

# Senior Notes

A bimonthly publication for members of the Yellow Springs Senior Center



Volunteer service 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

### The Pieces of the Puzzle

We often have a jigsaw puzzle in progress in the front room of the Center. It is waiting to be worked on, an open invitation to anyone who stops by. Some people can fit many pieces in within moments, others will focus on one piece and be done, and some will sit at the puzzle table just to socialize with others in the room. Whether someone participates for a moment or an hour, it is a collaborative effort. No one takes credit for it on their own, and when another person has made progress on the puzzle their work is appreciated and acknowledged. The puzzle is an easy analogy for how the Yellow Springs Senior Center functions.

Most people like to start a puzzle with the edge pieces – let's equate those with the staff of YSSC. There needs to be some structure to build on and refer to before everything else gets filled in. The YSSC team creates a schedule, maintains contact, shares information and assures that everything lines up (rides, activities, homemaking, volunteers). They provide the starting point for what will be filled in.

Within the puzzle there are usually some significant patterns – our picture starts to fill in at the Center with key volunteers who help as Front Desk Receptionists five days a week, Activity Leaders who share their time and talent to guide and teach, Drivers who transport to appointments and errands. These dependable, generous individuals provide the framework to assure that communication and

connections are maintained. Their work expands the capacity of the Center.

Now come the tougher pieces – the ones that aren't obvious and might require some distinctive character to find. These are the volunteers who find a niche – from sorting greeting cards, weeding flower beds, and even helping with building repairs. These are the fill-ins that help it all come together.

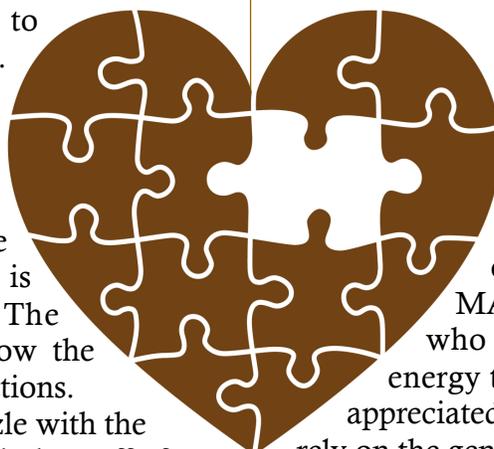
When you are just about finished with a puzzle sometimes it seems there must be a piece or two missing. Looking over the AMAZING list of volunteers who have helped the Center during 2021 (see page 10) we might have missed some of our vital help. There are SO MANY people to thank. Each person who has shared their enthusiasm and energy towards helping others is greatly appreciated. The services provided by YSSC rely on the generosity of volunteers. Please join us in thanking them for their kindness.

That last piece of the puzzle is a special triumph. It is the final step of the collaboration. Are you that piece?

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

## Thank You!

Many thanks to all who donated to the 2021 Annual Appeal, Concert for Everyone, and YS Giving Tuesday. Your generosity is appreciated and making a financial gift to the Yellow Springs Senior Center is very welcome at any time.



# CLASSES & GROUPS

Check the Calendar on the website for updates and Zoom links: [ysseniors.org](http://ysseniors.org)

## Exercise, Movement, & Yoga

*At the time of printing, there were possibilities changes might happen with some of the exercise programs. Please check the website for updates.*

### Yoga with Reena, Mon. & Thurs. 1:30 pm

Beginner's yoga on the floor or seated. *In the Great Room and on Zoom.*

### Chair Interval Training, Tues. & Thurs. 11 am–noon

Lynn Hardman instructs this class. *Tues. class is virtual on [youtube.com/c/CommunityAccessYellowSprings/featured](https://www.youtube.com/c/CommunityAccessYellowSprings/featured) and Spectrum cable Channel 5. Thurs. class is in person in the Great Room.*

### Qi Gong, Tues. & Fri. 1–1:45 pm

The group follows an easy DVD on the big screen. *In the Great Room.*

### Dancing with Parkinson's, Wed. 2–2:45 pm

For people with Parkinson's and their spouses or caregivers. *In person in the Great Room and on Zoom.*

### Zumba Bold, Wed. 5:30–6:30 pm

Lynn Hardman leads this dance party. *On Zoom.*

### Tai Chi, Fri. 11:30 am

Dee Arianne Rockwood teaches this gentle form of low or no impact exercise. *In the Great Room.*

### Strength Training with Andrew, Fri. 2:45 pm

Work out with a certified personal trainer. *On Zoom.*

## Learn a Language

### Spanish Review, Mon. 2:30–3:45 pm

This is NOT a class, but an opportunity to review. *In the Fireplace Room.*

### Advanced Beginner Spanish, Mon. 4–5 pm

*¡Hola Amigos!* Judy Skillings is teaching Advanced Beginner Spanish. *Comprende Ud.?* *On Zoom.*

### Absolute Beginner Spanish, Wed. noon–1 pm

Judy Skillings is teaching using the book "Easy Spanish Step-By-Step" by Barbara Bregstein. *On Zoom.*

### Intermediate Spanish with Josefina, Thurs. 4 pm

Taught by Josefina Sosa from Cuernavaca, Mexico. Suggested donations \$100 for 10 sessions. *On Zoom. Limited enrollment, contact [JudithSkillings@yahoo.com](mailto:JudithSkillings@yahoo.com).*

### French Class, Tues. 2 pm

For those with basic to advanced French skills to read and converse in French. *Nous serions ravis de vous rencontrer!* *On Zoom or in person, contact Lynda at [lyndalh7@hotmail.com](mailto:lyndalh7@hotmail.com) for more info.*

### Beginning German, Tues. 3:30–4:30 pm

Dr. Robert Conard is teaching using the book, *Elementary German*, 2nd ed. *In the Fireplace Room.*

## Card & Strategy Games

### Rummikub, Tues. 2 pm

Like Rummy & Mahjong combined with only numbers. Easy to play. *In the Great Room.*

### Bridge, Wed. 6:30–9 pm

Duplicate bridge. *In the Great Room.*

### Euchre Online, Mon. & Wed. 1:30 pm

Call Brad, 707-321-2341 for information. *Online.*

### Mahjong, Thurs. & Sat. 1–4 pm

A game of mental finesse. *Thurs. in the Fireplace Room; Sat. in the Great Room.*

## Other Social Activities

### Lunch & Meet Thursdays, Thurs. noon–1 pm

Zoom event featuring guest speakers or performers while you eat at home. Registration required, email [info@ysseniors.org](mailto:info@ysseniors.org) or call 937-767-5751. *On Zoom.*

### Knitting, Crochet, & Crafts, Wed. 10:30 am

Weekly knitting/crocheting with occasional special craft projects which will be announced on the website and on Facebook. *In the Great Room*

### Writers Eclectic, First & Third Sun. at 2 pm

Writers share and support each other's writing. *In the Fireplace Room.*

## Membership Dues

\$20 annual membership, \$15 for each additional household member, due in January. Make checks to **YSSC** or **Yellow Springs Senior Center**. Mail to, drop off at, or drop in front door slot:

YSSC, 227 Xenia Ave., Yellow Springs, OH 45387

# Upcoming Events and New Activities

Looking into the New Year, and back into 2021, I want to thank all activity leaders for your important part in the service of the Senior Center. Thank you for your part in making the Senior Center a meaningful part of people's lives for mental, emotional, and physical health, and for just plain fun!

—Corinne Pelzl, Program Assistant  
937-767-5751 x 105, [cpelzl@ysseniors.org](mailto:cpelzl@ysseniors.org)

## Yellow Springs Winter Farmer's Market Saturdays 8:30–11 am

The YS Winters Farmers Market has returned indoors to the Senior Center Great Room. Open 9–11 am, with a half hour for seniors and high-risk individuals from 8:30–9 am. Masks are required.

The outdoor YS Farmers Market, held in the Bryan Center parking lot, will continue to be open from 9–11 am each Saturday through March. EBT will be accepted at both markets; new tokens will be available at the indoor market at the Senior Center.

## GCCOA Senior Artisan Show

The Greene County Council on Aging's Senior Artisan Show is planned for 2022. Anyone who is interested in submitting artwork should email [yourfriends@gcco.org](mailto:yourfriends@gcco.org) or call 937-376-5486 for info.

## Ethical Wills

**Mon., Jan. 10, 6:30-7:30 pm**

Dr. Artie Isaac will present information on Ethical Wills on Mon., Jan. 10 from 6:30–7:30 pm in the Great Room. Ethical wills are not a legal document or about material items, they are a way to convey your values, stories and important information to loved ones.

Dr. Isaac's presentation will help you start crafting your own way to express your ideas. Registration is required, call 937-767-5751 or email [info@ysseniors.org](mailto:info@ysseniors.org), limited to 15 participants.

## MLK Day viewing at YSSC

**Mon., Jan. 17, 11 am (doors open at 10:45 am)**

The Senior Center is closed on Mon., Jan. 17 in recognition of Martin Luther King, Jr. Day. While there will be a march this year, the celebration including speakers and music will be happening over Zoom.

The Center invites up to 24 people to gather in the Great Room that day to watch the events together on the big screen. Masking is required as is registration, call 937-767-5751 or email [info@ysseniors.org](mailto:info@ysseniors.org). Enter through the Great Room door since the building will be closed.



Please join us in congratulating the winners of our Car Wrap design contest. Designs submitted by Ava Taylor and the team of Helen Eier and Ken Coleman were both on the same theme of sunflowers. The two concepts are being pulled together by a graphics designer and we hope to have the art on our red Honda in the beginning of 2022. Watch for it driving through town and wave to our friendly drivers.

Each of the winners have been awarded a gift card to Current Cuisine. A huge thank you to all who submitted design suggestions, including the ones that were done with a playful sense of humor.

## Constant Change

Change is one of the few constants we can count on. After almost two years of uncertainty and unprecedented circumstances, we have yet to reach a “New Normal.” Things seem to swing on a pendulum; mask on or off, social distancing, family gatherings are they good or bad? And just when we think we have moved to victory over Covid-19, a new variant raises it ugly head.

That all may sound dismal, however behind every cloud is a silver lining. We can firmly say that the Village of Yellow Springs and the wonderful community of seniors lead by example, the way to push forward, full of wisdom experience and full of vaccine with booster. Seniors are slowly drifting back to the Center for a variety of activities and also many are returning to the use of the Homemaker Program.

To assist with the increase in Homemaker clients, there are three new employees: Katia Clod-Svensson, Kimberly Horn, and Melanie Evans. The goal is to help seniors lessen their load and remain comfortably in their own homes. Please contact the Center with any questions.

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

## Medicare Follow Up

Medicare Open Enrollment has wrapped up and the Senior Center was able to help more than 50 seniors with their Part D enrollment. The overall savings was more than \$68,000!

If you have any questions and concerns about Medicare, I am available to speak with you throughout the year.

I am looking forward to working with you in the coming year!

– Stephanie Lawson, Support Services Manager  
937-767-5751, ext. 108, [slawson@ysseniors.org](mailto:slawson@ysseniors.org)

## Home Energy Assistance Program

HEAP is a federally funded program that provides eligible Ohioans assistance with their home energy bills. This one-time benefit is applied directly to the customer’s utility bill or bulk fuel bill. Income levels:

- 1 person household income less than \$22,540
- 2 person household income less than \$30,485

Call 1-800-282-0880  
or call the Senior Center at 937-767-5751

## New Year’s Resolutions

*Life is good, You look around and think I'm in the right neighborhood...Life is grand, And wouldn't you like to have it go as planned?*

–Aimee Mann, *Patient Zero*

Aimee Mann’s song lyrics have been intruding on my walkabouts lately. Just the other day I realized they offered a perspective on the New Year! New Year’s Day – a cultural milestone representing a time to make plans – to renew, refresh our outlook on life, love, friendships and life’s goals.

Like many, you are thinking of making some improvements to your finances, waistline, and diet. Good and worthy goals all. Steeped in the belief that we can change and improve ourselves at will, we take chisel in hand, chipping away here and there, to refashion our plans for the new year.

A *Pureprofile* survey in September 2020 found the inclination to make resolutions varied by the age of the respondent. The youngest were more enthusiastic, with 92% of “Gen Z” making resolutions. The numbers declined with each, older generation – the “Baby Boomers” at 60% in favor while only 47% of our esteemed “Silent Generation” did.

Could it be that we become more content with ourselves over the years, thus lessening the impulse to make improvements? Perhaps. A few studies indicate people are “happier” in their 50s than they were in their 20s. Although inconclusive (meaning: lots of variables and exceptions), there is evidence that those in their 70s and 80s report they are the happiest they’ve ever been.

Or, maybe, we are just more pragmatic as we attain elder status. We have seen the annual, January gym spike fade over and over again after a few weeks. We have learned to appreciate February 1st as the unofficial date marking the demise of most New Year Resolutions!

Possibly, we have just gained a better sense of humor over the years! Maybe we are able to more easily laugh at ourselves and have learned to be a bit skeptical about having all the answers and knowing what’s best. Self-directed laughter, when not self-demeaning, eases tension and pain and reminds us of our humanness.

I’ve made my resolutions for 2022. First, “be the change” I want to see in the world. Secondly, laugh often. Happy New Year. I hope it goes as planned.

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

**THURSDAY**

**FRIDAY**

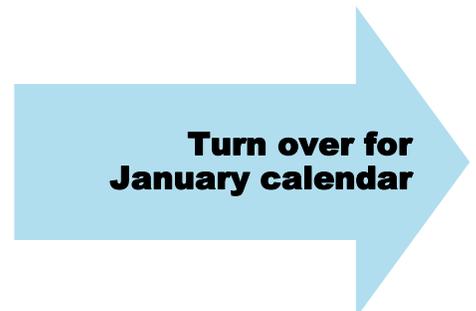
**SAT / SUN**

<p><b>3</b></p> <p>11:00 — Chair Interval                  12:00 — Lunch &amp; Meet                  1:00 — Mahjong                  1:30 — Yoga with Reena*                  4:00 — Intermediate Spanish</p>	<p><b>4</b></p> <p>11:30 — Tai Chi                  1:00 — Qi Gong                  2:45 — Strength Training with Andrew</p>	<p><b>5</b></p> <p>8:30 — Winter Farmer’s Market                  1:00 — Mahjong</p> <hr/> <p>2:00 — Writers Eclectic</p> <p><b>6</b></p>
<p><b>10</b></p> <p>11:00 — Chair Interval                  12:00 — Lunch &amp; Meet                  1:00 — Mahjong                  1:30 — Yoga with Reena*                  4:00 — Intermediate Spanish</p>	<p><b>11</b></p> <p>11:30 — Tai Chi                  1:00 — Qi Gong                  2:45 — Strength Training with Andrew</p>	<p><b>12</b></p> <p>8:30 — Winter Farmer’s Market                  1:00 — Mahjong</p> <hr/> <p><b>13</b></p>
<p><b>17</b></p> <p>11:00 — Chair Interval                  12:00 — Lunch &amp; Meet                  1:00 — Mahjong                  1:30 — Yoga with Reena*                  4:00 — Intermediate Spanish</p>	<p><b>18</b></p> <p>11:30 — Tai Chi                  1:00 — Qi Gong                  2:45 — Strength Training with Andrew</p>	<p><b>19</b></p> <p>8:30 — Winter Farmer’s Market                  1:00 — Mahjong</p> <hr/> <p><b>20</b></p> <p>12:30 — Grandmother Council                  2:00 — Writers Eclectic</p>
<p><b>24</b></p> <p>11:00 — Chair Interval                  12:00 — Lunch &amp; Meet                  1:00 — Mahjong                  1:30 — Yoga with Reena*                  4:00 — Intermediate Spanish</p>	<p><b>25</b></p> <p>11:30 — Tai Chi                  1:00 — Qi Gong                  2:45 — Strength Training with Andrew</p>	<p><b>26</b></p> <p>8:30 — Winter Farmer’s Market                  1:00 — Mahjong</p> <hr/> <p><b>27</b></p>

**Winter Weather**

**If the Yellow Springs Schools are closed due to weather the Senior Center will also be closed. Closings will also be posted on the website ([www.ysseniors.org](http://www.ysseniors.org)) and the Facebook page.**

**Transportation services may also be affected by weather conditions.**



# JANUARY 2022

## MONDAY

## TUESDAY

## WEDNESDAY

**Links for Zoom/YouTube events are on the calendar  
on the 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*

<p><b>3</b></p> <p>1:30 — Yoga with Reena* 1:30 — Euchre Online 2:30 — Spanish Review 4:00 — Adv. Beginner Spanish</p>	<p><b>4</b></p> <p>11:00 — Virtual Chair Interval 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — Beginning German 7:00 — YS Strings Rehearsal</p>	<p><b>5</b></p> <p>12:00 — Beginner Spanish 1:30 — Euchre Online 2:00 — Dancing with Parkinson's* 3:15 — Great Novels/Poetry 5:30 — Zumba Bold 6:30 — Bridge</p>
<p><b>10</b></p> <p>1:30 — Yoga with Reena* 1:30 — Euchre Online 2:30 — Spanish Review 4:00 — Adv. Beginner Spanish 6:30 — Ethical Wills</p>	<p><b>11</b></p> <p>11:00 — Virtual Chair Interval 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — Beginning German 7:00 — YS Strings Rehearsal</p>	<p><b>12</b></p> <p>12:00 — Beginner Spanish 1:30 — Euchre Online 2:00 — Dancing with Parkinson's* 5:30 — Zumba Bold 6:30 — Bridge</p>
<p><b>17</b></p> <p><b>CLOSED for Martin Luther King, Jr. Day</b></p> <p>11:00 — MLK Day viewing</p>	<p><b>18</b></p> <p>11:00 — Virtual Chair Interval 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — Beginning German 7:00 — YS Strings Rehearsal</p>	<p><b>19</b></p> <p>12:00 — Beginner Spanish 1:30 — Euchre Online 2:00 — Dancing with Parkinson's* 3:15 — Great Novels/Poetry 5:30 — Zumba Bold 6:30 — Bridge</p>
<p><b>24</b></p> <p>1:30 — Yoga with Reena* 1:30 — Euchre Online 2:30 — Spanish Review 4:00 — Adv. Beginner Spanish</p>	<p><b>25</b></p> <p>11:00 — Virtual Chair Interval 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — Beginning German 7:00 — YS Strings Rehearsal</p>	<p><b>26</b></p> <p>12:00 — Beginner Spanish 1:30 — Euchre Online 2:00 — Dancing with Parkinson's* 5:00 — YSSC Board Meeting 5:30 — Zumba Bold 6:30 — Bridge</p>

**THURSDAY**

**FRIDAY**

**SAT / SUN**



		<p><b>1</b></p> <p>CLOSED for New Year's</p> <p><b>2</b></p>
<p><b>6</b></p> <p>11:00 — Chair Interval 12:00 — Lunch &amp; Meet 1:00 — Mahjong 1:30 — Yoga with Reena* 4:00 — Intermediate Spanish</p>	<p><b>7</b></p> <p>11:30 — Tai Chi 1:00 — Qi Gong 2:45 — Strength Training with Andrew</p>	<p><b>8</b></p> <p>8:30 — Winter Farmer's Market 1:00 — Mahjong</p> <hr/> <p><b>9</b></p>
<p><b>13</b></p> <p>11:00 — Chair Interval 12:00 — Lunch &amp; Meet 1:00 — Mahjong 1:30 — Yoga with Reena* 4:00 — Intermediate Spanish</p>	<p><b>14</b></p> <p>11:30 — Tai Chi 1:00 — Qi Gong 2:45 — Strength Training with Andrew</p>	<p><b>15</b></p> <p>8:30 — Winter Farmer's Market 1:00 — Mahjong</p> <hr/> <p><b>16</b></p> <p>12:30 — Grandmother Council 2:00 — Writers Eclectic</p>
<p><b>20</b></p> <p>11:00 — Chair Interval 12:00 — Lunch &amp; Meet 1:00 — Mahjong 1:30 — Yoga with Reena* 4:00 — Intermediate Spanish</p>	<p><b>21</b></p> <p>11:30 — Tai Chi 1:00 — Qi Gong 2:45 — Strength Training with Andrew</p>	<p><b>22</b></p> <p>8:30 — Winter Farmer's Market 1:00 — Mahjong</p> <hr/> <p><b>23</b></p>
<p><b>27</b></p> <p>11:00 — Chair Interval 12:00 — Lunch &amp; Meet 1:00 — Mahjong 1:30 — Yoga with Reena* 4:00 — Intermediate Spanish</p>	<p><b>28</b></p> <p>11:30 — Tai Chi 1:00 — Qi Gong 2:45 — Strength Training with Andrew</p>	<p><b>29</b></p> <p>8:30 — Winter Farmer's Market 1:00 — Mahjong</p> <hr/> <p><b>30</b></p> <p><b>Turn over for February calendar</b></p>

# FEBRUARY 2022

## MONDAY

## TUESDAY

## WEDNESDAY

<p style="text-align: center;"><b>JAN 31</b></p> <p>1:30 — Yoga with Reena*            1:30 — Euchre Online            2:30 — Spanish Review            4:00 — Adv. Beginner Spanish</p>	<p style="text-align: right;"><b>1</b></p> <p>11:00 — Virtual Chair Interval            1:00 — Qi Gong            2:00 — French Class            2:00 — Rummikub            3:30 — Beginning German            7:00 — YS Strings Rehearsal</p>	<p style="text-align: right;"><b>2</b></p> <p>12:00 — Beginner Spanish            1:30 — Euchre Online            2:00 — Dancing with Parkinson's*            3:15 — Great Novels/Poetry            5:30 — Zumba Bold            6:30 — Bridge</p>
<p style="text-align: right;"><b>7</b></p> <p>1:30 — Yoga with Reena*            1:30 — Euchre Online            2:30 — Spanish Review            4:00 — Adv. Beginner Spanish</p>	<p style="text-align: right;"><b>8</b></p> <p>11:00 — Virtual Chair Interval            1:00 — Qi Gong            2:00 — French Class            2:00 — Rummikub            3:30 — Beginning German            7:00 — YS Strings Rehearsal</p>	<p style="text-align: right;"><b>9</b></p> <p>12:00 — Beginner Spanish            1:30 — Euchre Online            2:00 — Dancing with Parkinson's*            5:30 — Zumba Bold            6:30 — Bridge</p>
<p style="text-align: right;"><b>14</b></p> <p>1:30 — Yoga with Reena*            1:30 — Euchre Online            2:30 — Spanish Review            4:00 — Adv. Beginner Spanish</p>	<p style="text-align: right;"><b>15</b></p> <p>11:00 — Virtual Chair Interval            1:00 — Qi Gong            2:00 — French Class            2:00 — Rummikub            3:30 — Beginning German            7:00 — YS Strings Rehearsal</p>	<p style="text-align: right;"><b>16</b></p> <p>12:00 — Beginner Spanish            1:30 — Euchre Online            2:00 — Dancing with Parkinson's*            3:15 — Great Novels/Poetry            5:30 — Zumba Bold            6:30 — Bridge</p>
<p style="text-align: center;"><b>CLOSED for Presidents' Day</b></p> <p style="text-align: right;"><b>21</b></p>	<p style="text-align: right;"><b>22</b></p> <p>11:00 — Virtual Chair Interval            1:00 — Qi Gong            2:00 — French Class            2:00 — Rummikub            3:30 — Beginning German            7:00 — YS Strings Rehearsal</p>	<p style="text-align: right;"><b>23</b></p> <p>12:00 — Beginner Spanish            1:30 — Euchre Online            2:00 — Dancing with Parkinson's*            5:00 — YSSC Board Meeting            5:30 — Zumba Bold            6:30 — Bridge</p>
<p style="text-align: right;"><b>28</b></p> <p>1:30 — Yoga with Reena*            1:30 — Euchre Online            2:30 — Spanish Review            4:00 — Adv. Beginner Spanish</p>	<p><b>Links for Zoom/YouTube events are on the calendar            on the website at <a href="http://www.ysseniors.org/calendar">www.ysseniors.org/calendar</a>            (select the activity, link is in the pop up box)            *Hybrid class: online and in person</b></p>	

## Ripples 2022

*Ripples* is an annual literary magazine featuring poems and articles by or about older adults in the community. Submit your stories, poems and photos featuring residents of Yellow Springs and Miami Township who are age 55 and over.

The deadline is March 28, 2022. Submission guidelines are available at the Senior Center and on the website at [www.ysseniors.org/Ripples](http://www.ysseniors.org/Ripples).

Send your typed, ready to print submissions along with a submission form to:

YSSC – *Ripples*

227 Xenia Ave.

Yellow Springs, OH 45387

Or email to [spatterson@yellowsprings.com](mailto:spatterson@yellowsprings.com).

## Art Committee

The Fireplace Room has gotten a makeover! Thanks to a grant from the Yellow Springs Community Foundation, funds from the estate of Jill Chapman, and an anonymous donor, the room has new wallpaper, fresh paint, track lights and a modular conference table.

The Art Committee has started meeting again and is in the process of planning future art exhibits. If you're an artist and would like to be considered for an exhibit, or if you'd like to be a part of the Art Committee, send an email to [pgeisel@ysseniors.org](mailto:pgeisel@ysseniors.org).

## eNewsletter

PDF files of the bimonthly Newsletter, going back to 2019, are available on [www.ysseniors.org](http://www.ysseniors.org). An eNewsletter is also sent to everyone who gets the weekly email blasts. If you would like to get these emails, email [info@ysseniors.org](mailto:info@ysseniors.org) or go to the website to sign up using the link on the home page.

## Mobile Farmers Market

The Foodbank, Inc., has a Mobile Farmers Market in the Yellow Springs area. Their Mobile Farmers Market program is a free food distribution with a focus on fresh fruits and vegetables.

It is held every third Thursday of the month from 1–3 pm at First Baptist Church, 600 Dayton Street. This is a walk-up mobile market. Please bring bags or a cart for transporting items to your car.

## 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.–Fri. 9:30 am–4 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.

## Covid Policies

**General Policy:** As Covid policies continue to adjust, the Center is monitoring the recommendations of the CDC, local and state health and the Ohio Department of Aging, including masking requirements. Check the website at [www.ysseniors.org](http://www.ysseniors.org) for the most up-to-date information.

**Transportation Department:** Unvaccinated potential riders please call for more information.



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



Give for Today, Plan for Tomorrow

YSCF.org | 937-767-2655



**DUNPHY**  
REAL ESTATE INC.

SINCE 1960

937-767-1140  
[dunphyrealestate.com](http://dunphyrealestate.com)



**FRIENDS CARE COMMUNITY**  
OF YELLOW SPRINGS



150 E. Herman St • Yellow Springs  
[www.friendshealthcare.org](http://www.friendshealthcare.org)

Rehabilitation • Independent Living  
Assisted Living • Extended Care  
Outpatient Therapy

# A BIG THANK YOU!

End of year thanks to volunteers – There is no way to adequately thank the individuals who provide voluntary work. Some working in the building, some provide classes over Zoom, others drive passengers or make grocery deliveries. The hours of unpaid labor provide much of the service of our organization. If you recognize some of these kind people please take a moment to thank them. We apologize for any names that were accidentally omitted.



Alisa Isaac, *Front Desk*  
 Amy Harper, *Instructor*  
 Andrée Bognar, *Everything*  
 Andrew Brody, *Instructor*  
 Andy Holyoke, *Driver*  
 Anna Bellasari, *Board*  
 Anna Hogarty, *Front Desk*  
 Arati Cacciolfi, *Front Desk*  
 Beth Holyoke, *Driver*  
 Bette Kelley, *Grocery*  
 Bob Huston, *Committee*  
 Bobbi Treadwell, *Driver/Grocery*  
 Carmen Milano, *Instructor*  
 Cathy Hill, *Board*  
 Chris Murphy, *Driver*  
 Cindy Diehl, *Front Desk/Driver*  
 Daniel Pelzl, *Driver*  
 Dave Anthony, *Driver*  
 Dave Finster, *Driver*  
 Deborah Dillon-Bloch, *Projects*  
 Dee Rockwood, *Instructor*  
 Diana Quirk, *Front Desk*  
 Diane Chiddester, *Board*  
 Fran LaSalle, *Committee/Projects*  
 Gayle Gyure, *Front Desk*  
 Harriet Dadras, *Driver*  
 Harvey Paige, *Driver*  
 Howard Shook, *Grocery*  
 Janeal Ravndal, *Projects*  
 Jane Baker, *Projects*  
 Jane Brown, *Instructor*

Jerry Buck, *Driver*  
 Jim Bailey, *Driver*  
 Jim Johnson, *Driver*  
 JoAnn Kiser, *Instructor*  
 Joe Hill, *Driver*  
 Jon Hudson, *Projects*  
 Joy Fishbain, *Projects*  
 Joyce McCurdy, *Instructor*  
 Judith Skillings, *Instructor*  
 Karen McKee, *Board*  
 Karina Tafolla, *Driver*  
 Kate Anderson, *Driver*  
 Kate LeVesconte, *Driver/Groceries*  
 Katie Egert, *Projects*  
 Kelly Ann Tracy, *Grocery*  
 Ken Dahms, *Board*  
 Kim Iconis, *Driver*  
 Lacey Moseman, *Driver*  
 Lee Huntington, *Projects*  
 Lili Jennings, *Grocery*  
 Linda Cox, *Committee*  
 Linda Mates, *Driver*  
 Linda Parsons, *Front Desk*  
 Linda Scutt, *Board*  
 Linda Sikes, *Instructor*  
 Lynda Hicks, *Instructor*  
 Luan Heit, *Driver/Front Desk*  
 Lynn Hardman, *Instructor*  
 Macy Reynolds, *Board*  
 Marcia Ridgley, *Driver*  
 Marian Miller, *Instructor*  
 Marianne Welchel, *Projects*  
 Mark Delozier, *Projects*  
 Mary Cargan, *Instructor*  
 Mary Jane Kalkis, *Instructor*  
 Michael Kraus, *Driver*  
 Ned Oldham, *Driver*  
 Pat Robinow, *Front Desk/Projects*  
 Paul Mullin, *Projects*  
 Paulette Olson, *Driver*  
 Peggy Erksine, *Driver*  
 Peggy Koebernick, *Front Desk*  
 Peter Price, *Driver*

Phyllis Evans, *Front Desk*  
 Reena Appell, *Instructor*  
 Richard Zopf, *Driver & Projects*  
 Robert Conard, *Instructor*  
 Rosa Martinez, *Driver*  
 Ruth Lapp, *Board*  
 Ryan Beach, *Instructor*  
 Sandra Jessen, *Front Desk/Driver*  
 Sara Beltran, *Driver*  
 Selwa Whitesell, *Driver*  
 Seth Skidmore, *Grocery*  
 Shirley Mullins, *Instructor*  
 Shirley Smith, *Driver*  
 Simone Demarzi, *Front Desk*  
 Stanford Harris, *Driver*  
 Susan Alberter, *Board*  
 Susan Bothwell, *Front Desk*  
 Susan Freeman, *Driver/Instructor*  
 Suzanne Patterson, *Projects*  
 Teresa Gill, *Front Desk*  
 Tom Degenhart, *Driver*  
 Wayne Gulden, *Driver/Board*

## Also a heartfelt thank you to:

Cindy Diehl for the fabric for the walker bags.

Susan Gartner, Eve Fleck, the Antioch School, and Victoria Smith for red yarn for the Red Scarf Project.

Lin Wood, Marcella Link, Jackie Delk, Kathy Robertson, Terry Graham, Andrée Bognar, Becky Sikes, Linda Sikes, Susan Freeman, and Jeanine Clark, the knitters who helped make scarves for the Red Scarf Project.



We honor the service, life and legacy of YSSC Board Trustee Karen McKee who passed away December 9, 2021. Karen served on several committees and as a volunteer at the Center. She served the community in many additional capacities, leaving an impact that will extend into the future of the village. She will be greatly missed.



227 Xenia Avenue  
 Yellow Springs OH  
 45387  
 937-767-5751  
 www.ysseniors.org

Nonprofit  
 Organization  
 US Postage  
 PAID  
 Permit No. 281  
 Xenia, OH 45385

**Senior Notes**  
 January/February 2022

**What's Inside:**

Director's Comments **1**  
 Online Classes **2**  
 Upcoming Events  
 & New Activities **3**  
 Calendar **5-8**  
 Birthdays **11**

CURRENT RESIDENT OR:

**Senior Center Services**

- Transportation
- Support Services
- Homemaker Program
- Activities Program

**Senior Center Hours**

Mon.–Fri. 9:30 am–4:00 pm

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



**A Concert for Everyone** online music concert which happened on Nov. 12, 2021. Performers include (clockwise from top) **4 String Fun** ukulele group with Pat Charters, Chris Murphy, Tony Paglione, Laura Curliss, and Susan Wolfe. **Yellow Springs Strings** with conductors Shirley Mullins and Cammy Grote, members Nadine Martin, Dhyana Graham, Marna Street, Violette Anne Onfroy, Amanda Wallace, Mary Beth Burkholder, Melissa Kuhns, Tom Duffee, Nancy Hesz, Scott Kellogg, Jim Duffee, Bob Brecha, and Simone Demarzi. **Africanacosa** Afro Caribbean percussion with Gyamfi Gyamerah, Laura Curliss, Nathan Hardman, and Christopher Ward. **Misty Moneé** (Teresa Gill), jazz vocalist, accompanied by Mark DeLozier on the piano. **Heartstrings** Folk and Celtic music with Sarah Goldstein, Carol Van Ausdal, Mary Beth Burkholder, and Linda Scutt. **Issa Ali** performing original hip hop with DJ “Fatty Lumpkin.” Thanks to all who participated. We hope to make the event better in the future!

**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.**