

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

Being Prepared for Changes

It may be a cliché, but change really is inevitable. We don't have the ability to control every change coming our way, but we can plan ahead. The Senior Center is putting together plans to witness a big change together – yes, a new building, eventually – but first, there's a total solar eclipse on April 8.

We are inviting the community to gather on the property we have purchased (corner of Livermore and East North College St.) to share the experience of watching the eclipse happen. We'll have helpful people to describe what is happening and provide special viewing glasses and equipment so everyone can share the experience safely and comfortably. Bring a chair or blanket and dress for the weather, we won't have shelter besides shade trees.

Plan to arrive at by 2 pm on Monday, April 8 so that you can watch the transition. The full eclipse happens just after 3 pm, but the experience leading up to it is fascinating, too. And this is where I shift into allegory...how we all prepare for transitions.

There are endless resources aimed at helping to plan for retirement, mostly focused on the financial picture. Certainly, that is an essential consideration, but other changes come with retirement – how you fill your time, what gives you purpose, who you

see routinely, and assuring that you stay active. At retirement, those aspects of life are finally in your hands instead of your employer. We welcome you (at any age or stage) to see if the Center can support these aspects of life. Perhaps we can help you prepare well before the transition to retirement.

Other changes, especially in our health, are unpredictable and often impossible to prepare for. The programs offered by the Center: Homemaking, Transportation, Support Services, support groups and linkage to additional services are available with just a phone call. The compassion and knowledge of our team will help guide you through challenges, decisions and the inevitable transitions.

There have been many questions about next steps for YSSC: No, we're not anywhere near "breaking ground." It will be a few years before YSSC's big transition can come together – getting organized for fundraising, design, and construction of a new building takes time. If you would like to join in the work, please let me know. Upcoming events will include dialogues about the facility needs of our future, forming committees for the Capital Campaign, and a community survey. When the new building is done, we will be selling 227 Xenia Avenue.

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



Future site of the Yellow Springs Senior Center, the corner of Livermore and East North College St.

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*

All levels welcome. *In the Great Room and on Zoom.*

Strength Training with Andrew*, *Mon. 3:30 pm*

Low impact. *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*

Classes cost \$10 per person. *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.*

German in Review, *Tues. 3:30–4:30 pm*

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

French Conversation*, *Wed. 3:30 pm*

In the Great Room and on Zoom.

American Sign Language, *Tues. 4:15 pm*

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

Red = Zoom / **Underlined*** = in person & Zoom

Check for updates at: ysseniors.org/calendar
or 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

Bi-Monthly Financial Series, *2nd Mondays, 5 pm*

Ryan Beach will present financial information in April, June, August, and October. *In the Great Room.*

Ukulele Classes, *Tues. 10–11:30 am – all levels; and*

Thurs. 9:30 am (first three weeks each month) – beginners

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

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

Big Talk with Karla, *Wed. 10–11 am*

Skipping the small talk. *In the Fireplace Room*

Current Events Discussion Group,

Second & Fourth Wed. 4 pm, In the Fireplace Room.

Drawing Practice Group, *Fri. 1–2 pm*

All are welcome to practice. *In the Fireplace Room*

Tech Help, *Fri. 2:30–3:30 pm*

No appointment necessary but please bring your passwords. *In the Fireplace Room.*

Bingo, *Last Friday of the month, 4–5:30 pm*

25¢ per card, must be 21. *In the Great Room*

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.

Thursday, March 21 is “Preparing for the April solar eclipse: Astronomy and Astrophotography from the Miami Valley” presented by Jack Bernstein of the Miami Valley Astrological Society.

Thursday, April 18 is “Story of Great Council.” Talon Silverhorn of the Ohio Department of Natural Resources will update the village on Ohio’s newest state park, Great Council, on US 68 in Old Town.

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.

Day Trips

Wat Da Pho Restaurant, Thurs. Mar. 14, 10:30 am

A lunch outing for Vietnamese cuisine in Beavercreek. Pay individually. Meet at the John Bryan lot to carpool. Contact Maggie to register.

Cedar Bog, Wed. April 10, 9:45 am

Let’s return to the Bog in the Spring and see how different the landscape looks. Meet at the John Bryan lot to carpool. Contact Maggie to register.

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 March 21 potluck speaker is Kelli Jacob, a local Pilates instructor who is passionate about the benefits of Pilates for aging bodies. Kelli will share her expertise and resources.

The April 18 potluck speaker is Lisa Dalga from Pro Seniors who will talk on protecting personal information, detecting and avoiding scams, and where to report it.

Improv Group, Thursdays, 10:30–11:30 am

The Improv Group welcomes back Justin Howard for another 8-week session starting March 7.

Golden Morning Walkers, Thursdays, 9–10 am

This group is officially starting back up for the Spring and meets at the Vernet building in Glen Helen. Amy Harper is the volunteer leader for this group. Contact Maggie to register or with questions. Parking in the Glen lot is free to group attendees.

Training Between the Ears, Mon., Mar. 4, 10:30–11 am

Neil Silvert and his dog Ace will teach this system focused on teaching how to help our dogs have a positive perspective about the “work” we have them do in order to improve the quality of life and relationship they have with their owners and with the outside world. Obedience comes as a byproduct of this. Contact Maggie to register. *No dogs in class.*

Pie Party for Drivers, Thurs., Mar. 14, 3–4 pm

This is a celebration for those volunteers that “drive” our Transportation program.

March Pottery Project, Thurs. Mar. 19 & 26, 1–3 pm

Celebrate Spring by creating something with your hands at John Bryan Pottery. Make a vase/tumbler and glaze it under the guidance of Meg at the John Bryan Community Pottery. \$30 per person, 10 person maximum. Contact Maggie to register.

Face & Neck Exercise, Wed., Mar. 20, 3:30–4:30 pm

A one-time workshop to review the basics of facial exercises. Andrew Brody teaches the basics of this self-care and wellness technique. Suggested donation of \$5 per person. Contact Maggie to register.

Spring Cleaning Event, Sun., Mar. 24, 1–3 pm

Please come help us give the building a great freshen up for spring indoors and out.

Medications & Older Adults, Tues., Apr. 9, 2 pm

Marty Eng from the Greene County Council on Aging will present on Medications & Older Adults. If you’d like Marty to review your medications, you may bring them in.

Hearing Aid Help, Apr. 25, 10–11:30 am

Harmony Hearing, formerly known as Xenia Hearing Center, will be here to do hearing aid cleanings and hearing screenings.

Spring Fling Social, Thurs., Apr. 25, 3–4 pm

Join us for treats and fun to celebrate Spring!

Discussing Our Own Death, first Sat. of each month

The “Discussing our own Death” conversation group meets every first Saturday of the month from 3:30–5 pm in the YS Library Meeting Room.

Spring is Near

Hello Everyone! Spring is approaching, which means tax season has arrived. The Yellow Springs Library has instructions and Federal Tax 1040 and Ohio State tax forms. Information and forms may be found online at www.irs.gov and tax.ohio.gov/individual/filing-season-central. Please note that this year the filing deadline is April 15.

The Volunteer Income Tax Assistance (VITA) staff will be offering in-person tax appointments at the Xenia Community Center (1265 W. 2nd St. in Xenia) through April 12, 2024. Appointments are available on Mondays, Tuesdays, and Fridays from 10 am–3 pm. If you get assistance from the VITA staff, you must bring the appropriate documentation to your appointment. For information on scheduling an appointment call 937-352-4000 (option 3) or visit the Info Desk at the Xenia Branch of the Greene County Library. All of the information about appointments and the required documentation that is needed for your appointment can be found at greenelibrary.info/taxes.

The Greene County Council on Aging also has a list of places offering no-cost tax preparation. Information is at www.gcco.org/senior-centers.

If you need a break from taxes, step outside and enjoy the sights and sounds of nature. Happy Spring!

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

Helping You

According to the dictionary, the word “help” can be a noun (a person, place, or thing that helps) or a verb (to give or provide what is necessary to accomplish a task or satisfy a need). Our Senior Center is a wonderful source for all kinds of help. We are particularly motivated to help Seniors in Yellow Springs be all they can be, by providing activities to enjoy and provide mental stimulation for members and friends. We offer help with transportation for medical appointments and for medication pick-up. We also help with Medicare, housekeeping, and cooking. We provide free assistive devices, durable medical products like Depends, bed pads, and a warm reception while figuring out what help you or a loved one may need. Please call or visit the Center, see what we have or what we can do that may help enhance your well-being.

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

Solvitur Ambulando

*Walkin’ in the sunshine, sing a little sunshine song
Put a smile upon your face as if there’s nothing wrong...
Think about forgetting about your worries and your woes
Walkin’ in the sunshine, sing a little sunshine song*
– Roger Miller, *Walkin’ in the Sunshine*

Apparently, Tik Tok, a vast vortex that sweeps away time and mind, has discovered the act of silent walking – *i.e.*, leaving all digital gadgets at home – promotes better health for body and mind! Yes, “silent walking” is the new rage! Funny that, don’t you think, that walking should capture so many “likes” in our hi-tech world of hi-def screens and streaming media?

Before the age of Telstar, smart phones, DMs, ear buds, streaming media, Birkenstocks, 24/7 news programming and such, there was – always – walking. *Sahelanthropus tchadensis*, one of the earliest species of the human family tree, may have been walking for 6–7 million years – long before tool-making artifacts appeared on the scene. Changes in the upper femur of *Orrorin tugenensis*, 6 million years ago is strong evidence of navigated a variety of habitats on two legs. Stronger knees – even though some would argue, not strong enough! – were a trait of *Australopithecus anamensis* by 4 million BCE. Spine, hips, longer legs, too, would all change – making our bodies built for walking.

As you know, “silent” walking has been endorsed by zillions of doctors and psychologists for years. Research consistently details its health benefits: walking 30 minutes every day improves cardiovascular fitness; strengthens bones; lowers blood pressure; boosts endurance and so much more. It may not help you quickly lose the weight you hoped for on New Year’s Day but some studies suggest it helps taming the sweet tooth. Furthermore, swinging those arms and legs releases endorphins and serotonin help elevate your mood. The list of walking benefits goes on and on: from promoting body confidence and combating anxiety and depression, to reducing stress and improving sleep.

Spring is soon upon us. It’s fitting that we get out, take a walk to welcome its arrival. A perfect activity to witness, first hand, Nature’s promise of new beginnings, new growth, return of warmth and color – and the opportunities to meet and greet others doing the same!

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

THURSDAY

FRIDAY

SAT / SUN

<p style="text-align: right;">4</p> <p>9:00 — Golden Morning Walkers 9:30 — Beginner Ukulele 10:30 — Improv Group 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish</p>	<p style="text-align: right;">5</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 style="text-align: right;">6</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p style="text-align: right;">7</p>
<p style="text-align: right;">11</p> <p>9:00 — Golden Morning Walkers 9:30 — Beginner Ukulele 10:30 — Improv Group 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish</p>	<p style="text-align: right;">12</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 style="text-align: right;">13</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p style="text-align: right;">14</p>
<p style="text-align: right;">18</p> <p>9:00 — Golden Morning Walkers 9:30 — Beginner Ukulele 10:30 — Improv Group 11:30 — Third Thursday Potluck, p.3 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish 7:00 — Community Colloquy*, p.3</p>	<p style="text-align: right;">19</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 1:00 — Drawing Practice Group 2:00 — Flash Mob Practice, p.12 2:30 — Tech Help</p>	<p style="text-align: right;">20</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p style="text-align: right;">21</p> <p>12:30 — Grandmother Council</p>
<p style="text-align: right;">25</p> <p>9:00 — Golden Morning Walkers 10:00 — Hearing Aid Help, p.3 10:30 — Improv Group 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 3:00 — Spring Fling Social, p.3 4:00 — Intermediate Spanish</p>	<p style="text-align: right;">26</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 1:00 — Drawing Practice Group 2:00 — Flash Mob Practice 2:30 — Tech Help 4:00 — Bingo</p>	<p style="text-align: right;">27</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p style="text-align: right;">28</p>

- 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**



MARCH 2024

MONDAY

TUESDAY

WEDNESDAY

Turn over for the
April 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>10:30 — <u>Training Between the Ears</u>, p.3</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>2:30 — Ethical Wills</p> <p>3:30 — <u>Strength Training*</u></p> <p>4:00 — Adv. Beginner Spanish</p>	<p>5</p> <p>10:00 — Ukulele Class</p> <p>1:00 — Qi Gong</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 — Big Talk with Karla</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>3:30 — <u>French Conversation*</u></p> <p>6:30 — Bridge</p>
<p>11</p> <p>10:00 — <u>Draw What You See</u>, p.10</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>2:30 — Ethical Wills</p> <p>3:30 — <u>Strength Training*</u></p> <p>4:00 — Adv. Beginner Spanish</p>	<p>12</p> <p>10:00 — Ukulele Class</p> <p>1:00 — Qi Gong</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 — Big Talk with Karla</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>3:30 — <u>French Conversation*</u></p> <p>4:00 — Current Events</p> <p>6:30 — Bridge</p>
<p>18</p> <p>10:00 — Draw What You See</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 — <u>Strength Training*</u></p> <p>4:00 — Adv. Beginner Spanish</p>	<p>19</p> <p>10:00 — Ukulele Class</p> <p>1:00 — Qi Gong</p> <p>1:00 — Pottery Project, p.3</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 — Big Talk with Karla</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>3:30 — <u>French Conversation*</u></p> <p>3:30 — Face & Neck Exercise, p.3</p> <p>6:30 — Bridge</p>
<p>25</p> <p>10:00 — Draw What You See</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 — <u>Strength Training*</u></p> <p>4:00 — Adv. Beginner Spanish</p>	<p>26</p> <p>10:00 — Ukulele Class</p> <p>1:00 — Qi Gong</p> <p>1:00 — Pottery Project</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 — Big Talk with Karla</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>3:30 — <u>French Conversation*</u></p> <p>4:00 — Current Events</p> <p>5:00 — YSSC Board Meeting</p> <p>6:30 — Bridge</p>

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 2:00 — Drawing for Beginners, p.10 2:30 — Tech Help</p>	<p>2</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>3</p>
<p>7</p> <p>9:00 — Golden Morning Walkers, p.3 9:30 — Beginner Ukulele 10:30 — Improv Group, p.3 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish</p>	<p>8</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 1:00 — Drawing Practice Group 2:00 — Drawing for Beginners 2:30 — Tech Help 4:00 — Art Reception, p.9</p>	<p>9</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>10</p>
<p>14</p> <p>9:00 — Golden Morning Walkers 9:30 — Beginner Ukulele 10:30 — Improv Group 10:30 — Lunch trip: Wat Da Pho, p.3 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 3:00 — Pie Party, p.3 4:00 — Intermediate Spanish</p>	<p>15</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 1:00 — Drawing Practice Group 2:00 — Drawing for Beginners 2:30 — Tech Help</p>	<p>16</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>17</p> <p>12:30 — Grandmother Council</p>
<p>21</p> <p>9:00 — Golden Morning Walkers 9:30 — Beginner Ukulele 10:30 — Improv Group 11:30 — Third Thursday Potluck, p.3 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish 7:00 — Community Colloquy*, p.3</p>	<p>22</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 1:00 — Drawing Practice Group 2:00 — Drawing for Beginners 2:30 — Tech Help</p>	<p>23</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>24</p> <p>1:00 — Springing Clean Event, p.3</p>
<p>28</p> <p>9:00 — Golden Morning Walkers 10:30 — Improv Group 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish</p>	<p>29</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 1:00 — Drawing Practice Group 2:00 — Drawing for Beginners 2:30 — Tech Help 4:00 — Bingo</p>	<p>30</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>31</p>

APRIL 2024

MONDAY

TUESDAY

WEDNESDAY

<p>1</p> <p>10:00 — Draw What You See 12:00 — <u>Rock Steady Boxing*</u> 1:30 — <u>Yoga with Reena*</u> 1:30 — <u>Euchre Online</u> 3:30 — <u>Strength Training*</u> 4:00 — <u>Adv. Beginner Spanish</u></p>	<p>2</p> <p>10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — Rummikub 3:30 — German in Review 4:15 — American Sign Language 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>3</p> <p>10:00 — Big Talk with Karla 10:00 — Knitting & Crochet 12:00 — Tap Fit 12:00 — <u>Spanish</u> 1:30 — <u>Euchre Online</u> 2:00 — <u>Dancing with Parkinson's*</u> 3:30 — <u>French Conversation*</u> 6:30 — Bridge</p>
<p>8</p> <p>10:00 — Draw What You See 12:00 — <u>Rock Steady Boxing*</u> 1:00 — YSSC BUILDING CLOSED 1:30 — <u>Eclipse viewing at the new property, p.1</u> 1:30 — <u>Euchre Online</u> 4:00 — <u>Adv. Beginner Spanish</u> 5:00 — Financial Series</p>	<p>9</p> <p>10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — Rummikub 2:00 — Medication & Older Adults, p.3 3:30 — German in Review 4:15 — American Sign Language 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>9:45 — Day Trip: Cedar Bog, p.3</p> <p>10</p> <p>10:00 — Big Talk with Karla 10:00 — Knitting & Crochet 12:00 — Tap Fit 12:00 — <u>Spanish</u> 1:00 — Bridge 1:30 — <u>Euchre Online</u> 2:00 — <u>Dancing with Parkinson's*</u> 3:30 — <u>French Conversation*</u> 4:00 — Current Events 6:30 — Bridge</p>
<p>15</p> <p>10:00 — Draw What You See 12:00 — <u>Rock Steady Boxing*</u> 1:30 — <u>Yoga with Reena*</u> 1:30 — <u>Euchre Online</u> 3:30 — <u>Strength Training*</u> 4:00 — <u>Adv. Beginner Spanish</u></p>	<p>16</p> <p>10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — Rummikub 3:30 — German in Review 4:15 — American Sign Language 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>17</p> <p>10:00 — Big Talk with Karla 10:00 — Knitting & Crochet 12:00 — Tap Fit 12:00 — <u>Spanish</u> 1:30 — <u>Euchre Online</u> 2:00 — <u>Dancing with Parkinson's*</u> 3:30 — <u>French Conversation*</u> 6:30 — Bridge</p>
<p>22</p> <p>10:00 — Draw What You See 12:00 — <u>Rock Steady Boxing*</u> 1:30 — <u>Yoga with Reena*</u> 1:30 — <u>Euchre Online</u> 3:30 — <u>Strength Training*</u> 4:00 — <u>Adv. Beginner Spanish</u></p>	<p>23</p> <p>10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — Rummikub 3:30 — German in Review 4:15 — American Sign Language 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>24</p> <p>10:00 — Big Talk with Karla 10:00 — Knitting & Crochet 12:00 — Tap Fit 12:00 — <u>Spanish</u> 1:00 — Bridge 1:30 — <u>Euchre Online</u> 2:00 — <u>Dancing with Parkinson's*</u> 3:30 — <u>French Conversation*</u> 4:00 — Current Events 5:00 — YSSC Board Meeting 6:30 — Bridge</p>
<p>29</p> <p>10:00 — Draw What You See 12:00 — <u>Rock Steady Boxing*</u> 1:30 — <u>Yoga with Reena*</u> 1:30 — <u>Euchre Online</u> 3:30 — <u>Strength Training*</u> 4:00 — <u>Adv. Beginner Spanish</u></p>	<p>30</p> <p>10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — Rummikub 3:30 — German in Review 4:15 — American Sign Language 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	

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.

Kroger Rewards

If you shop at Kroger, we would appreciate being included as your “Kroger Rewards” organization. Our rewards # is 83837. Our staff can help you enroll in this program which has donated a percentage of purchases to support our programs.

Legacy Giving

YSSC has benefited from many generous individuals who included us in their estate planning. Contact Executive Director Caroline Mullin to discuss your potential gift for the future of the Center.

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.

Sidewalk Maintenance Help

The Dayton Foundation has provided a grant to the Village for volunteers to clear sidewalks of problematic obstructions. If you have difficulty maintaining your sidewalk please contact our Support Services Manager, Stephanie Lawson, who will help match people with the assistance.

Auto-Biography: Vintage Rides of a Visual Anthropologist

Photo Illustrations by Ellen Marshall
February 29–April 29, 2024
Reception March 8, 4–6 pm

Ellen (Elly) Marshall's photographic career spans 50 years promoting community development and leadership through written, visual, and musical expression. She cares deeply about improving communication between health, employment, and education fields of practice. She plays with painting apps, prints on canvas, paper, and cloth. Ellen's images remind us of favorite rides from the past.

Ellen is addicted to photographing autos and their enthusiasts, she stalks nearby cruise-ins at Plain City, Springfield, Clifton, and Young's Dairy. She tries to capture every old ride spotted in Yellow Springs, accepting rides when offered, and encouraging onlookers to share stories.

This photo show features large and small format



examples of Ellen Brucker Marshall's auto adventures. Enjoy playful images flirting with machines and their people. See how art meets technology, changes mobility by referencing time and place. Experience car-culture, some nifty old vehicles, and pretend that you are viewing this show with your friends who like the old stuff too.

The show can be viewed during the Center's open hours of Monday–Friday from 9:30 am–4 pm, unless there is a class in the Fireplace Room.

GREENE COUNTY COUNCIL ON AGING

Senior Artisan Show

Age is not a factor for artists, which is evident in the Greene County Senior Artisan Show. This event showcases the amazing work of people from 60 to 90-something who work in a variety of media. Active participation in creative activities has been shown to improve both physical and mental health as people age.

The Greene County Senior Artisan Show can be viewed on Sunday, March 10 from 1–3:30 pm, Sunday, March 17 from 1–3:30 pm, and Wednesday, March 20 from 11 am–2 pm at the Fairborn Art Association, 221 N. Central Ave. in Fairborn (at the rear of the building). A virtual show will be available March 11–22 at www.gcco.org/art.

For information about the show, contact the Council by calling 937-376-5486 or by emailing YourFriends@gcco.org.

Progressive Puzzle Party

Bring a donation for the food pantry and enjoy some puzzling fun on Wednesday, March 13, from 12:30–3:30 pm at Xenia Community Center. Put together jigsaws, listen to music, enjoy refreshments and maybe win a prize. Space is limited and reservations are required. Contact the Council at 937-376-5486 or YourFriends@gcco.org.

Drive-by Shredding Event

The Greene County Council on Aging will hold their drive-by Spring Shredding Event on Saturday, April 13 from 9 am–12 noon in the parking lot of the Xenia Community Center next to the Council's office, 1265 W. Second St. in Xenia.

Two Drawing Classes

Bob Huston is teaching another 6-week session of "Drawing for Beginners" on Fridays from 2–3 pm starting March 1.

Don Sak (in the middle of the photo) is teaching another 8-week session of "Draw What You See" on Mondays from 10–11 am starting March 11.

Contact Maggie to register.



It's My Money, My Stuff, and My Life!

This popular 4-week program starts on Tuesday, March 5 from 6–8:30 pm and is hosted by the Greene County Council on Aging. The sessions, presented by local professionals, will be held in the Xenia Community Center. The cost is \$40 per household and includes materials and box suppers.

Space is limited and reservations are required. To register, contact the Council at 937-376-5486 or YourFriends@gcco.org. More information is at gcco.org/events.

Other GCCOA Events

- **Caregiver Support Group:** Mondays, Mar. 4 and 18; Apr. 1 and 15 (first and third Mondays) from 6–7:30 pm at the First Presbyterian Church in Yellow Springs.
- **Grief & Loss Group:** Mondays, Mar. 11 and Apr. 8 (the second Monday) from 10 am–noon at Peace Lutheran Church in Beavercreek.
- **Memory Loss, Dementia & Alzheimer's Disease:** Wednesday, Mar. 13 from 2:30–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Medicare 101:** Wednesday, Apr. 10, 9, 3–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Legal Chat:** Thursday, Mar. 21 and Apr. 18 (third Thursdays) at 2:30 pm at Peace Lutheran Church, 3530 Dayton-Xenia Road, Beavercreek. Enter at lower level door with awning.

Contact GCCOA with questions or to register for these events at 937-376-5486.

March Birthdays

3/00 Julie Howell Richardson
 3/01* Betty Felder
 3/04* Linda Mates
 3/04 Debbie Casenhiser
 3/04 Jeanna GunderKline
 3/07* Harold Williams
 3/09* Kimiko Kinzalow
 3/10* Rosie Caraway
 3/10* Susan Abendroth
 3/10* Jane Brown
 3/12* Becky Campbell
 3/14* Barbara Mann
 3/14 Desiree Nickell
 3/14 Jonatha Wright
 3/15 Rick Freeman
 3/15 Jerry Papania
 3/17 Mike Chambers
 3/17 Kim Kulasa
 3/18 Alisa Isaac
 3/18 Cynthia Olsen
 3/19 Luan Heit
 3/19 Jennifer Johnson
 3/20 Barbara Krabec
 3/21 Jane P. Blakelock
 3/21 Danita Scott
 3/23 William K. Doyle, Jr.
 3/23 Artie Isaac
 3/23 Willetta Peavy
 3/25 Teresa Bondurant
 3/25 Jo Bouchard
 3/27 Michelle Giguere
 3/28* Juliet Liddle Hennessy
 3/28 Arati Cacciolfi
 3/28 Sandy Love
 3/28 David Turner
 3/30* Dorothy Rike

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

Membership Dues

\$25 annual membership,
 \$15 for each additional
 household member.

Make check payable to

Yellow Springs Senior Center
 and drop in door slot or mail to:

YSSC, 227 Xenia Ave.,
 Yellow Springs, OH, 45387

Or pay online at:

ysseniors.org/membership

April Birthdays

4/01 Connie Kearns
 4/01 Rick Klopp
 4/01* Marie McBrien
 4/02 John Bush
 4/02 Ruth Jordan
 4/02 Diane Davis
 4/02* Alice Robrish
 4/03 Frank Jennings
 4/06* Jerry Holt
 4/07* Jo Dunphy
 4/07* Macy Reynolds
 4/08* Barbara Brookshire
 4/11 Margaret Rea Alexander
 4/12 Sandra Kalfas
 4/12* Mary Sims
 4/14* June Varner
 4/15 Nancy Lineburgh
 4/17* Jane Baker
 4/17 Paul Mullin
 4/18 Lacey McKinstry
 4/20 Linda Sikes
 4/21* Doris Clemens
 4/21* Jerry Sutton
 4/21 Saba Kassaye Bathija
 4/22* Shelley Ehrlich
 4/23 Barbara Candella
 4/23 Keith Doubt
 4/24 Anna Hogarty
 4/24 Paulette Olson
 4/25* Judy Woods
 4/27* Marian Miller
 4/29 Max Lake
 4/29 Joel Crandall
 4/29* Marcia D Thompson

Welcome NEW Members!

Sandy Baker
 Annie Blanchard
 Kim Carlson
 Jenny Cowperthwaite
 Shiloh Mae Deal
 Joseph Dennis
 Rick Freeman
 Becky & Warren Kearney
 Rosalie Moore
 Karen Nelson
 Randal Richardson
 Val Stepien
 Connie Vang
 Judi von Gaia
 Beverly Zabriskie



**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, Berch
 Carpenter, 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

Operations Assistant

Lin Wood, x103

Marketing Manager

Pam Geisel, x106

Homemakers: Vicci Ayers, Amy
 Bennett, Suzann Blanton, Simone
 Demarzi, Jennifer Johnson, Julia
 Molnar, Heather Neill, Bonnie
 Rodriguez, Tamara Smith, Aiysha
 Walker

Newsletter Deadline

Copy deadline is **Apr. 1 for May/June**,
 emailed to pgeisel@ysseniors.org

Mailing Volunteers

Andree Bogner, Karla Bristow, Neil
 Crandall, Celia Diamond, Anna
 Hogarty, Melissa Kuhns, Erin Leigh,
 Marian Miller

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



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

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

Mar/Apr 2024

YSSC Services

- Transportation
- Support Services
- Homemaker Program
- Activities Program

CURRENT RESIDENT OR:

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*

Mark Your Calendars!

Parkinson’s Puzzle Hunt on Saturday, May 11
 Join in on the fun!

Flash Mob on Wednesday, May 29
 Practices start on Fridays April 19 and 26 from 2–3:30 pm in the Great Room and continue in May.



Dayton Dragon’s Game, Thursday, June 6, 7 pm
 We will be getting a group of tickets so everyone can sit together. Watch for more details.

Street Fair, Saturday, June 8
 The Center is planning to offer rented table spaces inside the building during the Spring Street Fair. Members will get priority space and pricing. Items sold must be made by the individual reserving the table. Details will be available in April on the YSSC website, or send inquiries to info@ysseniors.org.

Garden Dinner Party, Saturday, June 29
 More information will be in the next newsletter but it’s not to soon to save the date!

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.