — Scrabble 4:00 — Heartstrings Concert, p.12</p> <hr/> <p>10</p> <p>2:00 — <i>Shakespeare Reading Group: Meeting room at Friends Care</i></p>
<p>14</p> <p>9:30 — Beginner Ukulele 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — <u>Intermediate Spanish</u></p>	<p>15</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 1:00 — Drawing Practice Group 2:30 — Tech Help</p>	<p>16</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>17</p> <p>12:30 — <u>Grandmother Council</u> 2:00 — Writers Eclectic 2:00 — <i>Shakespeare Reading Group</i></p>
<p>21</p> <p>9:30 — Beginner Ukulele 10:00 — Ethical Wills with Artie Issac 11:30 — Third Thursday Potluck, p.3 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — <u>Intermediate Spanish</u> 6:00 — Mending Circle, Sister Trillium</p>	<p>22</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 1:00 — Drawing Practice Group 2:30 — Tech Help</p>	<p>23</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>24</p>
<p>28</p> <p>1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — <u>Intermediate Spanish</u></p>	<p>29</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 1:00 — Drawing Practice Group 2:30 — Tech Help</p>	<p>30</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <p style="text-align: right;">Turn over for the November calendar</p>

NOVEMBER 2023

MONDAY

TUESDAY

WEDNESDAY

Turn over for the
December calendar



		<p>1</p> <p>10:00 — Knitting & Crochet 12:00 — Tap Fit 12:00 — Spanish 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge</p>
<p>6</p> <p>10:00 — Improve Class 12:00 — <u>Rock Steady Boxing*</u> 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 3:30 — Strength Training 4:00 — Adv. Beginner Spanish</p>	<p>– ELECTION DAY –</p> <p>7</p> <p>10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 4:15 — American Sign Language 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>8</p> <p>10:00 — Knitting & Crochet 12:00 — Tap Fit 12:00 — Spanish 1:00 — Bridge 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 4:00 — History Discussion Group 6:30 — Bridge</p>
<p>13</p> <p>10:00 — Improve Class 12:00 — <u>Rock Steady Boxing*</u> 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 3:30 — Strength Training 4:00 — Adv. Beginner Spanish 5:30 — Financial Series, p. 3</p>	<p>14</p> <p>10:00 — Hearing Aid Help, p.3 10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 4:15 — American Sign Language 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>15</p> <p>10:00 — Knitting & Crochet 11:45 — Day Trip to Hawthorne Hill, p.3 12:00 — Tap Fit 12:00 — Spanish 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 5:00 — YSSC Board Meeting 6:30 — Bridge</p>
<p>20</p> <p>10:00 — Improve Class 12:00 — <u>Rock Steady Boxing*</u> 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 3:30 — Strength Training 4:00 — Adv. Beginner Spanish</p>	<p>21</p> <p>10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 4:15 — American Sign Language 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>22</p> <p>10:00 — Knitting & Crochet 12:00 — Tap Fit 12:00 — Spanish 1:00 — Bridge 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 4:00 — History Discussion Group 6:30 — Bridge</p>
<p>27</p> <p>10:00 — Improve Class 12:00 — <u>Rock Steady Boxing*</u> 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 3:30 — Strength Training 4:00 — Adv. Beginner Spanish</p>	<p>28</p> <p>10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 4:15 — American Sign Language 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>29</p> <p>10:00 — Knitting & Crochet 12:00 — Tap Fit 12:00 — Spanish 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge</p>

THURSDAY

FRIDAY

SAT / SUN

<p>2</p> <p>9:30 — Beginner Ukulele 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish 6:00 — Mending Circle, Sister Trillium</p>	<p>3</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 1:00 — Drawing Practice Group 2:00 — Drawing for Beginners 2:30 — Tech Help</p>	<p>4</p> <p>1:00 — Pumpkin Launch Fund Raiser at Mullin Farm 1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>2:00 — Writers Eclectic</p> <p>5</p>
<p>9</p> <p>9:30 — Beginner Ukulele 10:30 — Volunteer Appreciation Brunch, p.3 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish</p>	<p>10</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 1:00 — Drawing Practice Group 2:00 — Drawing for Beginners 2:30 — Tech Help 5:30 — Bingo, p.3</p>	<p>11</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>2:00 — <i>Shakespeare Reading Group: Meeting room at Friends Care</i></p> <p>12</p>
<p>16</p> <p>9:30 — Beginner Ukulele 11:30 — Third Thursday Potluck, p.3 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish 6:00 — Mending Circle, Sister Trillium 7:00 — Community Colloquy* Desiree Nickell, p.3</p>	<p>17</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 1:00 — Drawing Practice Group 2:30 — Tech Help 4:00 — Reception for Members Art Show, p.9</p>	<p>18</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>12:30 — Grandmother Council 2:00 — Writers Eclectic 2:00 — <i>Shakespeare Reading Group</i></p> <p>19</p>
<p>23</p> <p>Closed for Thanksgiving</p>	<p>24</p> <p>Closed for Thanksgiving</p>	<p>25</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>2:00 — <i>Shakespeare Reading Group</i></p> <p>26</p>
<p>30</p> <p>1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish</p>	<ul style="list-style-type: none"> • See page 2 for class descriptions • Titles in Red are on Zoom • Titles <u>underlined*</u> & with an * are both in person and on Zoom • <i>Italicized titles</i> meet off site (see page 2 for location) • Zoom links are emailed one hour prior to participants registered through their account on MyActiveCenter.com • Check for updates on ysseniors.org/calendar or MyActiveCenter.com 	

DECEMBER 2023

MONDAY

TUESDAY

WEDNESDAY

**Turn over for the
November calendar**

- See page 2 for class descriptions
- Titles in **Red** are on Zoom
- Titles underlined* & with an * are both in person and on Zoom
- *Italicized titles* meet off site (see page 2 for location)
- Zoom links are emailed one hour prior to participants registered through their account on **MyActiveCenter.com**
- Check for updates on **ysseniors.org/calendar** or **MyActiveCenter.com**

<p>4</p> <p>12:00 — <u>Rock Steady Boxing</u>*</p> <p>1:30 — <u>Yoga with Reena</u>*</p> <p>1:30 — Euchre Online</p> <p>3:30 — Strength Training</p> <p>4:00 — Adv. Beginner Spanish</p>	<p>5</p> <p>10:00 — Theater Group</p> <p>10:00 — Ukulele Class</p> <p>1:00 — Qi Gong</p> <p>2:00 — French Class</p> <p>2:00 — Rummikub</p> <p>3:30 — German in Review</p> <p>4:15 — American Sign Language</p> <p>5:15 — Tai Chi</p> <p>7:00 — YS Strings Rehearsal</p>	<p>6</p> <p>10:00 — Knitting & Crochet</p> <p>12:00 — Tap Fit</p> <p>12:00 — Spanish</p> <p>1:30 — Euchre Online</p> <p>2:00 — <u>Dancing with Parkinson's</u>*</p> <p>6:30 — Bridge</p>
<p>11</p> <p>12:00 — <u>Rock Steady Boxing</u>*</p> <p>1:30 — <u>Yoga with Reena</u>*</p> <p>1:30 — Euchre Online</p> <p>3:30 — Strength Training</p> <p>4:00 — Adv. Beginner Spanish</p>	<p>12</p> <p>10:00 — Theater Group</p> <p>10:00 — Ukulele Class</p> <p>1:00 — Qi Gong</p> <p>2:00 — French Class</p> <p>2:00 — Rummikub</p> <p>3:30 — German in Review</p> <p>4:15 — American Sign Language</p> <p>5:15 — Tai Chi</p> <p>7:00 — YS Strings Rehearsal</p>	<p>13</p> <p>10:00 — Knitting & Crochet</p> <p>12:00 — Tap Fit</p> <p>12:00 — Spanish</p> <p>1:00 — Bridge</p> <p>1:30 — Euchre Online</p> <p>2:00 — <u>Dancing with Parkinson's</u>*</p> <p>4:00 — History Discussion Group</p> <p>6:30 — Bridge</p>
<p>18</p> <p>12:00 — <u>Rock Steady Boxing</u>*</p> <p>1:30 — <u>Yoga with Reena</u>*</p> <p>1:30 — Euchre Online</p> <p>3:30 — Strength Training</p> <p>4:00 — Adv. Beginner Spanish</p>	<p>19</p> <p>10:00 — Theater Group</p> <p>10:00 — Ukulele Class</p> <p>1:00 — Qi Gong</p> <p>2:00 — French Class</p> <p>2:00 — Rummikub</p> <p>3:30 — German in Review</p> <p>4:15 — American Sign Language</p> <p>5:15 — Tai Chi</p> <p>7:00 — YS Strings Rehearsal</p>	<p>20</p> <p>10:00 — Knitting & Crochet</p> <p>12:00 — Tap Fit</p> <p>12:00 — Spanish</p> <p>1:30 — Euchre Online</p> <p>2:00 — <u>Dancing with Parkinson's</u>*</p> <p>6:30 — Bridge</p>
<p>25</p> <p>Closed for Christmas</p>	<p>26</p> <p>10:00 — Theater Group</p> <p>10:00 — Ukulele Class</p> <p>1:00 — Qi Gong</p> <p>2:00 — French Class</p> <p>2:00 — Rummikub</p> <p>3:30 — German in Review</p> <p>4:15 — American Sign Language</p> <p>5:15 — Tai Chi</p> <p>7:00 — YS Strings Rehearsal</p>	<p>27</p> <p>10:00 — Knitting & Crochet</p> <p>12:00 — Tap Fit</p> <p>12:00 — Spanish</p> <p>1:00 — Bridge</p> <p>1:30 — Euchre Online</p> <p>2:00 — <u>Dancing with Parkinson's</u>*</p> <p>4:00 — History Discussion Group</p> <p>5:00 — YSSC Board Meeting</p> <p>6:30 — Bridge</p>

Greene County Council on Aging

2023 Holiday Gift Soiree

The Greene County Council on Aging's Holiday Gift Soiree will be held on Wednesday, November 29 from 10 am–6 pm at the Xenia Community Center, 1265 W 2nd St. in Xenia, next to the Council's office. They are planning a special experience and the opportunity to purchase unique handcrafted items and homemade treats. The YSSC Staff will be going – if you'd like a ride, call 937-767-5751 or email info@ysseniors.org.

Other GCCOA Events

- **Caregiver Support Group:** Mondays, Nov. 6 and 20; Dec. 4 and 18 (first and third Mondays) from 6–7:30 pm at the First Presbyterian Church in Yellow Springs
- **Grief & Loss Group:** Mondays, Nov. 13 and Dec. 11 (second Mondays) from 10 am–noon at Peace Lutheran Church in Beavercreek.
- **Memory Loss, Dementia & Alzheimer's Disease:** Wednesday, Nov. 15 from 2:30–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Legal Chat:** Thursday, Nov. 16 and Dec. 14 (third Thursdays) at 2:30 pm at Peace Lutheran Church, 3530 Dayton-Xenia Road, Beavercreek. Enter at lower level door with awning.
- **Medicare 101:** Wednesday, Dec. 13, 2:30–4 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.

Contact GCCOA with questions or to register for these events at 937-376-5486 or send an email to YourFriends@gcco.org. Information is also available on their website at gcco.org.

Grocery Delivery

The Senior Center shops for groceries weekly from Tom's Market for anyone homebound due to transportation, mobility, or health issues. Deliveries are on **Fridays** and **orders are due by 11 am on Thursdays**. Orders are accepted one of three ways:

- e-mail to info@ysseniors.org
- ysseniors.org/grocery-delivery-program
- calling 937-767-5751 Mon.–Fri. 9:30 am–4 pm

A Credit Card/Debit Card/EBT card is used. This is a free service; donations are gratefully accepted.

Ripples 2024

Ripples is an annual literary magazine featuring poems and articles by or about older adults in the community. Submit your stories, poems, and photos created by or featuring residents of Yellow Springs and Miami Township who are age 55 and over.

The deadline is March 15, 2024. Submission guidelines are available at the Senior Center and on the website at ysseniors.org/Ripples.

Send your typed, ready to print submissions along with a submission form to:

YSSC – *Ripples*
227 Xenia Ave.

Yellow Springs, OH 45387

Or email to pgeisel@ysseniors.org.

Copies of past issues are available at the Senior Center and on the website at the address above.



Members Art Show

The Members Art Show will be up in YSSC Fireplace Room Gallery from Wednesday, November 8–Friday, December 22. There will be a reception on Friday, November 17 from 4–6 pm. *Above: "American Gothic – YS 2023," art quilt by Chris Zurbuchen.*

A BIG THANK YOU!

End of year thanks to volunteers – some work in the building, some lead classes, others drive passengers or make grocery deliveries. The hours of unpaid labor provide much of the service of our organization. We apologize to anyone whose name was accidentally omitted.

Amy Achor	Cindy Diehl	Charles Keller	Luisa Lang Owen
Ven Adkins	Keith Doubt	Bette Kelley	Harvey Paige
Susan Alberter	Susan Doubt	Bill Kent	Jerry Papania
Patty Alexander	Rosalie Douglas	Jo Ann Kiser	Linda Parsons
Katherine Anderson	Deborah Downey	Mia Knight	Suzanne Patterson
Kristyn Andrews	Laurie Dreamspinner	Margaret Koebernick	Cyndi Pauwels
Dave Anthony	Margaret Dunn	Michael Kraus	Corinne Pelzl
Joyce Reena Appell	Becky Edwards	Melissa Kuhns	Daniel Pelzl
Diana Atkins	Katie Egart	Sally Lane	Gabriel Potter
Sue Augustus	Tracy Elzy	Ruth Lapp	Julie Potter
Jim Bailey	Phyllis Evans	Fran LaSalle	Diana Quirk
Ryan Beach	Jim Felder	Moira Laughlin	Macy Reynolds
Anna Bellisari	Dave Finster	Pegeen Laughlin	Roger Reynolds
Sara Beltran	Joy Fishbain	Hannah Lawson	Julie Richardson
Kathy Beverly	Judy Fors	Kate LeVesconte	Marcia Ridgley
Tanjore Bhuvanewari	Susan Freeman	Robert Libecap	Dorothy Rike
Andree Bognar	Janice Gairy	Marcella Link	Pat Robinow
Susan Bothwell	Kai Gerstein	Maureen Lynch	Dee Rockwood
Bruce Bradtmiller	Larry Gerthoffer	Barbara Mann	Libby Rudolf
C. Jayne Brahler	Cammy Grote	Chloe Manor	Josue Salmeron
Bob Brecha	Wayne Gulden	Rebecca Mark	Linda Scutt
Angela Brintlinger	Gayle Gyure	Linda Mates	Katharina Seidl
Karla Bristow	Sherry Harding	Jim Mayer	Linda Sikes
Andrew Brody	Lynn Hardman	Matan Mazursky	Judith Skillings
Barbara Brookshire	Amy Harper	Patty McAllister	Mary Kay Smith
Michael Brown	Kazuko Heaton	Deborah McGee	Lynn Sontag
Jerry Buck	Tim Heaton	Larry McKeever	Jerry Sutton
Kathy Buck	Luan Heit	Megan Meier	Bobbi Treadwell
Arati Cacciolfi	Debbie Henderson	Nancy Mellon	Greg Treadwell
Mary Cargan	Melissa Heston	Carmen Milano	Daphne Trillana
Ryan Carpe	Lynda Hicks	Marian Miller	David Turner
Diane Chiddister	Cathy Hill	Misty Monee	Holly Underwood
Lorena Christopher-Skinner	Joe Hill	Marianne Moseman	Aamil Wagner
Connie Collett	Anna Hogarty	Maxwell Mullin	Ahmad Wagner
Robert Conard	Andy Holyoke	Paul Mullin	Amani Wagner
Sheilah Conard	Beth Holyoke	Chris Murphy	Holly Weir
Pam Conine	Lee Huntington	Henry Myers	Marianne Whelchel
Carol Cottom	Paula Hurwitz	James Myers	Michelle Wilson
Christopher Cox	Robert Huston	Sue Neff	Susan Wolf
Linda Cox	Tia Huston	Desiree Nickell	Lin Wood
Grant Crawford	Kim Iconis	Cynthia Olsen	Richard Zopf
Margaret Dean	Artie Isaac		
Tom Degenhart	Alisa Isaac		
Mark Delozier	Francis Jennings		
Simone Demarzi	Sandra Jessen		
Celia Diamond	Jim Johnson		
	Ruth Jordan		

A heartfelt thank you to Dinah Anderson and Lynn Hardman, who have been bringing bouquets of dahlias from their gardens, and Bob & Tia Huston and Diana Atkins who have been sharing vegetables from their gardens. Diana also keeps the front flower boxes going.

A BIG THANK YOU to Lin Wood for her 20 years of service!

November Birthdays

11/02 Vernon Courtney
 11/02 Linda Chernick
 11/02 Lucrecia Guerrero
 11/03 Christopher Cox
 11/03 Chris Murphy
 11/03* Richard Simons
 11/04 Diane Diller
 11/04 Pamela Gillespie Dapore
 11/07 Linda Cox
 11/08 Mitch Coleman
 11/09* JoAnn Kiser
 11/09* Ruth Darrow
 11/09 Florence Randolph
 11/11* Nancy Lundgren
 11/12* Peggy Erskine
 11/13* Janice Bishop
 11/13 Connie Collett
 11/13 Katie Egart
 11/14 Lynda Ream
 11/14* Mary Cargan
 11/14 Dione Greenberg
 11/17* Elaine Brown
 11/17 Thad Triplett
 11/19 Marcilina Meigs-Kilby
 11/21 Helen Blankenship
 11/21 Harriett Dadras
 11/21* Sally Lane
 11/22 Steve McColaugh
 11/24 Franklin Halley
 11/24* Ernest Koerlin
 11/24* Grover Criswell
 11/25 Randi Rothman
 11/27* John Lane
 11/28 Tom Logsdon
 11/29 Bobbi Treadwell
 11/29 Suzann Blanton
 11/30 Beth Holyoke
 11/30 Lorena Christopher-Skinner

Welcome NEW Members!

Tami Absi
 Christine Adair
 Angela Beltran
 Sara Beltran
 Anna Bowers
 Joann Chamberlin
 Joysan Edwards
 Deloria Jacobs
 Linda Potter
 Dr. Wanda Stewart-Hardin
 Marcia D. Thompson

December Birthdays

12/01 Carl Champney
 12/02 Maggie Dean
 12/02 Julia Harris
 12/03 Kathryn LeVesconte
 12/04 Rebecca Ramsey Fenton
 12/04* Dave Anthony
 12/04 Betty Ross
 12/04 Fred Bartenstein
 12/05 Victoria Brookshire
 12/05* Malte von Matthiessen
 12/05* Juanita Richardson
 12/05 Susan G. Miller
 12/06* Edmond Vernot
 12/08* Dee Krieg
 12/08* Anna Bellisari
 12/08 Gary Zaremsky
 12/09 Marty Rochon
 12/10 Simone Stave Demarzi
 12/10 Bruce Parker
 12/12* Sharon Mohler
 12/12 George Wanicek, Jr.
 12/12 Michael Meier
 12/15* James Felder
 12/15* Marcella Link
 12/16 Rebecca Mark
 12/18 Patricia Dunlap
 12/19* Tia Huston
 12/19 Catherine Lehman
 12/19 Ildiko Marcus
 12/20* Lynn McCown
 12/20* Annette Robb
 12/20 Eve Odiorne Sullivan
 12/20 Kelly Ann Tracy
 12/21 Holly Knight
 12/22 Allen Hunt
 12/22 Nancy Mellon
 12/22 Priscilla Moore
 12/23* Joe O'Conner
 12/24* Patricia Simon
 12/25* Bradlee Terry
 12/27 Kate Anderson
 12/27 Grace Lefthand-Jennings
 12/28 Gayle Gyure
 12/28 Deb Jerison
 12/29 Elizabeth Porter
 12/30* Dr. Carl Hyde
 12/31 Larry Halpern

*Indicates those known to be 80 or older. Apologize to anyone who may have been left off in error.



**Yellow Springs
 Senior Citizens, Inc.**
Established 1959

Board of Trustees

Wayne Gulden, *President*
 Diane Chiddister, *Vice-President*
 Jerry Sutton, *Treasurer*
 Anna Bellisari, *Secretary*
 Ven Adkins, Susan Alberter,
 Dr. Christopher Cox, Jim Johnson,
 Linda Scutt

Staff – 937-767-5751

Executive Director

Caroline Mullin, x101

Homemaker Program Manager

Teresa Bondurant, x107

Support Services Manager

Stephanie Lawson, x108

Transportation Manager

Robert Libecap, x104

Activities & Volunteer Coordinator

Maggie Dean, x109

Bookkeeper

Jeanna GunderKline, x102

Operations Assistant

Lin Wood, x103

Marketing Manager

Pam Geisel, x106

Miller Fellow

Linda Sikes

Homemakers: Vicci Ayers, Amy

Bennett, Suzann Blanton, Jennifer
 Johnson, Julia Molnar, Heather
 Neill, Tamara Smith, Aiysha Walker

Newsletter Deadline

Copy deadline is **Dec. 1** for Jan/Feb,
 emailed to pgeisel@ysseniors.org

Mailing Volunteers

Andree Bogнар, Karla Bristow,
 Barbara Brookshire, Simone Demarzi
 Celia Diamond, SanDee Jesson,
 Melissa Kuhns

**This issue and past issues
 of Senior Notes are on the
 website under the Other tab:
ysseniors.org/newsletter**



227 Xenia Avenue
 Yellow Springs OH
 45387
 937-767-5751
 www.ysseniors.org

Nonprofit
 Organization
 US Postage
 PAID
 Permit No. 281
 Xenia, OH 45385

Nov/Dec 2023

YSSC Services

- Transportation
- Support Services
- Homemaker Program
- Activities Program

CURRENT RESIDENT OR:

Senior Center Services

- Transportation
- Support Services
- Homemaker Program
- Activities Program

Senior Center Hours

Mon.–Fri. 9:30 am–4:00 pm

Closed: *New Year's Day, Martin Luther King, Jr. Day, Presidents' Day, Memorial Day, Juneteenth, Independence Day, Labor Day, Thanksgiving Day, Day after Thanksgiving, & Christmas Day*



Heartstrings Holiday Concert

The musical group Heartstrings will present a holiday concert with festive holiday music at the Senior Center on Saturday, December 9 at 4 pm. The musicians, Mary Beth Burkholder, Sarah Goldstein, Linda Scutt, and Carol Van Ausdal, perform instrumental and vocal music from the Celtic, Appalachian, and Scandinavian traditions. Guest musicians Mark Delozier, Cammy Grote, and Paul Van Ausdal will also perform. There is a suggested donation of \$10 at the door. All proceeds from the concert will benefit the Senior Center. Complimentary refreshments will be provided.

Mission: To enhance the dignity and quality of life of seniors in Yellow Springs and Miami Township and to foster interaction among them and with the community.