

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



Director's Comments

Generally, I keep my office door open so I can hear what's happening at the Center. In one day, all of these encounters happened, demonstrating the myriad ways this place serves the community AND builds the community. These moments inspire me to keep working to make the connections grow and thrive.

- Kind greetings and admiration for the jigsaw puzzle crew
- A member dropped off greeting cards to add to our selection
- Teresa loaning medical equipment to someone coming home after surgery
- Kristyn helped orient a woman to the tablet computer we are loaning her
- Two friends catching up, relieved to see each other without a mask
- A passerby stopped in and bought art from the current show
- Qi Gong participants gliding more gracefully after a soothing session together
- Rummikub players chatting after two hours of game time

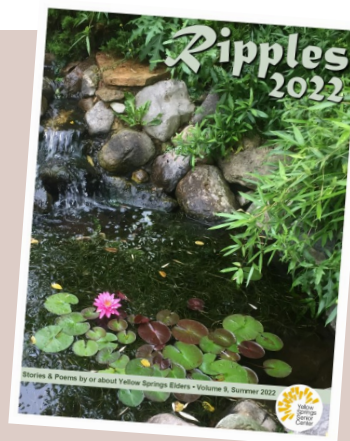
- Our newest volunteer front desk person learning the ropes
- A new village resident getting a tour of the building from Corinne
- A client arriving for their appointment with Stephanie to learn about long term care options
- Lin typing letters to thank donors while Jeanna prepares outgoing payments
- Volunteer driver returning from a trip thanked Robert for the opportunity to help
- Pam sharing a proof of the newsletter for editing by our front desk volunteer
- German class in the Fireplace Room learning culture, language, and history from Dr. Conard
- Earthworks tour participants returning from a hot day of travel, delighted with the outing

Were you aware that we are such an active, vital link for the community? The Center team of staff and volunteers is always seeking new ways to support, entertain, and inform members and villagers. Please stop in to see what's happening. We'll be delighted to see you.

— Caroline Mullin, Executive Director
937-767-5751 x 101, cmullin@ysseniors.org

Ripples is here!

A complimentary copy of Volume 9, the 2022 issue is enclosed for you!



CLASSES & GROUPS

Exercise, Movement, & Yoga

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

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

Qi Gong, Tues. & Fri. 1–1:45 pm

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

Stretch & Strength, Wed., 12:15–1 pm, **JULY ONLY**

A stretch and beginners dance class, exercises can be modified for any needs or levels. *In the Great Room.*

Dancing with Parkinson's*, Wed. 2–3 pm

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

Strength Training with Andrew, Thurs. 1 pm

Work out with a certified personal trainer. *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.*

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. *On Zoom.*

Beginner Spanish, Wed. noon–1 pm

Taught by Judy Skillings. *On Zoom. Limited enrollment, contact JudithSkillings@yahoo.com.*

Intermediate Spanish with Josefina, Thurs. 4 pm

Taught by Josefina Sosa from Cuernavaca, Mexico. *On Zoom. contact JudithSkillings@yahoo.com.*

All Level Spanish Class, Fri. 10 am

An all level Spanish Class. *In the Great Room*

French Class, Tues. 2 pm

Basic to advanced skills to read and converse. *On Zoom, contact Lynda at lyndalh7@hotmail.com for 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

Easy to play. *In the Great Room.*

Bridge, Second & Fourth Wed. 1–3:30 pm

Bridge. *In the Fireplace Room.*

Bridge, Wed. 6:30–9 pm

Duplicate bridge. *In the Great Room.*

Euchre Online, Wed. & Sun. 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

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 or call 937-767-5751. *On Zoom.*

Fireplace Room Social Time, Mon., 10–11:45 am

Gather, chat, and relax. Max 12 people.

Hearing Aid Help, Fourth Tues. 10 am

From Xenia Hearing Center. *In the Fireplace Room*

Knitting, Crochet, & Crafts, Wed. 10 am

Weekly knitting/crocheting with occasional special craft projects. *In the Great Room*

Shakespeare Reading Group, Sun. 1:30 pm

Reading plays aloud as a group. *In the Fireplace Room*

Financial Series, Mon., July 11 & August 8, 6:30 pm

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

Red classes are on Zoom,
Underlined* are hybrid (in person & on Zoom)

Check the website Calendar for
updates and Zoom links: ysseniors.org

UPCOMING EVENTS & NEW ACTIVITIES 3

Ethical Wills

Monday, July 11 & August 8, noon–1:30 pm

Artie Isaac will present information on Ethical Wills. 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. Artie's presentation will help you start crafting your own way to express your ideas. Registration is required, call 937-767-5751 or send an email to info@ysseniors.org, limited to 8 participants.

Ice Cream Social

Friday, July 15, 2:30 pm

Please come for ice cream and refreshments in the Great Room. All are welcome but please register at 937-767-5751 or info@ysseniors.org.

"If Only There Were a Patio" Fundraising Event, Sunday, August 7, 3–5 pm

Join us for an afternoon of music, snacks, socializing, and wine tasting. As we gather in the building perhaps you will be inspired to help fund needed repairs and create a patio to enhance future gatherings.

Shall We Play a Game?

Friday, August 12, 6:30 pm

Please join us at the Center for an evening playing board games. We will have the classics (like Sorry and Monopoly) as well as some newer games (Catan, Dominion, Code Names). You are welcome to bring a game you might like to share, and so long as health requirements allow, you are welcome to bring snacks and drinks. All ages are welcome.

The Community Colloquy is taking a summer break and will return in September.

New Weekly Activities

Fireplace Room Social Time, Mon. 10–11:45 am

The Fireplace Room has been reserved for people to gather, sip coffee, chat, and relax. There is no need to register. Max 12 people. *(Starts July 11)*

Stretch & Strength with Daphne, Wed., 12:15–1 pm

Led by YSHS senior Daphne, this will be a stretch and beginners dance class. Stretching for continued flexibility, and dancing to have fun. No equipment or dancewear required. Exercises can be modified for any levels. Currently only scheduled for July.

Shakespeare Reading Group, Sun. 1:30 pm

Those attending participate round-robin, with each person reading the next lines of dialogue. New members and drop-ins always welcome. In the Fireplace Room.

Future Fundraising Events

Fundraising request – We are asking the community to support the projects to repair, restore and upgrade the building. Please see our website to learn more about the projects including a plan to "Let the Bricks Breathe," build a patio and repair water damage inside the building.

"Everything But The House" requests – This fall we will have an online auction to support the Senior Center. We are asking for donations of art, antiques, jewelry, or other items – Airbnb stays, chef events, unique experiences. Please contact the fundraising committee at info@ysseniors.org to discuss what you might be able to contribute. All items will be sold via www.ebth.com with proceeds benefitting YSSC services, building, and programs.



Thank you to the Local Fare Program cooperating businesses and the YS Community Foundation for helping the Center provide nutritious local meals for 32 villagers. A total of 426 meals were served during 14 weeks. Local restaurants created the meals and YSSC volunteer drivers delivered them. (Left to right) Marianne Moseman and Hedgie Neal receive lunch from volunteer delivery driver Luan Heit.

If Not Us

*If not us, not them, If not now, then when?
If not here, nor there, If not this world then where?*
–John Gorka, singer-songwriter (2003)

There is nothing new under the sun, the Book of Ecclesiastes tells us. In our youth we think the task of gaining knowledge is finite and, therefore, achievable. It isn't, of course – at least, not in one lifetime. We all know that. What takes years to understand is that we learn best through our interactions with others – in partnerships, in families, at work and in our community. Arguably, it is in relationship with others that we learn most of life's important lessons.

The epigraph above, Gorka's chorus line, implores us to act in community with what we already know. This refrain echoes down through the ages from the teachings of Hillel the Elder (110 BCE-10 CE). Hillel chose to help "repair the world" (*Tikkun olan*, a Judaic concept). Recent events in our nation, around the world, remind us that the world is still in much need of repair.

In those daily interactions we, too, can help repair the world. More than just random acts of kindness, we can choose to be deliberate in our behaviors, knowing that they resonate and are amplified through those we meet. Now, still in the shadows of Covid, concerned by war in Ukraine and saddened by the number of lives lost to gun violence, our actions take on greater significance.

Perhaps you can promote greater "repair" work by striking up new conversations with friends, family members and neighbors. Or, by listening carefully to discover shared concerns with those with whom you might otherwise be in disagreement. If you have the opportunity, you might even contribute time to a community project. Bill Clinton, our 42nd President, said *"There is nothing wrong with America that cannot be cured by what is right with America."*

It is "us," all in this together. The time is "now."

– Robert Libecap, Transportation Manager
937-767-5751 x104, rlibecap@ysseniors.org

Fourth of July Parade

We expect that YS will have its traditional Fourth of July parade. If so, the Senior Center will have a float and drive some of the Senior Center vehicles. If you would like to participate, call the 937-767-5751 or email info@ysseniors.org to be kept informed of the plans.

Helpful Homemakers

Our homemaking program means so much to so many. The mission is to make it easier for our clients to remain in their own homes using our staff to clean, cook, run errands, and to provide companionship. There is also an employment opportunity for those seniors who want to serve as homemakers and provide help for their fellow seniors, while supplementing their income at the same time. Please contact me or the Center for help within your home or if you are interested in working part time in the homes of local seniors.

–Teresa Bondurant, Homemaker Program Manager
937-767-5751 x107, tbondurant@ysseniors.org

Volunteer Medical Escorts

We are excited to announce that the Volunteer Medical Escort Program is back! This program connects those who need someone to accompany them to a medical appointment with a screened volunteer who will go with them. If you have need of this service, or would like to volunteer, please contact me.

Hot, summer weather is now here and there are programs available to help with utility costs for those who qualify. The Village of Yellow Springs offers assistance to residents who are at risk of disconnection of utility services. Information and an application may be found at The Village of Yellow Springs website or by calling 937-767-7202 ext. 2. Other programs from the Ohio Department of Development are also available. Please contact me if you have questions about these programs or you need assistance with Medicare, Medicaid, Food or Housing Assistance.

– Stephanie Lawson, Support Services Manager
937-767-5751, ext. 108, slawson@ysseniors.org

Pet Partnership Program

We are hoping to help match pet owners who have occasional challenges or need for help (such as transport to the vet, pet care during medical absences) with people who would be prepared to be the "extra family" for the pet when needs arise. This is purely volunteer participation. The Center will help make connections and provide some suggested guidance for a cooperative connection. If you are interested as either a pet owner or volunteer, call 937-767-5751 or email info@ysseniors.org to share your contact information.

THURSDAY

FRIDAY

SAT / SUN

<p>4</p> <p>12:00 — Lunch & Meet</p> <p>1:00 — Mahjong</p> <p>1:00 — Strength Training with Andrew</p> <p>1:30 — Yoga with Reena*</p> <p>4:00 — Intermediate Spanish</p>	<p>5</p> <p>10:00 — All Level Spanish Class</p> <p>11:30 — Tai Chi</p> <p>1:00 — Qi Gong</p>	<p>6</p> <p>1:00 — Mahjong</p> <hr/> <p>7</p> <p>1:30 — Euchre Online</p> <p>1:30 — Shakespeare Reading Group</p> <p>3:00 — If Only There Was a Patio Fundraising Event, pg. 3</p>
<p>11</p> <p>12:00 — Lunch & Meet</p> <p>1:00 — Mahjong</p> <p>1:00 — Strength Training with Andrew</p> <p>1:30 — Yoga with Reena*</p> <p>4:00 — Intermediate Spanish</p>	<p>12</p> <p>10:00 — All Level Spanish Class</p> <p>11:30 — Tai Chi</p> <p>1:00 — Qi Gong</p> <p>6:30 — Game Night, pg. 3</p>	<p>13</p> <p>1:00 — Mahjong</p> <hr/> <p>14</p> <p>1:30 — Euchre Online</p> <p>1:30 — Shakespeare Reading Group</p>
<p>18</p> <p>12:00 — Lunch & Meet</p> <p>1:00 — Mahjong</p> <p>1:00 — Strength Training with Andrew</p> <p>1:30 — Yoga with Reena*</p> <p>4:00 — Intermediate Spanish</p>	<p>19</p> <p>10:00 — All Level Spanish Class</p> <p>11:30 — Tai Chi</p> <p>1:00 — Qi Gong</p>	<p>20</p> <p>1:00 — Mahjong</p> <hr/> <p>21</p> <p>12:30 — Grandmother Council</p> <p>1:30 — Euchre Online</p> <p>1:30 — Shakespeare Reading Group</p>
<p>25</p> <p>12:00 — Lunch & Meet</p> <p>1:00 — Mahjong</p> <p>1:00 — Strength Training with Andrew</p> <p>1:30 — Yoga with Reena*</p> <p>4:00 — Intermediate Spanish</p>	<p>26</p> <p>10:00 — All Level Spanish Class</p> <p>11:30 — Tai Chi</p> <p>1:00 — Qi Gong</p>	<p>27</p> <p>1:00 — Mahjong</p> <hr/> <p>28</p> <p>1:30 — Euchre Online</p> <p>1:30 — Shakespeare Reading Group</p>

Zoom links are on the website at
ysseniors.org/calendar
 (select activity, link is in pop up box)

See page 2 for class descriptions
 Classes titles in **Red** are on Zoom

Class titles underlined* and with an * are hybrid and are both in person and on Zoom

**Turn over for
July calendar**

JULY 2022

MONDAY

TUESDAY

WEDNESDAY

**Turn over for
August calendar**

Zoom links are on the website at
ysseniors.org/calendar
(select activity, link is in pop up box)

See page 2 for class descriptions

Classes titles in **Red** are on Zoom

Class titles underlined* and with an * are hybrid and are both in person and on Zoom

<p>4</p> <p>CLOSED for Independence Day</p>	<p>5</p> <p>1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — Beginning German 7:00 — YS Strings Rehearsal</p>	<p>6</p> <p>10:00 — Knitting, Crochet, & Crafts 12:00 — Beginner Spanish 12:15 — Stretch & Strength 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge</p>
<p>11</p> <p>10:00 — Fireplace Room Social Time 12:00 — Ethical Wills, pg. 3 1:30 — <u>Yoga with Reena*</u> 2:30 — Spanish Review 4:00 — Adv. Beginner Spanish 6:30 — Financial Series</p>	<p>12</p> <p>1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — Beginning German 7:00 — YS Strings Rehearsal</p>	<p>13</p> <p>10:00 — Knitting, Crochet, & Crafts 12:00 — Beginner Spanish 12:15 — Stretch & Strength 1:00 — Bridge 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge</p>
<p>18</p> <p>10:00 — Fireplace Room Social Time 1:30 — <u>Yoga with Reena*</u> 2:30 — Spanish Review 4:00 — Adv. Beginner Spanish</p>	<p>19</p> <p>1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — Beginning German 7:00 — YS Strings Rehearsal</p>	<p>20</p> <p>10:00 — Knitting, Crochet, & Crafts 12:00 — Beginner Spanish 12:15 — Stretch & Strength 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge</p>
<p>25</p> <p>10:00 — Fireplace Room Social Time 1:30 — <u>Yoga with Reena*</u> 2:30 — Spanish Review 4:00 — Adv. Beginner Spanish</p>	<p>26</p> <p>10:00 — Hearing Aid Help 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — Beginning German 7:00 — YS Strings Rehearsal</p>	<p>27</p> <p>10:00 — Knitting, Crochet, & Crafts 12:00 — Beginner Spanish 12:15 — Stretch & Strength 1:00 — Bridge 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 5:00 — YSSC Board Meeting 6:30 — Bridge</p>

THURSDAY

FRIDAY

SAT / SUN



	1 10:00 — All Level Spanish Clas 11:30 — Tai Chi 1:00 — Qi Gong	2 1:00 — Mahjong <hr/> 3 1:30 — Euchre Online 1:30 — Shakespeare Reading Group
7 12:00 — Lunch & Meet 1:00 — Mahjong 1:00 — Strength Training with Andrew 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish	8 10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong	9 1:00 — Mahjong <hr/> 10 1:30 — Euchre Online 1:30 — Shakespeare Reading Group
14 9:00 — Mound Tour #3, pg. 12 12:00 — Lunch & Meet 1:00 — Mahjong 1:00 — Strength Training with Andrew 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish	15 10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:30 — Ice Cream Social, pg. 3	16 1:00 — Mahjong <hr/> 17 12:30 — Grandmother Council 1:30 — Euchre Online 1:30 — Shakespeare Reading Group
21 12:00 — Lunch & Meet 1:00 — Mahjong 1:00 — Strength Training with Andrew 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish	22 10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong	23 1:00 — Mahjong <hr/> 24 1:30 — Euchre Online 1:30 — Shakespeare Reading Group
28 12:00 — Lunch & Meet 1:00 — Mahjong 1:00 — Strength Training with Andrew 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish	29 10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong	30 1:00 — Mahjong <hr/> 31 1:30 — Euchre Online 1:30 — Shakespeare Reading Group

AUGUST 2022

MONDAY

TUESDAY

WEDNESDAY

1 10:00 — Fireplace Room Social Time 1:30 — <u>Yoga with Reena*</u> 2:30 — Spanish Review 4:00 — Adv. Beginner Spanish	2 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — Beginning German 7:00 — YS Strings Rehearsal	3 10:00 — Knitting, Crochet, & Crafts 12:00 — Beginner Spanish 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge
8 10:00 — Fireplace Room Social Time 12:00 — Ethical Wills, pg. 3 1:30 — <u>Yoga with Reena*</u> 2:30 — Spanish Review 4:00 — Adv. Beginner Spanish 6:30 — Financial Series	9 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — Beginning German 7:00 — YS Strings Rehearsal	10 10:00 — Knitting, Crochet, & Crafts 12:00 — Beginner Spanish 1:00 — Bridge 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge
15 10:00 — Fireplace Room Social Time 1:30 — <u>Yoga with Reena*</u> 2:30 — Spanish Review 4:00 — Adv. Beginner Spanish	16 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — Beginning German 7:00 — YS Strings Rehearsal	17 10:00 — Knitting, Crochet, & Crafts 12:00 — Beginner Spanish 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge
22 10:00 — Fireplace Room Social Time 1:30 — <u>Yoga with Reena*</u> 2:30 — Spanish Review 4:00 — Adv. Beginner Spanish	23 10:00 — Hearing Aid Help 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — Beginning German 7:00 — YS Strings Rehearsal	24 10:00 — Knitting, Crochet, & Crafts 12:00 — Beginner Spanish 1:00 — Bridge 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 5:00 — YSSC Board Meeting 6:30 — Bridge
29 10:00 — Fireplace Room Social Time 1:30 — <u>Yoga with Reena*</u> 2:30 — Spanish Review 4:00 — Adv. Beginner Spanish	30 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — Beginning German 7:00 — YS Strings Rehearsal	31 10:00 — Knitting, Crochet, & Crafts 12:00 — Beginner Spanish 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge

eNewsletter

PDF files of the bimonthly Newsletter, going back to 2019, are available on ysseniors.org/enewsletter. 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 or go to the website to sign up using the link on the home page.

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 by 11 am on Thursdays**. Orders are accepted one of three ways:

- e-mail to info@ysseniors.org
- by using the form at: ysseniors.org/grocery-delivery-program
- calling 937-767-5751 Mon.–Fri. 9:30 am–4 pm

Credit Card/Debit Card/EBT cards are accepted. This is a free service. Donations are gratefully accepted.

Arts Shuttle Proposal

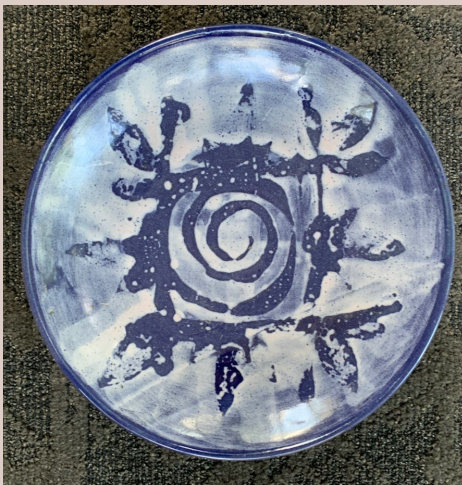
The Senior Center is exploring a more active role in providing transportation to various art venues on weekends.

We might consider, for example, Saturday afternoon rides to watch the Metropolitan Opera live broadcasts, attend the Springfield Symphony, or local stage productions. Perhaps, locally, we could help seniors attend the Yellow Springs Chamber Music or the Little Art.

What are your thoughts? Would you be interested in a “carpool” for art performances? We would like to hear from you. For now, call or leave a message with Robert or Kristyn in Transportation at 937-767-5751 ext. 104. We'll add up the numbers, consider any suggestions and, with your help, come up with a “next step.”

Garden Dinner Party Recap

Thank you to all the Garden Dinner Party hosts, guests, and also to the committee members who organized the event: Ann Adrian, Anna Bellisari, Linda Scutt, Pam Geisel, and Kristyn Andrews.



Potter Bruce Grimes and his great granddaughter painter Myah Petri (shown above in a old photo) are the featured artists in the Fireplace Room for July–September. Bruce is the Resident Artist at the John Bryan Community Pottery and has exhibited in more than 300 area, regional, and national shows and currently continues to produce pottery daily. Bruce and his wife, Joyce, will celebrate their 64th wedding anniversary in August. They have three daughters, 11 grandchildren, and 23 great grandchildren, including Myah, who has created art along with Bruce for most of her life. She lives in Wisconsin but she spent five summers in Yellow Springs. Myah will have some paintings in the show. The show will be hung July 1 and can be seen during the Center's open hours of M–F 9:30 am–4 pm, except during class time. Please check the calendar or call before you come. For information, visit ysseniors.org/art.

GREENE COUNTY COUNCIL ON AGING

Senior Summer Camp

The Greene County Council on Aging's Senior Summer Camp runs Tuesdays from noon–1 pm through August 30, at the Xenia Community Center Gym, 1265 W. Second St., next to the Council's office. Focus will be on physical and brain fitness while enjoying terrific music.

Movement of any kind keeps us young and fit. Exercise has been shown to prevent disease, lower the risks of falls, improve mental health & well-being, strengthen social ties, and improve cognitive function. Each week there will be several activities to get you moving and dancing. Sessions will also include opportunities to improve brain fitness, expand memory, and reduce stress.

There is no cost to participate, but space is limited, and registration is required by the Friday before each event at 937-376-5486 ext. 112 or jeff.s@gccoa.com.

JamFest

This year's JamFest is Wednesday, August 17 from 4–6:30 pm at the Xenia Community Center Gym, 1265 W. Second St., next to the Council's office and costs \$10 per person.

JamFest is an afternoon of family fun, games, food, and bluegrass music to benefit GCCOA senior and caregiver services and programs. JamFest also

features the Olde Country Store with homemade treats and gifts, the Cloud Race Tournament with Announcer Paul Newman, Jr. and some special competitors, a Silent Auction (which will also be online before the event), a 50/50 Raffle, and the Action-Packed Homemade Treats & Jam Auction with Auctioneer Roy Hatfield with Real Roots Radio.

Other GCCOA Events

- **Grief & Loss Group:** Mondays, July 11 and August 8 (second Mondays) from 10 am–noon at Peace Lutheran Church in Beavercreek.
- **Memory Loss, Dementia & Alzheimer's Disease:** Wednesday, July 13 from 2:30–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Legal Chat:** Thursday, July 21 and August 18 (third Thursdays) at 2:30 pm at Peace Lutheran Church, 3530 Dayton-Xenia Road, Beavercreek. Enter at lower level door with awning.
- **Medicare 101:** Wednesday, August 10, 2:30–4 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.

Contact GCCOA with questions or to register for these events at 937-376-5486 or send an email to YourFriends@gccoa.org. Information is also available on their website at gccoa.org.



Thanks to everyone who came out and participated in May's Flash Mob Event, and thanks to Lynn Hardman and Kristyn Andrews for creating the choreography and coordinating the event.

July Birthdays

07/00 Andy Holyoke
 07/02 Thomas Macaulay
 07/04 Jane Boucher
 07/05* Mary Bushrui
 07/05 Susan Freeman
 07/06 Patricia Wright
 07/08 Richard Bullock
 07/08 Helen Filler
 07/08* Martie Jensen
 07/08 Mitzie Miller
 07/10* Lenore Doctor
 07/10* Maria Donat
 07/10 Kathryn Van der Heiden
 07/12* Robert Darrow
 07/14* Dorothy Drake
 07/14 Keith Gunderkline
 07/14 Sonia Kiser
 07/14 Marcia Sutherland
 07/15* Donna Denman
 07/16 Kristen Andreac
 07/17 Roger Beal
 07/17* George Coder
 07/18 Pat Robinow
 07/19 Margaret Veenstra
 07/21* Joyce Robinson
 07/22 Karen Rasey
 07/23 Steve Piatt
 07/25* Joan Champie
 07/25 Deborah Dillon-Bloch
 07/25 Mary Beth Burkholder
 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

August Birthdays

08/01 John Atkins
 08/01 Phyllis J. Davis
 08/02 Susan Bothwell
 08/02 Deborah Dixon
 08/03* Mary E. Prince
 08/04* Geneva Brisbane
 08/04 Amy Crawford
 08/04 Patricia Dewees
 08/04 Niki Foor
 08/05 Susan Doubt
 08/07 Brian Gaughan
 08/08* Bernice Kirk
 08/08 Doug Klappich
 08/10* Perry M. Stewart
 08/10 Chris Zurbuchen
 08/12 Diana Quirk
 08/14 Judy James
 08/16 Donna Coleman
 08/16 Nancy Hirsch
 08/16 Heather Neill
 08/19 Joy Fishbain
 08/21 Pete Wehner
 08/22 Beth Knepper
 08/23* Joan Chappelle
 08/23 Allan Ryder
 08/24* Ned Oldham
 08/24* Sue Parker
 08/24 David Anderson
 08/25 Tom Malcolm
 08/26* Maria Varandani
 08/27 Larry Gerthoffer Jr.
 08/27 Peggy Shank
 08/29 Joe Ayres
 08/30 Isidro Fernandez, Jr.
 08/30 Marie Hertzler
 08/31* Michael Kraus
 08/31 Melanie Evans



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

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Clod-Svensson, Melanie Evans,

Jennifer Johnson, Melissa Kuhns,

and Heather Neill

Newsletter Deadline

Copy deadline is **Aug. 1** for Sept/Oct.
 Mail, deliver to the Center, or email it
 to pgeisel@ysseniors.org

Mailing Volunteers

Simone Demarzi, Susan Bothwell,
 Pat Robinow, Anna Hogarty, Diana
 Quirk, Linda Mates

**This issue and past issues
 of Senior Notes are on the
 website under the Other tab:
ysseniors.org/enewsletter**

Membership Dues

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

Make checks payable to

Yellow Springs Senior Center
 and mail to: YSSC, 227 Xenia Ave.
 Yellow Springs, OH, 45387

Or pay online at:

ysseniors.org/membership

Welcome NEW Members!

Susan Neff

Larry McKever

Keith Doubt

Susan Doubt

Montserrat CS Lau

Jerry Holt

Lucrecia Guerrero

Ralita Hildebrand

Mike Chambers

Shirley Lambert

Gary Uremovich



227 Xenia Avenue
Yellow Springs OH
45387
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www.ysseniors.org

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Senior Notes July/August 2022

What's Inside:

Director's Comments	1
Classes & Groups	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

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.

Final Prehistoric Mound Tour



The participants who went on the Ohio Prehistory Tour earlier in May had a great time and are shown here near the top of the Miamisburg Mound.

The final leg of the YSSC Ohio Prehistory Tour is **Thursday, July 14** (with reservations and payment due by July 7) which takes visitors to the Fort Ancient Hilltop Enclosure, the largest Hopewell hilltop enclosure in all North America, and to the Serpent Mound, the largest effigy mound in America.

Participants should be able to walk about half a mile. The cost of the tour is \$50, which includes admission and parking fees, and a box lunch. To make a reservation, send a check to the Senior Center. To pay with a credit card or for more info visit ysseniors.org/tours.

Thanks to Anna Bellisari and Macy Reynolds for their organizing and putting the fun in fundraising.