

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

Here we are in September – it is officially “Fall Prevention Month,” but it seems Fall/Autumn will arrive anyway. With the season there are many new opportunities coming up. Please be sure to look through this newsletter to find what programs or activities you might try. Despite being called the “Senior Center,” we do not have age limits for participating. Several multi-generational families come to our classes and activities. Everyone is welcome, including the eight-year-old who routinely challenges the Tuesday Rummikub players.

Fall Programs

This fall's programs feature several ways to protect yourself – from falling, from falling for scams, and with several classes to keep your mind and body in great condition. Inspiration and recommendations for new programs has come through our members, our partners at the Greene County Council on Aging and from community partners such as the YS Police Department and our neighboring businesses. Your suggestions are always welcome and appreciated as we work together to create a true community gathering space.

“Everything But The House” Requests

Speaking of working together (my continuous theme) I am asking each person to consider what they might be able to contribute to the upcoming online fundraiser auction. The company “Everything But the House” will host the auction in October as a fundraiser for the Center. Their site sells items to buyers all over the globe – see what's for sale right now at www.ebth.com.

Some of the items already donated include art, jewelry, crystal glassware, and even a personal

chef experience. Your items valued at \$50 or more would be gratefully accepted as donations for the sale. Vacations, entertainment, and tickets may be donated as well as physical items. Unique items often sell well, perhaps you have some trinket from world travels (like the camel hair rugs one person donated) or an old comic book?

Please email or call me to discuss items you would like to donate. We expect to be collecting items until about September 15 and will be making announcements when the auction is happening, hopefully the second week of October.

Street Fair

What else is happening during the second week of October? The long-awaited return of Street Fair! Please see the description on page 3 of the planned event. Volunteers who would enjoy time spent having interesting conversations are needed.

More Good News

Congratulations to Teresa Bondurant who is a recipient of the Greene County Women's Hall of Fame Award for 2022!

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

Quilt Raffle

The Senior Center is raffling off this quilt “Diamonds are Forever” made by Fran LaSalle. It's 71" x 60". Tickets are \$5 for 1 or \$20 for 5.

The drawing will be held before the end of the year.



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.*

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! Judith Skillings is teaching Advanced Beginner Spanish. *On Zoom.*

Spanish, Wed. noon–1 pm

Taught by Judith 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*

Advanced Spanish, Sat., 10 am –AND–

Introduction to Spanish, Sat., 11 am

These 10-week classes start Sept. 17. See page 3 for the class descriptions. *In the Great Room.*

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

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

French Class, Tues. 2 pm

On Zoom, contact Lynda at lyndalh7@hotmail.com.

German in Review, Tues. 3:30–4:30 pm

Taught by Dr. Robert Conard. *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, Mon. & Wed. 1:30 pm

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

Mahjong, Thurs. & Sat. 1–4 pm

Thurs. in the Fireplace Room; Sat. in the Great Room.

Other Social Activities

Lunch & Meet Thursdays, Thurs. noon–1 pm

Zoom event, guest speakers. Registration required, 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.

Ethical Wills with Artie Isaac, Second Mon.

Convey your values, stories and info to loved ones. *Sept. 12 at noon, Oct. 10 at 6:30 pm, in the Fireplace Room*

Hearing Aid Help, Fourth Tues. 10 am

From Xenia Hearing Center. *In the Fireplace Room*

Knitting, Crochet, & Crafts, Wed. 10 am

Knitting and crocheting. *In the Great Room*

Tech Help with Kristyn, Fri., 2:30–3:30 pm

No appointment needed. *In the Fireplace Room*

Shakespeare Reading Group, Sun. 1:30 pm

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

Financial Series, Mon., Sept. 12 & Oct. 10, 6:30 pm

Ryan Beach presents finance information.

In the Great Room, the second Mondays, April–November.

UPCOMING EVENTS & NEW ACTIVITIES 3

Poetry for the Soul

Saturday, September 17, 2–4 pm, in the Fireplace Room

Join local poet Audrey Hackett for “Poetry of the Soul,” an exploration of beautiful and meaningful poems that have the capacity to open our hearts and move our souls. We’ll read poems and reflect on them, as well as write and share our own in response to imagery and prompts. Suggested donation: \$5–10. Maximum 10 participants.

“Avoiding Scams” Presentation

Monday, September 19, 7–8 pm, in the Great Room

Scammers are creative and sophisticated, constantly inventing new ways to take your money. Presenter David Hayes, Greene County Prosecuting Attorney, and Sherriff Scott Anger will explain how to spot and prevent financial exploitation of the elderly. There is no charge but reservations are required by September 12 by calling 937-767-5751 or emailing info@ysseniors.org.

“Welcome Fall” Social

Friday, September 30, 2:30 pm

Please come for root beer and pretzels on the patio/carport. Everyone is welcome but please register at 937-767-5751 or info@ysseniors.org.

Friendly Volunteers Needed for Street Fair

Saturday, October 8, time TBA

Do you enjoy conversations with strangers? Do you have stories to share? We are looking for volunteers to be available during Street Fair to chat with folks while relaxing in the Great Room. This fundraiser will encourage people to come in from the street, sit in a comfy chair and visit with a Yellow Springs resident. There **will** be time limits to the conversations. Topics are limitless, all for entertainment only. If you are interested in volunteering to talk to people, please contact Caroline at 937-767-5751 or email cmullin@ysseniors.org by September 30.

Shall We Play a Game?

Friday, October 14, 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.

Community Colloquy Series

Third Thursday of the month, 7–8:30 pm

YSSC will host monthly guests to share their expertise and knowledge with the community. The guest for **September 15** is **Karl Colon** who will talk about “Libraries and Community Building.” The guest on **October 20** is Local attorney **Ellis Jacobs** who will speak on “Voting Rights in Ohio.”

Programs will meet in the Great Room and also be on Zoom. All are welcome but seating may be limited, so please register in advance by calling 937-767-5751 or emailing info@ysseniors.org.

New Weekly Events & Classes

Tech Help with Kristyn

Fridays, 2:30-3:30, in the Fireplace Room

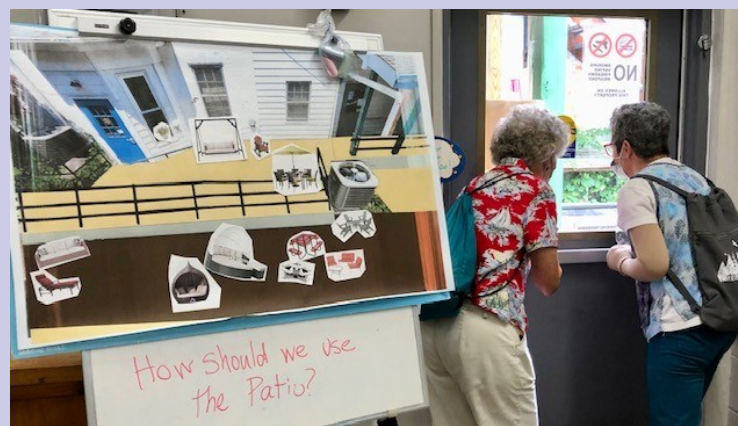
No appointment needed. *Starts Fri., September 9*

Spanish Classes

Saturdays for 10 weeks starting September 17

Advanced Spanish, 10 am: Class will cover the Imperfect Tense, the Present and Past Subjunctive, the Present Perfect, the Conditional, and the Future tense.

Introduction to Spanish, 11 am: All are welcome, but the class is only truly “from the beginning,” during the first meeting of the class. After that, lessons build on previously presented material.



Yellow Springs Mayor Pam Conine and Amy Bennett check out the location of the Senior Center’s future patio at the “If Only There Was a Patio” event on August 7, 2022. The community gathered to listen to live music, eat tasty treats, sample some wine, and discuss how the new patio space should be utilized. Donors who give \$500 or more will be recognized with a tile.

Lean on Us

*Lean on me, when you're not strong
And I'll be your friend, I'll help you carry on...*

—Bill Withers

Have I awakened an earworm? You know, that loop of sticky song lyrics that establish residence in your brain for seemingly endless hours.

“Lean on Me” is a bluesy, soulful – and quite contagious – song of the 70s that has stood the test of time. It is not unusual to hear it arise spontaneously at a hootenanny, around a campfire circle, or on the DJs short list of “golden oldies.” The simple melody and “hook” of the song are almost haunting, the timbre of Withers’ voice so alluring, drawing the listener into a communal space of sharing, of caring about another.

Withers’ tune came to mind as I thought about how best to introduce and promote our new Toyota Sienna van. GCCOA provided funds from the Senior Services Levy to help modify this vehicle, allowing for the conveyance of villagers who use wheelchairs. Like our COVID-inspired project to deliver groceries, the Senior Center is continuing to reach out and find additional ways we might extend assistance to you, our friends and neighbors.

Likely as not, you may not personally be in need of assistance getting out and about for groceries, medical visits and other personal care errands. Just as likely, you may know someone who might need to call on us for just such support.

To paraphrase Mr. Withers’ lyrics,
We’ll help them carry on...

For it won’t be long

’Til I’m gonna need somebody

To lean on.

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

Slips, Trips, and Falls

Leading sources of morbidity and mortality in the senior population are slips, trips and falls, resulting in damages that range from small unnoticeable bruises to serious breaks that sometimes ultimately lead to death. There is no one solution that prevents these accidents, but there are steps that can be taken to reduce the risk. The Senior Center offers several exercise classes that help with strengthening and improve balance. We have assistive devices such as canes, walkers, shower chairs, and reachers that are free to borrow. We are able to assist seniors obtain grab bars and safety buttons that can alert families and the authorities when an accident has occurred. We have capable caring homemakers who can help seniors remain in their own home by assisting with cleaning, cooking, and running errands. The Senior Center is working to uplift our community of seniors physically, emotionally, and mentally.

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

Medicare Open Enrollment

There may be changes to both Medicare Part D and Medicare Advantage Plans for 2023. Coverage changes from year to year, so be sure to compare what is available. The Open Enrollment opportunity to review plan options is October 15–December 7, 2022. We can help review your current plan, run comparisons and compare options, and help you sign up for a new plan. Soon I will send a form to those who have had insurance counselling here. The form is also on our website and at the Center, and should be completed prior to your appointment.

We are also starting a Caregiver Support Group. If you are interested in attending, call me.

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



The newest addition to the Transportation Fleet allows the Senior Center to transport a passenger who is seated in a wheelchair.

THURSDAY

FRIDAY

SAT / SUN

<p>6</p> <p>12:00 — Lunch & Meet 1:00 — Mahjong 1:00 — Strength Training with Andrew 1:30 — Yoga with Reena* 4:00 — Intermediate Spanish</p>	<p>7</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong</p>	<p>8</p> <p>10:00 — Advanced Spanish 11:00 — Introduction to Spanish 1:00 — Mahjong TBA — Street Fair Senior Chat 9</p> <hr/> <p>1:30 — Shakespeare Reading Group</p>
<p>13</p> <p>12:00 — Lunch & Meet 1:00 — Mahjong 1:00 — Strength Training with Andrew 1:30 — Yoga with Reena* 4:00 — Intermediate Spanish 7:00 — Focus Group</p>	<p>14</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:30 — Tech Help with Kristyn 6:30 — Game Night</p>	<p>15</p> <p>10:00 — Advanced Spanish 11:00 — Introduction to Spanish 1:00 — Mahjong</p> <hr/> <p>16</p> <p>1:30 — Shakespeare Reading Group</p>
<p>20</p> <p>12:00 — Lunch & Meet 1:00 — Mahjong 1:00 — Strength Training with Andrew 1:30 — Yoga with Reena* 4:00 — Intermediate Spanish 7:00 — <u>Community Colloquy:</u> <u>Ellis Jacobs*</u></p>	<p>21</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:30 — Tech Help with Kristyn</p>	<p>22</p> <p>10:00 — Advanced Spanish 11:00 — Introduction to Spanish 1:00 — Mahjong</p> <hr/> <p>23</p> <p>12:30 — Grandmother Council 1:30 — Shakespeare Reading Group</p>
<p>27</p> <p>12:00 — Lunch & Meet 1:00 — Mahjong 1:00 — Strength Training with Andrew 1:30 — Yoga with Reena* 4:00 — Intermediate Spanish 7:00 — Focus Group</p>	<p>28</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:30 — Tech Help with Kristyn</p>	<p>29</p> <p>10:00 — Advanced Spanish 11:00 — Introduction to Spanish 1:00 — Mahjong</p> <hr/> <p>30</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
September calendar**

SEPTEMBER 2022

MONDAY

TUESDAY

WEDNESDAY

**Turn over for
October 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>5</p> <p>CLOSED for Labor Day</p>	<p>6</p> <p>1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 7:00 — YS Strings Rehearsal</p>	<p>7</p> <p>10:00 — Knitting, Crochet, & Crafts 12:00 — Spanish 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge</p>
<p>12</p> <p>10:00 — Fireplace Room Social Time 12:00 — Ethical Wills 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 2:00 — Fall Prevention Walking 2:30 — Spanish Review 4:00 — Adv. Beginner Spanish 6:30 — Financial Series</p>	<p>13</p> <p>1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 2:00 — Fall Prevention Walking 3:30 — German in Review 7:00 — YS Strings Rehearsal</p>	<p>14</p> <p>10:00 — Knitting, Crochet, & Crafts 12:00 — Spanish 1:00 — Bridge 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 2:00 — Fall Prevention Walking 6:30 — Bridge</p>
<p>19</p> <p>10:00 — Fireplace Room Social Time 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 2:00 — Fall Prevention Walking 2:30 — Spanish Review 4:00 — Adv. Beginner Spanish 7:00 — Avoiding Scams Presentation</p>	<p>20</p> <p>10:30 — Trip to Jungle Jim's & Ikea 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 2:00 — Fall Prevention Walking 3:30 — German in Review 7:00 — YS Strings Rehearsal</p>	<p>21</p> <p>10:00 — Knitting, Crochet, & Crafts 12:00 — Spanish 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 2:00 — Fall Prevention Walking 6:30 — Bridge</p>
<p>26</p> <p>10:00 — Fireplace Room Social Time 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 2:00 — Fall Prevention Walking 2:30 — Spanish Review 4:00 — Adv. Beginner Spanish</p>	<p>27</p> <p>10:00 — Hearing Aid Help 11:00 — Focus Group 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 2:00 — Fall Prevention Walking 3:30 — German in Review 7:00 — YS Strings Rehearsal</p>	<p>28</p> <p>10:00 — Knitting, Crochet, & Crafts 12:00 — Spanish 1:00 — Bridge 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 2:00 — Fall Prevention Walking 5:00 — YSSC Board Meeting 6:30 — Bridge</p>

THURSDAY

FRIDAY

SAT / SUN

<p>1</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>2</p> <p>10:00 — All Level Spanish Class</p> <p>11:30 — Tai Chi</p> <p>1:00 — Qi Gong</p>	<p>3</p> <p>1:00 — Mahjong</p> <hr/> <p>4</p> <p>1:30 — Shakespeare Reading Group</p>
<p>8</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>9</p> <p>10:00 — All Level Spanish Class</p> <p>11:30 — Tai Chi</p> <p>1:00 — Qi Gong</p> <p>2:30 — Tech Help with Kristyn</p>	<p>10</p> <p>1:00 — Mahjong</p> <hr/> <p>11</p> <p>1:30 — Shakespeare Reading Group</p>
<p>15</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>2:00 — Fall Prevention Walking</p> <p>4:00 — Intermediate Spanish</p> <p>7:00 — <u>Community Colloquy:</u> <u>Karl Colon*</u></p>	<p>16</p> <p>10:00 — All Level Spanish Class</p> <p>11:30 — Tai Chi</p> <p>1:00 — Qi Gong</p> <p>2:00 — Fall Prevention Walking</p> <p>2:30 — Tech Help with Kristyn</p>	<p>17</p> <p>10:00 — Advanced Spanish</p> <p>11:00 — Introduction to Spanish</p> <p>1:00 — Mahjong</p> <p>2:00 — Poetry for the Soul 18</p> <hr/> <p>12:30 — Grandmother Council</p> <p>1:30 — Shakespeare Reading Group</p>
<p>22</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>2:00 — Fall Prevention Walking</p> <p>4:00 — Intermediate Spanish</p>	<p>23</p> <p>10:00 — All Level Spanish Class</p> <p>11:30 — Tai Chi</p> <p>1:00 — Qi Gong</p> <p>2:00 — Fall Prevention Walking</p> <p>2:30 — Library Tech Help</p> <p>4:00 — Art Reception for Bruce Grimes & Myah Petri</p>	<p>24</p> <p>10:00 — Advanced Spanish</p> <p>11:00 — Introduction to Spanish</p> <p>1:00 — Mahjong</p> <hr/> <p>25</p> <p>1:30 — Shakespeare Reading Group</p>
<p>29</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>2:00 — Fall Prevention Walking</p> <p>4:00 — Intermediate Spanish</p>	<p>30</p> <p>10:00 — All Level Spanish Class</p> <p>11:30 — Tai Chi</p> <p>1:00 — Qi Gong</p> <p>2:00 — Fall Prevention Walking</p> <p>2:30 — Tech Help with Kristyn</p> <p>2:30 — Welcome Fall Social</p>	<p>OCT 1</p> <p>10:00 — Advanced Spanish</p> <p>11:00 — Introduction to Spanish</p> <p>11:00 — Focus Group</p> <p>1:00 — Mahjong</p> <hr/> <p>2</p> <p>1:30 — Shakespeare Reading Group</p>

OCTOBER 2022

MONDAY

TUESDAY

WEDNESDAY

<p>3</p> <p>10:00 — Fireplace Room Social Time 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 2:30 — Spanish Review 4:00 — Adv. Beginner Spanish</p>	<p>4</p> <p>1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 7:00 — YS Strings Rehearsal</p>	<p>5</p> <p>10:00 — Knitting, Crochet, & Crafts 12:00 — Spanish 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge</p>
<p>10</p> <p>10:00 — Fireplace Room Social Time 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 2:30 — Spanish Review 4:00 — Adv. Beginner Spanish 6:30 — Financial Series 6:30 — Ethical Wills</p>	<p>11</p> <p>11:00 — Focus Group 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 7:00 — YS Strings Rehearsal</p>	<p>12</p> <p>10:00 — Knitting, Crochet, & Crafts 12:00 — Spanish 1:00 — Bridge 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge</p>
<p>17</p> <p>10:00 — Fireplace Room Social Time 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 2:30 — Spanish Review 4:00 — Adv. Beginner Spanish</p>	<p>18</p> <p>1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 7:00 — YS Strings Rehearsal</p>	<p>19</p> <p>TBA — Trip to Dayton Art Institute 10:00 — Knitting, Crochet, & Crafts 12:00 — Spanish 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge</p>
<p>24</p> <p>10:00 — Fireplace Room Social Time 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 2:30 — Spanish Review 4:00 — Adv. Beginner Spanish</p>	<p>25</p> <p>10:00 — Hearing Aid Help 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 7:00 — YS Strings Rehearsal</p>	<p>26</p> <p>10:00 — Knitting, Crochet, & Crafts 12:00 — Spanish 1:00 — Bridge 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 5:00 — YSSC Board Meeting 6:30 — Bridge</p>
<p>31</p> <p>10:00 — Fireplace Room Social Time 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 2:30 — Spanish Review 4:00 — Adv. Beginner Spanish</p>		



On Track for Entertainment

The Senior Center activity program is planning to schedule a future trip to Hollywood Gaming at Dayton Raceway. Please call or email to express interest in a trip to this famous destination in November. Live harness racing is scheduled to return starting in September, according to the website. Call 937-767-5751 or email info@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 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.

Focus Groups: Livable/Equitable/Age Friendly Yellow Springs

In late 2021, a partnership of Livable/Equitable/Age Friendly Yellow Springs and the Inclusive and Resilient Yellow Springs Coalition jointly mailed out a survey to a statistically significant number of Yellow Springs residents.

The next steps involve more direct conversations with residents to better understand their experiences and to gather ideas and recommendations that will be part of the Action Planning Process to take place in 2023.

Five of these Focus Sessions will be held at the Senior Center in the Great Room (unless noted) and will last about an hour.

- Tue., Sept. 27 at 11 am
- Sat., Oct. 1 at 11 am (in the Fireplace Room)
- Tue., Oct. 11 at 11 am
- Thu., Oct. 13 at 7 pm
- Thu., Oct. 27 at 7 pm

All are welcome, even if you did not initially fill out a Survey.



Artist Reception, Friday, September 23, 4-6 pm

Local potter Bruce Grimes and his great granddaughter painter Myah Petri are the featured artists in the Fireplace Room for July–September. Bruce has exhibited in more than 300 shows and still produces pottery daily. Myah lives in Wisconsin but has spent five summers in Yellow Springs. The show is up through September 30 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.

Upcoming Local Artist: David Battle

Award-winning artist David Battle will be the guest artist for October–December. David was born in Yorkshire, England, and both studied and taught art in London. He worked as a graphic designer in both England and in Yellow Springs and has created the cover illustrations for all of *The Antioch Review* issues.



"Trauma Reshaped" triptych which appeared on the cover of the American Psychologist magazine.

Fall Prevention Event

Falls are the leading cause of emergency room visits, hospital stays, and deaths for seniors, but they do not have to be. The Greene County Council on Aging is hosting a Fall Prevention Event to share how to reduce the risk of falls and stay strong, healthy, and upright.

The event is on Thursday, September 29 from 1:30–3:30 pm at the Xenia Community Center, 1265 W. Second St., next to the Council's office. There is more information available on their website: gcco.org/fallprevention

In conjunction with Fall Prevention month, GCCOA has issued a Fall Step Challenge from September 12–30. Sign up at the Senior Center and pick up a paper step log or download an electronic version on gcco.org. Every weekday during those three weeks the Senior Center is hosting **Fall Prevention Walking at 2 pm**. If the weather is nice for walking we'll be outside. If it's raining the walking will be inside the building. Please join us and get your steps in for this challenge!

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

This popular four-week estate planning program is on Tuesday nights, October 4, 11, 18, and 25 from 6 pm–8:30 pm at the Xenia Community Center, 1265 W. Second St. The cost is \$40 per household and includes a binder with all program materials, and a box supper. Space is limited and reservations are required. For information or to register, email YourFriends@gcco.org.

October Shred Event

Are you haunted by piles of paper in your home? On Saturday October 29 from 9 am–noon, bring up to three boxes of your private papers to be shredded by an onsite shredding truck at the Xenia Community Center, 1265 W. Second St. in Xenia. They accept medical or financial papers but not recycling or businesses. They will also give out prizes for the friendliest ghost costumes and vehicle décor. Go to gcco.org for more info.

Other GCCOA Events

- **Grief & Loss Group:** Mondays, Sept. 13 and Oct. 10 (second Mondays) from 10 am–noon at Peace Lutheran Church in Beavercreek.
- **Memory Loss, Dementia & Alzheimer's Disease:** Wednesday, Sept. 14 from 2:30–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Legal Chat:** Thursday, Sept. 15 and Oct. 20 (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, Oct. 12, 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@gcco.org. Information is also available on their website at gcco.org.



The Senior Center's annual **Garden Dinner Party** event was held in June this year, with the event starting at Executive Director Caroline Mullin's house where guests enjoyed hors d'oeuvres and found out where they were going for dinner.

A big thanks to everyone who participated and especially our hosts who prepared the wonderful meals: Sue Augustus & Judy Fors; Anna Bellisari, Linda Scutt, & Ann Adrian; Toni Dosik & Len Kramer; Margaret Dunn & Bill Spohn; Jim & Cammy Grote; Gayle Gyure & Bill Kent; Tim & Kazuko Heaton; and Beth Wiley, Kristine Hofstra & Liz Valenti.

September Birthdays

9/01* Lois Pelekoudas
 9/01 Ann Adrian
 9/03 Montserrat CS Lau
 9/06 Joann Hausser
 9/06 Henry Lapp
 9/07 Vick Mickunas
 9/08* Suzanne Patterson
 9/08 Denise Runyon
 9/08 Joy Bartenstein
 9/09 Barbara Bullock
 9/10 Julane Chaney
 9/11 Ken Coleman
 9/11 Alvaro Demarzi
 9/11 Barbara Leeds
 9/11 Bill Hardman
 9/12* Oliver Clemens
 9/15 Melinda Squibb
 9/16 Vijay Bathija
 9/18 Mary Lynn Johnson
 9/22* Harvey Paige
 9/22 Tom McCaffrey
 9/22* Marianne Whelchel
 9/22 Jim Stone
 9/22 Nora Chalfont
 9/23* Joan Horn
 9/25* Judith Williams
 9/26* Nancy Lewkowicz
 9/26 David Casenhiser
 9/26 Monty Cox
 9/26* Parviz Dadras
 9/26 Danny Kiser
 9/27 Patricia Fleck
 9/29* Andrée Bognár

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

October Birthdays

10/01 Bob Huston
 10/02 Mike Carr
 10/02* Karl Koehler
 10/02 Virginia Caudill
 10/02 Anne Johnston
 10/05 Robert Libecap
 10/08 Sandy McHugh
 10/09* Joan Ackerman
 10/11* Pat Stempffly
 10/12 Cindy K. Diehl
 10/13 Lee Huntington
 10/15 Joseph Cimoch
 10/16 Debbie Downey
 10/17* Dimi Reber
 10/18 El'Girtha Ryder
 10/18 Charles Krabec
 10/18 Katia E. Clod-Svensson
 10/20 Andrzej Bloch
 10/20* James Corbin
 10/22* Fran LaSalle
 10/22 Flo Lorenz
 10/23* Sheila Filler
 10/23 Caroline Mullin
 10/26 Terry Hardie
 10/26 Laurie Martt
 10/26* Pat Siemer
 10/28 Constance Richeson
 10/29* Carol Bradford
 10/29 Sherraid Scott
 10/31 Bob Zearfoss
 10/31 Cokie Stello

***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!

Amy Achor & Vick Mickunas

Tom and Laura McCaffrey

Marty Rochon

Dorothy F. Clark

M. Carlene Welsch



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

Board of Trustees

Wayne Gulden, *President*
 Diane Chiddister, *Vice-President*
 Anna Bellisari, *Secretary*
 Ven Adkins, *Treasurer*
 Susan Alberter, Christopher Cox
 Cathy Hill, Linda Scutt

Staff – 937-767-5751

Executive Director

Caroline Mullin, x101

Homemaker Program Manager

Teresa Bondurant, x107

Support Services Manager

Stephanie Lawson, x108

Transportation Manager

Robert Libecap, x104

Program Assistant

Corinne Pelzl, x105

Bookkeeper

Jeanna Gunderkline, x102

Operations Assistant

Lin Wood, x103

Marketing Manager

Pam Geisel, x106

Miller Fellows

Linda Sikes, x109

Kristyn Andrews, x104

Homemakers: Vicci Ayers, Amy

Bennett, Katia Clod-Svensson,
 Melanie Evans, Jennifer Johnson,
 Melissa Kuhns, and Heather Neill

Newsletter Deadline

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

Mailing Volunteers

Anna Hogarty, Andree Bognar,
 Marcella Link, Susan Bothwell, Diana
 Quirk, Marian Miller, Misty Monee,
 Barbara Brookshire, Gail Simpson,
 Fran Smith, Mary Cargan

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



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

September/October 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.**

On the Road Again!

Tuesday, September 20, Trip to Jungle Jim's and Ikea

This is the Senior Center's first Jungle Jim's/Ikea trip in years! Jungle Jim's is a huge international food store south of Dayton. Ikea sells furniture and housewares and has an interesting restaurant. There is a \$5 charge as a contribution to transportation cost. Sign up and pay by September 13 at the front desk. Departs at 10:30 am on September 20 from the Bryan Center parking lot, west side. Passenger number is limited for this trip, although people may drive themselves if they prefer.

Wednesday, October 19, Trip to the Dayton Art Institute

This trip includes seeing the Dayton Art Institute's Smithsonian traveling exhibit "American Myth and Memory: David Leventhal Photographs." The group will have lunch at West Social Tap and Table, a food hall made up of a six-restaurant collective serving diverse, flavorful, and authentic cuisines. Cost of the trip is \$5 toward transportation plus the cost of the museum ticket. Please sign up by October 11 if interested.

For more information, contact Corinne Pelzl, Program Assistant, at 937-767-5751 x105 or cpelzl@ysseniors.org. To register for either trip, call 937-767-5751 or pay at the front desk.