

# Senior Notes

A bimonthly publication for members of the Yellow Springs Senior Center



*The volunteer services and financial contributions are vital to the operation of the Senior Center*  
227 Xenia Avenue, Yellow Springs, OH 45387 • 937-767-5751 • [ysseniors.org](http://ysseniors.org)

## Director's Corner

Do you remember a year ago March? There are many things that are different one year later. I did not know if I would ever get used to wearing a mask, washing my hands more frequently, buying hand sanitizer whenever I could, and not getting the usual hugs from members and friends. Or that I would get used to Zoom, YouTube, Facebook Live, and a host of many other tech stuff, all done to help along the pandemic way.

When we speak of the new normal, my mind goes immediately to the next normal. I have no idea what will happen this year. Perhaps in next year's March/April newsletter I will write about other things I learned in 2021.

In the meantime, thank you for being so patient with the Senior Center. Thank you for embracing a new normal and then for embracing the next normal. Thank you for doing your part to keep people safe from the coronavirus. And, if you have gotten your COVID vaccine...thanks for doing your part in helping to decrease the spread.

Last, but not least, the Senior Center and the Village have experienced such tremendous losses of people in the past months. My heart hurts. I send my condolences to their families and friends and to all who knew them. Be safe and stay well.

– Karen Wolford, Executive Director  
937-767-5751 x 101, [kwolford@ysseniors.org](mailto:kwolford@ysseniors.org)

## Local Fare Program

The Yellow Springs Community Foundation and the Yellow Springs Senior Center have partnered to provide approximately 30 local seniors access to nutritious lunches from several local area restaurants.

The goal of this program is to address food insecurity for local seniors who might be reluctant to go out because of the winter weather or the pandemic and to also benefit local restaurants that might have lost business due to the pandemic.

The seniors who received the lunches at no cost to them were those who had regularly attended the twice weekly lunch program at the Senior Center before the pandemic and those who benefitted from additional food security.

There are currently four local restaurants who have participated: Current Cuisine, Tom's Market, LaPampa Grill, and Mama's Midnight Bakery. Long-time residents might remember Mama's Midnight Bakery, which is operated by former resident Terri Wehrley-Pyles. Terry continues to bake in her new home in Greenville, Ohio, and her son delivers her homemade pie orders to Yellow Springs.

Corinne Pelzl coordinates the deliveries, and along with volunteers Simone Demarzi and Eden Meihls, distribute the meals once a week.

The money from the Foundation grant covered this program for January, February, and March. The program could be extended if other donors come forward.

## Thank You!

### 2020 Annual Appeal Update

Many thanks for your generosity! The 2020 Annual Appeal goal was exceeded! Making a financial gift to the Yellow Springs Senior Center is very welcome at any time.

# ONLINE CLASSES

## Exercise, Movement, & Yoga

**Yoga with Reena, Mon. & Thurs. at 1:30**

Beginner's yoga on the floor or seated.

**Mon:** <https://us02web.zoom.us/j/83695565107>

**Thurs:** <https://us02web.zoom.us/j/81511835246>

**Line Dancing, Mon. at 4 pm**

Join Lynn Hardman for this fun class.

On the Senior Center's Facebook page:

<https://us02web.zoom.us/j/88023330278>

**Chair Interval Training, Tues. & Thurs. at 11 am**

Lynn Hardman instructs this class which is good for people with limited mobility.

[www.youtube.com/c/CommunityAccess](http://www.youtube.com/c/CommunityAccess)

[YellowSprings/featured](https://www.youtube.com/c/CommunityAccessYellowSprings/featured) (click on the word Videos)

**Dancing with Parkinson's, Wed. at 2 pm**

For people with Parkinson's and their spouses or caregivers. Jill Becker leads this simple, free-form choreography which can be modified to suit each individual's level of comfort and ability.

<https://us02web.zoom.us/j/88037524936>

**NEW! Zoomba, Wed. at 5 pm**

Lynn Hardman leads this low impact, moderate intensity cardio dance party using music from all over the world! Suitable for all abilities and ages.

<https://us02web.zoom.us/j/85936571090>

**Strength Training with Andrew, Fri. at 2:45 pm**

<https://us02web.zoom.us/j/89130965196>

## Learn a Language

**Advanced Beginner Spanish, Mon. at 4 pm**

¡Hola Amigos! Judy Skillings is teaching Advanced Beginner Spanish using the book "Easy Spanish Step-By-Step" by Barbara Bregstein. *Comprende Ud.?*

<https://us02web.zoom.us/j/81850484641>

**Virtual Spanish Coffee Hour, Wed. at 11 am**

Participants will be matched for 15 minute conversations then reassigned to another chat.

Skill level of partners will be matched.

<https://us02web.zoom.us/j/81850484641>

**French Class, Tues. at 2 pm**

Taught by Lynda for those with basic French language skills. *Nous serions ravis de vous rencontrer!*

<https://us02web.zoom.us/j/83412339668>

**NEW! Spanish with Josefina for Advanced Beginners, Thurs. at 4 pm**

Taught by Josefina Sosa from Cuernavaca, Mexico, students should be familiar with the present tense and have a basic vocabulary. Suggested donations of \$100 for 10 sessions for those able to pay.

**Starting March 18**

<https://us02web.zoom.us/j/81850484641>

## Card & Strategy Games

**Euchre, Tues. at 1:30 pm & Thurs. at 7 pm**

A fun, quick playing, competitive game that can be learned easily, though mastering it might take years. We use an app called "Euchre 3D" which is available for PC, Mac, and mobile devices. Contact Brad Terry at [bradxt78@gmail.com](mailto:bradxt78@gmail.com) or 707-321-2341.

## Other Social Activities

**Lunch & Meet Thursdays, Thurs. at noon**

Join us every Thursday at noon for this Zoom event featuring guest speakers and/or performers while you eat your lunch at home. Registration is required, call the Senior Center at 937-767-5751 or send an email to: [info@ysseniors.org](mailto:info@ysseniors.org).

<https://us02web.zoom.us/j/83707479576>

**Great Novels & Poetry, Alternate Tues. at 3:30 pm**  
(see the Calendar for dates)

Jo Ann Kiser, Ph.D. from the Univ. of Chicago, with a focus on international literature, leads this group discussing books, poetry, and authors.

<https://us02web.zoom.us/j/88594326465>

**Government, Wed. at 4 pm**

Retired history teacher, Joyce McCurdy leads this group. Discuss the Constitution and history which doesn't get into school history books.

<https://us02web.zoom.us/j/87588588110>

**Links to on-line classes are on the calendar on our website: [www.ysseniors.org/calendar](http://www.ysseniors.org/calendar) (select the activity, link is in the pop up box)**

# A Healthier You at Home

You can join Healthy U, a program of the Area Agency on Aging, and set your own achievable weekly goals while having fun connecting with others who are also making healthy changes.

There are three free programs offered – Chronic Conditions, Chronic Pain, and Diabetes – presented either as abbreviated telephone discussion groups or full workshop content online through Zoom.

Get the support you need from skilled and caring leaders, proven tools, and other participants who have similar experiences and challenges.

Healthy U is for those who:

- Have a chronic health condition or care for someone with a chronic condition
- Need some help to better manage symptoms
- Feel tired, alone, or fearful because of their own health or the health of a loved one

Each format is offered weekly for 6 weeks and new groups are scheduled to begin every 7 weeks starting in March, May, June, August, and September 2021.

Free materials are shipped to participants' homes so they can set personal goals, learn new skills, and take charge of their health.

Phone discussion groups last about 45 minutes, and the Zoom workshops are about 2 hours long.

## March 2021 Start Dates:

- Chronic Disease Phone Group – March 16, 2 pm
- Diabetes Phone Group – March 17, 3 pm
- Chronic Pain Phone Group – March 18, 3 pm
- Online (Zoom) Chronic Disease Workshop – March 19, 10 am (Zoom requires an internet connection, camera, and microphone.)

Space is limited, reserve your spot today. Contact Ann Finnicum at 937-567-0284 or [HealthyUAnn@gmail.com](mailto:HealthyUAnn@gmail.com) to register or discuss what program and format works best for you. Upcoming programs are on the Area Agency on Aging's website at [www.info4seniors.org/news/wellness-programs](http://www.info4seniors.org/news/wellness-programs).

*The Area Agency on Aging, PSA 2, helps older adults of west central Ohio remain in their homes with independence and dignity. This independent, nonprofit corporation plans and funds services for older persons in Greene county and surrounding counties.*

## New Series and Classes

Ryan Beach, Financial Advisor with Edward Jones in Xenia will present finance related information in a new **Financial Series** on the second Monday of the month at 6:30 pm starting in April.

A new Spanish class, **Spanish with Josefina for Advanced Beginners**, is starting on March 18 and will be Thursdays at 4 pm. Instructor Josefina Sosa lives in Cuernavaca, Mexico. In addition to being a physician, she has taught Spanish for 30 years.

For students who are able, a suggested donation of up to \$100 for the 10 sessions will help defray the cost of making the class available. For more information please contact Judy Skillings at 937-562-1900 or at [judithskillings@yahoo.com](mailto:judithskillings@yahoo.com).

Lynn Hardman has added a new movement class Wednesdays at 5 pm called **Zoomba**, doing Zumba on Zoom. The class is schedule for 45 minutes of dancing with 15 minutes of chat and stretching.

## Covid-19 Procedures

The front desk volunteers, volunteer drivers, homemakers, and staff are all on a Covid-19 testing schedule every other week. **Telephones are answered Monday–Thursday 9:30 am–4 pm, and Friday 9:30 am–1 pm.**

Because Greene County is still at Level 3 (red) in the Ohio Public Health Advisory System, the Senior Center is **not open for in-person activities**. Appointments and transportation requests will still be met, and the telephone will still be answered.

If there were to be a volunteer or staff member who tested positive for Covid during the biweekly test or has symptoms of coronavirus, the Senior Center will close until such time that a negative test result is received.

# MARCH 2021

**MONDAY**    **TUESDAY**    **WEDNESDAY**    **THURSDAY**    **FRIDAY**    **SAT / SUN**

<p><b>1</b></p> <p>1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 4:00 — Line Dancing</p>	<p><b>2</b></p> <p>11:00 — Chair Interval 1:30 — Euchre 2:00 — French Class 3:30 — Great Novels &amp; Poetry Class</p>	<p><b>3</b></p> <p>11:00 — Virtual Spanish Coffee Hour 2:00 — Dancing with Parkinson's 4:00 — Government 5:00 — Zoomba</p>	<p><b>4</b></p> <p>12:00 — Chair Interval 12:00 — Lunch &amp; Meet 1:30 — Yoga with Reena 7:00 — Euchre</p>	<p><b>5 6</b></p> <p>2:45 — Strength Training with Andrew</p>	<p><b>7</b></p>
<p><b>8</b></p> <p>1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 4:00 — Line Dancing</p>	<p><b>9</b></p> <p>11:00 — Chair Interval 1:30 — Euchre 2:00 — French Class</p>	<p><b>10</b></p> <p>11:00 — Virtual Spanish Coffee Hour 2:00 — Dancing with Parkinson's 4:00 — Government 5:00 — Zoomba</p>	<p><b>11</b></p> <p>12:00 — Chair Interval 12:00 — Lunch &amp; Meet 1:30 — Yoga with Reena 7:00 — Euchre</p>	<p><b>12 13</b></p> <p>2:45 — Strength Training with Andrew</p>	<p><b>14</b></p>
<p><b>15</b></p> <p>1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 4:00 — Line Dancing</p>	<p><b>16</b></p> <p>11:00 — Chair Interval 1:30 — Euchre 2:00 — French Class 3:30 — Great Novels &amp; Poetry Class</p>	<p><b>17</b></p> <p>11:00 — Virtual Spanish Coffee Hour 2:00 — Dancing with Parkinson's 4:00 — Government 5:00 — Zoomba</p>	<p><b>18</b></p> <p>12:00 — Chair Interval 12:00 — Lunch &amp; Meet 1:30 — Yoga with Reena 4:00 — Spanish w/ Josefina for Adv. Beginners 7:00 — Euchre</p>	<p><b>19 20</b></p> <p>2:45 — Strength Training with Andrew</p>	<p><b>21</b></p> <p>7:00 — A Celtic Evening 12:30 — Grandmother Council</p>
<p><b>22</b></p> <p>1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 4:00 — Line Dancing</p>	<p><b>23</b></p> <p>11:00 — Chair Interval 11:00 — Covid Isolation Group 1:30 — Euchre 2:00 — French Class</p>	<p><b>24</b></p> <p>11:00 — Virtual Spanish Coffee Hour 2:00 — Dancing with Parkinson's 4:00 — Government 5:00 — Zoomba</p>	<p><b>25</b></p> <p>12:00 — Chair Interval 12:00 — Lunch &amp; Meet 1:30 — Yoga with Reena 4:00 — Spanish w/ Josefina for Adv. Beginners 7:00 — Euchre</p>	<p><b>26 27</b></p> <p>2:45 — Strength Training with Andrew</p>	<p><b>28</b></p>
<p><b>29</b></p> <p>1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 4:00 — Line Dancing</p>	<p><b>30</b></p> <p>11:00 — Chair Interval 1:30 — Euchre 2:00 — French Class 3:30 — Great Novels &amp; Poetry Class</p>	<p><b>31</b></p> <p>11:00 — Virtual Spanish Coffee Hour 2:00 — Dancing with Parkinson's 4:00 — Government 5:00 — Zoomba</p>	<p><b>Zoom links for all virtual events are on the calendar on our website at <a href="http://www.ysseniors.org/calendar">www.ysseniors.org/calendar</a> (select the activity, link is in the pop up box)</b></p>		

# APRIL 2021

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SAT / SUN**

**Zoom links for all virtual events are on the calendar on our website at [www.ysseniors.org/calendar](http://www.ysseniors.org/calendar) (select the activity, link is in the pop up box)**

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<p><b>12</b></p> <p>1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 4:00 — Line Dancing 6:30 — Financial Series</p>	<p><b>13</b></p> <p>11:00 — Chair Interval 1:30 — Euchre 2:00 — French Class 3:30 — Great Novels &amp; Poetry Class</p>	<p><b>14</b></p> <p>11:00 — Virtual Spanish Coffee Hour 2:00 — Dancing with Parkinson's 4:00 — Government 5:00 — Zoomba</p>	<p><b>15</b></p> <p>12:00 — Chair Interval 12:00 — Lunch &amp; Meet 1:30 — Yoga with Reena 4:00 — Spanish w/ Josefina for Adv. Beginners 7:00 — Euchre</p>	<p><b>16 17</b></p> <p>2:45 — Strength Training with Andrew</p>	<p><b>18</b></p> <p>12:30 — Grandmother Council</p>
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## Spring Cleaning

As I write this, the groundhog has recently seen his shadow. Six more week of winter or an early spring, either one is ok.

The homemakers at the Senior Center are ready and willing to help you with your spring cleaning needs. Please contact us.

–Teresa Bondurant, Support Services Manager  
937-767-5751 x107, [tbondurant@ysseniors.org](mailto:tbondurant@ysseniors.org)

## 8th Edition of Ripples Deadline for 2021

Ripples is an annual literary magazine featuring poems and articles by or about older adults in our community.

Submit your stories, poems and photos featuring residents of Yellow Springs and Miami Township who are age 55 and over.

Please send your typed, ready to print submissions to:

Suzanne Patterson  
PO Box 167  
Yellow Springs, OH 45387

The deadline is April 15, 2021.

If you have questions or need the guidelines, please email [spatterson@yellowsprings.com](mailto:spatterson@yellowsprings.com).

## Inclement Weather

The Executive Director will determine when to close the Senior Center due to inclement weather.

The Transportation Manager and Executive Director will make the decision on whether transportation rides are cancelled. If you have a ride scheduled, you will be contacted if your ride has been cancelled.

Zoom classes may or may not be affected; that is up to the instructor.

A recorded message will be on the **937-767-5751** voicemail system of the Senior Center; an announcement will be on the website: [ysseniors.org](http://ysseniors.org); folks will receive a One Call Message; and WYSO radio will announce the closure.

## Transportation Notes

*I say I don't know. It is not the only or the easiest way to come to the truth. It is one way.*

– Wendell Berry, *The Contrariness of the Mad Farmer*

Nearing the Vernal Equinox with so many questions in my mind...maybe in yours as well. Most of those questions are set up by COVID concerns, e.g., when will most of us be vaccinated; when can we gather to memorialize those who have passed and celebrate their memories with those left behind; will my family and friends escape even further harm from this pandemic?

Quite frankly, such concerns do not keep me awake at night but, rather, linger just below consciousness. They compete in that same netherworld of thoughts with nostalgic projections of how we will all return to “normal.” When will we gather again on downtown sidewalks, be bothered by the tourist trade for street fairs, be able to attend live performances?

Like a skittish reptile waiting for the sun to appear and warm it, we await the bloom of Spring and the promise of warmer, easier days.

Welcome these thoughts but be mindful of them as you move through the day. Be sure to clear your mind of such meanderings before you head out onto the highways. When you start your car, be aware of becoming the best driver you can be. Be safe. Stay well.

Robert Libecap, Transportation Manager  
937-767-5751 x104, [rilibecap@ysseniors.org](mailto:rilibecap@ysseniors.org)

## Grocery Delivery

The Senior Center continues to shop for anyone in the 45387 zip code and deliver groceries from Tom's Market. Deliveries are on **Wednesdays, Fridays, and Saturdays**. Orders are due to the Senior Center by noon the day before a delivery day. Orders are accepted one of three ways:

- e-mail to [info@ysseniors.org](mailto:info@ysseniors.org)
- by filling the form on our website ([www.ysseniors.org/grocery-delivery-program](http://www.ysseniors.org/grocery-delivery-program))
- calling **937-767-5751** Mon.–Thu. 9:30 am–4 pm or Friday 9:30 am–1 pm

Credit Card/Debit Card/EBT cards are accepted, and a representative of the Senior Center will call the day before delivery to get card information. This is a **free service**. Donations are accepted.



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

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**Senior Notes**  
 March/April 2021

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CURRENT RESIDENT OR:

**Senior Center Services**

- Transportation
- Support Services
- Homemaker Program
- Activities Program

**Senior Center Hours**

Mon.–Thurs. 9:30 am–4:00 pm  
 Fri. 9:30 am–1:00 pm

**Closed:** *New Year's Day, Martin Luther King Jr. Day, Presidents Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Day after Thanksgiving, & Christmas Day*



Join us on Saturday, March 20 from 7–9 pm for a fun-filled evening featuring Celtic entertainment including Mary Beth Burkholder on fiddle, a performance by dancers from the Celtic Academy of Irish Dance, Paulette Olson sharing photos from her trip to Ireland, and more fun surprises.

Tickets for this fundraiser are \$25 per person or \$40 per couple. You can pay with a check by mailing it or dropping it off at the Senior Center or you can pay with a credit card on our website at [www.ysseniors.org/special-events](http://www.ysseniors.org/special-events). Which ever way you pay, we need your name, address, phone number, and email address.

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