

# Senior Notes

JANUARY - FEBRUARY 2019



*A bimonthly publication for members of the Yellow Springs Senior Center. The volunteer services and financial contributions by members are vital to the operation of the Senior Center.*



227 Xenia Ave  
Yellow Springs  
OH 45387  
937-767-5751



**NEW web site: [ysseniors.org](http://ysseniors.org)**

## Senior Center Services

- Transportation
- Senior Support Services
- Homemaker Program
- Activities Program

## Senior Center Hours

Monday – Friday, 9:30 am – 4:00 pm

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



The Senior Center will be **closed Tuesday, Jan. 1, 2019** in observance of New Year's Day, **Monday, Jan. 21**, in honor of Martin Luther King, Jr.



And closed on **Monday, Feb. 18**, for President's Day.



## Ripples – four writing workshops in January:

These workshops are supported by the **Ohio Arts Council grant** awarded to the YS Senior Center to support Ripples magazine. All the workshops will be held at the Yellow Springs Library and are free. Please bring your own writing materials or laptop, etc.

Jan. 5, 10 am -12 pm (Sat.) children in 3rd -7th grades, by Aurelia Blake

Jan. 13, 1 - 4 pm (Sun.) teens and adults, by Aurelia Blake

Jan. 23, 1 - 4 pm (Wed.) adults, by Kevin McGruder

Jan. 31, 1 - 4 pm (Thurs.) adults, by Diane Chiddister

Please register by phone (767-5751), at the front desk of the Sr. Center, or email [spatterson@yellowsprings.com](mailto:spatterson@yellowsprings.com). Walk-ins will be accepted.

## The Senior Center is pleased to present the January - February Art

### Exhibit: Photographs by Yellow Springs Artist, Steve Lord

*Opening Reception: Friday, January 18, 4:30 - 7:30 pm*

Digital photography - the show will run Jan.18 - Feb. 28

**Bio:** "YSHS, 1968; Ohio University, 1972, BFA. My photos are digitally modified and enhanced portraits of mostly local wildflowers." - Steve



**THANK YOU!!** Thanks to everyone who donated through #YSGivingTuesday on the Tuesday after Thanksgiving. The Senior Center was the recipient of \$1,560. There were 31 donors. An additional \$539.62 was received because of donations to the campaign from the YS Community Foundation, the Chamber of Commerce, and the YS Brewery.



## IT'S BUSY AROUND THE CENTER !



**Welcome  
NEW  
Members!**

**Heartfelt thanks to all for your support through membership!**

Lois J. Bailey  
Lincoln Castricone  
Christopher Cox  
Elizabeth Hosta  
Frank Jennings  
Catherine Lehman  
Bruce Parker  
Sue Pfeiffer  
Karen Shirley  
Joan Young

**Membership dues per year:**  
**Single: \$20**  
**\$15 for each**  
**additional household member**

**To subscribe & read the Senior Notes online:**

1. Go to:  
[ourseniorcenter.com](http://ourseniorcenter.com)
2. In the "community name" space - type in:  
Yellow Springs Senior Center
3. Click the search 'button' or 'icon' next to where it says "near Dayton Ohio"
4. Click on "make this my default community"  
This will provide a box where you type in your name & email.
5. Click 'subscribe,' and you're done!

You will get an email notice when the new issue is available. The past issues are continuously available. Just click the issue you want to see.

**Are You Moved?**



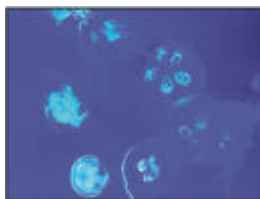
Please **let the Center know** your new address. Call the Center 767-5751 or email: [ysscoffice1@gmail.com](mailto:ysscoffice1@gmail.com).



Singers with Pianist Bev Logan



Fun at the GCCOA Soiree in Dec.



20 members enjoyed an excursion to Newport Aquarium in Nov.



Thanks to Mary Ann Townsend for decorating the front of the Senior Center in December.



YS High School senior luncheon





Board member Katie Egart not present at time of photo.

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

**BOARD OF TRUSTEES**

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**Senior Center (937) 767-5751**

**Executive Director**

Karen Wolford.....x101

**Senior Support Services Mgr.**

Valerie French.....x106

**Transportation Program Mgr.**

Robert Libecap .....x104

**Activities Program Manager**

Corinne Pelzl.....x105

**Homemaker Program Manager**

Teresa Bondurant.....x107

**Homemakers:** Vicci Ayers, Serena Gentry, Heather Neill, Jennifer Johnson, Stephanie Robinson, Ragan Simmons and Mary Stukenberg.

**Financial Administrator**

Priscilla Moore .....x102

**Office Mgr./Development Asst.**

Lin Wood.....x103

**NEWSLETTER DEADLINE**

Copy deadline is the 5th of Feb. for Mar. - Apr. When bringing items in for Senior Notes, no more than **350** words, please add your name and phone number for the editors. Place it in the mailbox for Lin Wood in the front hall area or best yet, email it to Lin: [lwood@seniorcitizenscenter.org](mailto:lwood@seniorcitizenscenter.org)

**Newsletter Production & Volunteers, Nov./Dec.:** Lin Wood, Corinne Pelzl, & volunteers Suzanne Patterson, Dora Voudris, Donna Cottrell, Becky Campbell, Mary Cargan, Maggie Heston and Patty Alexander.

Thank You to the Volunteers!!

**Senior Center (937) 767-5751**

Do you make resolutions for the New Year? I usually don't. What I do is think about what I would like to accomplish in the year. One year I wanted to learn how to knit...and I did. One year I wanted to learn to snorkel...and I did that. Other years I just make vows that I will do better at writing thank you notes, having more dinners with friends, etc. This year I am thinking about words and how sometimes our words hurt others. This year and every year we should think before we speak. Think...is this going to hurt someone's feelings? Think...am I saying something to someone in a harsh way? Choose your words...choose how you wish to say your words...and always choose to be kind.

It is **membership renewal time**. Please see this newsletter for your envelope to renew your membership. If there are people you know who could be members, please invite them to join you at an activity and then encourage them to be members.

Have a wonderful 2019. Enjoy the benefits of your membership at the Senior Center. Be safe and warm this winter.

**Dementia Friendly Yellow Springs**

In December the grant portion of our Dementia Friendly Yellow Springs initiative was completed. We have learned a lot, experienced great joy, and have spurred other communities to follow suit. A brochure has been created that outlines the project and some of the accomplishments. One has been included in this newsletter for your reference.

**Advance Care Planning**

Advance care planning is a process that enables individuals to make plans about their future health care. Advance care plans provide direction to healthcare professionals when a person is not in a position either to make and/or to communicate their own healthcare choices.

In January the Senior Center becomes part of an advance planning project initiated by the Greater Dayton Area Hospital Association. Phase I and Phase II of their project has been completed, and the Senior Center will be part of Phase III. This planning is about the conversations people need to have with each other about end-of-life preferences as they relate to their current values and lifestyle. The end product of the conversation is the plan that gets filed with doctors, family members, etc. Three facilitators for conversations have had training and will be ready to meet with people at the end of January. If you want to have a conversation about your advance care plans, please call Valerie at the Senior Center. Valerie will coordinate the facilitators and get conversations scheduled.

The Senior Center is proud to have been selected to participate in Phase III of this project. Yellow Springs is the first "community" project in the initiative.

**Karen Wolford, Executive Director, [kwolford@seniorcitizenscenter.org](mailto:kwolford@seniorcitizenscenter.org)**

**From the Transportation Desk**

*Gifts transform us... and they move us to pass them along.* –Gregory Wolfe

Wolfe makes this observation when reflecting on the book, The Gift, by Lewis Frye. The book draws a lesson from pre-modern cultures and concludes that "the Gift must always move." Yellow Springs is fortunate to be blessed with many gifts, among them reliable volunteer drivers to assist seniors with transportation to go to medical appointments, keep the pantry full, and get out and attend social functions. A big thank you to all the drivers! As we start the New Year, I would like to say a special thank you to Jalyn Scott and Tabitha Drover for their assistance in helping keep the "trains" on time.

If you have time to help with this vital community service, the Transportation Program needs you behind the wheel of a Senior Center car. Give me a call or stop in so you can help keep people moving in 2019.

**- Robert Libecap, Transportation Program Manager, 937-767-5751 x 104  
[rlibecap@seniorcitizenscenter.org](mailto:rlibecap@seniorcitizenscenter.org)**



## SENIOR SUPPORT SERVICES

### Hello Everyone!

As we begin 2019 with high hopes for the year ahead, I would like to thank all of you who used the support services offered by the YS Senior Center in 2018. Over the past year, it has been my privilege to assist more than 200 local seniors with food and housing, Medical needs, Advance Directives and survivor benefits, Medicaid, Medicare, insurance and other needs.

During Medicare Open Enrollment for 2019, we assisted seniors with enrollment in Medicare Advantage Plans and Prescription Drug Plans, and even offered information and advice on Medicare Supplement Plans. In 70 + hours of appointments, we helped over 55 seniors save a total of over \$40,929.00 for the coming year! We are so pleased with the positive response to this service and look forward to its continued success.

In late January, we will begin the Advance Care Planning program, offering assistance with Conversations to Light the Way. This program offers trained volunteer facilitators to guide conversations with your chosen Health Care Advocate, and any other family or friends you would like to make aware of your choices as you plan for the later stage of life. More information will be offered about this program at the Senior Center.

If you have a question or concern related to any of the areas mentioned above, please call to schedule an appointment. I will be happy to assist you in any way I can.

Best Wishes for a Safe, Happy & Healthy New Year!!! - Val

**Valerie French, Senior Support Services Manager**  
(937) 767-5751 x 106; [vfrench@seniorcitizenscenter.org](mailto:vfrench@seniorcitizenscenter.org)

### HOMEMAKER PROGRAM

#### *Winter skin Care Tips*

1. Use oil-based moisturizer.
2. Sun Screen (Winter sun and snow can damage skin.)
3. Avoid wet gloves and socks.
4. Drink, Drink, Drink lots of water to benefit overall health and skin.
5. Exfoliate feet periodically to help moisturizer sink in better.



Senior Center homemakers care about the seniors they work for. Please call us and get help with cleaning, cooking and running errands, keeping you comfortable during the long winter days.

**-Teresa Bondurant, Homemaker Program Manager**  
(937) 767-5751 x 107; [tbondurant@seniorcitizenscenter.org](mailto:tbondurant@seniorcitizenscenter.org)



The YS **Homemaker Program** staff wishes everyone a peaceful and healthy New Year!

Several staff members were not present at the time of the photo.

### No Tax Preparation at the YS Senior Center.

The following locations in our area are available, please call first.

Springfield: at United Senior Services, 937-323-4948

Enon: at the Knob Prairie United Church of Christ, 937-864-1195

Jamestown: at Jamestown City Hall & Library, 937-675-4111; 352-4005.



**The Senior Center's new website:**

**[ysseniors.org](http://ysseniors.org)**

Check it out!!

### Front Desk Volunteers

Judy Rose answered the phone... but her great-granddaughter Josie provided the extreme cuteness factor!!



Making it hard for others to get work done!

More desk volunteers are needed. Please call 767-5751, ext. 105.

## Ongoing Classes, Groups and Events

YS Senior Center: 767-5751

### Weekly Social Groups:

To find these activities, please check the days & times on the



CALENDAR, in this newsletter.

**Senior Lunch** - A hot, nutritious lunch at noon on **Monday** and **Wednesday** in the Great Room at the Senior Center.

**Beginner Mahjong** - Learn to play this game of mental finesse and complex strategies - an excellent mental workout that really IS fun.

**Mahjong** - Join the regulars in this cognitive game, requiring players to use attention, memory, planning and calculation skills.

**Beginner Bridge** - Learn to play and boost the immune system through stimulation of the cortex, which is involved in brain functions needed to play bridge. Call Susan, 767-0235.

**Bridge** - Duplicate bridge is a pleasantly competitive table sport.

**Euchre** - Join this game, increase brain power and fun. All that laughter you have heard? ...well, this is the group!

**French Language Class** - for those in Level 2 or higher.

**Spanish Language Classes:** **Beginning Spanish I, II, & III, & Advanced Spanish Conversation**, all classes are open to anyone.

**Beginning German Language Class** - open to anyone

**Sign Language class** - You can learn to communicate by signing.

**YS Strings** - If you play a stringed instrument, please call the Activities Program for info.

**Rummikub** - color & number game with tiles, very enjoyable!

YS Senior Center: 767-5751

### Weekly Classes and Exercise Groups:

**Rise & Shine Exercise** - Work out kinks with easy movements that can be done sitting or standing.

**Seated Volleyball** - Non-competitive with light-weight beach balls.

**Yoga with Joyce** - Beginner's yoga, on the floor or seated, 3x/week.

**Strength Training** - Taught by master personal fitness trainer especially for seniors.

**Qi Gong** - *Qi Gong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention.*

Western scientific research confirms that Qi Gong reduces hypertension and the incidence of falling. One of the more important long-term effects is that Qi Gong reestablishes the body/mind/soul connection. The group follows an easy DVD on the big screen.

**Dancing with Parkinson's** - For people with Parkinson's and their spouses or caregivers. This movement class is simple, fun, free-form choreography performed to music, to get the body moving in a way that feels good, enjoyable and socially engaging. The participant works at his/her own potential on that day. Exercises can be modified to suit each individual's level of comfort and ability. This particular class has been shown to have positive effects on gait speed, strength, balance, and quality of life.

**Sit Strong** - Classes are held in the **Bryan Center gym**. Seated and standing exercises suitable for all ages and abilities, including the tools you need for improving agility, balance, strength, stamina, and flexibility. Includes gentle cardio exercise.

**Tai chi** - A gentle form of low or no impact exercise helps maintain strength, flexibility, and balance. Lowers blood pressure, improves heart health, reduces inflammation and many more benefits. It could be the perfect activity for you. Two different classes per week.

**Photo Class** - Please see page 12.

### Monthly Groups:

**80+ Birthday Luncheon** - in honor of those turning 80 and those who are over 80. Held each month **with** the **Third Thursday Potluck Lunch**, see p.15.

**Hearing Aid Help** - cleaning hearing aids, changing batteries, and providing advice, on the 4th Tuesday of the month.

**Charlie Brown Exceptional Patient and Caregiver Support Group** - held on the first and third Thursdays each month in the front room.

**Great Books Group** - reading and engaged discussions on the 2nd Thursday each month.

**Poetry Reading** - read aloud published poetry, discuss and enjoy monthly on the third Friday.

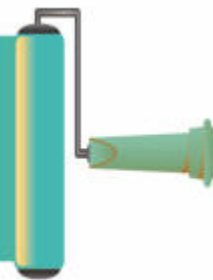
**Writers Eclectic** - writers share and support each other writing their poems, short stories, novels & more. First & third Sunday of the month.

**Grandmother Council** - discussion, sharing and support of all things grandmotherly on the third Sunday of the month.

**Constitutional Rights** - understanding and discussing the Constitution and other subjects with local retired history teacher, Joyce McCurdy. An on-going, extremely popular group held the first and third Wednesdays of the month.



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**Yellow Springs Senior Center:** (937) 767-5751  
**Hours:** Monday – Friday 9:30 am – 4:00 pm  
**Email:** lwood@seniorcitizenscenter.org

**NOTE:** For **Transportation Service** you must call at least **3 business days** ahead for transport in YS, and at least **4 business days** ahead for out-of-YS.

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<b>3</b> <b>10:30 – Sit Strong at Bryan Ctr.</b> 1:30 – Yoga with Joyce 2:00 – Euchre 2:45 – Beginner Spanish II 4:00 – Beginner Spanish III <b>5:00 – Spanish Potluck</b> <b>6:30 – Tai Chi Chuan</b> 7:00 – Charlie Brown Support Group	<b>4</b> 10:00 – Qi Gong 11:15 – Tai Chi, p. 5 12:30 – Sign Language <b>2:45 – Strength Training</b>	<b>5</b> <b>8:30 – Winter Market</b> 12:00 – Mahjong  <b>6</b> 2:00 – Writers Eclectic
<b>10</b> <b>10:30 – Sit Strong at Bryan Ctr.</b> 1:30 – Yoga with Joyce 2:00 – Euchre 2:45 – Beginner Spanish II 4:00 – Beginner Spanish III <b>6:30 – Great Books Group</b> <b>6:30 – Tai Chi Chuan</b>	<b>11</b> 10:00 – Qi Gong <b>10:30 – Spanish Conversation, p. 12</b> 11:15 – Tai Chi 12:30 – Sign Language <b>2:45 – Strength Training</b>	<b>12</b> <b>8:30 – Winter Market</b> 12:00 – Mahjong  <b>13</b> 1:00 – Writers Workshop, p. 1
<b>17</b> <b>10:30 – Sit Strong at Bryan Ctr.</b> <b>Noon – POTLUCK &amp; 80+ Birthday Lunch</b> <b>Antioch College Pres. Tom Manley, p. 13 &amp; 15</b> 1:30 – Yoga with Joyce 2:00 – Euchre 2:45 – Beginner Spanish II 4:00 – Beginner Spanish III <b>6:30 – Tai Chi Chuan</b> 7:00 – Charlie Brown Support Group	<b>18</b> 10:00 – Qi Gong 10:30 – Spanish Conversation <b>11:35 – Poetry Reading</b> 11:15 – Tai Chi 12:30 – Sign Language <b>2:45 – Strength Training</b> <b>4:30 – 7:30 pm -ART SHOW</b> <b>OPENING, see front cover</b>	<b>19</b> <b>8:30 – Winter Market</b> 12:00 – Mahjong <b>12:00 – Beloved Community Lunch, p. 15</b>  <b>20</b> 12:30 – Grandmother Council 2:00 – Writers Eclectic
<b>24</b> <b>10:30 – Air Force Museum Trip, p. 13</b> <b>10:30 – Sit Strong at Bryan Ctr.</b> 1:30 – Yoga with Joyce 2:00 – Euchre 2:45 – Beginner Spanish II 4:00 – Beginner Spanish III <b>6:30 – Tai Chi Chuan</b>	<b>25</b> 10:00 – Qi Gong 10:30 – Spanish Conversation 11:15 – Tai Chi 12:30 – Sign Language <b>2:45 – Strength Training</b>	<b>26</b> <b>8:30 – Winter Market</b> 12:00 – Mahjong  <b>27</b>
<b>31</b> <b>10:30 – Sit Strong at Bryan Ctr.</b> <b>1:00 – Writers Workshop, p. 1</b> 1:30 – Yoga with Joyce 2:00 – Euchre 2:45 – Beginner Spanish II 4:00 – Beginner Spanish III <b>6:30 – Tai Chi Chuan</b>		<p><b>January is membership dues renewal month for all members!</b></p> <p><b>Thank you for your support!</b></p>



# FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY
<p>Turn over for the <b>January</b> calendar</p>  	<p>The Senior Center is supported with funds from the Senior Services Levy through the Greene County Council on Aging (GCCOA), and your Annual Appeal donations.</p> 	<p><b>Front Desk Volunteers Needed</b> If you like people, and like talking on the phone, please <b>volunteer</b> to be a Senior Center Front Desk <b>receptionist</b>. Substitutes are needed for times the regular volunteers have to be out. It's not necessarily often, but it's very helpful to the Senior Center. Please call 767-5751 x 105.</p>
<p><b>4</b></p> <p>10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Joyce</p>	<p><b>5</b> <u>Newsletter Deadline for Mar.-Apr.</u></p> <p>10:30 – Sit Strong at Bryan Ctr., p. 5 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Beginner German 7:00 – YS Strings Rehearsal</p>	<p><b>6</b> 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 3:00 – Yoga with Joyce <u>4:00 – Constitutional Rights</u> 4:00 – Adv. Spanish Conversation 5:15 – Beginning Spanish I 6:30 – Bridge</p>
<p><b>11</b></p> <p>10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Joyce</p>	<p><b>12</b></p> <p>10:30 – Sit Strong 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Beginner German 7:00 – YS Strings Rehearsal</p>	<p><b>13</b> 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 3:00 – Yoga with Joyce 4:00 – Adv. Spanish Conversation 5:15 – Beginning Spanish I 6:30 – Bridge</p>
<p><b>18</b></p>  <p>Center CLOSED today.</p>	<p><b>19</b></p> <p>10:30 – Sit Strong 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Beginner German 7:00 – YS Strings Rehearsal</p>	<p><b>20</b> 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 3:00 – Yoga with Joyce <u>4:00 – Constitutional Rights</u> 4:00 – Adv. Spanish Conversation 5:15 – Beginning Spanish I 6:30 – Bridge</p>
<p><b>25</b></p> <p>10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Joyce</p>	<p><b>26</b></p> <p>10:00 – Hearing Aid Help - Dr. Lolan 10:30 – Sit Strong 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Beginner German <b>6:00 – It's My Money, p. 12</b> 7:00 – YS Strings Rehearsal</p>	<p><b>27</b></p> <p>10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 3:00 – Yoga with Joyce 4:00 – Adv. Spanish Conversation 5:15 – Beginning Spanish I 6:30 – Bridge</p>





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<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY / SUNDAY</b>
<b>Monday &amp; Wednesday Lunches</b> A friendly group gets together for a nice, hot lunch in the Great Room on <b>Mondays and Wednesdays at noon.</b> More people could be served at this event, and it's very simple to attend. Just come and try it out! These meals are part of the federal Senior Nutrition Program. Suggested donation, \$2.	<b>1</b> 10:00 – Qi Gong 10:30 – Spanish Conversation, p. 12 11:15 – Tai Chi 12:30 – Sign Language 2:45 – Strength Training	<b>2</b> Winter Farmer's Market 8:30 - 11:30 am in the Senior Center Great Room.  12:00 – Mahjong <div style="text-align: right;"><b>3</b> 2:00 – Writers Eclectic</div>
<b>7</b> 10:30 – Sit Strong 1:30 – Yoga with Joyce 2:00 – Euchre 2:45 – Beginner Spanish II 4:00 – Beginner Spanish III <b>5:00 – Spanish Potluck</b> <b>6:30 – Tai Chi Chuan</b> 7:00 – Charlie Brown Support Group	<b>8</b> 10:00 – Qi Gong 10:30 – Spanish Conversation 11:15 – Tai Chi 12:30 – Sign Language 2:45 – Strength Training	<b>9</b> 8:30 – Winter Market 12:00 – Mahjong <div style="text-align: right;"><b>10</b></div>
<b>14</b> 10:30 – Sit Strong <b>11:00 – Valentine Tea, p. 13</b> 1:30 – Yoga with Joyce 2:00 – Euchre 2:45 – Beginner Spanish II 4:00 – Beginner Spanish III <b>6:30 – Tai Chi Chuan</b> 6:30 – Great Books Group	<b>15</b> 10:00 – Qi Gong 10:30 – Spanish Conversation 11:15 – Tai Chi <b>11:35 – Poetry Reading</b> 12:30 – Sign Language 2:45 – Strength Training	<b>16</b> 8:30 – Winter Market 12:00 – Mahjong <b>12:00 – Beloved Community lunch, p. 15</b> <div style="text-align: right;"><b>17</b> 12:30 – Grandmother Council 2:00 – Writers Eclectic</div>
<b>21</b> 10:30 – Sit Strong <b>Noon – POTLUCK &amp; 80+ Birthday Party-- Indoor &amp; container gardening, p. 14</b> 1:30 – Yoga with Joyce 2:00 – Euchre 2:45 – Beginner Spanish II 4:00 – Beginner Spanish III <b>6:30 – Tai Chi Chuan</b> 7:00 – Charlie Brown Support Group	<b>22</b> 10:00 – Qi Gong <b>10:30 – Lunch Bunch, Glasz Bleu Oven, Oregon District, p. 14</b> 10:30 – Spanish Conversation 11:15 – Tai Chi 12:30 – Sign Language 2:45 – Strength Training	<b>23</b> 8:30 – Winter Market 12:00 – Mahjong <div style="text-align: right;"><b>24</b></div>
<b>28</b> 10:30 – Sit Strong 1:30 – Yoga with Joyce 2:00 – Euchre 2:45 – Beginner Spanish II 4:00 – Beginner Spanish III <b>6:30 – Tai Chi Chuan</b>	<b>Euchre</b> <b>2 pm</b> <b>Thursdays</b> All levels welcome.	 



# JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY
<p><b>Turn over for FEB. calendar.</b></p> 	<p><b>1</b></p>  <p><b>Center CLOSED today.</b></p>	<p><b>2</b> 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 3:00 – Yoga with Joyce 4:00 – <u>Constitutional Rights</u> 4:00 – Adv. Spanish Conversation 5:15 – Beginning Spanish I 6:30 – Bridge</p>
<p><b>7</b> 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Joyce</p>	<p><b>8</b> <b>10:30 – Sit Strong at Bryan Ctr.</b> 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Beginner German 7:00 – YS Strings Rehearsal</p>	<p><b>9</b> 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 3:00 – Yoga with Joyce 4:00 – Adv. Spanish Conversation 5:15 – Beginning Spanish I 6:30 – Bridge</p>
<p><b>14</b> 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Joyce</p>	<p><b>15</b> 10:30 – Sit Strong at Bryan Center 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Beginner German 7:00 – YS Strings Rehearsal</p>	<p><b>16</b> 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 3:00 – Yoga with Joyce 4:00 – <u>Constitutional Rights</u> 4:00 – Adv. Spanish Conversation 5:15 – Beginning Spanish I 6:30 – Bridge</p>
<p><b>21</b> <b>Center CLOSED today.</b>  <b>Martin Luther King, Jr. Day</b></p> 	<p><b>22</b> 10:00 – Hearing Aid Help, Dr. Lolan 10:30 – Sit Strong at Bryan Ctr. 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Beginner German 7:00 – YS Strings Rehearsal</p>	<p><b>23</b> 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch <b>1:00 – Writers Workshop, p. 1</b> 2:00 – Dancing with Parkinson's 3:00 – Yoga with Joyce 4:00 – Adv. Spanish Conversation 5:15 – Beginning Spanish I 6:30 – Bridge</p>
<p><b>28</b> 10:30 – Rise &amp; Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Joyce</p>	<p><b>29</b> 10:30 – Sit Strong at Bryan Ctr. 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Beginner German 7:00 – YS Strings Rehearsal</p>	<p><b>30</b> 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 3:00 – Yoga with Joyce 4:00 – Adv. Spanish Conversation <b>5:00 – Board Meeting</b> 5:15 – Beginning Spanish I 6:30 – Bridge</p>





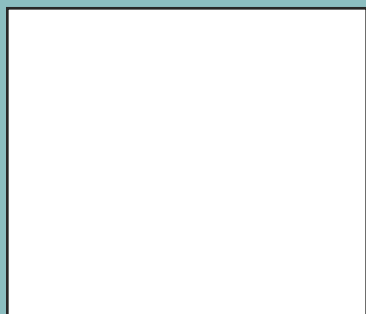

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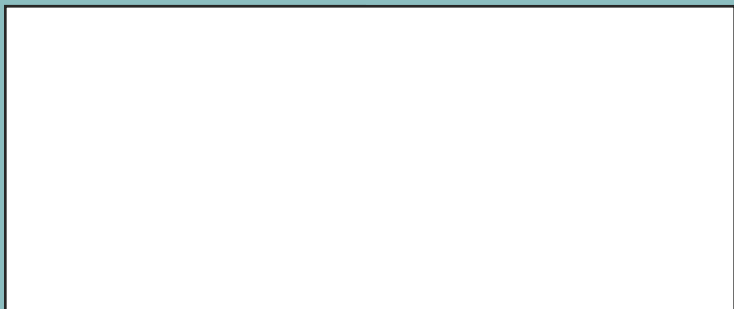



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## News from GCCOA



### *It's My Money! My Stuff! My Life!*

The 2019 program starts the last Tuesday in February and four Tuesdays in March. This exceptional program brings together local professionals with expertise in legal, financial, and long term care issues. It will run for five weeks from 6 - 8:30 pm. The cost is \$40 per household. Handouts and nutritious refreshments are provided, and space is limited. If you are interested in receiving the brochure, please contact the Council at 376-5486, or [info@gccoa.org](mailto:info@gccoa.org). Information will also be posted on the Council's website and Facebook page in early January.



### 2019 Senior Artisan Show

Greene County Senior Artisans Show will be held the **first three Sundays in March** at the Fairborn Art Association.

Artisans (60+) who work in a variety of media, including clay, watercolor, pastels, acrylics, wood, mixed media, photography and others, are eligible to participate.

If you would like to receive more information and be in the show, please contact the Council at [info@gccoa.org](mailto:info@gccoa.org) or 376-5486.



**YS Senior  
Center's new  
web site:**

[ysseniors.org](http://ysseniors.org)

## Inclement Weather Policy

When the Yellow Springs Schools are closed due to the weather, the Senior Center is **CLOSED**. When the schools are on a delay, the Senior Center is not - it will open at the normal time. When the Senior Center is closed, **ALL** scheduled rides with the Transportation Program are **CANCELLED** for that day; **HOWEVER**, on such days, the Executive Director and the Transportation Manager will determine whether any – or all – medical rides shall proceed as scheduled. As a 'medical' passenger on those days, you can expect a phone call from YSSC to further discuss your ride arrangements.



## Senior Transportation Matters!

To schedule a ride, contact the Senior Center during regular working hours 767-5751. Please allow the Senior Center 3-4 days' notice to schedule the ride. **To assist as a Volunteer Driver**, please contact Robert Libecap at Extension #104. **New drivers are needed and welcomed!**



### Spanish Class with Didier Franco

Professor Didier Franco of Antioch College is teaching Spanish again at the Senior Center. The class, called **Spanish Conversation and Grammar Review**, is at **10:30 am on Fridays** in the Fireplace Room, starting Friday, January 11. There will be conversation, oral practice, and brief grammar review. This is a popular class and everyone is welcome to see if this class fits your learning needs.

## Photo Class

Lincoln Castricone, a member of the Senior Center, is planning to offer a photography class as part of the Center's activity program. Mr. Castricone's beautiful metal print photo "Serpent Mound" was in the member's art show (Shown here, but it is stunning in person!). If you are interested in participating in the photography class, to start at a later time to be announced, please call to put your name and phone number on the "interested" list, 767-5751.



## February is Black History Month

In 1926, Negro History Week, a precursor to Black History Month, was established by Dr. Carter G. Woodson (1875-1950), known as "The Father of Black History." Woodson was the son of former slaves, and understood the importance of education in securing and making the most of one's freedom. He was self-taught, then started formal education when he was almost 20. He received a high school diploma, and taught school before getting his college degree. He earned a Ph.D. in history at Harvard U. in 1912, the second African-American, after W. E. B. Du Bois, to receive a doctorate there. In 1915, Woodson founded the Association for the Study of Negro Life and History, now called the Association for the Study of African American Life and History, ASALH, [www.asalh.org](http://www.asalh.org), as a way to recognize the accomplishments of African Americans. In 1916 the organization created the *Journal of Negro History*, and beginning in 1926, Negro History Week was first celebrated during the second week of February because of its proximity to the birthdates of Abraham Lincoln, Feb. 12, and Frederick Douglass, on an unknown date in February, who are two key leaders in black history.



**Strength Training Class**

**Andrew Brody**, master personal fitness trainer (AAAI-ISMA), who works as an occupational therapy assistant at Grandview Medical Center, powers this very popular strength training class in the YSSC Great Room on **Fridays, 2:45 - 3:45 pm**. There is no charge for the class. Strength is a vital part of aging well and preventing falls. Please come learn safe strength and physical fitness practices from Andrew.

**Air Force Museum Trip**

The Senior Center's sign language teacher, **Joan Champie**, is a pilot and an Air Force Museum volunteer. Joan has agreed to participate in the outing to the museum in Fairborn by leading a tour through her favorite exhibits, including the B17 "Memphis Belle," a plane that has starred in movies, which is visiting the museum. (photo shows crew of the *Belle*).

Please come join in this trip with our own knowledgeable guide. You can also walk through the galleries on your own. Part way through our time there, we will have a lunch break. You can bring your own lunch, or go to the Museum's café.

There are usually wheelchairs and motorized personal transporters available at the museum. **Bring picture ID**, a snack, and water. **Admission to the museum is free.** Seniors 60+, who want to see the IMAX movie, pay \$7 for a movie ticket. At press time the shows available are Aircraft Carriers, D-Day Normandy 1944 3D, and Journey to Space 3D. We'll have current information on movies on the day of the trip. There is an extensive gift shop. Departure is from the Bryan Center parking lot, west side, toward the bike path, at **10:30 am on Thursday, January 24**. Transportation is **\$5.00 and must be paid at the front desk by Thursday, January 17** (potluck day at the Center) to reserve your space on the trip. There will be no refund of transportation fee unless the trip is cancelled by the Center. People who pay after Jan. 17 will be accommodated on a space available basis.

**Valentine Tea**

The Friends Care Community's **Becky Baker** is co-hosting with the Senior Center a Valentine's Day tea party on **Thursday, Feb. 14, at 11:00 am** in the Great Room. Let's talk about LOVE and eat chocolate! For a ride, please call the Senior Center at least 3 days in advance, 767-5751.

**Black History Month: Appreciation of Black Inventors & Inventions**

Dr. Shirley Jackson - telephone technologies;	George Crum - potato chips
Marie Brown - home security system;	Philip Downing - mailbox
Alice Parker - furnace for central heating;	Robert F. Fleming, Jr. - guitar
Sarah Boone - ironing board;	William Richardson - baby buggy
Jane Wright - contributions to chemotherapy;	Thomas Martin - fire extinguisher

**January Potluck & 80+ Birthday Lunch****The Third**

**Thursday Potluck** lunch is at **12:00 noon on Jan. 17** in the Great Room. Bring a dish to share at noon, or come at 12:25 pm for the program.

**Dr. Tom Manley**, President of Antioch College, and **Suzanne Hashim**, Vice-President for Advancement at Antioch College, will speak about the exciting things happening at the college, about plans for the future, and will answer questions.

For a ride, please call 767-5751 by three days ahead.

**NOTE**

The McKinney School 8<sup>th</sup> grade's celebration and thank you party, which was to be in December to thank the seniors who participated in the 8<sup>th</sup> grade's four-month long study of the 20<sup>th</sup> Century, is expected to take place in January at a time and date to be announced.

**McKinney School Collaboration**

Starting in February, led by teacher Lorrie Sparrow-Knapp, the McKinney School 7<sup>th</sup> grade is planning an interview and story recording process with seniors which will culminate in an evening of student performance. Seniors who are willing to participate in this project are needed. Please call the Senior Center to learn more about this program, and to sign up, 767-5751 x 105.

**YS Senior Center: 767-5751**



### February Potluck & 80+ Birthday Lunch

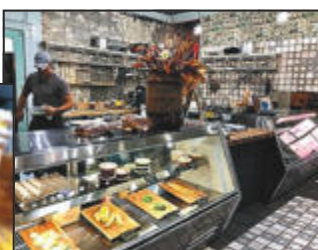
The **Third Thursday Potluck** lunch is at **12:00 noon** on **Feb. 21** in the Great Room. Bring a dish to share at noon, or come at 12:25 pm for the program. Those 80 and over in Feb. will be celebrated with dessert and song!

**Steve and Karen Reed of Stoney Creek Garden Center**, just north of town on Route 68, will bring a bit of spring-like greenery in anticipation of the coming season, and speak about container and small space gardening, as well as indoor gardening. For a ride, please call 767-5751 by three days ahead.



### Lunch Bunch: Glasz Bleu Oven

This new place near the Oregon District in Dayton is behind the Wheat Penny restaurant. Only this is a little different. Purveyors vary from room to room inside the historic Dietz Block, where you walk through and find seafood, ethnic flavors, and wood-fired tastes, ordering what you want. Like a European corner market, they have what is needed for a memorable meal. Kitchen staples from Italy and elsewhere also available for purchase. In one corner, the proprietors of Grist, who met in culinary school, make a variety of fresh pastas, sauces, and breads daily, among other things. After you have placed your orders at the counters, the food is served at your table. The trip leaves the Bryan Center parking lot, west side, toward the bike path, at **10:30 am on Friday, February 22**. **Transportation is \$5.00 and must be paid at the front desk by Friday, February 15**, to reserve your space on the trip. There will be no refund of transportation fee unless the trip is cancelled by the Center. People who pay after Feb. 15 will be accommodated on a space available basis. Please come explore this new destination!



**NEW Senior Center web site:**  
**[ysseniors.org](http://ysseniors.org)**

**YS Senior Center 767-5751**

### 4 Easy ways to support the Center!

If you shop at **Kroger** and have a Kroger Plus card, you can direct Kroger's charitable giving to the Yellow Springs Senior Center. The Center will get a percentage of your total spending. When the quarterly check arrives, we just get a total number of users and a donation, not personal names. You will need our organization number, which is RU161.



If you shop at **Amazon**, the Senior Center can also benefit. You must create an Amazon Smile account and then you shop as usual. You will want to designate YS Senior Citizens as the organization you wish 0.5% of your purchases to be donated to. As easy as that!

**Planned Giving** - what is it about? It means you are planning to give a gift later. It is a plan that you put in your will, an item that is worked out with your family and attorney. From time to time, the Senior Center receives such gifts. Whether these amounts are small or large, they are extremely helpful. If you would like more information, please contact **Karen Wolford, Executive Director, 767-5751 x 101**. Your call or meeting is strictly confidential. This is one of the easiest ways to leave a legacy to the Senior Center and become a member of The Legacy Society.

### **Required Minimum Distribution from your IRA**

If you are 70 ½ or older and have an IRA, you know that each year you must take your Required Minimum Distribution (RMD.) But did you know that you can make a transfer directly from your IRA to a charity of your choice and the contribution is not taxed? You can give up to \$100,000 from your IRA to a charity and it will be counted towards your RMD but isn't included in your adjusted gross income. If you want further information on how you can make a gift to the Senior Center from your IRA, please contact





## BIRTHDAYS



## Birthdays:

01/01*	Betty Hairston
01/02	Gary Dixon
01/02	Don Gasho
01/03*	Mary Gail Simpson
01/03	Deborah McGee
01/03	Cindy Shaw
01/03	Frances Simon
01/05	Sharon Hatfield
01/05	Shirley Hatfield
01/06	Diana Atkins
01/07	Becky Eschliman
01/08*	Seymour Wexler
01/10*	Paul Beck
01/11	Theresa Mayer
01/12	Bruce Bradford
01/14	Jacqueline Oppel
01/14	Susan Wolf
01/15	Daniel D. Taylor
01/16	Kathy Heriot
01/17	Marilyn Van Eaton
01/18	Barbara Byrd
01/18	Margaret Davenport
01/18*	Griffin M. Johnson
01/18*	Sylvia Carter Denny (Miller)
01/19*	Dan Beverly
01/19	Dianne Collinson
01/19	Elizabeth Hosta
01/20	BG Goodwon
01/20*	David Erskine
01/21*	Ghamar Behjati
01/22*	Dorothy Freeman
01/22	Gary Greenberg
01/23*	Bea Biteman
01/24*	Elizabeth Danowski
01/25*	Evelyn Britton
01/26	Elizabeth Valenti
01/27	Mary Frost-Pierson
01/27	Bette Kelley
01/27	Katherine Schooler-Williams
01/27	Marianne MacQueen
01/28*	Patty Alexander
01/28*	Judy Rose
01/28	Rose Wright
01/28	Faye Choo
01/29	Roseanna Dufault
01/30*	Mary Lamborg
01/30	Lance Jordan
01/30	Alan Staiger



## Birthdays:

02/01	Donna Caslin
02/02	Mary Anne Ryan
02/02	Marianne Kink
02/02	Celia Diamond
02/03*	Peggy Miller
02/03*	Helen Eier
02/03	JK Lourens
02/03	Lois Gladchild
02/03	Diana Partee
02/04	Dave Anthony
02/05	Ember McDonald
02/07	MJ Kalkis
02/07*	Nina Myatt
02/07	Margie Wehner
02/07	Kathy Robertson
02/08*	Phyllis Evans
02/08*	Bonnie Oda
02/08	Louise Smith
02/09*	Sylvia Smith
02/10	Carol Gasho
02/10	Patti Dallas
02/12	Irena Brawley
02/13	A.C. Viena
02/13	Greg Treadwell
02/13	Tom Siebold
02/14	Brian Maughan
02/16	Jeff Huntington
02/16*	Maggie Heston
02/16	Peter Whitson
02/16	Susan Murphy
02/16	Charlene Prestopino
02/16	Barbara Zulliger
02/17	Maria Valentine Wright
02/17*	Janeal Ravndal
02/18	Bill Randolph
02/19*	Margaret Doss
02/21	Margrit Tydings-Petrie
02/22*	Dinah Anderson
02/22	Mark Partee
02/23	Wilford Simon
02/26	Scott Kellogg
02/26*	Karen Shirley
02/28*	Joyce Grimes
02/29	Claire Burbank

\* Indicates those known to be 80 or over.

We apologize to anyone who may have been left off the Birthday List by mistake.

We include current members who have shared their birth date.



# Birthday Luncheon

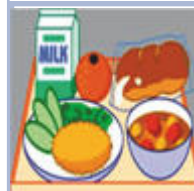
If you turn 80 or more in **January** or **February**, you are especially invited to celebrate your birthday at the **Senior Center Monthly Potluck Lunch** on the Third Thursday of the month, **Thur., Jan. 17 or Thur., Feb. 21.**

Those with a birthday in the month of the potluck do not need to bring a dish. There is no charge for anyone for this event. Of course, we are going to sing "Happy Birthday," and have a nice birthday dessert. The membership committee asks that **the birthday persons sign up in advance** by calling the Senior Center, 767-5751. Please let the receptionist know if you need a ride.

## Beloved Community Lunch

### Community Notice:

All who are interested may join in a Free Community Meal by the **Beloved Community Project** on the *third Saturdays*, **Jan. 19 and Feb. 16**, from **noon to 2 pm**, downtown at the YS Presbyterian Church. All food is homemade by volunteer YS cooks. See YS News for more info. Need a ride? Contact: Andree Bognar 767-2950 or Kate Anderson 767-2611.



## Monday & Wednesday Senior Lunch

All welcome and **more diners needed** to help

keep this activity going. Please call the Center to ask about the menu for any Mon. or Wed. lunch that you might like to attend.

Call 767-5751 by **noon the weekday before** if you want a meal ordered for you for the first time.

**Dues is DUE for all members IN January, for 2019.**



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## Senior Notes

January - February 2019

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Air Force Museum Trip.....p. 13  
Lunch Bunch Outing.....p. 14

CURRENT RESIDENT OR:

**Dues is DUE for all members IN  
January, for 2019.**



**Dues envelope  
enclosed for your  
convenience.**



Start fresh this year with classes or groups for your body, mind and soul: strength training, sit strong fitness, yoga, tai chi, qi gong, seated volleyball, a.m. exercise, mahjong, bridge, euchre, Rummikub, French, Spanish, German, sign language, Constitutional Rights, poetry reading, knitting, potlucks, outings..whew.... Please come in! There are lots of things to do!



Check the YS News for local events on MLK Day.