

Senior Notes

MARCH - APRIL 2020



*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

web site: 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 whole community.



2020 Greene County Senior Award Recognition Luncheon

Join the Greene County Council on Aging to honor outstanding senior citizen volunteers from each of the ten Senior Centers in Greene County.

An **honoree** will be chosen from the YS Senior Center. The luncheon is held on **Wednesday, April 29, from 11 am to 1 pm.** Register at the YS Senior Center, \$10. *Registration and payment are due by April 15.*

YS Senior Center Presents: Dance Marathon Fundraiser

Friday, March 13, 2020, 5 – 10 pm
The Emporium, 233 Xenia Ave., YS



Schedule: 5 – 8 pm - DJ

8 – 10 pm - **The Hoppers** (early rock, 50s & 60s) **LIVE!**

Come and Dance! Form a Team! Fund Dancers!

- ♦ A team is 8 -10 people who will commit to dance at some point during the 5 hours.
- ♦ Make a pledge to support a team in their efforts to dance 5 hours.

Call: 937-767-1031 for more information or to volunteer to do any of the above.

Speaker Series: Travels in Cuba



Dr. Paulette Olson, former Director of the WSU Women's Center, Women's Studies Program, and professor in the Economics Dept., will present a **travel talk with photos** from her recent trip to **Cuba**. Photo on the left shows

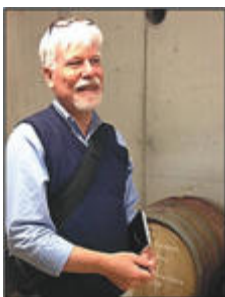
Paulette "enjoying an espresso at a road-stop (what we call in the US, a rest stop) but the espresso is not out of a machine. Instead, Cubans have stylish espresso bars along the highways and country roads; they take their coffee very seriously!" Come hear

about some amazing people she met at a senior center there, including her love of the national pastime, a distinctive kind of Dominoes. In the Senior Center Great Room, **Monday, March 30, 6:30 pm.**



Wine Talk and Taste

Local resident **Michael Brown** is Regional Manager for Quintessential Wines, a family-owned company representing family-owned wineries around the world. Michael has extensive knowledge of wines that started during college, even before training as a chef, first at the noteworthy Culinary Institute of America, Hyde Park, NY, and later in Paris, in restaurants under top-rated French chefs. He has worked in the wine business since 1991 and has traveled extensively throughout the wine areas of France, Italy, California, Oregon and Washing-



ton State. **Certified as a Specialist in Wine (CSW)** by the Society of Wine Educators, he passed the first stage of the Master Sommelier exams with a perfect score and is in the process of completing a book on the basics of wine. Talk is on **Monday, April 13, 6:30 pm** in the Senior Center Great Room.





**Welcome
NEW
Members!**

Heartfelt thanks to all for your generous support through membership!

Joseph Cimoch
Gyamfi Gyamerah
Tom Logsdon
Marcilina Meigs-Kilby
Margo McDaniel
Cindy Minton Piatt
Holly Knight
Dimi Reber
Tracy Wright

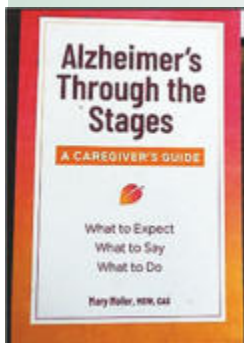
**Membership dues per year:
Single: \$20**

**\$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.

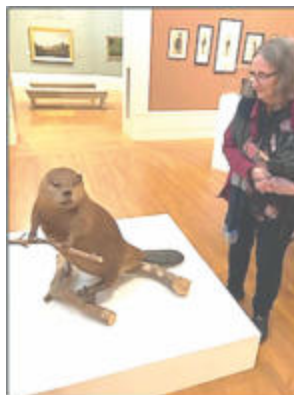


New book added to the Senior Center Dementia Friendly Lending Library.

Books are available to borrow and are found in the front lobby, on the front long window shelf.

IT'S BUSY AROUND THE CENTER !

Tea service for Valentine's Day - thank you **Becky Baker!**



Photos from the lovely Springfield Museum of Art: International **Quilt** Show and exhibit on **hat** history. This photo of a large taxidermied beaver refers to the fact that at one time beaver hats were the most expensive hats to make and buy. **See p. 13** for the Springfield Museum trip.



Strength Training class Fridays 2:45 pm.



School facilities discussion.



Growing Green 2020: Investing in Conservation and Local Food Conference

Tecumseh Land Trust and Agraria offer a conference on sustainable agriculture, land conservation practices, local food systems, and economics **Friday afternoon through Sunday on the weekend of March 13 -2:30 pm, 14 - 9:30 am, & 15 - 10 am.** Information on funding and other resources for farmers and landowners to implement conservation practices will be available. Landowners, farmers, local supporters and the public are invited to attend.

There will be farm tours, panels on local food and Farm-to-School programs, climate change affecting agriculture, and discussion of strengthening local food resources. The goal is for conference participants to take action implementing conservation practices and developing a stronger local food network. Friday's events are free and open to all. The **YS Senior Center** is partnering with **TLT, Agraria**, and other organizations in initiatives for education about food sufficiency in our area.

Schedule, venue, & ticket info. is accessible by internet search using the title of the conference, or go to <https://growinggreen2020.eventbrite.com>.

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Senior Citizens, Inc.
Established 1959**

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NEWSLETTER DEADLINE

Copy deadline is the 27th of April for June/July. 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 Volunteers:

Jan/Feb: Suzanne Patterson, Anna Hogarty, Lee Huntington, Andree Bogner and Rosemary Caraway.

Thank You to the Newsletter Volunteers!!

"There is a **Spoon** in my room.

Did I forget to bring it back to the kitchen? Did I eat ice cream? Maybe I drank tea?

Or did I eat soup?

All I know is that there is a Spoon in my room..."

- Excerpt of poem by Norwegian poet, Sander S. Vatn

Do **you** have extra **SPOONS** in your "room"? The Senior Center could use some more if you feel like donating them.



The Center is so busy. Everyone should be able to find something that piques their interest...if not let us know what you would like...new ideas are always welcome.

If you have yet to renew your membership for 2020, now is the time. \$20 for one person and \$15 for each additional household member is a great value.

The Annual Appeal Campaign was very successful...thanks to so many YSSC supporters! Without your donations, the Senior Center could not provide much-needed services to older adults in the community. Please feel free to donate anytime and as often as you like during the year...your financial support is very gratefully appreciated.

Have a terrific spring! See you around the Center.

- **Karen Wolford, Executive Director, kwolford@ysseniors.org**

Telephone Calls

Are you receiving the almost weekly telephone messages announcing/reminding you of coming events or activities or announcing a closure due to weather? In the future, the hope is that we will send messages to individual classes, should there be a change due to illness or some other reason. In an upcoming telephone message you will have the opportunity to answer a question. We are asking simply if you like receiving these calls? If there is something else you would like in these messages, please call and let us know. Just to note, if you prefer not to receive these calls, you may simply call the Senior Center and let us know, 937-767-5751.

Dementia Champions Training

On **Tuesday, March 17 from 10 am - 12 noon**, the YS Senior Center will host a **Dementia Champions Training**. The Ohio Council for Cognitive Health is bringing this training to Yellow Springs. Champions are volunteers who would like to help teach others to be Dementia Friends. Champions can be professionals or members of the community. If you are interested, please let Karen Wolford know. Call the Senior Center at 937-767-5751 x101 or email at kwolford@ysseniors.org.

Dementia Friends Training

On **Monday, April 6 from 6:30 - 8:00 pm**, the YS Senior Center will host a Dementia Friends Training. The Ohio Council for Cognitive Health and our own Dementia Champions will be on hand to train as many people as we can to become Dementia Friends in Yellow Springs. Dementia Friends commit to at least one dementia-friendly action, such as inviting an individual with dementia to a concert, restaurant, class, shopping, walk or community event; encouraging a colleague to become a Dementia Friend; taking dinner to a caregiving family; volunteering to give a caregiver a break; reading to a person with dementia; or joining a dementia advocacy event. Please call the Senior Center at 937-767-5751 to register to attend.

Planned Giving—Legacy Society

Many people have indicated on membership renewal forms or on Annual Appeal donor cards that they would like more information on making a planned gift to the Senior Center or they have made a planned gift. Making a planned gift to the Senior Center takes on special meaning when you choose to leave a gift for the benefit of present and future generations. Please join us on **Monday, April 20 at 6:30 pm** in the Great Room for an informational meeting to answer your questions on planned giving. Experts in the field will be on hand to provide the information. No need to sign up...just come.

SENIOR SUPPORT SERVICES

Hello Everyone!

Well we have almost made it through Winter, and Spring is on the way! It's time to come out of hibernation and get moving in the new year. And along with the new season, comes another annual event...Tax Time. Though none of us really look forward to filing our taxes, it is something that most of us must do. AARP Tax-Aide, provides tax preparation assistance with this task at several nearby locations.



This Spring, while you are working on those taxes, remember to take a break and get out, get some fresh air and sunshine, and be ready for all that life has to give you. And when you need assistance with Medicare, Medicaid, Food & Housing assistance and other local resources, just call 937-767-5751 x 106, to schedule an appointment.

For a complete list of Tax-Aide locations near you, go to: [https://secure.aarp.org/applications/](https://secure.aarp.org/applications/VMISLocator/searchTaxAideLocations.action)

[VMISLocator/searchTaxAideLocations.action](https://secure.aarp.org/applications/VMISLocator/searchTaxAideLocations.action)

Or Call: 888-OUR-AARP (888-687-2277).

Happy Spring! - Val

Valerie French, Senior Support Services Manager, OSHIIP Medicare/Medicaid Representative, 937-767-5751 x 106; vfrench@ysseniors.org



Homemaker Program

Enjoy the season and let a caring homemaker cook, clean and run errands. Please call the YSSC Homemaker Program!

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

From the Transportation Desk



Does your car fit you?

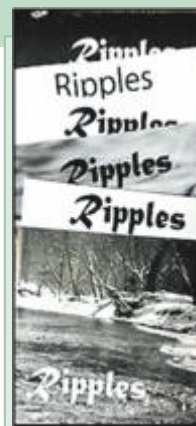
A proper "fit" of driver to vehicle is essential for both your safety and the safety of others on the road. Intrigued? The American Society on Aging – in collaboration with AAA, AARP and the American Occupational Therapy Association – offers **CarFit**, a program that provides "a quick, yet comprehensive 12-point check" to see how well your car fits you!

CarFit is coming to our area! As co-chair of the **CarFit** event, let me extend an invitation for you to have a check of your car's "fit" to you, **Wednesday, May 6, at the Xenia Community Center, 1265 W. Second Street, Xenia, between noon and 4 pm.** In exchange for a few minutes of your time, we expect to offer insights to further hone your good driving ability.

Mark your calendar, no appointment necessary. Hope to see you there!

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

YS Senior Center 937-767-5751



Ripples!!

Get ready for the **7th edition** of **Ripples**, for 2020!

Please submit your stories, poems and photographs featuring residents of YS and Miami Township, age 55 and over.

Ripples is published by the YS Senior Center and is a gift to the community. Pick up back issues and guidelines at the Senior Center's front desk area.

The **deadline is Friday, March 20.** Contact Suzanne Patterson, spatterson@yellowsprings.com, with questions or comments.



Drive this car for FREE!

become a
Volunteer Driver
for the Senior Center.

AAA Senior Driving Seminar



Keeping the Keys

A free presentation to learn about aging's effects on driving, and more.

Presented by Patrick Brown, AAA Driving School Supervisor,
Wednesday, April 29, 3:15 pm
YS Senior Center, 227 Xenia Ave.
Refreshments will be served.

Please RSVP: (937) 558-8427

Ongoing Classes, Groups and Events

YS Senior Center: 937-767-5751



All of these activities and more are listed 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, 937-767-0235.

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!

YS Strings - If you play a stringed instrument, please call Shirley Mullins, 937-767-3361 for info.

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

Scrabble - word game.

Constitutional Rights - understanding & discussing the Constitution & other subjects with local retired history teacher, Joyce McCurdy. An on-going, popular group held the 1st & 3rd Wednesdays of the month.

History Omitted - Joyce McCurdy's group meets the 2nd & 4th Wednesdays of the month, discussing history which doesn't get into school history books.

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. Voice exercise, too.

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 has many more benefits. It could be the perfect activity for you. Tai chi chuan on Thurs. & Tai chi for balance on Friday.

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

Spanish Language Classes: Adv. Beg. Spanish I, II, & III

Adv. German Language Class

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

Creative Writing Group - weekly on Friday, a great way to motivate yourself to keep writing, get support and feedback - all welcome.

Speaker Series - Please see page 1.

NEW: - Great Novels & Poetry class, p. 14

- **Traditional African Drum class, p. 13**

- **Corn Hole Game - 10:00 am, Thursdays, p. 12**

- **Art Workshops, p. 12 & 14**

- **Drums Alive! - back page**

- **Comfort & Well-Being classes, p. 12**

- **Moving to Heal/Body Learning Workshop - back page.**

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 - **Tom Lolan, Au.D.**, volunteers for cleaning traditional hearing aids, changing batteries, and providing advice, 4th Tuesday of the month.

Great Books Group - engaged discussions on the 2nd Thursday each month on previously selected title.

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.

YS Senior Center: 937-767-5751

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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
5 10:00 – Corn Hole Game, p. 12 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 5:00 – Spanish Potluck 6:30 – Tai Chi Chuan	6 10:00 – Qi Gong 11:15 – Tai Chi for Balance, p. 5 12:30 – Sign Language 1:00 – Creative Writing Group 2:45 – Strength Training	<p style="text-align: right;">Sunday 1</p> <p style="text-align: right;">2:00 – Writers Eclectic</p> 7 8:30 – Winter Farmer's Market 12:00 – Mahjong <p style="text-align: right;">8</p>
12 10:00 – Corn Hole Game 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 6:30 – Tai Chi Chuan 6:30 – Great Books Group	13 2:30 – Growing Green, p. 2 10:00 – Qi Gong 11:15 – Tai Chi for Balance 12:30 – Sign Language 1:00 – Creative Writing Group 2:45 – Strength Training 4:00 – Traditional African Drum class, p. 13 5:00 – Dance Marathon, p. 1	14 9:30 – Growing Green, p. 2 8:30 – Winter Farmer's Market 12:00 – Mahjong <p style="text-align: right;">15</p> 10:00 – Growing Green, p. 2 12:30 – Grandmother Council 2:00 – Writers Eclectic
19 10:00 – Corn Hole Game Noon – POTLUCK LUNCH & 80+ Birthday - Janice Holland-Atwater of the US Census Bureau, p. 13 & 15 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 6:30 – Tai Chi Chuan	20 <u>Ripples deadline, p. 4</u> 10:00 – Qi Gong 10:30 – Poetry Reading 11:15 – Tai Chi for Balance 12:30 – Sign Language 1:00 – Creative Writing Group 2:45 – Strength Training	21 8:30 – Winter Farmer's Market 12:00 – Mahjong 12:00 – Beloved Community Lunch, p. 15 <p style="text-align: right;">22</p> 2:00 – Moving to Heal/Body Learning - one time workshop, back cover.
26 11:00 – Springfield Art Museum - Quilt show, p. 13 10:00 – Corn Hole Game 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 6:30 – Tai Chi Chuan	27 10:00 – Qi Gong 11:15 – Tai Chi for Balance 12:30 – Sign Language 1:00 – Creative Writing Group 2:45 – Strength Training 4:00 – Traditional African Drum class, p. 13	28 8:30 – Winter Farmer's Market - <u>LAST DAY for inside the Senior Center</u> 12:00 – Mahjong <p style="text-align: right;">29</p> Senior Center web site: ysseniors.org
What surprising material was used in making this vibrant quilt? 	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.	Turn over for APRIL calendar. 



APRIL 2020

MONDAY	TUESDAY	WEDNESDAY
<p>Turn over for the MARCH Calendar</p>  	<p>Looking Ahead: Flash Mob: May 27, Wednesday, 1:00 pm, celebrating National Senior Health and Fitness Day. After the instructional dance video is made, find it on YouTube.com, "Yellow Springs Senior Center Flash Mob Instruction 2020." Save the Date: August 1, Saturday Garden Dinner Party Fundraiser</p>	<p>1 12:30 – Senior Euchre Tournament, p. 12 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's <u>4:00 – Constitutional Rights</u> 5:15 – Adv. Beginner Spanish I 6:30 – Bridge</p>
<p>6 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena 6:30 – Dementia Friends Training, p. 3</p>	<p>7 10:00 – Scrabble 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German 3:30 – Great Novels & Poetry, p. 14 7:00 – YS Strings Rehearsal</p>	<p>8 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 4:00 – History Omitted 5:15 – Adv. Beginner Spanish I 6:30 – Bridge</p>
<p>13 10:30 – Rise & Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena 3:00 – Comfort & Well-Being, p. 12 6:30 – Speaker Series, Wine Talk & Taste with Michael Brown, p. 1</p>	<p>14 11:30 – Lunch Bunch, p. 14 10:00 – Scrabble 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German 3:30 – Great Novels & Poetry class 7:00 – YS Strings Rehearsal</p>	<p>15 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's <u>4:00 – Constitutional Rights</u> 5:15 – Adv. Beginner Spanish I 6:30 – Bridge</p>
<p>20 10:30 – Rise & Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena 6:30 – Legacy Society - Planned Giving meeting, p. 3</p>	<p>21 10:00 – Felting Workshop, p. 14 10:00 – Scrabble 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German 3:30 – Great Novels & Poetry class 7:00 – YS Strings Rehearsal</p>	<p>22 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 4:00 – History Omitted - in GR 5:00 – BOARD MEETING 5:15 – Adv. Beginner Spanish I 6:30 – Bridge</p>
<p>27 10:30 – Rise & Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena 3:00 – Comfort & Well-Being class, p. 12</p>	<p>28 10:00 – Hearing Aid Help, with Dr. Lolan 10:00 – Scrabble 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German 3:30 – Great Novels & Poetry class 7:00 – YS Strings Rehearsal</p>	<p>29 11:00 – GCCOA Senior Awards Luncheon, p. 1 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 3:15 – AAA - Keeping the Keys, p. 4 5:15 – Adv. Beginner Spanish I 6:30 – Bridge</p>

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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9 10:00 – Corn Hole Game 11:00 – Easter Tea, p. 14 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 6:30 – Great Books Group 6:30 – Tai Chi Chuan	10 10:00 – Qi Gong 11:15 – Tai Chi for Balance 12:30 – Sign Language 1:00 – Creative Writing Group 2:45 – Strength Training 4:00 – Traditional African Drum class, p. 13	11 12:00 – Mahjong 12
16 10:00 – Corn Hole Game Noon – POTLUCK LUNCH & 80+ Birthday -- Music, Russell Shaw, p. 14 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 6:30 – Tai Chi Chuan	17 10:00 – Qi Gong 10:30 – Poetry Reading 11:15 – Tai Chi for Balance 12:30 – Sign Language 1:00 – Creative Writing Group 2:45 – Strength Training	18 12:00 – Mahjong 12:00 – Beloved Community lunch, p. 15 19 12:30 – Grandmother Council 2:00 – Writers Eclectic
23 10:00 – Corn Hole Game 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 6:30 – Tai Chi Chuan	24 10:00 – Qi Gong 11:15 – Tai Chi for Balance 12:30 – Sign Language 1:00 – Creative Writing Group 2:45 – Strength Training 4:00 – Traditional African Drum class, p. 13	25 12:00 – Mahjong 26 Looking Ahead: Wednesday, May 27 2020 Senior Center FLASH MOB!
30 10:00 – Corn Hole Game 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 6:30 – Tai Chi Chuan	<div data-bbox="613 1709 1026 1885" data-label="Text"> <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> 	 



MARCH 2020

MONDAY	TUESDAY	WEDNESDAY
2 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena	3 10:00 – Scrabble 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German 7:00 – YS Strings Rehearsal	4 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 4:00 – <u>Constitutional Rights</u> 5:15 – Adv. Beginning Spanish I 6:30 – Bridge
9 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena 3:00 – Comfort & Well-Being class, p. 12	10 10:00 – Scrabble 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German 3:30 – Great Novels & Poetry class, p. 14 7:00 – YS Strings Rehearsal	11 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 4:00 – History Omitted 5:15 – Adv. Beginning Spanish I 6:30 – Bridge
16 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena	17 10:00 – Dementia Champions Training, p. 3 10:00 – Papier Mache Workshop, p. 12 10:00 – Mammography, p. 13 10:00 – Scrabble 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German 3:30 – Great Novels & Poetry class 7:00 – YS Strings Rehearsal	18 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 4:00 – Constitutional Rights 5:15 – Adv. Beginning Spanish I 6:30 – Bridge
23 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena 3:00 – Comfort & Well-Being class, p. 12 6:00 – Drums Alive! - back cover	24 10:00 – Hearing Aid Help, Dr. Lolan 10:00 – Scrabble 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German 3:30 – Great Novels & Poetry 7:00 – YS Strings Rehearsal	25 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 4:00 – History Omitted - in GR 5:00 – BOARD MEETING 5:15 – Adv. Beginning Spanish I 6:30 – Bridge
30 Newsletter Deadline for May-June 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena 6:30 – Speaker Series - Travels in Cuba with Dr. Paulette Olson, p. 1	31 10:00 – Scrabble 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German 3:30 – Great Novels & Poetry 7:00 – YS Strings Rehearsal	 <p>What is this? See p. 13, Museum Trip</p>

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14-1448



News from GCCOA



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

Estate Planning for your future. A five week

course provides information and guidance to start or refresh your planning for the future. Registration is required in advance. \$40 per household to attend includes all program materials. Refreshments provided.

Meets on **Tuesday evenings 6 - 8:30 pm, March 3 - 31**, at the Xenia Community Center 1265 W. 2nd St. Please call **937-376-5486** to ask about registration.

2020 Senior Artisan Show -



Highlighting the talent of Greene County older adults. Since this show started in 2001, over 200 artists have exhibited their work. The age range has

been quite impressive, from 60 to 96.

Exhibit is at the Fairborn Art Assoc., 221 N. Central Ave.

Sundays, March 1, 8 and 15, from 1:00 - 3:30 pm and Wednesday, March 18 from 11 am - 2:00 pm.

GCCOA is on YouTube

GCCOA like most organizations, has a **website** and a **Facebook page**. They have added a **YouTube channel**, to which several videos have been uploaded. There are a Legal Chat welcome video, Advanced Directives, Wills & Probate, and Guardianship videos. New videos on a variety of topics are posted from time to time.

Senior Euchre Tournament

Wed., April 1, 12:30 - 4:00 pm
Xenia Community Center (next to GCCOA Office) 1265 W. Second St, Xenia, \$1 at the door.

Senior Palooza 2020 is coming!

A fun-filled day is for those who are 50 and better, **Tuesday, May 19, 8:30 am - 3 pm** at the **Greene County Fairground Assembly Building**.

The early risers can start the day with a 5K walk/stroll, followed by a variety of activities from which to choose from in the Assembly Building from 10 am through the afternoon.

More GCCOA programs - see p. 13

Corn Hole Game

The game previously called Bean Bag Toss now has a genuine Corn Hole game set to use on **Thursday mornings at 10:00 am** in the Great Room. The bags are about a pound, and players get pretty good exercise and have a lot of fun seeing how many bags go through the hole, or land on the board. Please come try it!



NEW: Comfort & Well-Being Classes - held from 3 - 4 pm

March: Comfort and Well-Being: Do You Know What Is Touching Your Skin? Parts I and II, Monday, March 9 & 23

Our skin, the largest organ of the body and is our first line of defense. It connects the external surface with our internal surface. What we put on or in our skin: food, clothing and skin care products have chemicals that are ingested by our skin. Do you know what is touching your skin?

April 13: Comfort and Well-Being I: Ease into the Season of Spring

The signs of Spring awaken your senses and bring a promise of renewal! Emerging from the deep sleep of Winter takes significant energy. Try not to spring into Spring too quickly. Take time to listen to your body and let it gently warm up as the earth does in the Spring season. Learn some good tips to stress less, and get on the road to a comfortable Spring.

April 27: Comfort & Well-Being II: The Difference between Rest & Sleep

What helps reduce stress, improve your mood, alertness, mental clarity, creativity and motivation? What will give you a substantial cognitive boost, increase your ability to remember new information and help your cells repair or regenerate?



Instructor Bio:

Marci Meigs-Kilby, RN, a registered nurse and licensed massage therapist with a B.A. in Health and Wellness and many years of experience. The Comfort and Well-Being classes are supported by research which can help improve your well-being. We live in our bodies, led by the thoughts in our minds, fueled by the spirit (life force) within us. Comfort is the result of balancing the energy of our body, mind and spirit, our well-being.



Perfect Papier Mache Workshop!

Tuesday, March 17, 10 am-12:00 pm
YS Senior Center Great Room

In this 2-hour workshop, led by **local artist Margrit Tydings Petrie**, you will quickly learn some basic techniques to create a 6" x 6" collage, or a 6" vase, beginning with papers, recyclables, scraps of tissue, yarn and other materials of your choice.

While some supplies will be provided, it would be helpful if you bring some supplies if you have them, or would like to purchase them to continue your creations at home. Supplies will include cardboard, plastic water/drink bottles, tissue paper, white glue, Mod Podge (a clear finish coating), paper napkins, plastic gloves, scissors, plastic containers (for water & glue), old, soft paint brushes, colored pencils, crayons, permanent markers, embellishments such as threads, yarns, beads, buttons, raffia, etc. Bring a sketch of your design if you like, and a bag to take your project home. **Cost is \$5.00.** Fees must be paid to YSSC by the Friday preceding the workshop.



GCCOA sponsored events: Music and the Brain

Join in this fun, one-day, brain-stretching afternoon. The program is **Thurs., April 23 from 1:30 - 4:30 pm** at the Xenia Community Center, next to the GCCOA office. Flyers will be available at the senior centers, the Council Offices, and on the GCCOA website.

You can also learn about this program and others by Liking GCCOA on Facebook to receive our regular posts!

Drums Alive exercise program, **Tuesdays, 12:30 - 1:30 pm**, free, at the Xenia Community Center gymnasium. See back page for Drums Alive at the Yellow Springs Senior Center.

Memory Loss Program, **Wed., March 11, 2:30 - 4:30 pm**, at the GCCOA's Beavercreek site, 1221 Meadow Ridge Dr., Suite C, call GCCOA, 937-376-5486, for details.

Parkinson's Exercise and the Brain Fitness Programs are held regularly at the Beavercreek site of GCCOA.



Springfield Museum of Art: Smithsonian Traveling International Quilt Exhibition



This unique show features **50 large**, abstract quilts made for this exhibition by 43 artists from Canada, France, Germany, Switzerland, Japan, Scotland, and the U.S. The Springfield Museum of Art is the only U.S. destination to exhibit all 50 quilts from the Smithsonian.

Also at the Museum, **Cowboys & Hatters**, an exhibition of historical hats, memorabilia, and photography, demonstrates the pivotal role hats have played throughout the centuries. They

are from the collection of YS's own **Dr. Debbie Henderson**, costume designer for the Wittenberg Univ. Dept. of Theatre and Dance.

We will go **Thursday, March 26, leaving at 11:00 am**. Senior admission, \$3, **free to DAi members**, bring your card. Please bring your lunch, water, and a snack; you can have lunch on the way. Sign up is by noon, Wed., March 25, by calling 937-767-5751.



Traditional African Drum Class

This rudimentary class will teach and inspire the energy that comes from the sound of West Africa's traditional drum rhythms. West Africa includes the area of Senegal, Guinea, Mali, Ghana, and Nigeria. It is taught in the spirit of Ubuntu, the Nguni-Bantu equivalent of the western word, Humanism.

Gyamfi Gyamerah, instructor, has 35 years of drum experience under the instruction of Baba Tony West & the Imani Dancers of Columbus, Ohio, and Senegalese Master Abdou Koonte, now deceased.

Class meets at **4:00 pm the second and fourth Fridays** in the Great Room, **March 13 through June 26**. For the nine class sessions, for students under 13 years of age, class fee is a total of \$12 for the series. Others please donate what you are able to at the classes. Students will need to bring a drum.

Please call 937-767-5751 x 105 for more info.

YS Senior Center: 767-5751



March Potluck Lunch & 80+ Birthday

The Third Thursday Potluck lunch is at **12:00 noon on March 19, the first day of Spring this year**, 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 *January* will be celebrated with dessert and song!

Program: The speaker is **Janice Holland-Atwater** of the US Census Bureau speaking about the importance of being counted in the 2020 census, among other things. For a ride, please call 937-767-5751 by three days ahead.



The **Mercy Health Mobile Mammography** is coming to:

Friends Care Community
150 E. Herman St.
Tuesday, March 17
from 10 am – 4 pm

Please sign up by calling **937-523-9332**.

- ◇ NO doctor order is needed for screening.
- ◇ Mammograms are covered by most health insurance plans. No-cost screenings are available for those who qualify.
- ◇ Be sure to bring a photo ID and insurance card with you.

Appointments are approximately 15 minutes when you pre-register.

Call Becky Baker if you have further questions:

Direct Line 937-319-8924

For more dates and locations, visit: mercy.com/springfeldmobilemammo

Great Novels and Poetry Class

Jo Ann Kiser, Ph.D. from the Univ. of Chicago, with a focus on international literature, leads this class. It will meet in the Great Room **Tuesdays, 3:30 pm starting March 10.** The first class will discuss a few of Shakespeare's sonnets, for example No. 18, 27, 132, 141, and 150, and discuss the class members' interests for future meetings. Join Jo Ann to learn about and discuss fascinating books, poetry, and authors.



Antioch College has received a lot of attention for its farm- to-table dining hall, which is located in **Birch**

Kitchen, and its excellent meals. Dine with the Lunch Bunch at Birch Kitchen, **Tuesday, April 14, 11:30 am, cost is \$8 cash.** Please sign up by noon on Friday, April 10, and transportation will be arranged according to how many sign up. We must have at least 6 people participate. There will be a charge for transportation. Sign up by calling 937-767-5751.



April Potluck Lunch & 80+ Birthday

The third Thursday Potluck lunch is at **12:00 noon on April 16** in the Great Room. Bring a dish to share at noon, or come at 12:25 pm for the program. Those who become 80 and over in *April* will be celebrated with dessert and song.

Program: Music - Russel Shaw will play his own musical compositions, inspired by nature and emotion, on the Senior Center's Pat Hubbard Memorial Yamaha grand piano.

For a ride, please call 937-767-5751, by three days ahead.



Fabulous Felting Workshop!

Tuesday, April 21, 10 am - 12:00 noon
YS Senior Center Great Room

In this 2-hour workshop, led by **local artist Valerie French**, you will quickly learn some basic techniques, to create a 6" x 6" work of **felted** art. Beginning with wool roving, then practice dying, wet-felting, needle felting and embellishing. Some supplies available: cardboard, bubble wrap, plastic & rug canvas, hand towels, re-usable kitchen gloves, scissors, wool roving, dye, medium felting needles, long & medium sewing needles, thread for beads & stitching, embellishments such as animal-fiber yarns, beads, buttons, tiny twigs, raffia, etc. Bring a sketch of your design if you like, and a bag to take your project home.

While all supplies will be provided, it would be helpful if you bring some supplies if you have them, or would like to purchase them to continue your creations at home. Cost is \$5.00. Fees must be paid to YSSC by the Friday preceding the workshop. You can make a secure credit card payment to YSSC by phone 937-767-5751.

Easter Tea

Spring is here! So please come join co-host **Becky Baker of Friends Care Community** and meet friends at the **Easter Tea on Thursday, April 9, 11:00 am** in the Great Room. Wear your Easter bonnet, or enjoy the ones at the party. Tea and refreshments make an enjoyable festivity.



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 can 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, 937-767-5751 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.



YS Senior Center 937-767-5751

BIRTHDAYS



Birthdays:

03/01* Betty Felder
 03/04 Debbie Casenhiser
 03/04* James Kane
 03/04 Linda Mates
 03/06 Valerie French
 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 Desiree Nickell
 03/15 Rick Freeman
 03/18 Alisa Isaac
 03/19* Marilyn Birch
 03/19 Jennifer Johnson
 03/20* Charles Ed Dressler
 03/20 Barbara Krabec
 03/20 Tracy Moran
 03/21 Jane Blakelock
 03/21 Danita Scott
 03/22* Grace Hertz
 03/22* Marilyn Richards
 03/23 William Doyle, Jr
 03/23 Artie Isaac
 03/25* Joe Lewis
 03/25 Teresa Bondurant
 03/27* Ellen N. Duell
 03/28* Juliet Hennessy
 03/28* Sandra Love
 03/28 Arati Cacciolfi
 03/29 Mike McLean
 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.

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



Birthdays:

04/01* Marjorie Anthony
 04/02 Diane Davis
 04/02 Ruth Jordan
 04/03 Grace LeftHand-Jennings
 04/04 Dora Voudris
 04/07* Jim Alexander
 04/08* Barbara Brookshire
 04/08* Lucia deRidder
 04/08 Dajisha Hubbard
 04/09 Mark Alexander
 04/11* Rod Hoover
 04/11* Richard Freeman
 04/11 Don Hollister
 04/11 Peggy Alexander
 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 Paul Mullin
 04/18 Karen Deibel
 04/18 Jacqueline Hunt
 04/19* Charlotte Battino
 04/20 Anna Arbor
 04/20 Lynda Hicks
 04/21* Doris Clemens
 04/21 Jerry Sutton
 04/22* Shelley Ehrlich
 04/24 Anna Hogarty
 04/24 Gary Pierson
 04/25 Faith Skidmore
 04/25 Judy Woods
 04/27 Marian Miller
 04/29 Max Lake
 04/30* Frances Lewis



Greeting Cards Available

In the front lobby of the Senior Center on a spinning card rack - take your pick(s) - the cost is reasonable - f r e e! Thank you **Volunteer Joy Fishbain** for years of managing and arranging all the cards! And thank you to all the donors.



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, **March 19 and April 16.**

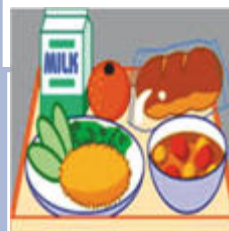
Those with a birthday in the month of the potluck do not need to bring a dish. There is no charge for anyone for this event. Of course, we are going to sing "Happy Birthday," and have a nice birthday dessert. The membership committee asks that **the birthday persons sign up in advance** by calling the Senior Center, 937-767-5751. Please let the receptionist know if you need a ride.

Beloved Community Lunch



Notice:

All who are interested may join in a Free Community Meal by the **Beloved Community Project** on the *third Saturdays*, **March 21 & April 18**, 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 937-767-2950 or Kate Anderson 937-767-2611.



Monday & Wednesday Senior Lunch

All are welcome and **more diners are 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 937-767-5751 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

Senior Notes

March - April 2020

Dance Marathon Fundraiser.....p. 1
Corn Hole Game.....p. 12
NEW Comfort/Well Being class....p. 12
Traditional African Drum class... p. 13
Great Novels & Poetry class.....p. 14

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Moving to Heal/Body Learning Workshop

Dimi Reber, Professor Emerita of Dance at Antioch College and teacher of somatic practices, offers this *one time free 2-hour workshop* at **2:00 pm, Sunday, March 22**, in the Senior Center Great Room, to cultivate sensory awareness, learning your anatomy from the inside out.

A chance to experience the pleasure of moving in new ways supported by music, rhythm and other movers. An opportunity to deal with limitations imposed by pain and habitual tensions and open new ranges of movement. With assistance from **Tricia Gelmini, MFA in**

Dance, Antioch College alumna, dancer, teacher, choreographer. Please call 937-767-5751 to sign up for this one time free class.



Drums Alive!

This is a fun new therapeutic evidence-based program that gets you moving! Drums Alive started in the 1970s in Europe, and uses drumsticks, scarves, stability balls (as the drums), and movement to music for strength and balance-enhancing exercise, led by **Dorie Phillips, MT-BC, Drums Alive Master.**



Dorie will present **Golden Beats**, a seated to standing program for older adults on **Monday, March 23 at 6 pm**, (none in April), and looking ahead to May, at **6 pm** on two Mondays, **May 4 and 11**. Come find out what the excitement is about!

YS Senior Center 937-767-5751