

# Senior Notes

A bimonthly publication for members of the Yellow Springs Senior Center



*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 Comments

I am so glad to be back "home" at the Senior Center where I got my start as a social worker 14 years ago. While there have been many changes during those years, so much is still the same. I look forward to re-connecting with familiar faces and getting to know new ones.

Those faces have been hidden behind masks for a year now; but we are initiating plans to resume in-person activities during July and August. We are also planning to hold the annual Garden Dinner Party fundraiser in August. Please see the back page for details and a registration form.

The Senior Center has been a vital link for socialization, services and systems of support during the Covid pandemic. As we transition into the "new normal," I look forward to collaborating with the community to discover what we can develop to enrich our dear village together. Thank you for entrusting me with leadership of the Senior Center.

– Caroline Mullin, Executive Director  
937-767-5751 x 101, [cmullin@ysseniors.org](mailto:cmullin@ysseniors.org)

## Outgoing board members

A very special THANK YOU! to board member Macy Reynolds who completed her term as President of the YSSC Board of Trustees in May. Also, welcome to Wayne Gulden, the board's incoming treasurer. For current YSSC Board members, please see the list in this newsletter on page 7. The voluntary service of YSSC board members is invaluable as each person brings experience, community linkage and most of all concern for the well-being of the organization. The added effort and time while navigating the hiring

of our new Executive Director, considering policies and options as we strive to resume in-person events and aim for new opportunities is very much appreciated. You all make a difference.

## Reopening

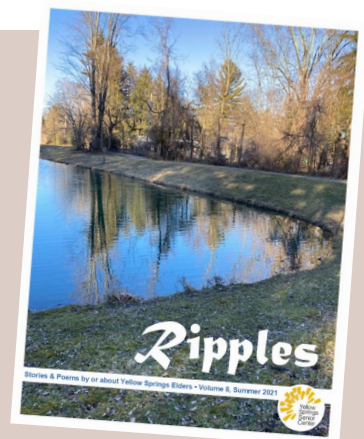
Resuming in-person activities is the number one goal at the center. The YSSC team is working to make that happen as soon as possible. Each class/program will have the option of continuing to connect online if the format is working well for participants and the instructor.

## Wesley Matthews event

The committee for the Wesley Matthews tribute celebration has worked for many months to plan the event, engage participants and create the fantastic plaque honoring him. Honoring the legacy of his efforts to found the Yellow Springs Senior Citizens organization tells an important story of his service and our community. Thank you to the committee, The Matthews family, the Yellow Springs Community Foundation, 365 Project, and many donors for the various ways you contributed generous time and funds to help make this a reality.

**Ripples  
is here!**

A complimentary  
copy of Volume 8,  
the 2021 issue is  
enclosed for you!



# CLASSES & GROUPS

See below for Zoom and other link instructions

## Exercise, Movement, & Yoga

**Yoga with Reena, Mon. & Thurs. at 1:30 pm**  
Beginner's yoga on the floor or seated. *On Zoom.*

## **NEW DAY/TIME** Zumba Gold, Mon. at 5:30 pm

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

**Chair Interval Training, Tues. & Thurs. at 11 am**  
Lynn Hardman instructs this class which is good for people with limited mobility.

*Tuesday's class is virtual on [youtube.com/c/CommunityAccessYellowSprings/featured](https://www.youtube.com/c/CommunityAccessYellowSprings/featured) (click on the word Videos) and on Spectrum cable Channel 5. Thursday's class is live on Zoom and also on YouTube and Channel 5.*

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

For people with Parkinson's and their spouses or caregivers. This movement class is simple, free-form choreography performed to music, to get the body moving in a way that feels good, is enjoyable and socially engaging. The participant works at his/her own potential on that day. Exercises can be modified to suit each individual's own level of comfort and their ability.

*This is a hybrid class with some participants meeting in the Great Room and others joining on Zoom. In person participants need to come in the front door, check in, then go to the Great Room.*

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

## Learn a Language

**Advanced Beginner Spanish, Mon. at 4 pm**  
*¡Hola Amigos!* Judy Skillings is teaching Advanced Beginner Spanish. *Comprende Ud.? On Zoom.*

## **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. *On Zoom.*

## **NEW! Beginner Spanish, Wed. at noon**

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

## **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. *This class has a limited enrollment and may be full. Contact: [JudithSkillings@yahoo.com](mailto:JudithSkillings@yahoo.com) for more info. On Zoom.*

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

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

## Card & Strategy Games

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

A fun, quick playing, competitive game. 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 Thursdays at noon for this Zoom event featuring guest speakers or performers while you eat at home. Registration is required, email [info@ysseniors.org](mailto:info@ysseniors.org) or call 937-767-5751. *On Zoom.*

### **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. *On Zoom.*

### **Financial Series, Second Mon. at 6:30 pm**

Ryan Beach, Financial Advisor with Edward Jones in Xenia presents finance related information every month in person in the Great Room. *April–November.*

As state pandemic restrictions for senior centers ease, activity leaders are considering how to return to in-person meetings. Check the Calendar on the website, [ysseniors.org](https://ysseniors.org), for updates. Descriptions of activities will be on the Activities pages of the website.



# The Month of May in Photos <sup>3</sup>



The annual celebration of National Senior Health & Fitness Day was May 26. Lynn Hardman choreographed the 8th annual Flash Mob to get everyone moving. Due to the weather the event was held in the Great Room. This event was also a time to bid farewell to retiring Executive Director Karen Wolford. The video of the dance can be viewed at [tinyurl.com/xtyxzh96](https://tinyurl.com/xtyxzh96)



The Greene County Council on Aging held their Senior Field Day on May 20. (Left to right) Karen Puterbaugh, GCCOA Executive Director, Andree Bognar, Lin Wood, Nancy Hirsch, Corinne Pelzl, and Caroline Mullin.



On May 25 the Senior Center hosted a Grab & Go lunch to thank the volunteers who help with the Tom's Market Grocery Delivery Program which has been going on for the last 14 months. Pictured (left to right) KellyAnn Tracy, Wayne Gulden, Lili Jennings, Karen Wolford, and Robert Libecap.

# JULY 2021

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

**Links for Zoom/YouTube 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)**

*\*Hybrid class: online and in person*

<b>5</b> <b>CLOSED</b> <b>In honor of</b> <b>Independence Day</b>	<b>6</b> 11:00 — Virtual Chair Interval 1:30 — Euchre 2:00 — French Class 3:30 — Great Novels & Poetry Class	<b>7</b> 11:00 — Virtual Spanish Coffee Hour 12:00 — Beginner Spanish 2:00 — Dancing with Parkinson's*	<b>8</b> 11:00 — Chair Interval 12:00 — Lunch & Meet 1:30 — Yoga with Reena 4:00 — Spanish w/ Josefina for Adv. Beginners 7:00 — Euchre	<b>9</b> <b>10</b> 2:45 — Strength Training with Andrew	<b>11</b>
<b>12</b> 1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 5:30 — Zumba Gold 6:30 — Financial Series (in person)	<b>13</b> 11:00 — Virtual Chair Interval 1:30 — Euchre 2:00 — French Class	<b>14</b> 11:00 — Virtual Spanish Coffee Hour 12:00 — Beginner Spanish 2:00 — Dancing with Parkinson's*	<b>15</b> 11:00 — Chair Interval 12:00 — Lunch & Meet 1:30 — Yoga with Reena 4:00 — Spanish w/ Josefina for Adv. Beginners 7:00 — Euchre	<b>16</b> <b>17</b> 2:45 — Strength Training with Andrew	<b>18</b> 12:30 — Grandmother Council
<b>19</b> 1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 5:30 — Zumba Gold	<b>20</b> 11:00 — Virtual Chair Interval 1:30 — Euchre 2:00 — French Class 3:30 — Great Novels & Poetry Class TBA — Ice Cream Social	<b>21</b> 11:00 — Virtual Spanish Coffee Hour 12:00 — Beginner Spanish 2:00 — Dancing with Parkinson's*	<b>22</b> 11:00 — Chair Interval 12:00 — Lunch & Meet 1:30 — Yoga with Reena 4:00 — Spanish w/ Josefina for Adv. Beginners 7:00 — Euchre	<b>23</b> <b>24</b> 2:45 — Strength Training with Andrew	<b>25</b>
<b>26</b> 1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 5:30 — Zumba Gold	<b>27</b> 11:00 — Virtual Chair Interval 1:30 — Euchre 2:00 — French Class	<b>28</b> 11:00 — Virtual Spanish Coffee Hour 12:00 — Beginner Spanish 2:00 — Dancing with Parkinson's*	<b>29</b> 11:00 — Chair Interval 12:00 — Lunch & Meet 1:30 — Yoga with Reena 4:00 — Spanish w/ Josefina for Adv. Beginners 7:00 — Euchre	<b>30</b> <b>31</b> 2:45 — Strength Training with Andrew	<b>AUG 1</b>

# AUGUST 2021

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

<b>2</b> 1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 5:30 — Zumba Gold	<b>3</b> 11:00 — Virtual Chair Interval 1:30 — Euchre 2:00 — French Class 3:30 — Great Novels & Poetry Class	<b>4</b> 11:00 — Virtual Spanish Coffee Hour 12:00 — Beginner Spanish 2:00 — Dancing with Parkinson's*	<b>5</b> 11:00 — Chair Interval 12:00 — Lunch & Meet 1:30 — Yoga with Reena 4:00 — Spanish w/ Josefina for Adv. Beginners 7:00 — Euchre	<b>6</b> 2:45 — Strength Training with Andrew	<b>1</b> <b>7</b> 6:00 — Garden Dinner Party <b>8</b>
<b>9</b> 1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 5:30 — Zumba Gold 6:30 — Financial Series <i>(in person)</i>	<b>10</b> 11:00 — Virtual Chair Interval 1:30 — Euchre 2:00 — French Class	<b>11</b> 11:00 — Virtual Spanish Coffee Hour 12:00 — Beginner Spanish 2:00 — Dancing with Parkinson's*	<b>12</b> 11:00 — Chair Interval 12:00 — Lunch & Meet 1:30 — Yoga with Reena 4:00 — Spanish w/ Josefina for Adv. Beginners 7:00 — Euchre	<b>13</b> 2:45 — Strength Training with Andrew	<b>14</b> <b>15</b> 12:30 — Grandmother Council
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*\*Hybrid class: online and in person*



## Are We There Yet?

### Homemakers

The vaccination for Covid-19 has made it safer to get out and mingle and for opening your home to visitors. The homemakers of the Yellow Springs Senior Center are happy to bring services of house cleaning, cooking, companionship, errands, etc., to the seniors villagers of the Yellow Springs area and also to welcome back clients who took a break during the Pandemic.

### Support Services

We support seniors with all kinds of questions and for a variety of circumstances. Please contact us for questions ranging from new and renewing enrollment for Medicare, medical equipment, incontinent supplies, finding adult daycare, and so much more. A call is all it takes to get started.

—Teresa Bondurant, Social Services Outreach  
937-767-5751 x107, [tbondurant@ysseniors.org](mailto:tbondurant@ysseniors.org)

## Grocery Delivery

The Senior Center continues to shop for groceries weekly from Tom's Market for anyone who is homebound due to transportation, mobility, or health issues. Deliveries are on **Fridays** and orders are due to the Senior Center by noon on Thursdays. Orders are accepted one of three ways:

- e-mail to [info@ysseniors.org](mailto:info@ysseniors.org)
- by using the form at:  
[ysseniors.org/grocery-delivery-program](http://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 on Thursday to get card information. This is a free service. Donations are gratefully accepted.

## Transportation Notes

*Henceforth I whimper no more, postpone no more...  
Strong and content, I travel the open road.*

—Walt Whitman, "Song of the Open Road"

Were we **ever** ready to escape our Covid encampments!! Our collective, pent up desires for socializing, traveling, laughing and singing out loud was in evidence everywhere you looked this year! AAA Travel estimated a 60% increase in the number of travelers over 2020. We took to the highways and byways. Air travel was up 6 times over last year. Not quite up to pre-pandemic level, but climbing fast.

You never know how life is going to surprise you. All the more reason to have your getaway car in good working order and your passport up to date! Remember: (1) there are no age limits to travel and; (2) travel need not be defined only in terms of distance and expense.

Perhaps you could plan a trip to Lisbon? Be sure to see the Beaver Creek Candle Company. Afterward, quench your thirst at Numbers Brewing Company.... wait...oh, you thought I meant Lisbon, Portugal. Oh, no, no. They are at a Code Orange Level as I write! I was talking about Lisbon, Ohio!

There are many places to travel in Ohio. Check Ohio.org or OhioMagazine.com for ideas. Websites for state parks (ODNR.gov) and national parks (NPS.gov) will tickle your inner-trek cravings.

In truth, you don't need to leave town to 'travel.' The web offers easy access to countless virtual tours of cities and world treasures around the globe. Or get a Rick Steve's DVD from the library.

Or catch a ride downtown. *Explore Yellow Springs.* Take a stroll downtown. Enjoy the gardens, the flowers, the trees along the way.

Wherever you go, have a grand trip!

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



**Together we  
can do more.  
JOIN US!**



Give for  
Today, Plan for  
Tomorrow

**YSCF.org | 937-767-2655**



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Available!**

## July Birthdays

07/00 Andy Holyoke  
 07/01 Patty Gehring  
 07/01 Alan Raney  
 07/02 Thomas Macaulay  
 07/04 Jane Boucher  
 07/05\* Mary Bushrui  
 07/05 Susan Freeman  
 07/05 Jan Holbrook  
 07/06 Linda Reeves  
 07/06 Patricia A. Wright  
 07/06 Selwa Whitesell  
 07/07 Anne Randolph  
 07/08 Richard Bullock  
 07/08 Helen Filler  
 07/08\* Martie Jensen  
 07/08 Mitzie Miller  
 07/10\* Lenore Doctor  
 07/10\* Maria Donat  
 07/12\* Robert Darrow  
 07/14\* Dorothy Drake  
 07/14 Sonia Kiser  
 07/14 Marcia Sutherland  
 07/15\* Donna Denman  
 07/17\* George Coder  
 07/18 Pat Robinow  
 07/19 Margaret Veenstra  
 07/21\* Joyce Robinson  
 07/22 Karen Rasey  
 07/23 Steve Piatt  
 07/24 Heidi Eastman  
 07/25\* Joan Champie  
 07/25 Deborah Dillon-Bloch  
 07/26\* Polly Miller  
 07/26 Ardis Macaulay  
 07/26 Lidia Stone  
 07/27\* Harriet Blackman  
 07/29 Denise Robinow  
 07/30 James Tetz  
 07/31 Kathy Carr

## Membership Dues

\$20 annual memberships,  
 \$15 for each additional  
 household member.

Make checks payable to **Yellow Springs Senior Center** or  
**YSCC** and mailed to:  
 YSCC, 227 Xenia Ave.  
 Yellow Springs, OH 45387

*We do not sell or share your info.*

## August 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\* Joseph Dowdell  
 08/04 Niki Foor  
 08/06\* Ted Barker  
 08/06 Patricia Dewees  
 08/07 Brian Gaughan  
 08/08 Doug Klappich  
 08/10\* Perry M. Stewart  
 08/10 Chris Zurbuchen  
 08/12 Diana Quirk  
 08/14 Judy James  
 08/15 Dorothy Smith  
 08/16 Donna Coleman  
 08/16 Nancy Hirsch  
 08/16 Heather Neill  
 08/19 Joy Fishbain  
 08/21 Pete Wehner  
 08/23\* Joan Chappelle  
 08/23 Allan Ryder  
 08/24\* Ned Oldham  
 08/24\* Sue Parker  
 08/24 David Anderson  
 08/24 Gyamfi Gyamerah  
 08/24 Marianna Stewart  
 08/25 Tom Malcolm  
 08/26\* Maria Varandani  
 08/27 Larry Gerthoffer Jr.  
 08/27 Peggy Shank  
 08/28 John Baldasare  
 08/29 Joe Ayres  
 08/30 Isidro Fernandez, Jr.  
 08/30\* Bob Fogarty  
 08/30 Sheila Drennen  
 08/30 Moya Shea  
 08/31\* Michael Kraus

**\*Indicates those known to be  
 80 or older.**

*We apologize to anyone who may  
 have been left off the Birthday List by  
 mistake. We include current members  
 who have shared their birth date.*

## Welcome NEW Members!

Tory Brookshire  
 Rosa Martinez  
 Diana Quirk



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

### Board of Trustees

Ken Dahms, *President*  
 Diane Chiddister, *Vice-President*  
 Anna Bellisari, *Secretary*  
 Wayne Gulden, *Treasurer*  
 Susan Alberter, Cathy Hill, Ruth Lapp,  
 Karen McKee, Linda Scutt

### Staff – 937-767-5751

#### Executive Director,

Caroline Mullin, x101

#### Social Services Outreach,

Teresa Bondurant, x107

#### Transportation Manager

Robert Libecap, x104

#### Program Assistant

Corinne Pelzl, x105

#### Bookkeeper

Jeanna Gunderkline, x102

#### Operations Assistant

Lin Wood, x103

#### Marketing Manager

Pam Geisel, x106

#### Facility Caretaker

Shahkar Strolger

**Homemakers:** Vicci Ayers, Susan  
 Harrison, Jennifer Johnson, Melissa  
 Kuhns, and Heather Neill

### Newsletter Deadline

Copy deadline is **Aug. 10 for Sept/Oct.**  
 When submitting items please stay  
 under 350 words and include your  
 name and phone number. Place it in  
 the mailbox for Pam Geisel in the  
 front hall area or email it to Pam at  
[pgeisel@ysseniors.org](mailto:pgeisel@ysseniors.org)

### Newsletter Production & Volunteers

Mar/Apr: Teresa Misty Gill, Arati  
 Cacciolfi, & Pat Robinow

**This issue and past issues  
 of Senior Notes are on our  
 website under the Other tab:  
[www.ysseniors.org/enewsletter](http://www.ysseniors.org/enewsletter)**



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Yellow Springs OH  
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937-767-5751  
[www.ysseniors.org](http://www.ysseniors.org)

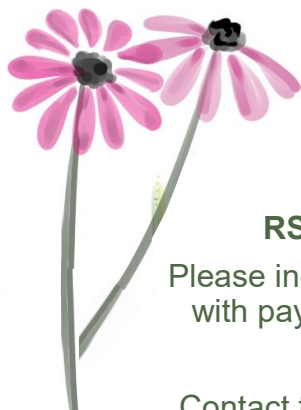
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## Senior Notes July/August 2021

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CURRENT RESIDENT OR:



# 8th Annual Garden Dinner Party

*Benefit for the Yellow Springs Senior Center*

**Saturday, August 7, 2021 from 6–9 pm • \$65.00 per person**  
**RSVP by July 15, 2021 (Seating is limited so please register early)**

Please include all persons in your party, limit six, in the same envelope with payment. We will do our best to accommodate your request.

All participants must be fully vaccinated.

Contact the Senior Center at 937-767-5751 or [info@ysseniors.org](mailto:info@ysseniors.org).

Attendee Name(s) \_\_\_\_\_

\_\_\_\_\_

Contact Person Name \_\_\_\_\_

Cell # \_\_\_\_\_ Email \_\_\_\_\_

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

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

Will everyone in your party be fully vaccinated by August 7, 2021? \_\_\_\_\_

**My/Our check(s) in the amount of \$ \_\_\_\_\_ included (Checks made to YSSC)**

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

