

# Senior Notes

**JULY - AUGUST 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



**Happy 4th of July!**

The Senior Center will be **closed on Thursday, July 4**, in observance of Independence Day.

In the top photo, **Jalyn Jones Roe**, facilitator, at right with a few of the college students in the **YS Community Foundation Leadership Camp**. About 15 students participated at the Senior Center with various organizational projects.



**Many Thanks to all the bakers and volunteers for a successful Bake Sale in June - earning just shy of \$900!**

**RIPPLES is here!**

A complimentary copy of Volume 6 is enclosed for YOU!

## 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.



**Saturday, August 3**

Cost: \$65 / person  
**Benefit** for the Senior Center.  
Please see back cover page.

The Senior Center is pleased to present the July - August Exhibit: **Paintings by Yellow Springs Artist Patricia High - "Thoughts and Dreams"**

**Opening Reception: Friday, July 19, 4:30 - 7:30 pm**

in the Senior Center Fireplace Room Gallery

**Patricia High** is a painter who works in oil, acrylic and watercolor. She creates ethereal visions of the world as she sees it. Her paintings are abstract, non-subjective works of imagination. Patricia uses color and flowing form to suggest images of thoughts, memories, and dreams. Patricia's work is a vivid representation of life as perceived by the artist.

On display July 19 – August 31.







## Welcome NEW Members!

Heartfelt thanks to all for your generous support through membership!

Jennifer Davis  
Greg Felder  
Veronica Frost  
Diana Glawe  
Millie Goklish  
Marlene Johnson  
Pragnya Shah  
Cornelia Stello

**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.

### Pharmacy Ph.D. Students visit Senior Center

Emma Robinow, pharmacist at Town Drug, has pharmacy students coming from Cedarville University. They will visit the Senior Center during several **Monday & Wednesday** lunches during **July and August**, presenting educational programs and doing medication reviews. **Please call 767-5751 for information on dates and times.**

## IT'S BUSY AROUND THE CENTER !

Congratulations to Suzanne Patterson, at far left, recipient of the 2019 GCCOA Senior Leadership award, receiving the award from Karen Puterbaugh. Just a "few" of Suzanne's many mahjong friends from the YS Senior Center added to her surprise at the event.



Below, 13 artists colorfully participated in the **Watercolor Workshop** with Libby Rudolph.



### Language class photos below:



German class.



French class.



Just a few of the students in the Spanish classes.



Board member Katie Egart not present at time of photo.

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

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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, Margaret Hackett, Maura Taaffe, and Mary Stukenberg.

**Financial Administrator**

Priscilla Moore .....x102

**Office Mgr./Development Asst.**

Lin Wood.....x103

**Facility Caretaker....Shahkar Strolger**

**NEWSLETTER DEADLINE**

**Copy deadline is the 29th of July for Sept.- Oct.** 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](mailto:lwood@ysseniors.org)

**Newsletter Production &**

**Volunteers, May/June:** Lin Wood, Corinne Pelzl, & volunteers Suzanne Patterson, Dora Voudris, Nancy Lewkowicz, Katherine Merrill, Marian Miller, Andree Bognar, and Maggie Heston.

**Thank You to the Volunteers!!**

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

I frequently get asked...so where does the Senior Center get its money to operate? Here is the short answer:

- ▶ We receive about 35% of our operating budget from the Greene County Senior Services Levy, administered by the Greene County Council on Aging. The senior services levy provides funds for our support services, our transportation services, and administrative services.
- ▶ Our homemaker program is about 33% of our budget and it is financially supported through clients of the program. Some clients are private pay and others are clients through the Partners in Care program with the Greene County Council on Aging.
- ▶ 18% of the operation is supported by the Annual Appeal Campaign.
- ▶ Membership dues about 3%.
- ▶ About 4% comes from a yearly disbursement from our endowment.
- ▶ The last 7% is from a variety of sources...investments, program fees, and grants.

Of special note...the Senior Center does not receive any financial support from the Village of Yellow Springs or from Miami Township. Most senior centers in Greene County receive some sort of financial support from their community government entity.

In August, when you are asked to make a contribution to the **Annual Appeal Campaign**, please consider the above and the following: **most activities are free, transportation services are free, support services (including insurance review during open enrollment) are free.**

See you around the Center.

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

**SOUPED  
FOR  
SENIORS**



**John Bryan Community Pottery** is partnering with the **YS Senior Center** to create bowls for our coming event, called

**Souped ↑ For Seniors.** The occasion is a new fundraising event for the Senior Center, to be held on **Sunday, October 20, noon - 5 pm in the Great Room.**

You will receive a bowl of soup, bread, and a pottery bowl for **\$10.**

In preparation for the event we are offering a fun **"come and make a few bowls"** experience at John Bryan Community Pottery! It is a two-day process, so you must attend both days. No experience necessary, you will be taught how to make a clay bowl. Classes are limited to 20 people. No charge. If you attend, you will get to come to the event, **Souped ↑ For Seniors**, for free.



**Thank you to The Yellow Springs Community Foundation** for a grant to fund this project.



Pottery making dates are Saturdays, **July 13 and 27, OR August 10 and 24, from 9 - 11 am each day.** The classes will be held at John Bryan Community Pottery, 100 Dayton St.

Registration is required by calling the Senior Center at 767-5751. For a ride to the bowl-making please call at least 3 days in advance.

Thank you





## SENIOR SUPPORT SERVICES

### Hello Everyone!

I would like to share some information that may help you through the hot summer weather!

Miami Valley Community Action Partnership (MVCAP) continues to accept appointments for its **Summer Crisis Program**, which runs through August 31, 2019. Households may be eligible for this benefit either in the form of an air conditioning unit, unit repair, or a one-time monetary benefit to assist with summer cooling bills.

Households with individuals who have documented medical conditions or individuals 60 years of age and older may be eligible to participate in this program. A complete list of eligibility requirements can be found on MVCAP's website at <https://miamivalleycap.org>. Households needing to make an appointment for Summer Crisis relief can call **1-937-514-4777**. Households currently enrolled in the Percentage of Income Payment Plan Plus Program are not eligible for financial assistance, but they may be eligible for other assistance.

Miami Valley Community Action Partnership is a 501(c)3 private, nonprofit Community Action Agency, committed to eliminating the causes and conditions of poverty and promoting self-sufficiency by providing programs and services in the Miami Valley. Contact Jim Ingram at (937) 341-5000 ext.150 | [James.Ingram@capdayton.org](mailto:James.Ingram@capdayton.org)

As always, if you need assistance with Medicare, Medicaid, Food or Housing Assistance, please contact me.

Happy Summer! - **Valerie French**  
Senior Support Services Manager  
OSHIIP Medicare/Medicaid Representative  
(937) 767-5751 x 106; [vfrench@yseniors.org](mailto:vfrench@yseniors.org)

### Homemaker Program - A Rainbow of Opportunity

As quiet as it's kept, new opportunities are not restricted to the youth. Latest vital statistics in America indicate the birth rate is at a 30-year low, while the senior population is expanding. Therefore many opportunities are being directed to appeal to older adults. Wherever your interest lies, there is a good chance that there is a group already doing it, or you can start a group yourself with those who share the same interest. The YSSC has many activities, from very active exercise, strengthening, balance, language classes galore, art, yoga and needlework. What are you interested in? Follow your rainbow; venture out to new opportunities. To keep up with the housework while you are out discovering new things, use our helpful homemakers. We can cook, clean, organize, and do errands for you.

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



**Stability Class - Lynn Hardman's** evidence-based Stability Class takes place in the Senior Center Great Room, with simple and effective exercises to improve balance and reduce risk of falls. Lots of repetition, no music or choreography, class uses chairs for help in standing exercises; meets **3:00 - 4:00 pm, Wednesdays**.

**Marna Street** was the April Potluck speaker/musician, and is retired principal violist, 37 years with the Cincinnati Symphony Orchestra.



She was the first woman to hold this prestigious position. Marna played some of her favorites and took a couple of requests.



Then she shared, for Passover, the language of women in the Torah, which she is collecting/writing down.



**NEW** - see details for educational speaker series on p. 13.



## 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:** Adv. Beg. Spanish I, II, & III, Spanish Conversation and Advanced Spanish Conversation.

**Adv. 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. Includes resistance (weights).

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

**Yoga with Reena** - Beginner's yoga, on the floor or seated, 2x/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. Participants work 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.

**Stability Class** - Lynn Hardman's 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.

**History Omitted** - Please see page 12.

**Financial Management Series** - Please see page 13.

**Educational Speaker 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, popular group held the 1st & 3rd Wednesdays of the month. See above for new class History Omitted, on the 2nd & 4th Wednesdays.



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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.

| <b>THURSDAY</b>   | <b>FRIDAY</b>  | <b>SATURDAY/SUNDAY</b>   |
|---|--|--|
| <p><b>4</b></p> <p><b>Happy 4th of July</b></p> <p>Senior Center <b>CLOSED</b> today</p>   | <p><b>5</b></p> <p>10:00 – Qi Gong<br/>11:15 – Tai Chi, p. 5<br/>12:30 – Sign Language<br/><b>2:45 – Strength Training</b></p>   | <p><b>6</b></p> <p>12:00 – Mahjong</p> <p><b>7</b></p> <p><b>2:00 – Writers Eclectic</b></p>   |
| <p><b>11</b></p> <p>1:30 – Yoga with Reena<br/>2:00 – Euchre<br/>3:00 – Adv. Beginner Spanish II<br/>4:00 – Adv. Beginner Spanish III<br/><b>5:00 – Spanish Conversation, p. 4</b><br/><b>6:30 – Tai Chi Chuan</b><br/><b>6:30 – Great Books Group</b></p>  | <p><b>12</b></p> <p>10:00 – Qi Gong<br/>11:15 – Tai Chi<br/>12:30 – Sign Language<br/><b>2:45 – Strength Training</b></p>  | <p><b>13</b> 9:00 – Souped UP pottery making class, p. 3</p> <p>12:00 – Mahjong</p> <p><b>14</b></p>   |
| <p><b>18</b> Noon – POTLUCK LUNCH &amp; 80+ Birthday - music from YS Strings, p. 13 &amp; 15</p> <p>1:30 – Yoga with Reena<br/>2:00 – Euchre<br/>3:00 – Adv. Beginner Spanish II<br/>4:00 – Adv. Beginner Spanish III<br/><b>5:00 – Spanish Conversation</b><br/><b>6:30 – Tai Chi Chuan</b><br/>7:00 – Charlie Brown Support Group</p> | <p><b>19</b></p> <p>10:00 – Qi Gong<br/><b>10:30 – Poetry Reading</b><br/>11:15 – Tai Chi<br/>12:30 – Sign Language<br/><b>2:45 – Strength Training</b><br/><b>4:30 – 7:30 pm -ART SHOW OPENING, see front cover</b></p>   | <p><b>20</b> 12:00 – Mahjong<br/><b>12:00 – Beloved Community Lunch, p. 15</b></p> <p><b>21</b></p> <p>12:30 – Grandmother Council<br/><b>2:00 – Writers Eclectic</b></p>  |
| <p><b>25</b></p> <p>1:30 – Yoga with Reena<br/>2:00 – Euchre<br/>3:00 – Adv. Beginner Spanish II<br/>4:00 – Adv. Beginner Spanish III<br/><b>5:00 – Spanish Conversation</b><br/><b>6:30 – Tai Chi Chuan</b></p>  | <p><b>26</b></p> <p>10:00 – Qi Gong<br/>11:15 – Tai Chi<br/>12:30 – Sign Language<br/><b>2:45 – Strength Training</b></p>  | <p><b>27</b> 9:00 – Souped UP pottery making class, p. 3</p> <p>12:00 – Mahjong</p> <p><b>28</b></p> <p>Senior Center web site:<br/><a href="http://ysseniors.org">ysseniors.org</a></p>   |
|  <p>Judith Parson and Andree Bognar always staying active - enjoyed the GCCOA Senior Palooza in May.</p>  | <p><b>Monday &amp; Wednesday Lunches</b></p> <p>A friendly group gets together for a nice, hot lunch in the Great Room on <b>Mondays and Wednesdays at noon.</b></p> <p>More people could be served at this event, and it's very simple to attend. Just come and try it out!</p> <p>These meals are part of the federal Senior Nutrition Program.</p> <p><b>Suggested donation, \$2.</b></p> | <p><b>Turn over for August calendar.</b></p>    |



# AUGUST 2019

## MONDAY

Turn over for the **July** calendar



## TUESDAY

### Front Desk Volunteers Needed

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 is very important to the Senior Center. Please call 767-5751 x 105.

## WEDNESDAY

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.

### 5

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

### 6

11:00 – Play Rummikub  
1:00 – Qi Gong  
2:00 – French class  
3:30 – Adv. Beginner German  
7:00 – YS Strings Rehearsal

### 7

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 – Stability Class, p. 4**  
4:00 – Constitutional Rights  
4:00 – Adv. Spanish Conversation  
5:15 – Adv. Beginner Spanish I  
6:30 – Bridge

### 12

10:30 – Rise & Shine Exercise  
11:15 – Seated Volleyball  
Noon – Senior Lunch  
1:00 – Beginner Mahjong  
1:30 – Yoga with Reena  
**6:30 – Financial Program, p. 13**

### 13

**10:00 – Franklin Park Conservatory, Columbus, p. 14**  
11:00 – Play Rummikub  
1:00 – Qi Gong  
2:00 – French class  
3:30 – Adv. Beginner German  
7:00 – YS Strings Rehearsal

### 14

10:00 – Needlework Group  
10:30 – Rise and Shine Exercise  
11:15 – Seated V.ball; Noon – Sr. Lunch  
2:00 – Dancing with Parkinson's  
**3:00 – Stability Class**  
**4:00 – History Omitted, p. 12**  
**4:00 – Jam Fest, p. 12**  
4:00 – Adv. Spanish Conversation  
5:15 – Adv. Beginner Spanish I  
6:30 – Bridge

### 19

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

### 20

11:00 – Play Rummikub  
1:00 – Qi Gong  
2:00 – French class  
**3:00 – Ice Cream Social, p. 13**  
3:30 – Adv. Beginner German  
7:00 – YS Strings Rehearsal

### 21

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 – Stability Class**  
4:00 – Constitutional Rights  
4:00 – Adv. Spanish Conversation  
5:15 – Adv. Beginner Spanish I  
6:30 – Bridge

### 26

10:30 – Rise and Shine Exercise  
11:15 – Seated Volleyball  
Noon – Senior Lunch  
1:00 – Beginner Mahjong  
1:30 – Yoga with Reena  
**6:30 – Educational Series, "What Happened at the Moroccan Mountain Spa?" p. 13**

### 27

**10:00 – Hearing Aid Help - Dr. Lolan**  
11:00 – Play Rummikub  
1:00 – Qi Gong  
2:00 – French class  
3:30 – Adv. Beginner German  
7:00 – YS Strings Rehearsal

### 28

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 – Stability Class**  
**4:00 – History Omitted**  
4:00 – Adv. Spanish Conversation  
5:15 – Adv. Beginner Spanish I  
6:30 – Bridge



**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   |
|---|--|---|
| <b>1</b><br>1:30 – Yoga with Reena<br>2:00 – Euchre<br>3:00 – Adv. Beginner Spanish II<br>4:00 – Adv. Beginner Spanish III<br><b>5:00 – Spanish Potluck</b><br><b>6:30 – Tai Chi Chuan</b><br>7:00 – Charlie Brown Support Group  | <b>2</b><br>10:00 – Qi Gong<br>11:15 – Tai Chi<br>12:30 – Sign Language<br><b>2:45 – Strength Training</b>                                   | <b>3</b><br>12:00 – Mahjong<br><b>6:15 – Garden Dinner Party -<br/>back cover page</b><br><b>4</b><br>2:00 – Writers Eclectic   |
| <b>8</b><br>1:30 – Yoga with Reena<br>2:00 – Euchre<br>3:00 – Adv. Beginner Spanish II<br>4:00 – Adv. Beginner Spanish III<br><b>6:30 – Tai Chi Chuan</b><br><b>6:30 – Great Books Group</b>  | <b>9</b><br>10:00 – Qi Gong<br>11:15 – Tai Chi<br>12:30 – Sign Language<br><b>2:45 – Strength Training</b>                                   | <b>10</b> 9:00 – Souped UP pottery<br>making class, p. 3<br>12:00 – Mahjong<br><b>11</b>  |
| <b>15</b> Noon – POTLUCK LUNCH<br>& <b>80+ Birthday</b> -- Guest speakers: <b>Melissa Heston</b> , Encore Miller Fellow, with <b>Leslie Edmunds, R.D.</b> , of <b>Clem&amp;Thyme</b> nutrition, p. 14<br>1:30 – Yoga with Reena<br>2:00 – Euchre<br>3:00 – Adv. Beginner Spanish II<br>4:00 – Adv. Beginner Spanish III<br><b>5:00 – Spanish Conversation</b> , p. 4<br><b>6:30 – Tai Chi Chuan</b><br>7:00 – Charlie Brown Support Group | <b>16</b><br>10:00 – Qi Gong<br><b>10:30 – Poetry Reading</b><br>11:15 – Tai Chi<br>12:30 – Sign Language<br><b>2:45 – Strength Training</b> | <b>17</b><br>12:00 – Mahjong<br><b>12:00 – Beloved Community<br/>lunch, p. 15</b><br><b>18</b><br>12:30 – Grandmother Council<br><b>2:00 – Writers Eclectic</b>               |
| <b>22</b><br>1:30 – Yoga with Reena<br>2:00 – Euchre<br>3:00 – Adv. Beginner Spanish II<br>4:00 – Adv. Beginner Spanish III<br><b>5:00 – Spanish Conversation</b><br><b>6:30 – Tai Chi Chuan</b><br>7:00 – Charlie Brown Support Group  | <b>23</b><br>10:00 – Qi Gong<br>11:15 – Tai Chi<br>12:30 – Sign Language<br><b>2:45 – Strength Training</b>                                  | <b>24</b> 9:00 – Souped UP pottery<br>making class, p. 3<br>12:00 – Mahjong<br><b>25</b>  |
| <b>29</b><br>1:30 – Yoga with Reena<br>2:00 – Euchre<br>3:00 – Adv. Beginner Spanish II<br>4:00 – Adv. Beginner Spanish III<br><b>5:00 – Spanish Conversation</b><br><b>6:30 – Tai Chi Chuan</b>  | <b>30</b><br>10:00 – Qi Gong<br>11:15 – Tai Chi<br>12:30 – Sign Language<br><b>2:45 – Strength Training</b>                                  | <b>31</b> 12:00 – Mahjong<br>-----<br>Looking Ahead to something<br>“souper” fun:<br><b>Souped UP for Seniors</b><br><b>Sunday, October 20,</b><br><b>12 - 5 pm, see p. 3</b> |



# JULY 2019

| MONDAY   | TUESDAY  | WEDNESDAY  |
|--|--|--|
| <b>1</b><br>10:30 – Rise and Shine Exercise<br>11:15 – Seated Volleyball<br>Noon – Senior Lunch<br>1:00 – Beginner Mahjong<br>1:30 – Yoga with Reena   | <b>2</b><br>11:00 – Play Rummikub<br>1:00 – Qi Gong<br>2:00 – French class<br>3:30 – Adv. Beginner German<br>7:00 – YS Strings Rehearsal   | <b>3</b> 10:00 – Needlework Group<br>10:30 – Rise and Shine Exercise<br>11:15 – Seated Volleyball<br>Noon – Senior Lunch<br>2:00 – Dancing with Parkinson's<br><b>3:00 – Stability Class, p. 4</b><br><u>4:00 – Constitutional Rights</u><br>4:00 – Adv. Spanish Conversation<br>5:15 – Adv. Beginning Spanish I<br>6:30 – Bridge                  |
| <b>8</b><br>10:30 – Rise and Shine Exercise<br>11:15 – Seated Volleyball<br>Noon – Senior Lunch<br>1:00 – Beginner Mahjong<br>1:30 – Yoga with Reena<br><b>6:30 – Financial Program, p. 13</b>   | <b>9</b><br><b>11:00 – Iced Tea Party, p. 13</b><br>11:00 – Play Rummikub<br>1:00 – Qi Gong<br>2:00 – French class<br>3:30 – Adv. Beginner German<br>7:00 – YS Strings Rehearsal                           | <b>10</b> 10:00 – Needlework Group<br>10:30 – Rise and Shine Exercise<br>11:15 – Seated Volleyball<br>Noon – Senior Lunch<br>2:00 – Dancing with Parkinson's<br><b>3:00 – Stability Class</b><br><b>4:00 – History Omitted, p. 12</b><br>4:00 – Adv. Spanish Conversation<br>5:15 – Adv. Beginning Spanish I<br>6:30 – Bridge                      |
| <b>15</b> <b>Garden Party</b> reservations due by today, see back cover.<br>10:30 – Rise and Shine Exercise<br>11:15 – Seated Volleyball<br>Noon – Senior Lunch<br>1:00 – Beginner Mahjong<br>1:30 – Yoga with Reena   | <b>16</b><br><b>11:00 – Lunch Bunch, Stella Bleu in Springfield, p. 13</b><br>11:00 – Play Rummikub<br>1:00 – Qi Gong<br>2:00 – French class<br>3:30 – Adv. Beginner German<br>7:00 – YS Strings Rehearsal | <b>17</b> 10:00 – Needlework Group<br>10:30 – Rise and Shine Exercise<br>11:15 – Seated Volleyball<br>Noon – Senior Lunch<br>2:00 – Dancing with Parkinson's<br><b>3:00 – Stability Class</b><br><u>4:00 – Constitutional Rights</u><br>4:00 – Adv. Spanish Conversation<br>5:15 – Adv. Beginning Spanish I<br>6:30 – Bridge                       |
| <b>22</b><br>10:30 – Rise and Shine Exercise<br>11:15 – Seated Volleyball<br>Noon – Senior Lunch<br>1:00 – Beginner Mahjong<br>1:30 – Yoga with Reena  | <b>23</b><br><b>10:00 – Hearing Aid Help, Dr. Lolan</b><br>11:00 – Play Rummikub<br>1:00 – Qi Gong<br>2:00 – French class<br>3:30 – Adv. Beginner German<br>7:00 – YS Strings Rehearsal                    | <b>24</b> 10:00 – Needlework Group<br>10:30 – Rise and Shine Exercise<br>11:15 – Seated V.ball; Noon – Sr Lunch<br>2:00 – Dancing with Parkinson's<br><b>3:00 – Stability Class</b><br><b>4:00 – History Omitted, p. 12</b><br>4:00 – Adv. Spanish Conversation<br><b>5:00 – BOARD MEETING</b><br>5:15 – Adv. Beginning Spanish I<br>6:30 – Bridge |
| <b>29</b> <b>Newsletter Deadline for Sept.-Oct.</b><br>10:30 – Rise and Shine Exercise<br>11:15 – Seated Volleyball<br>Noon – Senior Lunch<br>1:00 – Beginner Mahjong<br>1:30 – Yoga with Reena<br><b>6:30 – Educational Series, “The United States Invades Ohio,” p. 13</b> | <b>30</b><br>11:00 – Play Rummikub<br>1:00 – Qi Gong<br>2:00 – French class<br>3:30 – Adv. Beginner German<br>7:00 – YS Strings Rehearsal  | <b>31</b> 10:00 – Needlework Group<br>10:30 – Rise and Shine Exercise<br>11:15 – Seated V.ball<br>Noon – Senior Lunch<br>2:00 – Dancing with Parkinson's<br><b>3:00 – Stability Class</b><br>4:00 – Adv. Spanish Conversation<br>5:15 – Adv. Beginning Spanish I<br>6:30 – Bridge  |



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## News from GCCOA



### Jam Fest

GCCOA Annual Fundraiser - tickets are \$10 - featuring music by Mack & the Rockets, baked goods and other creations, refreshments and an auction. All proceeds are used for senior and caregiver programs and services.

**Wednesday, August 14,**

**4 - 6:30 pm, Xenia**

Community Center, 1265 W. Second St, Xenia, next to GCCOA office. For more info call 376-5486. Tickets available at YS Senior Center.

**Thank you Lynn Hardman,** for the Flash Mob choreography, instruction and bubbles for the students.



YS Senior Center 937-767-5751

After the YS community bid a fond farewell and happy retirement to our favorite UPS delivery man, Rob, a crowd of seniors participated in a Flash Mob, with the Mayor, YS police, and Mills Lawn students!



YS will miss you Rob!



Lynn Hardman leading the Flash Mob on Short St.



**Joyce McCurdy**, retired high school history teacher is continuing to offer the **Constitutional Rights group on the first and third Wednesdays at 4:00 pm** in the Fireplace Room. She is starting a new study of history often omitted from traditional school teaching of American history. Joyce offers a fascinating light on what gets into the history books and what doesn't, on the **second and fourth Wednesdays at 4:00 pm**. Please sign up by calling 767-5751 or just come!





### Financial Management - All The Things You Need to Know -

**Ryan Beach, Financial Advisor** with Edward Jones in Xenia, continues the financial series with information everyone should know for managing money.

The next two sessions, on the **2<sup>nd</sup> Monday of each month, 6:30 - 7:30 pm, in the Great Room**, are on **July 8: Charitable Giving & Estate Planning** - How the two can work together; **August 12: Social Security**. Future topics and dates are: Sept. 9, Fixed Income Basics; October 14, Tax-Free Investing; Nov. 11, The Crucial Years 55-70.



### Iced Tea Party

Please come join **Becky Baker of Friends Care Community** for tea at **11:00 am** in the Great Room on **Tuesday, July 9**. Becky brings a fun game and seasonal wisdom, as well as refreshments. Iced tea will be served; hot tea is also available. Invite a friend. It is important to sign up for this delightful event by noon, Monday, July 8, by calling 767-5751, but do come even if you can't call in advance.



### Lunch Outing newly opened restaurant

**Stella Bleu** is a new restaurant in Springfield at 20 N. Fountain Avenue, 937-717-0478. It opened about June 4 and is located in a block with lots of new development, including a chocolate shop. Stella Bleu, started by two Springfield area residents, has received a stream of enthusiastic reviews for the restaurant's food and ambiance.

The lunch menu includes Southern Cuban Sandwich, \$13 (country ham, smoked pork, pimento cheese, house pickles, bourbon mustard, Cuban roll, chips), Catfish Po'Boy, \$12 (cast-iron-blackened catfish, smoked slaw, house pickles, tomato, fried caper remoulade, which is like a seasoned tartar sauce, French bread, chips), Vegan Risotto, \$12, Bourbon Crème Brûlée, \$7 and Terrapin Sundae, \$7 (chocolate-pecan bread, local French vanilla ice cream, dulce de leche, hot fudge, and amarena whip). See the full menu on Facebook (Stella Bleu). We go **Tuesday, July 16**, departing in a rental van at **11:00 am** from the Bryan Center, west side of parking lot. The cost of transportation is \$5.00, payable at departure. NOTE: If there are at least six people reachable by phone and committed to go at about 9:00 am, the trip will proceed. Preferred sign up is by noon, Monday, July 15, 767-5751.



### Educational Speaker Series

#### "The United States Invades Ohio"

**Michael Taint**, retired professor of history from Wittenberg University, is an **expert in the history of war** between European settlers of North America and indigenous people. Come hear an illustrated talk about the greatest defeat of the US Army, and it happened right here in Ohio. The program will be on **Monday, July 29, at 6:30 pm** in the Great Room.

#### "What Happened at the Moroccan Mountain Spa?"

**Lynda Hicks** is the well-traveled teacher/leader of the Advanced French class at the Senior Center. She made a trek by camel in Zagura, and visited Marrakesh and Casablanca. Please come hear her delightful talk and see pictures of her adventures in **Morocco** on **Monday, August 26, at 6:30 pm** in the Great Room.



### July Potluck & 80+ Birthday Lunch



The Third Thursday Potluck lunch is at **12:00 noon on July 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 *July* will be celebrated with dessert and song! **Guest Entertainment:** Members of **Yellow Springs Strings** will present a musical program.

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

### Annual Ice Cream Social

#### Becky Baker of Friends Care

**Community** will serve yummy ice cream with toppings in the Great Room of the Senior Center at **3:00 pm on Tuesday, August 20**. Invite a friend!

Please sign up by noon Monday, August 19, 767-5751.

If you need transportation, please call 3 days in advance.



**SOUPED  
FOR  
SENIORS**



**Soup Supper fundraising benefit for YS Senior Center -**  
See p. 3 for all the fun details!

#### SAVE THE DATE!

**Sunday, October 20,  
noon - 5 pm, \$10,  
in the Great Room.**



**Columbus outing: Franklin Park Conservatory,** 1777 E. Broad St., Columbus, Ohio, 614-715-8000, modeled after the magnificent glasshouse at the Chicago World's Fair, is set in an outdoor botanical garden. We'll tour the Conservatory, then on the way to lunch at a Columbus restaurant, we'll view **Topiary Park**, not far from the Conservatory. Admission to the Conservatory is \$16 for 60+, \$19 for 13-59. Bring a hat, sunscreen, water and a snack. We'll depart from the west side of the parking lot at the Bryan Center in a rental van, at **10:00 am on Tuesday, August 13.** The cost of transportation is \$5.00, payable at departure; not when signing up.

If there are at least six people reachable by phone and committed to go by about 8:30 am, the trip will proceed. Preferred sign up by noon Monday, August 12, by calling 767-5751.



### August Potluck & 80+ Birthday Lunch

The Third Thursday Potluck lunch is at **12:00 noon on August 15** 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 *August* will be celebrated with dessert and song!

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

**Guest speakers: Melissa Heston**, Encore Miller Fellow, with **Leslie Edmunds, R.D.**, of **Clem&Thyme** nutrition health consultants, believe in eating *wholesome-from-the-Earth* food, not diet foods concocted in a factory. They believe your food should taste good, and you should look forward to meals, not sacrificing taste for health. You can have both. Hear their presentation to help you get healthy and satisfy your taste buds.



specializes in nutrition management for many medical conditions.

## From the Transportation Desk

*"The only person you can depend on is yourself!"*

Often, when someone makes their first Senior Center ride request, their preeminent concern is not to be a bother [interpreted as "burden"] on our transportation program. These are marvelous folks who still recall the easier days when they could hop in a car at will and take care of business on their own. Then they find themselves asking friends and family to help them get about in a car-dependent culture to obtain medical services, groceries or other personal needs. I don't believe it takes a lot of insight to know that aging, while granting greater awareness of life's gifts, diminishes our ability to depend entirely on ourselves and, thereby, puts us at odds with the above maxim that we learned in childhood and which informed our actions for many years.

So, I'd like to suggest that we revisit the above tenet, and relegate its counsel as "formative advice" for the young. I liken it to a diet of "whole milk," good for building strong bodies when we are kids – more problematic in our diet as we grow older. So, too, this axiom guides pupils to build skills, confidence and the self-reliance necessary to sustain younger souls into adulthood. As adults, already skilled, competent and confident, we might rather trade our independence for a considered reliance on others as suggested by Blanche Dubois' famous line: *"I have always depended on the kindness of strangers."*

Better still, we could aspire to become part of a network of "strangers" who, together, can build a stronger and reliable web of support for all.

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

## 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 important. 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



## Birthdays:

07/01 Alan Raney  
 07/04 Jane Boucher  
 07/04 Russell Shaw  
 07/05\* Mary Bushrui  
 07/05 Susan Freeman  
 07/05 Jan Holbrook  
 07/06 Linda Reeves  
 07/07 Anne Randolph  
 07/08 Richard Bullock  
 07/08\* Wilberta Eastman  
 07/08\* Martie Jensen  
 07/08 Mitzie Miller  
 07/10\* Lenore Doctor  
 07/10\* Maria Donat  
 07/10 Kathryn Van der Heiden  
 07/12\* Robert Darrow  
 07/14 Marcia Sutherland  
 07/15\* Donna Denman  
 07/15 Mark Sirkin  
 07/16 Kristen Andreae  
 07/17 Lori Beckman  
 07/17 Roger Beal  
 07/17\* George Coder  
 07/18 Pat Robinow  
 07/18 Maura Taaffe  
 07/21\* Joyce Robinson  
 07/22 Karen Rasey  
 07/24 Heidi Eastman  
 07/25\* Joan Champie  
 07/25 Deborah Dillon-Bloch  
 07/25 Mary Beth Burkholder  
 07/26\* Polly Miller  
 07/26 Lidia Stone  
 07/27\* Harriet Blackman  
 07/29 Melva Knemeyer  
 07/29 Denise Robinow  
 07/30 James Tetz  
 07/31 Kathy Carr

**Note: the Senior Center does NOT sell or share your personal information, nor do we keep credit card information or numbers on file.**

**\* 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.***



## Birthdays:

08/01 John Atkins  
 08/01 Phyllis J. Davis  
 08/02 Susan Bothwell  
 08/03\* Mary E. Prince  
 08/04\* Geneva Brisbane  
 08/04 Lynda Terry  
 08/04 Niki Foor  
 08/05 Elaine Szulewski  
 08/06\* Ted Barker  
 08/06 Patricia Dewees  
 08/07 Brian Gaughan  
 08/08\* Bernice Kirk  
 08/08 Dan Carrigan  
 08/08 Doug Klappich  
 08/09 Richard Darr  
 08/10\* Perry M. Stewart  
 08/10 Chris Zurbuchen  
 08/12 C.A. Cobbs  
 08/14 Judy James  
 08/16 Nancy Hirsch  
 08/16 Heather Neill  
 08/17\* Joel Goldberg  
 08/19 Joy Fishbain  
 08/21 Pete Wehner  
 08/22\* Eleanor M. Johnson  
 08/22 Beth Knepper  
 08/23 Joan Chappelle  
 08/23 Allan Ryder  
 08/24 Ned Oldham  
 08/24 Sue Parker  
 08/24 David Anderson  
 08/25 Tom Malcolm  
 08/26\* Don Rudolf  
 08/26 Maria Varandani  
 08/27 Adele Maas  
 08/27 Peggy Shank  
 08/29 Amy Ballow  
 08/29 Sarah Kirby  
 08/29 Joe Ayres  
 08/30 Isidro Fernandez, Jr.  
 08/30 Marie Hertzler  
 08/30 Moya Shea  
 08/31 Jerry Gasho  
 08/31\* Michael Kraus  
 08/31 Stephanie Robinson

## Quote

"I believe we are here on the planet Earth to live, grow up and do what we can to make this world a better place for all people to enjoy freedom."

**Rosa Parks, 1988**

**YS Senior Center 767-5751**



# Birthday Luncheon

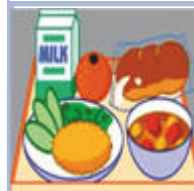
If you turn 80 or more in **July or August**, you are especially invited to celebrate your birthday at the **Senior Center Monthly Potluck Lunch** on the Third Thursday of the month, **Thur., July 18 or Thur., August 15.**

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*, **July 20 & August 17**, 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 are 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  
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Mon. - Fri. 9:30 am – 4:00 pm



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## Senior Notes

July - August 2019

Souped UP for Seniors event.....p. 3  
Financial Management.....p. 13  
Educational Speaker Series.....p. 13  
Iced Tea Party.....p. 13  
Transportation.....p. 14

CURRENT RESIDENT, OR:



**COST:** \$65 per person  
(\$55 is tax deductible)

## The 6th Annual Garden Dinner Party

benefit for the YS Senior Center

**Saturday, August 3, 2019**

*Reservations due by July 15.*



**6:15 - 7 pm:** Meet & Greet at the Welton's Garden, 118 West North College St.  
to receive your Host dinner location/directions.

**7 - 9 pm:** Dinner at a Host Home.

Please list all persons to be included in your party (limit 6) in the same envelope, with payment. We will do our best to accommodate your request, but make no guarantees.

*Please Note:* There will be uneven terrain at the Welton's Garden and some host locations. Please let us know if you have special needs and we will try to accommodate your need.

Further info, contact: Macy Reynolds 767-2981.

**Attendees Name(s) *Please Print***

---

**Contact person Name** \_\_\_\_\_

**Cell** \_\_\_\_\_ **Email** \_\_\_\_\_

**Vegetarian** \_\_\_\_\_ **Vegan** \_\_\_\_\_ **Gluten Free** \_\_\_\_\_

**Other Dietary Restrictions** \_\_\_\_\_

**My/Our Check - payable to "YSSC" included for \$** \_\_\_\_\_

**I/We cannot attend, but wish to make a donation of \$** \_\_\_\_\_

