

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

Humans are adaptive creatures – we can change so much about ourselves: clothes; hair color; address; career; ...we can even change our names. The one thing we can't change, despite valiant attempts, is our age. Some of us had fake IDs to get us early access to adult locations, some of us tried to hold onto age 29 for more than a decade. When AARP cards arrive in the mail there might be a sense of shock as we feel we will never be "old." Even the term senior has a connotation of being elderly and increasingly incapable.

The journey of aging is different for each of us. Physical challenges are not the only effect of the years, but they are sometimes a factor we can take control of. This might involve adapting our exercise, diet or mental activity to maximize the potential of our aging selves.

"Sages of Aging," a production recently aired on PBS, explores many of the modern perceptions, challenges and potentials from the viewpoint of a varied group of experts. Some of the YSSC team watched it and found it to be an interesting and insightful presentation that inspired us to consider our own experiences of aging (we are ALL doing it) and how seniors continue to be vital aspects of society.

YSSC has been provided access to view the "Sages of Aging" program together at the Center to inspire and guide a discussion group about the current realities and challenges of aging. The discussion is also hoped to develop concepts about how our community can best address concerns and possibilities for our future.

If you would like to view and discuss and share your thoughts in this conversation, please call to reserve a spot in one of the discussion groups planned

during the Spring. Each group will meet for three sessions and include as many as 10 participants.

The first group will meet on Mondays from 11 am to noon in the Fireplace Room on March 13, 20, and 27.

Decluttering Workshop

Pegeen and Moira Laughlin will lead a decluttering workshop on Thursday, March 23 from 6:30–7:30 pm in the Great Room and on Zoom. For more info or to register, email info@ysseniors.org, call 937-767-5751, or go on MyActiveCenter.com.

New Miller Fellow

The Senior Center welcomes Miller Fellow Grant Crawford to the team. Grant was a participant in the Yellow Springs Community Foundation's Nonprofit Leadership Institute in 2019, going on to assist multiple local nonprofits as a Miller Fellow. He has lived in Yellow Springs his whole life, earned a BA in English from Ohio University in 2022, and is currently pursuing a Master's in Library and Information Science from Kent State University.

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

Save
the
Date!

**Wednesday,
May 31**

Senior Fitness
Day and Flash
Mob...watch
for details!



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.*

Tai Chi with Dee, Tues. 5:15 pm & Fri. 11:30 am

Dee Arianne Rockwood teaches this gentle form of low or no impact exercise. *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.*

Learn a Language

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. Suggested donation \$100 for 10 sessions. *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

For those with basic to advanced French skills to read and converse in French. *On Zoom, contact Lynda at lyndalh7@hotmail.com.*

German in Review, 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. New players call 937-767-5751. *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

New players start on Thursday. *Thurs. in the Fireplace Room; Sat. in the Great Room.*

Scrabble, Sat. 1–3:30 pm

In the Fireplace Room.

Other Social Activities

Ethical Wills with Artie Isaac

Convey your values, stories and info to loved ones. *April 10 at 6 pm, in the Fireplace Room.*

Ukulele Class, Tues. 10 am

Introduction to ukulele playing, with part group and part individual instruction. Ukuleles are provided for in-class use. *In the Great Room.*

Hearing Aid Help, Fourth Tues. 10 am

From Xenia Hearing Center. *In the Fireplace Room.*

Knitting, Crochet, & Crafts, Wed. 10 am

Weekly knitting/crocheting. *In the Great Room.*

Tech Help, Fri., 2:30–3:30 pm

Is your computer acting up? Phone on the fritz? No appointment needed. *In the Fireplace Room.*

Grandmother Council, Third Sun. 12:30 pm

Grandmother Council is a friendly social group led by Laurie Dreamspinner. For information, email dreamspinner.crone@gmail.com.

Classes titles in **Red** are on Zoom

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

Check the Calendar on the website for updates at ysseniors.org and on MyActiveCenter.com

(see the back page about how to get started)

UPCOMING EVENTS & NEW ACTIVITIES

3

Community Colloquy Series, 3rd Thursday, 7 pm

YSSC will host monthly guests to share their expertise and knowledge with the community. The guest for March 16 is Luisa Lang Owen. Her talk on ethnic cleansing in Yugoslavia is titled "Decisions and Thoughts on the Promise of 'Never again.'" On April 20 Angela Brintlinger, Professor of Russian Literature at OSU, will talk about "Why We (Still) Need Russian Literature." Programs will meet in the Great Room and also be on Zoom. All are welcome. To get the Zoom link, register on MyActiveCenter.com or call 937-767-5751.

Monthly Financial Series, 2nd Mondays, 5:30 pm

There are a few changes to the monthly Financial Series offered by the Senior Center. It will still be the second Monday of each month from April through November, but it will start an hour earlier at 5:30 pm, and there is an additional presenter. Ryan Carpe, financial advisor with Edward Jones in Yellow Springs, will join Ryan Beach, financial advisor with Edward Jones in Xenia. They will alternate months with Ryan Beach taking the first one on Monday, April 10 at 5:30 pm.

The Shakespeare Reading Group, Sundays, 2 pm

The Shakespeare Reading Group will read "Twelfth Night" on March 12, 19, and 26, and "As You Like It" on April 16, 23, and 30, at 2 pm in the Fireplace Room. Attendees sit in a circle, and each person reads the next character's lines. Occasionally the group stops to discuss or debate. For more info, contact Deborah McGee or Keith Doubt.

History Discussion, 2nd & 4th Mondays, 10:30 am

A new group has been formed to discuss history. Rather than having a teacher, there will be a rotating facilitator giving a brief talk on a history topic. This is a casual class and no one is required to be a leader. Topics will be emailed ahead of the meeting. The group will meet on the second and fourth Mondays at 10:30 am in the Great Room, starting April 10. Those interested can contact Henry Myers at henrywmyers1@live.com, or call the Senior Center at 937-767-5751.

Tap Fit Exercise Demo, Tuesday, March 28, 2 pm

Tap Fit combines tap dance and exercise for a lot of fun. In the Great Room on Tuesday, March 28 at 2 pm. Call for information, 937-767-5751.

Cardio Dance, Mondays, 4:30–5:15 pm

This new hybrid in-person and Zoom class led by Lynn Hardman, is a fun, low to moderate intensity, low impact aerobic dance class with some beginner level popular line dances, Zumba, and world beat dances to strengthen hearts, bodies, minds, and spirits. Please bring clean, smooth soled shoes or comfortable footwear to change into. Some time will also be spent preparing for the Annual Flash Mob on Wednesday, May 31.

Free for YSSC and SilverSneakers members; \$3 suggested donation all others.

New Drawing Class, Fridays at 2 pm

Join Bob Huston in the Great Room for a new "self-determined" still life drawing class. The class will begin Friday, March 10 at 2 pm continue through April 28, except for April 21. Supplies purchase at Unfinished Creations is suggested after the first class. Register or find out more by calling 937-767-5751.

Spring Fling Social, Friday, April 21, 2:30 pm

To celebrate the return of Spring, come for treats on the NEW patio or in the Great Room if the weather is inclement. There might even be a baby goat in attendance. Everyone is welcome.

Day Trips, Wednesdays, March 22 and April 19

The March day trip is to Trader Joe's on Wednesday, March 22, departing from the Bryan Center parking lot at 1 pm.

The April day trip is to the Golden Lamb (or other Lebanon restaurant) in Lebanon, Ohio, and a visit to a local history museum on Wednesday, April 19, departing from the Bryan Center parking lot at 11 am. Participants are responsible for meal cost and also museum entry cost.

If you are interested in one or both trips, please sign up by emailing info@ysseniors.org or calling 937-767-5751. You will receive a call with further details. Carpooling will be required, no charge.

Fall Prevention, Thursday, April 13, 10 am

There will be a Fall Prevention presentation on Thursday, April 13 from 10 am–noon in the Great Room discussing fall prevention topics and how to recognize falling hazards. Call 937-767-5751 or email info@ysseniors.org to register or for more information.

Building Community

*When I heard the learn'd astronomer,
When the proofs, the figures, were ranged in columns
before me,
...How soon unaccountable I became tired and sick,
Till rising and gliding out I wander'd off by myself,
In the mystical moist night-air, and from time to time,
Look'd up in perfect silence at the stars.*
–Walt Whitman, *When I Heard the Learn'd Astronomer*

To a man with a hammer, everything looks like a nail.
– Abraham Maslow

If I had a hammer, I'd hammer in the morning.
– Peter, Paul & Mary

My friend and bridge partner, Jim, pawned off a book to me recently, titled *Survival of the Richest: Escape Fantasies of the Tech Billionaires*. The author, Douglas Rushkoff, investigates *homo faber** in the light of a new dawn of cutting-edge technologies already shaping our daily lives. His interest is to relate encounters with groups of uber-wealthy, venture capitalists seeking the best and most lucrative tech investments. Their pursuit is not a quest for the obvious, *i.e.*, more wealth, but rather to identify winning tech tools and schemes that might help them – literally – to leave the rest of humanity behind!

Rushkoff detailed strategies that have already caught the imaginations – and, dollars – of many among the uber-wealthy, including: a) buying spaceship passage for the colonization of Mars; b) purchasing pre-built, underground estates with years of “bunker food supplies” and, for a few dollars more, your own hydroponic garden, and; c) gaining access to the *Matrix* by uploading one’s consciousness to A.I. and living carefree forever in a virtual-reality universe.

The human being, benefitting from several millennia of adaptations, is a fine-tuned instrument for face-to-face communications – able to *read* the other’s eye movement, facial tics, breathing patterns, posture and other *tells* expressed in body language. Next time the urge falls upon us to slip on our Oculus headset to take a bike ride through a virtual Grand Canyon, maybe we could instead take a friend or neighbor on a walk or share a pot of coffee or tea with them. Let’s work on building community together.

**The concept that human beings control their fate and their environment through the use of tools.*

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

Tax Help and Linking Up

Spring is just around the corner which means it is tax season. There are instructions and forms for Federal Tax 1040 and Ohio State taxes at the Yellow Springs Library. You can also go online to www.irs.gov for Federal forms and info and to tax.ohio.gov/individual/filing-season-central for state forms and info. The AARP website has info and preparation help at taxaide.aarpfoundation.org.

The Volunteer Income Tax Assistance (VITA) staff will be offering in-person tax appointments at the Xenia Community Center (1265 W 2nd St., Xenia, OH) through April 17, 2023. For information on scheduling an appointment call 937-352-4000 (option 3) or visit the Info Desk at the Xenia Branch of the Greene County Library. Information about appointments and the required documentation that is needed for your appointment can be found at greenelibrary.info/taxes.

There have been requests to resume the senior call chain program called “Senior Link.” This program allows seniors to connect with another person on a regular basis. Personal connections are very important for our emotional, mental, and physical health and well-being, especially if someone lives alone. Look for more info on the website and Facebook page, which should be coming soon. If you have any questions, please feel free to contact me.

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

Whatever Works

With the excitement of the holiday season and the pressure of New Year resolutions now safely in the rear view mirror, let’s ease into whatever works. A routine for some, like new fitness classes, a book club or a daily walk can be just the ticket to what comes next. For others finding new wonders or reliving old ones as they present themselves is the road to take. Whatever works, however, is tailored for you. There are obstacles and must do tasks in either route, like wellness check ups, car and house maintenance, important paperwork, and friend and family updates that will require your attention. Every day is a new gift with a opportunity to do whatever works. At the end of the day, one filled with epic adventure or peace and quiet, a night of rest will be followed by a day of whatever works.

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

THURSDAY

FRIDAY

SAT / SUN

- 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
- Zoom links are emailed one hour prior to participants registered through their account on **MyActiveCenter.com**
- Check for updates on **www.ysseniors.org/calendar** or **MyActiveCenter.com**

<p>6</p> <p>1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish</p>	<p>7</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:00 — Drawing Class 2:30 — Tech Help</p>	<p>1</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>2</p>
<p>13</p> <p>10:00 — Fall Prevention Presentation, p. 3 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish</p>	<p>14</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:00 — Drawing Class 2:30 — Tech Help</p>	<p>8</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>9</p>
<p>20</p> <p>1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish 7:00 — <u>Community Colloquy*</u>: Angela Brintlinger, p. 3</p>	<p>21</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:00 — <i>Drawing Class Cancelled</i> 2:30 — Tech Help 2:30 — Spring Fling Social, p. 3</p>	<p>15</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>16</p> <p>12:30 — Grandmother Council 2:00 — Shakespeare Reading Group</p>
<p>27</p> <p>1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish</p>	<p>28</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:00 — Drawing Class 2:30 — Tech Help</p>	<p>22</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>23</p> <p>2:00 — Shakespeare Reading Group</p>
		<p>29</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>30</p> <p>2:00 — Shakespeare Reading Group</p>

MARCH 2023

MONDAY

TUESDAY

WEDNESDAY

- 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
- Zoom links are emailed one hour prior to participants registered through their account on **MyActiveCenter.com**
- Check for updates on **www.ysseniors.org/calendar** or **MyActiveCenter.com**

<p>6</p> <p>1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 4:00 — Adv. Beginner Spanish 4:30 — Cardio Dance, p. 3</p>	<p>7</p> <p>10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>1</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>13</p> <p>11:00 — Sages of Aging Discussion, p. 1 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 4:00 — Adv. Beginner Spanish 4:30 — Cardio Dance</p>	<p>14</p> <p>10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>15</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>20</p> <p>11:00 — Sages of Aging Discussion 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 4:00 — Adv. Beginner Spanish 4:30 — Cardio Dance</p>	<p>21</p> <p>10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>22</p> <p>10:00 — Knitting, Crochet, & Crafts 12:00 — Spanish 1:00 — Bridge 1:00 — Trip to Trader Joe's, p. 3 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 5:00 — YSSC Board Meeting 6:30 — Bridge</p>
<p>27</p> <p>11:00 — Sages of Aging Discussion 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 4:00 — Adv. Beginner Spanish 4:30 — Cardio Dance</p>	<p>28</p> <p>10:00 — Hearing Aid Help 10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub (<i>Fireplace Room</i>) 2:00 — Tap Fit Demonstration, p. 3 3:30 — German in Review 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>29</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>

THURSDAY

FRIDAY

SAT / SUN

<p>2</p> <p>1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — <u>Intermediate Spanish</u></p>	<p>3</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:30 — Tech Help 4:00 — Reception for Dr. Meinhard Robinow's art show, p. 9</p>	<p>4</p> <p>9:00 — Winter Farmer's Market 1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>5</p>
<p>9</p> <p>1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — <u>Intermediate Spanish</u></p>	<p>10</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:00 — Drawing Class 2:30 — Tech Help</p>	<p>11</p> <p>9:00 — Winter Farmer's Market 1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>12</p> <p>2:00 — Shakespeare Reading Group</p>
<p>16</p> <p>1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — <u>Intermediate Spanish</u> 7:00 — Community Colloquy*: Luisa Lang Owen, p. 3</p>	<p>17</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:00 — Drawing Class 2:30 — Tech Help</p>	<p>18</p> <p>9:00 — Winter Farmer's Market 1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>19</p> <p>12:30 — <u>Grandmother Council</u> 2:00 — Shakespeare Reading Group</p>
<p>23</p> <p>1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — <u>Intermediate Spanish</u> 6:30 — <u>Decluttering Workshop*</u>, p.1</p>	<p>24</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:00 — Drawing Class 2:30 — Tech Help</p>	<p>25</p> <p>9:00 — Winter Farmer's Market 1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>26</p> <p>2:00 — Shakespeare Reading Group</p>
<p>30</p> <p>1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — <u>Intermediate Spanish</u></p>	<p>31</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:00 — Drawing Class 2:30 — Tech Help</p>	<p>Turn over for the April calendar</p>

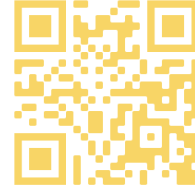
APRIL 2023

MONDAY

TUESDAY

WEDNESDAY

Turn over for the
March calendar



<p>3</p> <p>1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 4:00 — Adv. Beginner Spanish 4:30 — Cardio Dance</p>	<p>4</p> <p>10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 5:15 — Tai Chi 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>10:30 — History Discussion Group, p. 3 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 4:00 — Adv. Beginner Spanish 4:30 — Cardio Dance 5:30 — Financial Series with Ryan Beach (p. 3) 6:00 — Ethical Wills</p>	<p>11</p> <p>10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 5:15 — Tai Chi 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>1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 4:00 — Adv. Beginner Spanish 4:30 — Cardio Dance</p>	<p>18</p> <p>10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>19</p> <p>10:00 — Knitting, Crochet, & Crafts 11:00 — Trip to Golden Lamb, p. 3 12:00 — Spanish 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge</p>
<p>24</p> <p>10:30 — History Discussion Group 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 4:00 — Adv. Beginner Spanish 4:30 — Cardio Dance</p>	<p>25</p> <p>10:00 — Hearing Aid Help 10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 5:15 — Tai Chi 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>

Dayton Dragon's Baseball Game

Join the Senior Center for a Dayton Dragons baseball game on Thursday, May 18 at 7 pm. Tickets are first-come-first served, \$7 per person. Transportation is NOT provided. YSSC will be seated together and there will be seating options for individuals who cannot manage steps. To reserve your seat(s) call 937-767-5751 or email info@ysseniors.org.

eNewsletter

PDF files of the Newsletter are available online on our website. An eNewsletter is sent to those who get the weekly email blasts. If you want these emails, sign up with the link on the website's home page.

If you would like the electronic version of the newsletter instead of the print, contact the center at 937-767-5751 or info@ysseniors.org.

Hearts Card Game

Calling all who would like to play Hearts. To sign up, call the Senior Center at 937-767-5751 or send an email info@ysseniors.org. Learners are welcome, and the leader, Jim Myers, will follow up to schedule.

Watercolors & Ink by Dr. Meinhard Robinow, March 2–May 1 in the Fireplace Room

Dr. Meinhard Robinow left his native Germany as a recent medical school graduate in 1934. There was no future in medicine for those of Jewish descent. After completing pediatric studies in Illinois and Georgia, he came to Yellow Springs in the late '30s to join the Fels Institute.

During World War II he served in the U.S. Army Medical Corps, meeting Army nurse Beatrice Wilt who would become his wife and mother of their three children. After the war he briefly returned to Fels before entering private pediatric practice in Dayton. In 1949 he joined the Yellow Springs Clinic as the first pediatrician in Greene County where he remained until 1975.

After four years on the pediatrics faculty at the University of Virginia he moved back to Ohio where he worked at Wright State University and Children's Medical Center. In 1986 he resumed part-time private practice until finally retiring at the end of 1996, six months before his death.

Dr. Robinow was the author of 125 medical articles dealing with clinical pediatrics, physical anthropology, nutrition, genetics, and congenital

Ripples 2023

Ripples, an annual literary magazine featuring writing by or about older adults in Yellow Springs or Miami Township, is accepting submissions created by or featuring residents age 55 and over. Submission guidelines are available at ysseniors.org/Ripples and at the Center. The deadline is March 15, 2023.

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 pgeisel@ysseniors.org.

Grocery Delivery

The Senior Center shops for groceries weekly from Tom's Market for anyone 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
- ysseniors.org/grocery-delivery-program
- calling 937-767-5751 Mon.–Fri. 9:30 am–4 pm

A Credit Card/Debit Card/EBT card is used. This is a free service; donations gratefully accepted.



malformations. He was the initial describer of fetal face syndrome, a rare genetic disorder that was later cited as Robinow syndrome. The majority of his publications came after the age of 65.

The work on display, primarily watercolors with ink, include Greene County scenes from the early '40s, sites from World War II, and a 1947 portrait of his son in a highchair.

The memorial show can be viewed during the Center's open hours, Monday–Friday, 9:30 am–4 pm, unless there is a class in the Fireplace Room. There will be a reception on Friday, March 3 from 4–6 pm.

GREENE COUNTY COUNCIL ON AGING

Senior Artisan Show

Age is not a factor for artists, which is evident in the Greene County Senior Artisan Show. This event showcases the amazing work of people from 60 to 90-something who work in a variety of media: oil, acrylic, watercolor, pastel, charcoal, pencil, pen & ink, woodcarving, hand-thrown pottery and ceramics, and photography. Active participation in creative activities has been shown to improve both physical and mental health as people age.

The Greene County Senior Artisan Show can be viewed on Sunday, March 12 from 1–3:30 pm, Sunday, March 19 from 1–3:30 pm, and Wednesday, March 22 from 11 am–2 pm at the Fairborn Art Association, 221 N. Central Ave. in Fairborn (at the rear of the building).

A virtual viewing of the show will be available March 13–24 at www.gccoa.org/art.

For artists who would like to be a part of the exhibit, artwork must be dropped off on Friday, March 3 at the Fairborn Art Association (address in the above paragraph). Artists must be at least 60 years old and live in Greene County. More details can be found at www.gccoa.org.

For information about the show, contact the Council by calling 937-376-5486 or by emailing YourFriends@gccoa.org.

Drive-by Shredding Event

The Greene County Council on Aging will hold their drive-by Spring Shredding Event on Saturday, April 1 from 9 am–12 noon in the parking lot of the Xenia Community Center next to the Council's office, 1265 W. Second St. in Xenia.

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

This popular 4 week program starts on Tuesday, March 7 from 6–8:30 pm and is hosted by the Greene County Council on Aging. The sessions, presented by local professionals, will be held in the Xenia Community Center. The cost is \$40 per household and includes materials and box suppers.

Space is limited and reservations are required. For information or a registration form, please contact the Council by calling 937-376-5486 or by emailing YourFriends@gccoa.org.

Other GCCOA Events

- **Caregiver Support Group:** Mondays, March 6 and 20; April 3 and 17 (first and third Mondays) from 6–7:30 pm at the First Presbyterian Church in Yellow Springs.
- **Grief & Loss Group:** Mondays, March 13 and April 10 (the second Monday) from 10 am–noon at Peace Lutheran Church in Beavercreek.
- **Memory Loss, Dementia & Alzheimer's Disease:** Wednesday, March 8 from 2:30–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Medicare 101:** Wednesday, April 12, 3–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Legal Chat:** Thursday, March 16 and April 20 (third Thursdays) at 2:30 pm at Peace Lutheran Church, 3530 Dayton-Xenia Road, Beavercreek. Enter at lower level door with awning.

Contact GCCOA with questions or to register for these events at 937-376-5486.



Some of the Seniors who attended the Yellow Springs High School 42nd annual Senior Citizens' Holiday Lunch, which was held in person in 2022.

Photo by Kathy Beverly

March Birthdays

3/00 Julie Howell Richardson
 3/01* Betty Felder
 3/04* Linda Mates
 3/04 Debbie Casenhiser
 3/04 Jeanna GunderKline
 3/07* Harold Williams
 3/09 Brenda McDonald
 3/10* Rosie Caraway
 3/10* Susan Abendroth
 3/10* Jane Brown
 3/12* Becky Campbell
 3/14* Barbara Mann
 3/14 Desiree Nickell
 3/15 Rick Freeman
 3/17 Mike Chambers
 3/17 Kim Kulasa
 3/18 Alisa Isaac
 3/19* Marilyn Beatty Birch
 3/19 Luan Heit
 3/19 Jennifer Johnson
 3/20 Barbara Krabec
 3/21 Jane P. Blakelock
 3/21 Danita Scott
 3/22* Beth Hertz
 3/23 William K. Doyle, Jr.
 3/23 Artie Isaac
 3/24 Linda Leach
 3/25 Teresa Bondurant
 3/27* Ellen N. Duell
 3/28* Juliet Liddle Hennessy
 3/28 Arati Cacciolfi
 3/28 David Turner
 3/30* Dorothy Rike

***Indicates those known to be 80 or older.** *Current members who have shared their birth date are listed. Apologies to anyone left off in error.*

April Birthdays

4/01 Rick Klopp
 4/01* Marie McBrien
 4/02 Ruth Jordan
 4/02 Diane Davis
 4/03 Francis Jennings
 4/04 Neal Crandall
 4/04* Dora Voudris
 4/06* Jerry Holt
 4/07 Macy Reynolds
 4/08* Barbara Brookshire
 4/08* Lucia deRidder
 4/11 Margaret Rea Alexander
 4/11* Rod Hoover
 4/11 Don Hollister
 4/12* Mary Sims
 4/14* June Varner
 4/14 Melissa Kuhns
 4/15 Nancy Lineburgh
 4/17* Jane Baker
 4/17 Paul Mullin
 4/18 Jacqueline Hunt
 4/20 Lynda Hicks
 4/20 Linda Sikes
 4/21* Doris Clemens
 4/21 Jerry Sutton
 4/21 Saba Kassaye Bathija
 4/22* Shelley Ehrlich
 4/23 Barbara Candella
 4/23 Keith Doubt
 4/24 Anna Hogarty
 4/24 Paulette Olson
 4/24 Gary Pierson
 4/25 Judy Woods
 4/27* Marian Miller
 4/27 Jackie Waggoner
 4/29 Max Lake
 4/29 Joel Crandall



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

Board of Trustees

Wayne Gulden, *President*
 Diane Chiddister, *Vice-President*
 Ven Adkins, *Treasurer*
 Anna Bellisari, *Secretary*
 Susan Alberter, Dr. Christopher Cox,
 Cathy Hill, Jim Johnson, 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

Grant Crawford

Homemakers: Vicci Ayers, Amy

Bennett, Suzann Blanton, Jennifer

Johnson, Brenda McDonald,

Heather Neill, and Tamara Smith

Newsletter Deadline

Copy deadline is **Apr. 1 for May/Jun.**

Mail, deliver to the Center, or email it to pgeisel@ysseniors.org

Mailing Volunteers

Andree Bognar, Arati Cacciolfi, Gayle Gyure, Luan Heit, Anna Hogarty, Ruth Jordan, Barbara Mann, Larry McKeever, Suzanne Patterson, Diana Quirk, Pat Robinow

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

Welcome NEW Members!

Annette Biehler • Ellen Bierhorst • Helen Blankenship

Jan Bookwalter • George & Diana Castellano • Kim Kulasa

Liz Landry • Mary Eliza Woodburn Longstreth • Marie McBrien

Elizabeth McDonough • James Myers • Jay & Randi Rothman

Robin Suits & Jimmy Cheshire • Terri Victoria



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 Center Services

- Transportation
- Support Services
- Homemaker Program
- Activities Program

CURRENT RESIDENT OR:

Membership Dues

\$25 with \$15 for additional household member. Make checks to: **Yellow Springs Senior Center**, mail to: YSSC, 227 Xenia Ave, Yellow Springs, OH, 45387 Or pay online at: ysseniors.org/membership

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 & Miami Township and to foster interaction among them and with the community.

My Senior Center & My Active Center

NEW Registration, Zoom and Attendance with MySeniorCenter

- All in-person participants, volunteers and guests sign in on the electronic kiosk.
- Each person will receive a keycard to scan for easy check-in.
- Front desk volunteers will help if you don't have your card.
- Select the event or other reason you are visiting, then click "Finish."

Registration is available online at www.MyActiveCenter.com

- This system will be necessary for anyone who joins a program online (Zoom).
- You need to have a YSSC keycard to register on the MyActiveCenter site. *Contact YSSC to get your number.*
- Search for Yellow Springs and select "Yellow Springs Senior Center"
- Enter your keytag number; your phone number (it might be your home or cell phone #); your email address.
- Create a password, then re-type it. Be sure you have a way to remember it.
- Click continue, then find classes you wish to register for.
- If you sign up for a Zoom class the link will be emailed to you one hour before **EACH** class session or program.