

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

When my sister was terminally ill, we were astonished by the number of people who wanted to help. She was still a young woman and had social connections through school, work, church, and her friends. The amazing team that conspired together, inspiring each other with creative ways to help, give care and cheer, became known as "Laura's Team." The legacy of that project lives on as "What Friends Do" which is a website, Podcast, and network which helps caring people make plans to support a friend in need.

Who is on your team? Who do you turn to when life changes? Not everyone has family, friends, church, or neighbors on standby to step in to help.

A recent visitor (we'll call her "June") at YSSC bemoaned being in this situation, asking what she could do to plan ahead for needing more help. As a new resident with no children, she felt isolated and uncertain that someone would be available if she had a crisis. Her situation is not unique, unfortunately. There are opportunities to make connections as well as care plans – here are some that might help you make your own plans and connections.

- Visit the Senior Center to make new friends and social connections. Joining routine classes might help you become familiar with people.
- Volunteer for organizations. YSSC maintains a list of available opportunities. For example, the Village Impact Project is seeking mentors to be matched with youth for socialization.
- Meet with YSSC staff to discuss care plan options, insurance coverage, transportation, homemakers, and community services.
- The Greene County Council on Aging provides ongoing care management and services including Emergency Response Systems, in-home help and home delivered meals.

- Provide your emergency contact information for YSSC to have on file (secure, protected records)
- Sign up to participate in the YSSC "Senior Link" project (see page 4)

Not long after June's visit I found her sitting in on a class. She knew the names of several people in the class and her anxious look when we first met had been replaced with a smile.

What options can we explore for future linkage in the community? One community member has suggested matching elders with High School athletes – would you like to attend events and games as the "cheerleader" for someone who doesn't have a grandparent in the stands? Please share your thoughts and inspiration. Perhaps your idea will be the bridge that helps someone else find their people.

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

Parkinson's Puzzle Hunt

Saturday, June 17, 9:30 am – 1 pm

\$25 per team (1–4 people)

Fundraiser for "Parkinson Support and Wellness"



Solving puzzles is great for brain health for people of all ages, and that goes double for people with Parkinson's Disease. Gather a small team to exercise your brain as you walk around Yellow Springs solving puzzles suitable for all ages. Every participant gets to take home a small piece of art as a memento, and team prizes will be awarded. The proceeds from this puzzle hunt will benefit the "Parkinson Support and Wellness" nonprofit. Find more info at ysseniors.org/pdph.

CLASSES & GROUPS

Exercise, Movement, & Yoga

Rock Steady Boxing*, Mon. noon

For people with PD. *In the Great Room and online.*

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

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

Cardio Dance*, Mon. 4:30–5:15 pm

A fun class. *In the Great Room and on Zoom. Free for YSSC and SilverSneakers members; \$3 suggested donation.*

Qi Gong, Tues. & Fri. 1–1:45 pm

Following an easy DVD. *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

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

To read and converse in French. *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

Fun tile game, easy to learn. *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

History Discussion, Second & Fourth Mon. 10:30 am

A new group to discuss history. Email Henry Myers at henrywmyers1@live.com. *In the Great Room.*

Ethical Wills with Artie Isaac

Convey your values, stories and info to loved ones. *Thursday, June 15 at 10 am, in the Fireplace Room.*

Ukulele Class, Tues. 10 am

Introduction to ukulele playing, 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

For info, email dreamspinner.crone@gmail.com.

Class 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

UPCOMING EVENTS & NEW ACTIVITIES

3

Community Colloquy Series, 3rd Thursday, 7 pm

The Senior Center hosts monthly guests to share their expertise and knowledge with the community.

The May 18 guest is Josue Salmeron, Yellow Springs Village Manager, who will speak on "Working Together for a More Resilient Yellow Springs: a Municipal Government Perspective." He will talk about current challenges to villagers uniting around common goals.

The June 15 guest is Desiree Nickell, retired YSHS English teacher, who will speak on "Archetypes in Shakespeare." She will show a video that looks at how Shakespeare visited and re-visited critical life themes in his plays.

Programs will meet in the Great Room and also be on Zoom. All are welcome. To get the Zoom link, register on MyActiveCenter.com, call 937-767-5751, or email info@ysseniors.org.

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

Ryan Carpe, financial advisor with Edward Jones in Yellow Springs, will present on May 8.

Ryan Beach, financial advisor with Edward Jones in Xenia will present on June 12.

The Shakespeare Reading Group, Sundays, 2 pm

The Shakespeare Reading Group will meet on May 21 and 28 and June 11 and 25 at 2 pm in the Fireplace Room. The lineup for plays are "King Lear," "A Midsummer Night's Dream," and "Macbeth."

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.

Drawing for Beginners, Fridays at 2 pm

Join Bob Huston in the Great Room for a six-week still life drawing class. Class begins Friday, June 9 at 2 pm and continue through July 14. Purchase supplies at Unfinished Creations after the first class. Class size is limited and is **already full**.

Writers Eclectic Group, First & Third Sundays at 2 pm

Writers Eclectic is restarting and meets on the first and third Sundays at 2 pm in the Great Room. The group supports writers in all stages of their writing journey, from beginners to published authors of all ages and styles.

Day Trips, Thursdays, May 25 and June 15

The May day trip is to Cedar Bog in Urbana on Thursday, May 25, departing from the Bryan Center parking lot at 12:30 pm.

The June day trip is to Jungle Jim's and Ikea on Thursday, June 15, departing from the Bryan Center parking lot at 10:30 am.

If you are interested in one or both trips, please register on MyActiveCenter.com, call 937-767-5751, or email info@ysseniors.org, preferably by a week ahead, but late registrations will be accommodated if possible. You will receive a call with further details. Carpooling will be arranged with no charge. Please indicate if you are able to drive.

Pottery Project, Tuesday, May 30, 12:15–2 pm

The Senior Center has a special pottery project in the works. Participants will paint small pottery pieces to be used for an upcoming event but can also keep one for themselves. We will be working at the John Bryan Community Pottery.

Limited to 10 participants, no cost to participate. Register on MyActiveCenter.com, call 937-767-5751, or email info@ysseniors.org.

Flash Mob, Wednesday, May 31, 12:45 pm

To celebrate National Senior Health & Fitness Day Wednesday, May 31, the YSSC is presenting the annual Flash Mob event choreographed by Lynn Hardman at 1 pm on Short Street.

Those interested in learning the choreography should attend the Cardio Dance Class on Monday afternoons (see page 2). Other opportunities to learn and practice are on Thursday May 11, 18, and 25 at 3:30 pm in the Great Room. Cardio Dance Fitness WILL meet on Memorial Day for one last practice prior to the flash mob.

The goal of National Senior Health & Fitness Day is to promote regular physical activity. This year's theme is "Move More to Do More."

Corinne Pelzl's Retirement Party, June 2, 2:30 pm

The entire community is invited to celebrate Corinne Pelzl's 18 years of service at the Yellow Springs Senior Center. Please join us on Friday, June 2 at 2:30 pm to thank Corinne for all she has done to bring the community together over the years and wish her well for her future. The party will be held in the Great Room and on the patio.

Connecting with Others

To help people stay connected, the Senior Center has restarted the “Senior Link” program. This program allows seniors to connect with another person on a regular basis. This could be daily, bi-weekly or weekly. Forms are available in the Senior Center or on our website, under the category “Other.” This could be a great way to connect with someone who has similar interests as you. Personal connections are very important for our emotional, mental, and physical health and well-being, especially if someone lives alone.

If you have any questions about our Senior Link program or insurance and Medicare, please feel free to contact me. We also have information on food and housing assistance and many other services that can help seniors age in place in their own homes.

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

Seen and Heard

Seen and not heard were words often used to chastise small active children, perhaps when they made their presence known to a group of occupied adults. My how the pendulum has swung in the other direction and morphed into *not* seen and *not* heard directed toward older adults.

It appears our current cultural norm no rarely SEES the meaningful worth of our seniors nor understands the value of HEARING wise counsel from seasoned people who have lived through what many have yet to experience. Some of our most renowned wise seniors such as Confucius, Mother Teresa of Calcutta, and Mahatma Gandhi, dating back thousands of years from 500 BC have expressed the same message: that dignity, honor, respect and value should be given to seniors with the realization that we should SEE and HEAR the gifts shared from wonderful older adults.

The Yellow Springs Senior Center salutes all older and not-so-older adults and we welcome and appreciate their time, ideas, and wisdom.

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

Senior Center Hours: Mon.–Fri. 9:30 am–4 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

Getting Involved

*Think of your fellow man, lend him a helping hand
Put a little love in your heart...*

– Jackie DeShannon, 1969

“View of the nation on ‘*wrong track*’ has flatlined,” reported an NBC News poll as 2023 was just getting started. According to the article, “*We have never before seen this level of sustained pessimism in the 30-year-plus history of the poll.*” The poll counted 71% of Americans as saying the country was “headed in the wrong direction” (for the eighth time in nine surveys dating back to October, 2021).

My first response? Too much twittering, doom-scrolling and, my favorite bugbear, too many hours watching the 11 o’clock news’ broadcasts. There are many studies suggesting the consumption of “too much news” – whether actively or passively – can be toxic, elevating stress, anxiety, fatigue, depression and, generally, a sour disposition.

Mind you, I’m not proposing we adopt the oft-cited Pollyanna Principle and pretend that everything will work out for the best. It won’t – at least, not on its own. Obviously, there are many serious challenges we face today. Just as clear, for the most part, our intervention will have a negligible impact on resolving them. But, negligible is not nothing.

Would you like to improve your outlook on tomorrow? Elevate your energy? Reduce stress and improve your health? Volunteering will help you rediscover and hone your talents, gain greater insight on what your world needs now and help extend the resources available to solve those needs.

BE the change! Join with others to work on improving opportunities and conditions for those in your own backyard. Dream a better tomorrow with those who are working support families, improve schools, beautify the community. Contact the Yellow Springs Community Foundation, the YS Senior Center, Glen Helen or any of the community organizations to explore volunteer opportunities.

Demand a better future. Work for a better tomorrow. You won’t regret it.

♪...and the world will be a better place

For you...and me

You just wait and see! ♪

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

THURSDAY

FRIDAY

SAT / SUN

<p>1</p> <p>1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — <u>Intermediate Spanish</u></p>	<p>2</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:30 — Tech Help 2:30 — Corinne's Retirement Party, p. 3</p>	<p>3</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>2:00 — Writers Eclectic 4</p>
<p>8</p> <p>1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — <u>Intermediate Spanish</u></p>	<p>9</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:00 — Drawing for Beginners 2:30 — Tech Help</p>	<p>10</p> <p>TBA — Street Fair, p. 9</p> <hr/> <p>2:00 — Shakespeare Reading Group 11</p>
<p>15</p> <p>10:00 — Ethical Wills 10:30 — Daytrip to Jungle Jim's & Ikea, p. 3 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — <u>Intermediate Spanish</u> 7:00 — <u>Community Colloquy*</u> Desiree Nickell, p. 3</p>	<p>16</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:00 — Drawing for Beginners 2:30 — Tech Help</p>	<p>17</p> <p>9:30 — Parkinsons Puzzle Hunt, p. 1 1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>12:30 — <u>Grandmother Council</u> 2:00 — Writers Eclectic 18</p>
<p>22</p> <p>1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — <u>Intermediate Spanish</u></p>	<p>23</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:00 — Drawing for Beginners 2:30 — Tech Help</p>	<p>24</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>2:00 — Shakespeare Reading Group 25</p>
<p>29</p> <p>1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — <u>Intermediate Spanish</u> 5:30 — <u>Annual Meeting*</u> p. 9</p>	<p>30</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:00 — Drawing for Beginners 2:30 — Tech Help</p>	<div data-bbox="1193 1669 1388 1879"> </div> <p>Saturday, July 1, 2023 from 5:30 – 9 pm (see back page)</p>

MAY 2023

MONDAY

TUESDAY

WEDNESDAY

<p>1</p> <p>12:00 — <u>Rock Steady Boxing*</u> 1:30 — <u>Yoga with Reena*</u> 1:30 — <u>Euchre Online</u> 4:00 — <u>Adv. Beginner Spanish</u> 4:30 — <u>Cardio Dance*</u></p>	<p>2</p> <p>10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — <u>French Class</u> 2:00 — Rummikub 3:30 — German in Review 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>3</p> <p>10:00 — Knitting, Crochet, & Crafts 12:00 — <u>Spanish</u> 1:30 — <u>Euchre Online</u> 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge</p>
<p>8</p> <p>10:30 — History Discussion Group 12:00 — <u>Rock Steady Boxing*</u> 1:30 — <u>Yoga with Reena*</u> 1:30 — <u>Euchre Online</u> 4:00 — <u>Adv. Beginner Spanish</u> 4:30 — <u>Cardio Dance*</u> 5:30 — <u>Financial Series, p. 3</u></p>	<p>9</p> <p>10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — <u>French Class</u> 2:00 — Rummikub 3:30 — German in Review 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>10</p> <p>10:00 — Knitting, Crochet, & Crafts 12:00 — <u>Spanish</u> 1:00 — Bridge 1:30 — <u>Euchre Online</u> 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge</p>
<p>15</p> <p>12:00 — <u>Rock Steady Boxing*</u> 1:30 — <u>Yoga with Reena*</u> 1:30 — <u>Euchre Online</u> 4:00 — <u>Adv. Beginner Spanish</u></p>	<p>16</p> <p>10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — <u>French Class</u> 2:00 — Rummikub 3:30 — German in Review 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>17</p> <p>10:00 — Knitting, Crochet, & Crafts 12:00 — <u>Spanish</u> 1:30 — <u>Euchre Online</u> 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge</p>
<p>22</p> <p>10:30 — History Discussion Group 12:00 — <u>Rock Steady Boxing*</u> 1:30 — <u>Yoga with Reena*</u> 1:30 — <u>Euchre Online</u> 4:00 — <u>Adv. Beginner Spanish</u> 4:30 — <u>Cardio Dance*</u></p>	<p>23</p> <p>10:00 — Hearing Aid Help 10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — <u>French Class</u> 2:00 — Rummikub 3:30 — German in Review 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>24</p> <p>10:00 — Knitting, Crochet, & Crafts 12:00 — <u>Spanish</u> 1:00 — Bridge 1:30 — <u>Euchre Online</u> 2:00 — <u>Dancing with Parkinson's*</u> 5:00 — YSSC Board Meeting 6:30 — Bridge</p>
<p>29</p> <p>CLOSED for Memorial Day</p> <p>4:30 — <u>Cardio Dance*</u></p>	<p>30</p> <p>10:00 — Ukulele Class 12:15 — <u>Pottery Project, p. 3</u> 1:00 — Qi Gong 2:00 — <u>French Class</u> 2:00 — Rummikub 3:30 — German in Review 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>31</p> <p>10:00 — Knitting, Crochet, & Crafts 12:00 — <u>Spanish</u> 12:45 — <u>Flash Mob, p. 3</u> 1:30 — <u>Euchre Online</u> 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge</p>

THURSDAY

FRIDAY

SAT / SUN

<p>4</p> <p>1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — <u>Intermediate Spanish</u></p>	<p>5</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:30 — Tech Help</p>	<p>6</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>2:00 — Writers Eclectic</p> <p>7</p>
<p>11</p> <p>1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 3:30 — <u>Flash Mob Practice*</u>, p. 3 4:00 — <u>Intermediate Spanish</u></p>	<p>12</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:30 — Tech Help 4:00 — <u>Art Reception for Keith Doubt</u>, p. 9</p>	<p>13</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>14</p>
<p>18</p> <p>11:00 — <u>SeniorPalooza Carpool</u>, p. 10 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 3:30 — <u>Flash Mob Practice*</u>, p. 3 4:00 — <u>Intermediate Spanish</u> 7:00 — <u>Community Colloquy*</u> Josue Salmeron, p. 3 7:00 — Dayton Dragon's Game</p>	<p>19</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:30 — Tech Help</p>	<p>20</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>21</p> <p>12:30 — <u>Grandmother Council</u> 2:00 — Writers Eclectic 2:00 — Shakespeare Reading Group</p>
<p>25</p> <p>12:30 — <u>Daytrip to Cedar Bog</u>, p. 3 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 3:30 — <u>Flash Mob Practice*</u>, p. 3 4:00 — <u>Intermediate Spanish</u></p>	<p>26</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 2:30 — Tech Help</p>	<p>27</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>28</p> <p>2:00 — Shakespeare Reading Group</p>

- 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 **ysseniors.org/calendar** or **MyActiveCenter.com**

**Turn over for the
June calendar**

JUNE 2023

MONDAY

TUESDAY

WEDNESDAY

**Turn over for the
May calendar**

- 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 **ysseniors.org/calendar** or **MyActiveCenter.com**

<p>5</p> <p>12:00 — <u>Rock Steady Boxing*</u> 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 4:00 — Adv. Beginner Spanish 4:30 — <u>Cardio Dance*</u></p>	<p>6</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>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>10:30 — History Discussion Group 12:00 — <u>Rock Steady Boxing*</u> 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 4:00 — Adv. Beginner Spanish 4:30 — <u>Cardio Dance*</u> 5:30 — Financial Series, p.3</p>	<p>13</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>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> 6:30 — Bridge</p>
<p>19</p> <p>CLOSED for Juneteenth</p>	<p>20</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>21</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>
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Annual Meeting

The YSSC Annual Meeting is on Thursday, June 29 at 5:30 pm in the Great Room. Anyone who is interested can attend the event in the person or through Zoom. Register at MyActiveCenter.com, 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 emails. 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.

Street Fair

The Senior Center Great Room will be open for part of the day during the June Street Fair on Saturday, June 10, for members who want to take a break and sit down for a few minutes in the air conditioning or to visit with others. Come to the Great Room door for access.

Online Auction Donations

The online fundraising auction the Senior Center had last fall through the “**Everything But The House**” website went well, and we’re going to do it again. 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.

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.

Local: A Photography Show by Keith Doubt, May 4–June 30 in the Fireplace Room

The Yellow Springs Senior Center presents “Local: A Photography Show” featuring photos taken by Keith Doubt from May 4 through June 30.

The exhibit shows photos taken in our local milieux, the idea being to demonstrate the idea that beautiful pictures can be taken anywhere. As there is no poor light for making a photograph, there is



no poor locale. Keith draws inspiration from and admires the photographic work of Ernst Haas. One of Haas’ quotations about his photography is “I am not interested in shooting new things – I am interested to see things new.”

Keith has been a resident of Yellow Springs for twenty-two years.

The show can be viewed during the Center’s open hours of Monday–Friday from 9:30 am–4 pm, unless there is a class in the Fireplace Room at the time.

There will be an artist reception on Friday, May 12, from 4–6 pm.



GREENE COUNTY COUNCIL ON AGING

SeniorPalooza 2023: Living an Amazing Life

The Greene County Council on Aging is celebrating “Older Americans Month” with their annual SeniorPalooza.

This year’s SeniorPalooza is a combination of online videos, activities, and challenges that can be done at home, as well as a fun in-person event. The information for this year’s SeniorPalooza is listed in the Itinerary, which can be found on the Council’s website, mailed if requested, or picked up at the Drive-By Event.

The **Drive-By Event** is Wednesday, May 3 from 1:30–3 pm in the Xenia Community Center parking lot, 1265 W. Second St., next to the Council’s office. The “Impressive Takeaway Bag” with the Itinerary, a challenge kit, surprises, and the registration form for the Senior Field & Impression Day.

The **Senior Field & Gathering Day** at the XCC is Thursday May 18 from 11:30 am–2:30 pm with challenges and activities. A Grab’n’Go Supper is available for \$5. Advance registration is required, and space is limited. YSSC is coordinating carpooling to this event. If you’re interested in carpooling, register at MyActiveCenter.com, call 937-767-5751, or email info@ysseniors.org. *This is separate from registering for the event itself, you must register for both.*

Videos and challenges will be posted to the Council’s Facebook page including a Brick and Baum Reporting Video on May 5. RealRootsRadio FM 100.3/am 1500 for the Song of the Day from May 8–18 for a chance to win prizes.

For more information or to request an itinerary, contact the Council at YourFriends@gccoa.org or 937-376-5486 or on their website at gccoa.org.

Annual Yard Sale

The Greene County Council on Aging’s Annual Yard Sale is Thursday, June 1 from 9 am–4 pm in the GCCOA’s Parking Lot, 1195 W. Second St. in Xenia. The event will be held rain or shine and proceeds benefit their Grab Bar Installation Program.

If you have any items to donate, you can drop them off at GCCOA on April 28, May 4, 11, and 17 from 10 am–2 pm. They will take household items, books, jewelry, crafts, small furniture, tools, kids’ toys and accessories, holiday and miscellaneous decor, and gardening items.

Other GCCOA Events

- **Caregiver Support Group:** Mondays, May 1 and 15; June 5 and 19 (first and third Mondays) from 6–7:30 pm at the First Presbyterian Church in Yellow Springs.
- **Grief & Loss Group:** Mondays, May 8 and June 12 (the second Monday) from 10 am–noon at Peace Lutheran Church in Beavercreek.
- **Memory Loss, Dementia & Alzheimer’s Disease:** Wednesday, May 10 from 2:30–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Medicare 101:** Wednesday, June 14, 3–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Legal Chat:** Thursday, May 18 and June 15 (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.



On most Saturday afternoons the Mahjong players hang out in the Great Room. Scrabble players are in the Fireplace Room.

May Birthdays

5/05* Elsie Richardson
 5/07 Diane Chiddister
 5/09 Steve Lord
 5/10 Kathy Adams
 5/11* Paul Abendroth
 5/13 Jane Dorsey
 5/13* Shirley Mullins
 5/14 Frances Abrams
 5/14 Kitty Jensen
 5/14 Scott Clark
 5/15 Cynthia Coffman
 5/15 Elizabeth Tinker
 5/16 Kathy Heriot
 5/18* Marjorie Johnson
 5/18* Kathy Beverly
 5/19 Beth Crandall
 5/19 Jane Sak
 5/20 Martha Gaskill
 5/20 Diana Glawe
 5/22* David Huber
 5/22 Len Kramer
 5/23* Susan Neff
 5/25 Elaine Kresge
 5/25 Susan Stiles
 5/26 Alicia Marie Christopher
 5/26 Cathy Hill
 5/28 Vicci Ayers
 5/28 Jim Bailey
 5/29 Keith Kresge

**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.*

June Birthdays

6/01 Deborah Chlebek
 6/01 Lynn Hardman
 6/02* June Allison
 6/02 Roy Eastman
 6/03 Camilla Ghita Varandani
 6/04 Carol Cox
 6/04 Tammy Smith
 6/06 George Castellano
 6/07 Pam Geisel
 6/07 Wayne Gulden
 6/07 Tim Bickett
 6/07* Chris Ravndal
 6/09 Paul Graham
 6/11 Claire Reynolds
 6/13 Susan Gartner
 6/13 Amy Bennett
 6/15 Joyce Reena Appell
 6/15 Rosemary Bailey
 6/15 Bonnie Werner
 6/16 Barbara Hartwick
 6/18 Peggy Koebernick
 6/18* David Westneat
 6/18* Bob Baldwin, Jr.
 6/19 Judith O'Connor
 6/19 Linda Griffith
 6/20* Dorothy Clark
 6/20 Ruth Lapp
 6/20 Pam von Matthiessen
 6/22* Rubin Battino
 6/22 Mary Reeder
 6/22* Walter Rhodes
 6/24 George Pauwels
 6/28 Eliza Longstreth
 6/29 Jeanine Clark

Welcome NEW Members!

Dale & Kathy Adams
 Tim & Valerie Chronis Bickett
 Vernon Dunlap
 Tracy Elzy
 Connie Kearns
 Thomas Kellar
 Diane Kennedy
 Nancy K. Lundgren
 Willetta Peavy
 Maria Philips
 Susan Roysden
 Camilla Varandani



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

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Homemakers: Vicci Ayers, Amy Bennett, Suzann Blanton, Jennifer Johnson, Brenda McDonald, Heather Neill, Claire Reynolds, and Tamara Smith

Newsletter Deadline

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

Mailing Volunteers

Susan Bothwell, Anna Hogarty, Andree Bogнар, Marcella Link, Patty Alexander, Diana Quirk

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

Membership Dues

\$25 annual membership,
 \$15 for each additional
 household member.

Make check payable to

Yellow Springs Senior Center

and drop in door slot or mail to:

YSSC, 227 Xenia Ave.

Yellow Springs, OH, 45387

Or pay online at:

ysseniors.org/membership



227 Xenia Avenue
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May/June 2023

YSSC Services

- Transportation
- Support Services
- Homemaker Program
- Activities Program

CURRENT RESIDENT OR:

10th Annual Garden Dinner Party

Benefit for the Yellow Springs Senior Center

Saturday, July 1, 2023 from 5:30–9 pm • \$65.00 per person
RSVP by June 9, 2023 (Seating is limited so please register early)

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

Contact the Senior Center at 937-767-5751 or info@ysseniors.org.

Name(s) _____

Contact Person Name _____

Cell # _____ Email _____

Vegetarian _____ Vegan _____ Gluten Free _____

Other Dietary Restrictions _____

Will everyone in your party have had a Covid vaccine since Sept. 2022? _____

Check(s) total \$ _____ included (Checks made to YSSC)

No, I/We cannot attend, but wish to make a donation of \$ _____

