

Senior Notes

MARCH - APRIL 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 Avenue
Yellow Springs OH
45387
937-767-5751



NEW web site: yseniors.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.



**2019
Greene
County
Senior
Award**

Recognition Luncheon

Join the Greene County Council on Aging to honor outstanding senior citizens from each of the ten senior centers in Greene County.

A **surprise honoree** will be chosen from the YS Senior Center! The luncheon is held on **Wednesday, April 24**, from **11 am to 1 pm**. Register for the event at the YS Senior Center, \$10. *Registrations are due by April 12.*

Ripples !!! Reminder!! *Ripples* sixth edition **deadline is March 18.**

Please submit your stories, poems, and photographs featuring elders from Yellow Springs, Miami Township, or authors and photographers whose material features Yellow Springs/Miami Township residents age 55 and over.

Pick up back issues and guidelines in the Senior Center's front desk area. *Ripples* is published by the Yellow Springs Senior Center and is a gift to the community. Contact Suzanne Patterson, spatterson@yellowsprings.com or 767-9242 with questions or comments.

The Senior Center is pleased to present the March - April Artist Exhibit: Oil Paintings by Yellow Springs Artist, Tom Verdon

Opening Reception: Friday, March 15, 4:30 - 7:30 pm

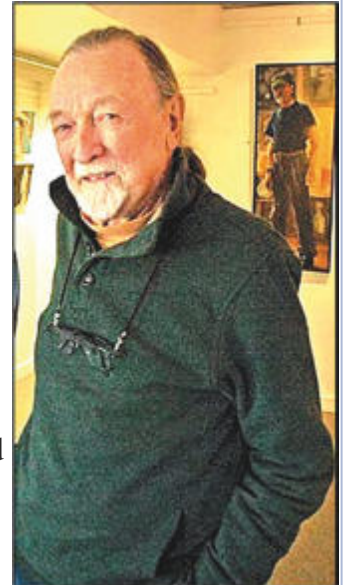
In the Senior Center Fireplace Room Gallery, 227 Xenia Ave., YS.

The show is on exhibit March 15 - April 30.

Thomas Verdon, in photo below right, has had a lifelong interest in art, and has been painting, for most of his life. Although he followed another career path in his earlier life, Verdon received his BFA from Wright State



University in 2006 at age 76. Verdon creates with a painterly hand. Each color choice, and stroke of the brush is a reflection of his intuitive process. The result is a work of art that may allow the viewer to see and understand the subject more deeply.





Welcome NEW Members!

Heartfelt thanks to all for your support through membership!

Gail Bauman
Charlene Buster
Chuck Buster
Lenore Doctor
Barbara Leeds
Ron Lewis
Ric Maas
Steve Markley
Vivian Markley
Caroline Mullin
Paul Mullin
Chris Powell
Dan Robinow
Peggy Saber
Marna Street
Kelly Ann Tracy

Membership dues per year:
Single: \$20

**\$15 for each
additional household member**

To subscribe & read the Senior Notes online:

1. Go to:
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.

HAVE YOU MOVED?



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

IT'S BUSY AROUND THE CENTER !

Congratulations to local residents, volunteers and Senior Center members **Isabel Newman** and **Phyllis Jackson**, recipients of the **Yellow Springs Annual Community 2019 Peacemaker Award!!**

This award was presented during the community Martin Luther King, Jr., Day celebration. Photo by Amy Crawford.



Lynn Hardman teaches the Tuesday & Thursday **Sit Strong** fitness class at the Bryan Center at **10:30 am**, a very popular class attended by 35-40, including two mother-daughter teams! Thank

you, Lynn, for encouraging and inspiring so many who are keeping moving!



Play Rummikub!

This game with colorful, numbered tiles is fast, fun and addictive. Come join players who will teach you the simple patterns, and see if it piques your interest, as it has for so many others. It's in the Great Room at **11 am on Tuesdays**.

Good for your brain fitness!
Len Cargan happily won this round!



Steve Lord preparing his photography show in January and standing near two of his favorites at the opening reception.





Board member Katie Egart not present at time of photo.

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

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Transportation Program Mgr.

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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 Moorex102

Office Mgr./Development Asst.

Lin Wood.....x103

Miller FellowTabitha Drover
Facility Caretaker....Shahkar Strolger

NEWSLETTER DEADLINE

Copy deadline is the 25th of March for May - June. When bringing items in for Senior Notes, please use no more than **350** words, and please add your name & 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@ysseniors.org

Newsletter Production &

Volunteers, Jan./Feb.: Lin Wood, Corinne Pelzl, & volunteers Suzanne Patterson, Dora Voudris, Judy Rose, Becky Campbell, Sue Pfeiffer, Kathy Heriot, Marian Miller, Patty Alexander and Andree Bogнар.

Thank You to the Volunteers!!

Happy March/April

The calendars are full of exciting things to do at the Senior Center. Late last year and early this year I was privileged to be part of a group that put together a proposal for consideration by a nationwide foundation. The focus was on Yellow Springs having a culture of health. The foundation wanted to hear about our culture of health as it related to our physical environment, our social and economic factors, health behaviors, and clinical care. Your Senior Center was a focal point during the initial round of applications and then again when the proposal moved to the 2nd round. It was amazing how much value people in the village place on seniors and their wellbeing. I was thrilled to represent us all during this amazing process.

I encourage you to continue to be active in all aspects of village life... and, to be a little biased: I encourage you to be present at many of the Senior Center activities.

Have a great spring! **Karen Wolford, Executive Director,**
kwolford@ysseniors.org

Dementia Friendly Yellow Springs - news

On **Friday, March 22, Dementia Friendly Yellow Springs** will present a report to the community on the progress that was made on this project over the last 18 months. A report will be included in the next Senior Notes.

Garden Dinner Party

Make plans now to attend the **6th annual Garden Dinner Party** to be held on **Saturday, August 3**. The cost to attend is \$65.00 per person. This is always a delightful event and well attended. Dinner hosts are being sought. If you have a desire to host a dinner party, please call Karen Wolford at the Senior Center for more information.

From the Transportation Desk

Senior Transportation Matters!

To schedule a ride, contact the Senior Center during regular working hours, 9:30 am to 4:00 pm, M-F, 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!**



- Robert Libecap, Transportation Program Manager, 937-767-5751 x 104
rllibecap@ysseniors.org



SENIOR SUPPORT SERVICES

Hello Everyone!

The Groundhog has determined that we are due for early Spring weather! As we await the coming of Spring, we must also prepare for tax season.

This year, AARP has several nearby locations where seniors (50 & older) can receive tax preparation assistance. [See the full list of nearby locations on the sidebar to the right.](#) Each of these locations is staffed by a trained, certified AARP Tax Representative, who will be there to answer your questions and assist with tax. To receive help, you should choose the location that is most convenient for you, give them a call and make an appointment if necessary. You will need to take along your driver's license or state I.D., your Social Security card, and a copy of your 2017 tax return, as well as all tax documents you have received for income of any kind. You should also take along information pertaining to tax credits. A full list of documents can be found at: <https://www.aarp.org/money/taxes/info-01-2011/important-tax-documents.html>.

If you have any questions about this service, please go to https://www.aarp.org/money/taxes/aarp_taxaide/, or contact AARP Tax Aide at 888-OUR-AARP (888-687-2277).

Happy Spring! - Val

Valerie French, Senior Support Services Manager
(937) 767-5751 x 106; vfrench@ysseniors.org



HOMEMAKER PROGRAM

The state of Ohio along with most other states in our nation is dedicated to providing seniors with a myriad of services that are aimed to assist in aging in place within their own home. Eligible seniors have access to services such as home delivered meals, transportation to and from medical appointments, as well as pickup and delivery of medication. Transportation is also available for shopping, to local senior centers for enrichment programs, planned senior outings and social interaction. In addition to directly helping the seniors, many states offer caregiver assistance programs that provide family caregivers with information, counseling, and respite care.

Information on the different programs can be found on the internet under eldercare, programs for Senior Citizens, etc. Information is also available at your Yellow Springs Senior Center.

- **Teresa Bondurant, Homemaker Program Manager**
(937) 767-5751 x 107; tbondurant@ysseniors.org

Evening Chair Massage by Jessica Holihan, LMT,

of Holihan's Massage Therapy, free
A licensed massage therapist, Jessica is offering 15-minute chair massages free of charge in the Senior Center Fireplace Room on two days, **Friday, March 22, and Friday, April 26, starting at 6:30 pm.**

There will be six appointments on each of the two dates. If this is a popular offering, we plan to have more.

For an appointment, please call 767-5751.



The Senior Center's new website:

ysseniors.org

Check it out from time to time as features and content are being added and updated.

Tax Preparation Help Sites:

Knob Prairie Church of Christ
203 W Main St, **Enon**, Oh
6.01 miles, (937) 864-1195
Monday, 12 – 4 pm

Jamestown City Hall & Library
84 Seaman Dr, **Jamestown**, Oh
12.5 miles, (937) 352-4005
Thursday, 9 am – 4 pm

United Senior Services
125 W Main St, **Springfield**, Oh
9.79 miles, (937) 323-4948
Mon – Thurs, 10 am – 3 pm

United Senior Services
Elderly United Villa Park
1350 Vestor Av, **Springfield**, Oh
12.88 miles, (937) 399-3411
Friday, 1 - 4 pm, 2/1 – 4/12

New Carlisle Pub Library
111 E Lake Av, **New Carlisle**, Oh
12.04 miles, (937) 845-3601
Wednesday, 12 – 3:30 pm

Tipp City Library
11 E Main St, **Tipp City**, Oh
18.51 miles, (937) 667-3826
Tues, 11 am – 3 pm; Wed 4 – 8 pm

Huber Heights Senior Center
6428 Chambersburg Rd
Huber Heights, Oh, 12.07 miles
(937) 233-9999,
Wed & Fri, 9 am – 3 pm

Charles Lathrem Senior Center
2900 Glengarry Dr,
Kettering, Oh, 13.62 miles
(937) 296-2480
Mon, Tues, Thurs, 8 am – 3 pm

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.

German Language Class

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 Reena - 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 their own potential on that day. Exercises can be modified to suit each individual's level of comfort and ability. This 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.

Massage - Please see page 4.

Writing Class - Please see page 12.

Sing- Along Group - Please see page 12.

Genealogy Class - Please see page 12.

Financial Management Series - Please see page 13.

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 1st & 3rd 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@ysseniors.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
Monday & Wednesday Lunches A friendly group gets together for a nice, hot lunch in the Great Room on Mondays and Wednesdays at noon. 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.	1 10:00 – Qi Gong 11:15 – Tai Chi, p. 5 12:30 – Sign Language 2:45 – Strength Training	2 8:30 – Winter Market 12:00 – Mahjong 3 2:00 – Writers Eclectic
7 10:30 – Sit Strong at Bryan Ctr. 1:30 – Yoga with Reena 2:00 – Euchre 2:45 – Beginner Spanish II 4:00 – Beginner Spanish III 5:00 – Spanish Potluck 6:30 – Tai Chi Chuan 7:00 – Charlie Brown Support Group	8 10:00 – Qi Gong 10:30 – Spanish Conversation, p. 12 11:15 – Tai Chi 12:30 – Sign Language 1:30 – Sing-Along, p. 12 2:45 – Strength Training	9 8:30 – Winter Market 12:00 – Mahjong 10
14 10:30 – Sit Strong at Bryan Ctr. 1:30 – Yoga with Reena 2:00 – Euchre 2:45 – Beginner Spanish II 4:00 – Beginner Spanish III 6:30 – Great Books Group 6:30 – Tai Chi Chuan	15 10:00 – Qi Gong 10:30 – Spanish Conversation 11:35 – Poetry Reading 11:15 – Tai Chi 12:30 – Sign Language 1:30 – Sing-Along 2:45 – Strength Training 4:30 –7:30 pm -ART SHOW OPENING, see front cover	16 8:30 – Winter Market 12:00 – Mahjong 12:00 – Beloved Community Lunch, p. 15 17 12:30 – Grandmother Council 2:00 – Writers Eclectic
21 10:30 – Sit Strong at Bryan Ctr. Noon – POTLUCK & 80+ Birthday Lunch- Guest speaker: Matthew Lawson, Exec. Dir. of B-W Greenway, p. 13 & 15 1:30 – Yoga with Reena 2:00 – Euchre 2:45 – Beginner Spanish II 4:00 – Beginner Spanish III 6:30 – Tai Chi Chuan 7:00 – Charlie Brown Support Group	22 10:00 – Casino Outing, p. 12 10:00 – Qi Gong 10:30 – Spanish Conversation 11:15 – Tai Chi 12:30 – Sign Language 1:30 – Sing-Along 2:45 – Strength Training 4:00 – Writing Class, p. 12 6:30 – Chair Massage, p. 4	23 8:30 – Winter Market 12:00 – Mahjong 24
28 10:30 – Sit Strong at Bryan Ctr. 1:30 – Yoga with Reena 1:30 – Music & the Brain, p. 12 2:00 – Euchre 2:45 – Beginner Spanish II 4:00 – Beginner Spanish III 6:30 – Tai Chi Chuan	29 10:00 – Qi Gong 10:30 – Dayton Art Institute, p. 13 10:30 – Spanish Conversation 11:15 – Tai Chi 12:30 – Sign Language 1:30 – Sing-Along 2:45 – Strength Training 4:00 – Writing Class	30 8:30 – Winter Market 12:00 – Mahjong 31



APRIL 2019

MONDAY	TUESDAY	WEDNESDAY
1 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Joyce	2 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	3 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
8 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Joyce 6:30 – Financial Management, p. 13	9 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	10 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
15 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Joyce	16 10:30 – Sit Strong at Bryan Ctr. 11:00 – Easter Tea, p. 13 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Beginner German 7:00 – YS Strings Rehearsal	17 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
22 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Joyce 6:30 – Genealogy class, p. 12	23 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	24 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:00 – GCCOA Awards Luncheon, p. 1 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 3:00 – Yoga with Joyce 4:00 – Adv. Spanish Conversation 5:00 – BOARD MEETING 5:15 – Beg. Spanish I; 6:30 – Bridge
29 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Joyce 6:30 – Germany Travel talk, p. 14	30 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	Turn over for the March calendar  

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

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11 10:30 – Sit Strong 1:30 – Yoga with Reena 2:00 – Euchre 2:45 – Beginner Spanish II 4:00 – Beginner Spanish III 6:30 – Tai Chi Chuan 6:30 – Great Books Group 	12 GCCOA Luncheon Deadline, p. 1 10:00 – Qi Gong 10:30 – Lunch Bunch-DLM, p. 13 10:30 – Spanish Conversation 11:15 – Tai Chi 12:30 – Sign Language 1:30 – Sing-Along 2:45 – Strength Training 4:00 – Writing Class	13 12:00 – Mahjong <div style="text-align: right;">14</div>
18 10:30 – Sit Strong Noon – POTLUCK & 80+ Birthday Party-- Guest Performer: Marna Street , principal violist emeritus, p. 14 1:30 – Yoga with Reena 2:00 – Euchre 2:45 – Beginner Spanish II 4:00 – Beginner Spanish III 6:30 – Tai Chi Chuan 	19 10:00 – Qi Gong 10:30 – Spanish Conversation 11:15 – Tai Chi 11:35 – Poetry Reading 12:30 – Sign Language 1:30 – Sing-Along 2:45 – Strength Training 4:00 – Writing Class	20 12:00 – Mahjong 12:00 – Beloved Community lunch, p. 15 <div style="text-align: right;">21 12:30 – Grandmother Council 2:00 – Writers Eclectic</div>
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<div style="border: 1px solid black; padding: 5px;"> <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> </div>	<div>  <p>Front Desk Volunteers Needed</p> <p>If you like people, and like talking on the phone, please volunteer to be a Senior Center Front Desk receptionist. Substitutes are needed for times the regular volunteers have to be out. It's not necessarily often, but it's very important to the Senior Center. Please call 767-5751 x 105.</p> </div>	



MARCH 2019

MONDAY

Turn over for April calendar.



NEW Senior Center web site:
ysseniors.org

TUESDAY

Annual Garden Party

Hold the date,
Saturday Aug. 3!



WEDNESDAY



4

10:30 – Rise and Shine Exercise
11:15 – Seated Volleyball
Noon – Senior Lunch
1:00 – Beginner Mahjong
1:30 – Yoga with Reena

5

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11:00 – Play Rummikub
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2:00 – French class
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7:00 – YS Strings Rehearsal

6

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4:00 – Constitutional Rights
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5:15 – Beginning Spanish I
6:30 – Bridge

11

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1:00 – Beginner Mahjong
1:30 – Yoga with Reena
6:30 – Genealogy class, p. 12

12

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18 Ripples Deadline, p. 1

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19

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20

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11:15 – Seated Volleyball
Noon – Senior Lunch
2:00 – Dancing with Parkinson's
3:00 – Yoga with Reena
4:00 – Constitutional Rights
4:00 – Adv. Spanish Conversation
5:15 – Beginning Spanish I
6:30 – Bridge

25 Newsletter Deadline for May-June

10:30 – Rise & Shine Exercise
11:15 – Seated Volleyball
Noon – Senior Lunch
1:00 – Beginner Mahjong
1:30 – Yoga with Reena
6:30 – Genealogy class, p. 12

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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

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10:00 – Needlework Group
10:30 – Rise and Shine Exercise
11:15 – Seated V.ball; Noon – Lunch
12:30 – Euchre Tournament, p. 12
2:00 – Dancing with Parkinson's
3:00 – Yoga with Reena
4:00 – Adv. Spanish Conversation
5:00 – BOARD MEETING
5:15 – Beginning Spanish I
6:30 – Bridge

➤ Reach the Senior Market
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CONTACT

Jeff Richards to place an ad today!
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(800) 477-4574 x6528



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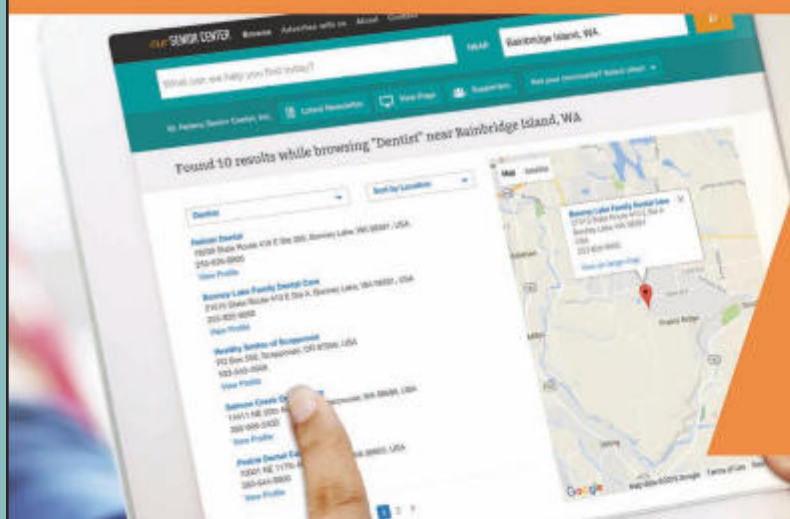
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News from GCCOA



2019 Senior Artisan Show

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

Please stop in to the Senior Artisan Show and enjoy a wonderful and diverse collection of art by Greene County senior artisans, and tasty refreshments provided by the Fairborn Senior Center.

Sundays, March 3, 10, & 17
1:00 pm – 3:30 pm

Wednesday, March 20
11:00 am – 2:00 pm

Fairborn Art Association,
Rear of Fairborn Senior Housing
221 Central Avenue.

Senior Euchre Tournament

~ Greene County Fairgrounds
Wednesday, March 27
12:30 - 4:00 pm

Music and the Brain

We have two *Music and the Brain* programs on the calendar this year, with the first set for **Thursday, March 28th from 1:30 to 4:30 pm at the Xenia Community Center** next to our office. We hope you will join us for this fun, brain-stretching afternoon. Flyers will be available at the senior centers, the Council offices and on our web-site. You can also learn about this program and others by *Liking Us* on Facebook to receive our regular posts!



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

ysseniors.org

Casino Outing with Beavercreek Senior Center

JACK Casino Cincinnati is one of the four large casino establishments in Ohio. **Beavercreek Senior Center's** day trip there is on **Friday, March 22**. It leaves the Beavercreek Senior Center, 3868 Dayton-Xenia Rd., **at 10:00 am**, getting back to Beavercreek around 4:00 pm. *You can request a ride to the BSC and back after the trip by calling the YS Senior Center, 767-5751, by Mon., March 18.* Trip tickets are \$40.00 for non-members of the BSC and include the bus ride to Cincinnati and the casino's buffet lunch. **To sign up and pay by card, call the Beavercreek Senior Center 426-6166, by Friday, March 8**, with your name, address, birth date, phone number, email address, and Club Jack card number, if you have one.



Genealogy Class with Pat Brown - free

Pat Brown has been doing genealogy for friends and family for about 20 years. She has done over 200 trees, some with 4,000 direct ancestors, others small, with 175 ancestors! With this experience and success, she has been urged to share this fascinating realm of historical research with others.

- 1) Introduction to doing your genealogy: on-line resources, cost of software, cost of Ancestry.com. Sample genealogies and other hand-outs.
- 2) Interactive: How to begin. Large screen with computer, step by step.
- 3) The five most common DNA tests available, what each does/does not, costs, what you will see. How DNA testing is helped by genealogical research.

Her 3-session class will be held in the Great Room on three Monday evenings: **March 11, March 25, and April 22, all at 6:30 pm**. Enter the Great Room through the south side door under the carport. *Please call to sign up for this free class at any time, 767-5751.*



Sing - Along with Mary Beth on the piano

Yellow Springs musician Mary Beth Burkholder has volunteered to play the piano for a group sing-along of songs that the singers want to sing. If you want to sing certain songs, bring the titles, or if you have it, the sheet music, or a book the song is in. You may be able to find them at the library. Mary Beth will bring the song books she has.

No special musical talent required, just come and enjoy making music, **1:30 pm Fridays** in the Great Room, **starting Friday, March 8.**

Creative Writing Class with Diane Chiddister

"In this class we'll focus on our own creative writing, including fiction and nonfiction. We will share our love of language and stories in a caring community of writers." This class came out of the program Diane offered at the library for the Senior Center's Ripples literary magazine. \$5.00 per class is the suggested donation, but the class is welcoming to all, regardless of ability to pay. **Class time is 4:00 pm Fridays.**

Please sign up for this eight-week class in advance of **the start date, Friday, March 22**, if possible, by calling 767-5751.



Dayton Art Institute Exhibit: For America, Paintings from the National Academy of Design

dAi will be the first venue for this new traveling exhibition, composed of 100 paintings by 78 artists, put together by the American Federation of Arts and the National Academy of Design, an honorary artists' society, school, and museum founded 1825 in New York City to promote the fine arts.

Included are works by Winslow Homer, John Singer Sargent, Maxfield Parrish, N.C. and Andrew Wyeth, Jaune Quick-to-See Smith, and many other American artists.

Admission is \$8.00 adults, \$5.00 for 60+, children and youth under 18 free, museum members free, and people unable to contribute, free. Bring your lunch, or **dine at the museum's Leo Bistro**. Please sign up in advance and **pay \$5.00 for the van trip at the Senior Center front desk by Thursday, March 21**. We leave from the Bryan Center parking lot in the van at **10:30 am on Friday, March 29**.



Financial Management - All The Things You Need to Know

Ryan Beach, Financial Advisor with Edward Jones in Xenia, will present eight topics everyone should know about for managing their money. **The series will be held on the 2nd Monday of each month starting Monday, April 8 from**

6:30 - 7:30 pm in the Great Room.

The 1st topic is all about Mutual Funds, how they work, how they are managed, etc. Future topics include: RMD's and IRAs - The calculation behind RMDs and how IRAs work; Outsmarting the Scammers - Common scams and how to avoid them; Charitable Giving & Estate Planning - How the two can work together; Social Security; Fixed Income Basics - Bonds, bond funds, tax-free municipals, etc.; Tax-Free Investing - Roths, tax free bonds, and other strategies; and The "Crucial Years" - What to do from age 55-70.

Please mark your calendars for the **2nd Monday of each month, April-November**, for this important series. You do not need to attend each session, pick the ones you will want to attend.



Lunch Group Outing:

Dorothy Lane Market -Washington Square

The Dorothy Lane Market at Washington Square, 6177 Far Hills Ave., Dayton, 434-1294, is a large grocery store with beautifully displayed produce, freshly prepared specialty foods, such as your own Naples-style pizza made to order on the spot baked quickly in a brick oven, or a variety of fresh sushi. Check out the menu at the grilling station, where you can have a steak burger grilled to your liking, or fresh lobster! It's a great place to shop and have a nice meal in café seating areas. We may also visit the Woodbourne Branch of the Dayton Metro Library, across the street, which has just received a \$5 million beautiful new building.

We'll depart in the van at **10:30 am on Friday, April 12** from the Bryan Center parking lot. Please sign up in advance and **pay \$5.00 for the van trip at the Senior Center front desk by Thurs., April 4**.



March Potluck & 80+ Birthday Lunch



The Third

Thursday Potluck lunch is at **12:00 noon on March 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 March will be celebrated with dessert and song!

Guest speaker: Matthew Lawson, Executive Director of B-W Greenway, a community land trust linking Beaver Creek Wetland and Wenrick Wetland for ecological and community benefit, will speak about the importance of wetlands. One of their goals is to connect the two wetlands with as much green space as possible.

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

Easter Tea

Come join Becky Baker of Friends Care Community for the **Easter Tea**, and wear a bonnet, if you like, on **Tuesday, April 16, at 11:00 am** in the Senior Center Great Room. Share your memories of Easter or Passover family traditions when you were a child.

Rummikub will be in the front room this date to make way for this special event.



YS Senior Center: 767-5751



April Potluck & 80+ Birthday Lunch

The Third Thursday Potluck lunch is at **12:00 noon on April 18** 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 April will be celebrated with dessert and song!

Guest Performer: Marna Street, principal violist emeritus of the Cincinnati Symphony Orchestra, will play the viola and speak about her multifaceted career and about music she is involved in now.

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



Germany Travel & Archeology Talk by the Conards

Retired Professor of German, Robert Conard who teaches German at the Senior Center, **Tuesdays at 3:30 pm** and his wife Sheilah Conard will present a talk on their visit to Germany in January.

While there, they visited Freiburg, Hamburg, Munich,

but spent most of their time with their son, Professor Nicholas Conard of the University of Tübingen, and his family, in the old city. High above Tübingen and the Neckar valley is Nicholas' office in the city's medieval castle. Since 1995, Nicholas has been professor of Early Pre-Historic Archeology there and closely associated with and responsible for discoveries of the oldest known examples of representational art (circa 40,000 years old), including the Venus of Hohle Fels, various carved animals, a beautiful diving bird, and pre-historic flutes carved from the shafts of bird feathers or ivory. The Conards will speak about their travels in Germany and discuss Nicholas' contributions to knowledge of prehistory, the field in which he is internationally recognized, and for which he officially represents UNESCO's World Cultural Heritage Sites. Please join us in the Great Room at **6:30 pm on Monday, April 29.**



Looking ahead:

Mother's Day Tea in the Great Room, with Becky Baker of Friends Care Community, Friday, May 10 at 1:00 pm.

Mills Lawn School Tea Party for Seniors and Volunteers on Friday, May 17 at 1:00 pm, in the Mills Lawn School gymnasium.



Flash Mob

Lynn Hardman is choreographing and teaching the moves for the Senior Center's

National Senior Health and Fitness Day Flash Mob. Practice the moves to the music, "Good to be Alive Right About Now," from Andy Grammar, join in the Flash Mob on Short St., and get fitter this spring! It is planned to take place **Wednesday, May 29 at 1:00 pm**. An instruction video is expected to be available on [youtube.com](https://www.youtube.com), under [Yellow Springs Senior Center Flash Mob 2019](https://www.youtube.com), well in advance, and on [ysseniors.com](https://www.ysseniors.com). Look for further participation information in the May-June newsletter.

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 YS Senior Center. The Center will get a percentage of your total spending. When the quarterly check arrives, the Center gets a total number of users and a donation, not names. You will need our organization number, which is RU161.



If you shop at **Amazon**, the **Senior Center can benefit.** You must create an Amazon Smile account, and then you shop as usual. You will want to designate YS Senior Citizens as the recipient of 0.5% of your purchase total. 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 your financial advisor.



BIRTHDAYS



March

Birthdays:

03/01* Betty Felder
 03/04 Debbie Casenhiser
 03/04* Robert Harris
 03/04 Linda Mates
 03/04 Lynn Ayers
 03/06 Valerie French
 03/07 Barbara Geri
 03/07 Charles Skidmore
 03/07 Harold Williams
 03/10 Susan Abendroth
 03/10 Jane Brown
 03/10 Rosie Caraway
 03/12* Becky Campbell
 03/14 Barbara Mann
 03/14* Ann McLellan
 03/14 Desiree Nickell
 03/15 Rick Freeman
 03/19* Marilynn Birch
 03/19 Jennifer Johnson
 03/19 Raymond Crowe
 03/20* Ed Dressler
 03/20 Barbara Krabec
 03/21 Teresa Bondurant
 03/22* Beth Hertz
 03/23 William Doyle, Jr
 03/25* Joe Lewis
 03/27* Ellen N. Duell
 03/28* Juliet Hennessy
 03/28 Sandra Love
 03/28 Arati Cacciolfi
 03/30* Ken Bode
 03/30 Dorothy Rike

* Indicates those known to be 80 or over.

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

We only include current members who have shared their birth date.

YS Senior Center 767-5751



April Birthdays:

04/01* Marjorie Anthony
 04/02 Diane Davis
 04/02 Ruth Jordan
 04/03 Francis Jennings
 04/04 Dora Voudris
 04/05 Teresa Crowe
 04/07* Jim Alexander
 04/07* Len Cargan
 04/07* Jo Dunphy
 04/08* Barbara Brookshire
 04/08 Lucia deRidder
 04/09 Bonnie Robinson
 04/10* Wilhemina Huber
 04/11* Rod Hoover
 04/11 Ann Shaw
 04/11* Richard Freeman
 04/11 Don Hollister
 04/12 Mary Sims
 04/14 June Varner
 04/15 Lincoln Castricone
 04/15 Nancy Lineburgh
 04/17* Lois Bailey
 04/17* Jane Baker
 04/17 Kathy Austin
 04/17 Paul Mullin
 04/17 Yasmina Landaburu
 04/18 Isabel Donahey
 04/19* Charlotte Battino
 04/20 Anna Arbor
 04/20 Lynda Hicks
 04/21* Doris Clemens
 04/21* Tony Bent
 04/21* Reuben Chaney
 04/21 Jerry Sutton
 04/24 Gary Pierson
 04/25 Faith Skidmore
 04/25 Judy Woods
 04/26 Laura McDonald
 04/27 Marian Miller
 04/29 Max Lake
 04/30* Frances Lewis



Birthday Luncheon

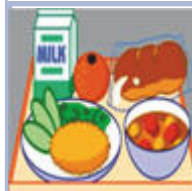
If you turn 80 or more in **March** or **April**, you are especially invited to celebrate your birthday at the **Senior Center Monthly Potluck Lunch** on the Third Thursday of the month, **Thur., March 21 or Thur., April 18.**

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*, **Mar. 16 & Apr. 20**, 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** for this

sociable time. Please call the Center to ask about the menu for any Mon. or Wed. lunch that you might like to attend.

Please call 767-5751 by **noon the weekday before** if you want a meal ordered for you for the first time, or just come.



227 Xenia Avenue
Yellow Springs OH 45387

ysseniors.org

937-767-5751

Mon. - Fri. 9:30 am – 4:00 pm

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Senior Notes

March - April 2019

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Writing class.....	p. 12
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CURRENT RESIDENT OR:



Beyond Bingo Activities at your Senior Center



Please take note of the new programs and classes offered in this issue thanks to the generosity of presenters and leaders.

You'll find **Ryan Beach of Edward Jones** starting off a **financial series** with the topic of mutual funds. A new **local LMT** is giving **free massage**, and the Center's volunteer **German teachers** are speaking on German travel and archeology. Two new classes are starting: **writing and genealogy, by local experts**. **Violist emeritus** of the Cincinnati Symphony will speak and play at the April potluck lunch.

Thanks to your membership and support, the Center is hopping with activities for you! Don't see what you are interested in? Please make a suggestion. – **Corinne Pelzl, Activities Program Manager, 767-5751 x 105, cpelzl@ysseniors.org**



When guests arrived for the Valentine Tea, **Becky Baker** of FCC had oodles of pinks, reds, chocolates and yummy tea sandwiches waiting!

