

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

A New Location for the Center

For the past 45 years, the Senior Center has been located at 227 Xenia Avenue. In 1978, we purchased our current building, a house which was already over 100 years old, for \$1. Over time, we have stretched the building to meet our growing needs. First, we added the lobby, then in 1994 we added the Great Room, and several times modified the internal walls to provide office spaces for our growing programs. In 2022, our patio space was added as one more way to maximize use of our location.

The Senior Center had already been in many locations in town – starting in 1959 at the Opera House on Dayton Street until that building was demolished, then occupying space at the building which is now the Emporium. Our first Director, Rev. Dr. Matthews, ran a flour mill and thrift shop in that building to support the Senior Center's programs and services.

Our staff and members love being a part of the downtown activities, grabbing a coffee next door or lunch a few steps away. The challenges of continuing in this building continue to increase, however. Limited parking, steps at the entry ways, insufficient space for classes and offices and crammed storage space have warranted the quest for a new Senior Center location over the past 20 years.

This newest chapter will be the establishment of our permanent home at last. On December 11,

YSSC purchased a half-acre of land at the corner of Livermore and East North College Street. The intention is to construct a building specifically suited to our growing needs. This provides an exciting opportunity for us to collect our thoughts and visions – what spaces, programs and classes would you envision in the future?

We are fortunate that in 2003, when it was apparent that a new location would be needed, a fund was established at Yellow Springs Community Foundation for the future building needs of YSSC. That endowment has grown and now provided YSSC the capital to complete this land purchase. We are grateful for the foresight and generosity of those who shared a vision for our future. Thank you!

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



(Standing) Board Treasurer Jerry Sutton, Executive Director Caroline Mullin, Board President Wayne Gulden (seated) Closing Agent Lisa Terry and Antioch College President Jane Fernandes signed the paperwork for the purchase of the property.

CLASSES & GROUPS

Exercise, Movement, & Yoga

Rock Steady Boxing*, Mon. noon

For people with PD. *In the Great Room and Zoom.*
Register by emailing info@ysseniors.org to get the link.

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

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

Strength Training with Andrew*, Mon. 3:30 pm

Low impact. *In the Great Room and on Zoom.*

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

Gentle low or no impact exercise. *In the Great Room.*

Tap Fit, Wednesdays, noon

Can be done standing or seated. *In the Great Room.*

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

For people with PD. *In the Great Room and on Zoom.*

Learn a Language

Advanced Beginner Spanish, Mon. 4–5 pm

Judith Skillings teaches. *On Zoom.*

Spanish, Wed. noon–1 pm

On Zoom, 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. 11:45 am

In the Great Room and on Zoom.

German in Review, Tues. 3:30–4:30 pm

Taught by Dr. Robert Conard. *In the Fireplace Room.*

American Sign Language, Tues. 4:15 pm

Practice group with no instructor. *In the Great Room.*

Red = Zoom / **Underlined*** = in person & Zoom

Check for updates at: ysseniors.org/calendar
or MyActiveCenter.com

Card & Strategy Games

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

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

Rummikub, Tues. 2 pm

Fun tile game, easy to learn. *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.*

Mahjong, Thurs. & Sat. 1–4 pm

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.
Monday, January 8 at 2:30 pm, *in the Fireplace Room.*

Ukulele Class, Tues. 10–11:30 am – all levels; and

Thurs. 9:30 am (first three weeks each month) – beginners

Knitting, Crochet, & Crafts, Wed. 10 am–noon

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

History Discussion, Second & Fourth Wed. 4 pm

Discuss history and current events. *In the Fireplace Room.*

Mending Circle, First & Third Thurs. 6–8 pm

Contact [Hello@SisterTrillium.org](mailto>Hello@SisterTrillium.org). *In the Fireplace Room.*

Drawing Practice Group, Fri. 1–2 pm

To practice drawing, all are welcome. *In the Fireplace Room*

Tech Help, Fri. 2:30–3:30 pm

No appointment necessary but please bring your passwords. *In the Fireplace Room.*

Shakespeare Reading Group, select Sundays 2 pm

At the meeting room at [Friends Care Assisted Living](#).

Grandmother Council, Third Sun. 12:30 pm

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

UPCOMING EVENTS & NEW ACTIVITIES 3

Community Colloquy Series, 3rd/4th Thursday, 7 pm
The Senior Center hosts monthly guests to share their expertise and knowledge with the community.

The January 18 program is “Living on the Edge (financially) in Yellow Springs: What It’s Like, What Can Be Done.” The Senior Center and James A. McKee Group will co-host a community conversation on what has become a hot topic in the village, due to rising costs from many directions. People from a range of demographics will speak about their own challenges and those of friends, to continue to make Yellow Springs home, given escalating expenses. Representatives from local entities will also be present, to talk about what can be done.

The February 22 program (note that this is the fourth Thursday) is “Decades in Jerusalem: A Personal Conversation.” Longtime villagers Jay and Randi Rothman will interview each other on their personal reflections on the current crisis in the Mideast, and the war between Israel and Hamas.

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

Day Trips

• *Hua Mei Restaurant, Wed. Jan. 10, 11–1 pm*

A lunch outing to Hua Mei in Moraine. Carpool meet-up at 10:30 at the John Bryan parking lot. Pay individually. Contact Maggie to sign up.

• *Dayton Peace Museum, Wed. Jan. 17, 12–1:30*

The January trip is a tour of the Dayton Peace Museum. The tour starts at noon and lasts about one hour, and can accommodate up to 10 people. Admission is \$8 per person. Carpool meet up at 11:15 am at the John Bryan parking lot. Contact Maggie to sign up.

• *National Afro-American Museum and Cultural Center, Thurs. Feb. 8, 1–2:30 pm*

The February trip is to the National Afro-American Museum & Cultural Center in Wilberforce. Admission is \$5 for seniors. Carpool meet up at 12:30 pm at John Byran parking lot. Contact Maggie to sign up.

Bingo, Last Friday of the month, 4–5:30 pm

Play Bingo for cash prizes on January 26 and February 23 in the Great Room, from 4–5:30 pm, a little earlier since it gets darker earlier. Cards cost 25¢ per card each round. Open to ages 21 and up.

Third Thursday Potlucks, 3rd Thursday, 11:30–1 pm
Join us in the Great Room for monthly potlucks. Please bring a side dish to share.

The January 18 potluck speaker is Julie Potter from Harmony Hearing. Julie will refresh on what services Harmony Hearing offers at YSSC, as well as tips and insights for overall hearing health. Julie will also be available for Hearing Aid Help before the potluck from 10–11:30 am.

The February 15 potluck speaker is Dr. Haley Sauder. Dr. Sauder will share insights into how to have the most successful doctor visit possible.

Draw What You See, Mondays, 10 am

Don Sak is a local artist, retired from a 34-year career as an artist for The Plain Dealer in Cleveland. This class will begin with basic pencil and move on to demystifying perspective, the importance of light and shadow, and progress to incorporating values (shading) and composition. Winter is a great time to do still life work. The class is for all skill levels – the main thing is to have fun and advance your skills!

Drawing for Beginners, Fridays at 2–3:30 pm

Bob Huston is teaching another Drawing for Beginners series in January and February.

Big Talk with Karla, Wednesdays at 10 am

Have you ever felt lonely or disconnected? Does the question, “how are you doing?” lead you nowhere? Skipping the small talk, Big Talk is the intimacy of listening and speaking to get to know yourself or another more deeply.

Improvisational Theater Games, Thursdays, 10 am

This is a chance to build on what was started in the November Improv class. Prior experience or participation not required.

Powerful Tools for Caregivers, Thursdays 4:30–6 pm

In six weekly classes, this workshop led by Aida Merhemie helps caregivers develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communicate effectively in challenging situations, and other invaluable tools. This course is appropriate for all caregivers, whether a spouse, adult child of aging parents, parents of children with special needs, long-distance and from diverse rural, urban or ethnic communities. *Jan. 11, 18, 25; Feb. 1, 8, 15.*

Medicare Follow Up

Medicare Open Enrollment has wrapped up and the Senior Center was able to help more than 80 seniors with their Part D enrollment. The overall savings was \$186,118.12! If you have any questions and concerns about Medicare, including initially enrolling in Medicare, please reach out. I am available to speak with you throughout the year on Medicare and many other topics and am looking forward to working with you in the coming year!

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

2024: Happy New Year!

In January 2020, just four short years ago, the world as we knew it made a swift, hard change. Covid took us by storm and the word unprecedented was used to describe a myriad of situations. We learned that we can knit our community together, using the good hearted yarn from family, friends, sharing, caring, and kindness. 2024 may be another year for unprecedented change but we still have our yarn, and we know that we can knit together a way for truth, justice, and fairness to prevail. Letting our light shine as an example of good!

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



A big THANK YOU to Linda Sikes, who has been working for the Senior Center as an Encore Miller Fellow for the last two years. Her diligent work organizing the office has helped the whole team.

Turning the Page

*“The shadow by my finger cast, divides the future
from the past / Before it, sleeps the unborn hour, in
darkness and beyond my power: / Behind its
unreturning line, the vanished hour, no longer thine: /
One hour alone is in thy hands, The NOW on which
the shadow stands.”* –Henry Van Dyke

We are approaching the Winter Solstice as I sit down to write this essay. The longer nights remind me how we are all living in the shadow of the future. Though tempered by gaiety of the holidays just past – it can seem daunting at times to peer into the future. Like the young woman in Ingmar Bergman’s film *Through a Glass Darkly*, we all feel like we are going mad at times. But this is not the time to dwell or ruminate on all we cannot control. To do so results in bogging us down, dispiriting our souls and serves only to distract from what we are able to accomplish with the “one hour alone” that is in our hands.

Well, then, what might we do with that hour? Some of you already have your New Year’s Resolutions in mind. Perhaps the very first thing we can do is be sure to write those resolutions down! For those of us (myself included) who haven’t finalized their list for 2024, let me offer a few considerations:

- Take stock in 2023 accomplishments. What has worked well for you. Take note of big and, especially, little achievements you made and write them down at the top of the page
- Prioritize time for friends, family and other allies who have been there for you and helped you “make it.” Would you like to expand this circle? What plans can you make to do so?
- Take a good look at your finances while reviewing other fundamental “to-do” tasks and documents, *e.g.*, insurance coverage, wellness and healthcare papers (living wills, powers of attorney, emergency contact numbers)
- Update your digital (phone) files for this year’s birthdays, annual medical appointments and make plans for travel, weekly exercise, maybe a writing, painting, ukulele class or other new activities to shake up your comfort zone
- Improve morning rituals, daily mindfulness, journaling, better sleep, good nutrition

In closing, take good care of yourself and those around you, because...*Buckle up! Here comes 2024!*

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

THURSDAY

FRIDAY

SAT / SUN

<p>1</p> <p>9:30 — Beginner Ukulele 10:00 — Improv Theater Games 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish 4:30 — Powerful Tools for Caregivers 6:00 — Mending Circle, Sister Trillium</p>	<p>2</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 1:00 — Drawing Practice Group 2:00 — Drawing for Beginners 2:30 — Tech Help</p>	<p>3</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>4</p>
<p>8</p> <p>9:30 — Beginner Ukulele 10:00 — Improv Theater Games 12:30 — Daytrip: National African American Museum, p.3 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish 4:30 — Powerful Tools for Caregivers</p>	<p>9</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 1:00 — Drawing Practice Group 2:00 — Drawing for Beginners 2:30 — Tech Help 4:00 — Theater Class Performance (location TBD)</p>	<p>10</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>11</p> <p>2:00 — <i>Shakespeare Reading Group: Meeting room at Friends Care</i></p>
<p>15</p> <p>9:30 — Beginner Ukulele 10:00 — Improv Theater Games 11:30 — Third Thursday Potluck, p.3 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish 4:30 — Powerful Tools for Caregivers 6:00 — Mending Circle, Sister Trillium</p>	<p>16</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 1:00 — Drawing Practice Group 2:00 — Drawing for Beginners 2:30 — Tech Help</p>	<p>17</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>18</p> <p>12:30 — Grandmother Council 2:00 — <i>Shakespeare Reading Group</i></p>
<p>22</p> <p>10:00 — Improv Theater Games 1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish 7:00 — Community Colloquy*, p.3</p>	<p>23</p> <p>10:00 — All Level Spanish Class 11:30 — Tai Chi 1:00 — Qi Gong 1:00 — Drawing Practice Group 2:00 — Drawing for Beginners 2:30 — Tech Help 4:00 — Bingo, p.3</p>	<p>24</p> <p>1:00 — Mahjong 1:00 — Scrabble</p> <hr/> <p>25</p> <p>2:00 — <i>Shakespeare Reading Group</i></p>
<p>29</p> <p>1:00 — Mahjong 1:30 — <u>Yoga with Reena*</u> 4:00 — Intermediate Spanish 4:00 — Leap Year Social</p>	<div data-bbox="712 1743 901 1929" data-label="Image"> </div> <div data-bbox="1055 1680 1526 1995" data-label="Image"> </div>	

JANUARY 2024

MONDAY

TUESDAY

WEDNESDAY

<p>CLOSED for New Year's Day</p> <p>1</p>	<p>2</p> <p>10:00 — Theater Group 10:00 — Ukulele Class 11:45 — <u>French Class*</u> 1:00 — Qi Gong 2:00 — Rummikub 3:30 — German in Review 4:15 — American Sign Language 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>3</p> <p>10:00 — Big Talk with Karla, p.3 10:00 — Knitting & Crochet 12:00 — Tap Fit 12:00 — Spanish 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge</p>
<p>8</p> <p>10:00 — Draw What You See, p.3 12:00 — <u>Rock Steady Boxing*</u> 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 2:30 — Ethical Wills 3:30 — <u>Strength Training*</u> 4:00 — Adv. Beginner Spanish</p>	<p>9</p> <p>10:00 — Theater Group 10:00 — Ukulele Class 11:45 — <u>French Class*</u> 1:00 — Qi Gong 2:00 — Rummikub 3:30 — German in Review 4:15 — American Sign Language 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>10</p> <p>10:00 — Big Talk with Karla 10:00 — Knitting & Crochet 10:30 — Lunch trip: Hua Mei, p.3 12:00 — Tap Fit 12:00 — Spanish 1:00 — Bridge 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 4:00 — History Discussion Group 6:30 — Bridge</p>
<p>CLOSED for Martin Luther King, Jr. Day</p> <p>15</p>	<p>16</p> <p>10:00 — Theater Group 10:00 — Ukulele Class 11:45 — <u>French Class*</u> 1:00 — Qi Gong 2:00 — Rummikub 3:30 — German in Review 4:15 — American Sign Language 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>17</p> <p>10:00 — Big Talk with Karla 10:00 — Knitting & Crochet 11:15 — Daytrip: Peace Museum, p.3 12:00 — Tap Fit 12:00 — Spanish 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge</p>
<p>22</p> <p>10:00 — Draw What You See 12:00 — <u>Rock Steady Boxing*</u> 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 3:30 — <u>Strength Training*</u> 4:00 — Adv. Beginner Spanish</p>	<p>23</p> <p>10:00 — Theater Group 10:00 — Ukulele Class 11:45 — <u>French Class*</u> 1:00 — Qi Gong 2:00 — Rummikub 3:30 — German in Review 4:15 — American Sign Language 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>24</p> <p>10:00 — Big Talk with Karla 10:00 — Knitting & Crochet 12:00 — Tap Fit 12:00 — Spanish 1:00 — Bridge 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 4:00 — History Discussion Group 5:00 — YSSC Board Meeting 6:30 — Bridge</p>
<p>29</p> <p>10:00 — Draw What You See 12:00 — <u>Rock Steady Boxing*</u> 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 3:30 — <u>Strength Training*</u> 4:00 — Adv. Beginner Spanish</p>	<p>30</p> <p>10:00 — Theater Group 10:00 — Ukulele Class 11:45 — <u>French Class*</u> 1:00 — Qi Gong 2:00 — Rummikub 3:30 — German in Review 4:15 — American Sign Language 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>31</p> <p>10:00 — Big Talk with Karla 10:00 — Knitting & Crochet 12:00 — Tap Fit 12:00 — Spanish 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge</p>

THURSDAY

FRIDAY

SAT / SUN

<p>9:30 — Beginner Ukulele 4</p> <p>10:00 — Improv Theater Games, p.3</p> <p>1:00 — Mahjong</p> <p>1:30 — <u>Yoga with Reena*</u></p> <p>4:00 — <u>Intermediate Spanish</u></p> <p>6:00 — Mending Circle, Sister Trillium</p>	<p>10:00 — All Level Spanish Class 5</p> <p>11:30 — Tai Chi</p> <p>1:00 — Qi Gong</p> <p>1:00 — Drawing Practice Group</p> <p>2:00 — Drawing for Beginners, p.3</p> <p>2:30 — Tech Help</p>	<p>6</p> <p>1:00 — Mahjong</p> <p>1:00 — Scrabble</p> <hr/> <p>7</p>
<p>11</p> <p>9:30 — Beginner Ukulele</p> <p>10:00 — Improv Theater Games</p> <p>1:00 — Mahjong</p> <p>1:30 — <u>Yoga with Reena*</u></p> <p>4:00 — <u>Intermediate Spanish</u></p> <p>4:30 — Powerful Tools for Caregivers, p.3</p>	<p>12</p> <p>10:00 — All Level Spanish Class</p> <p>11:30 — Tai Chi</p> <p>1:00 — Qi Gong</p> <p>1:00 — Drawing Practice Group</p> <p>2:00 — Drawing for Beginners</p> <p>2:30 — Tech Help</p>	<p>13</p> <p>1:00 — Mahjong</p> <p>1:00 — Scrabble</p> <hr/> <p>14</p> <p>2:00 — <i>Shakespeare Reading Group: Meeting room at Friends Care</i></p>
<p>18</p> <p>10:00 — Hearing Aid Help, p.3</p> <p>10:00 — Improv Theater Games</p> <p>11:30 — Third Thursday Potluck, p.3</p> <p>1:00 — Mahjong</p> <p>1:30 — <u>Yoga with Reena*</u></p> <p>4:00 — <u>Intermediate Spanish</u></p> <p>4:30 — Powerful Tools for Caregivers</p> <p>6:00 — Mending Circle, Sister Trillium</p> <p>7:00 — <u>Community Colloquy*, p.3</u></p>	<p>19</p> <p>10:00 — All Level Spanish Class</p> <p>11:30 — Tai Chi</p> <p>1:00 — Qi Gong</p> <p>1:00 — Drawing Practice Group</p> <p>2:00 — Drawing for Beginners</p> <p>2:30 — Tech Help</p>	<p>20</p> <p>1:00 — Mahjong</p> <p>1:00 — Scrabble</p> <hr/> <p>21</p> <p>12:30 — <u>Grandmother Council</u></p> <p>2:00 — <i>Shakespeare Reading Group</i></p>
<p>25</p> <p>10:00 — Improv Theater Games</p> <p>1:00 — Mahjong</p> <p>1:30 — <u>Yoga with Reena*</u></p> <p>4:00 — <u>Intermediate Spanish</u></p> <p>4:30 — Powerful Tools for Caregivers</p>	<p>26</p> <p>10:00 — All Level Spanish Class</p> <p>11:30 — Tai Chi</p> <p>1:00 — Qi Gong</p> <p>1:00 — Drawing Practice Group</p> <p>2:00 — Drawing for Beginners</p> <p>2:30 — Tech Help</p> <p>4:00 — Bingo, p.3</p>	<p>27</p> <p>1:00 — Mahjong</p> <p>1:00 — Scrabble</p> <hr/> <p>28</p> <p>2:00 — <i>Shakespeare Reading Group</i></p>

- See page 2 for class descriptions
- Titles in **Red** are on Zoom
- Titles underlined* & with an * are both in person and on Zoom
- *Italicized titles* meet off site (see page 2 for location)
- 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 February calendar

FEBRUARY 2024

MONDAY

TUESDAY

WEDNESDAY

**Turn over for the
January calendar**

- See page 2 for class descriptions
- Titles in **Red** are on Zoom
- Titles underlined* & with an * are both in person and on Zoom
- *Italicized titles* meet off site (see page 2 for location)
- Zoom links are emailed one hour prior to participants registered through their account on **MyActiveCenter.com**
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<p>5</p> <p>10:00 — Draw What You See 12:00 — <u>Rock Steady Boxing</u>* 1:30 — <u>Yoga with Reena</u>* 1:30 — Euchre Online 3:30 — <u>Strength Training</u>* 4:00 — Adv. Beginner Spanish</p>	<p>6</p> <p>10:00 — Theater Group 10:00 — Ukulele Class 11:45 — <u>French Class</u>* 1:00 — Qi Gong 2:00 — Rummikub 3:30 — German in Review 4:15 — American Sign Language 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>7</p> <p>10:00 — Big Talk with Karla 10:00 — Knitting & Crochet 12:00 — Tap Fit 12:00 — Spanish 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's</u>* 6:30 — Bridge</p>
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<p>19</p> <p>CLOSED for Presidents' Day</p>	<p>20</p> <p>10:00 — Ukulele Class 11:45 — <u>French Class</u>* 1:00 — Qi Gong 2:00 — Rummikub 3:30 — German in Review 4:15 — American Sign Language 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>21</p> <p>10:00 — Big Talk with Karla 10:00 — Knitting & Crochet 12:00 — Tap Fit 12:00 — Spanish 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's</u>* 6:30 — Bridge</p>
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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 are gratefully accepted.

Shakespeare Reading Group

The Shakespeare Reading Group will meet at 2 pm on Sundays Jan. 14, 21, 28 and Feb 11, 18, 25 at the Meeting Room at Friends Care.

Winter Farmers Market

The Senior Center is hosting the indoor winter Farmers Market on Saturdays from 9–11 am with a half hour early for seniors and high-risk individuals from 8:30–9 am.

Ripples 2024

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

The deadline is March 15, 2024. Submission guidelines are available at the Senior Center and on the website at ysseniors.org/Ripples.

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

YSSC/Ripples

227 Xenia Ave.

Yellow Springs, OH 45387

Or email to pgeisel@ysseniors.org.

Copies of past issues are available at the Senior Center and on the website at the address above.

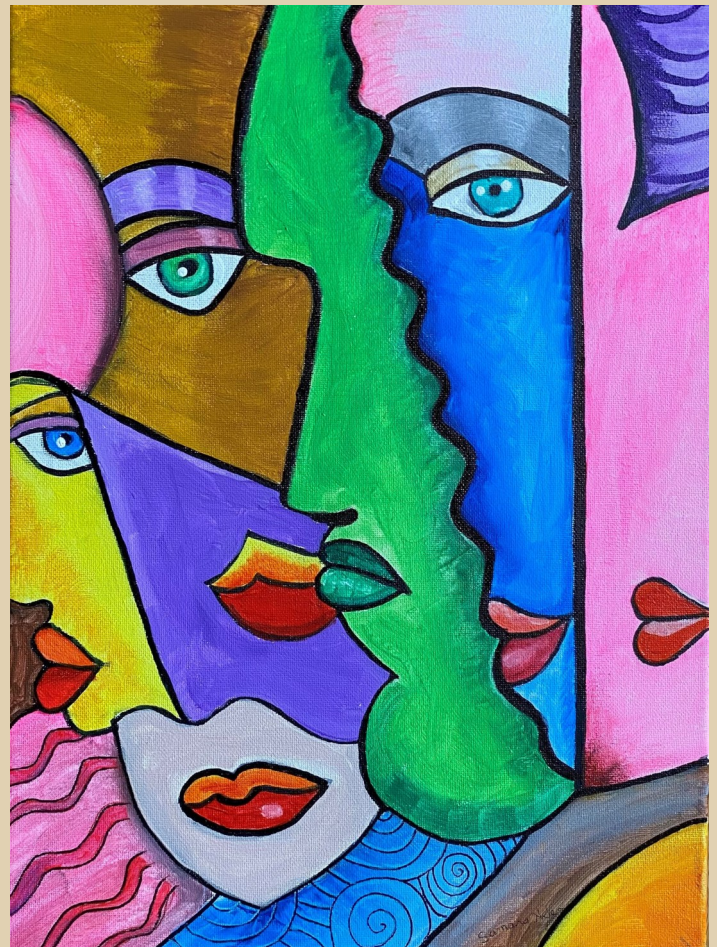
Winter Weather

If the Yellow Springs Schools close due to weather the Senior Center will also be closed. Closings will also be posted on the website, www.ysseniors.org, and the Facebook page. Transportation services may also be affected by weather conditions.

Paintings by Samara Helen, Dec. 29–Feb. 26 in the Fireplace Room

From a very young age, Samara Helen loved drawing. She moved on to charcoal, pastel, oil and ultimately the love of acrylic. She studied art design in college and life happened so she painted only for enjoyment. After her husband passed, her sister and daughter opened a crystal gem and fossil shop in Fairborn. They insisted that she paint and fill their walls with her paintings. Samara noticed people were interested in purchasing them, so she put prices on them. She started doing festivals and fairs, sold art online, and at Dayton's local popular restaurant the Butter Café in Dayton.

Her style is eclectic and she has been inspired by many influences, such as Picasso Lichtenstein, and things she sees in photos, nature, and from her life in Japan. Lately she is inspired by her diverse ethnic background and her tribal link to the Patawomeck Indians, of Virginia.



Greene County Council on Aging Events

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

Membership Renewal

January is the month that all YSSC memberships renew. Annual membership is \$25. Each additional household member is \$15 extra. If you are unable to pay the membership dues, contact Stephanie Lawson, Support Services Manager, to discuss a reduced rate.

Make checks payable to **Yellow Springs Senior Center**, and drop off at or mail to: YSSC, 227 Xenia Ave., Yellow Springs, OH, 45387 or pay online at ysseniors.org/membership.

Welcome NEW Members!

Sharon Bonadies • Jo Bouchard • Lisa Davis

Terry Graham • Lynda Hardman

Dr. Abeer Hassan • Thomas & Vicki Heiskell

Jenny Moore • Cindy Shaffer



Volunteer Appreciation Brunch

The Yellow Springs Senior Center held a volunteer appreciation brunch to honor the volunteers – over 175 individuals in 2023 – who share their time and skills to help the programs run smoothly. Volunteers help as drivers, receptionists, class leaders and so much more. If you are interested in learning more about volunteer opportunities, call Maggie Dean at 937-767-5751, send an email to mdean@ysseniors.org, or visit ysseniors.org/volunteer. **Thanks to all our wonderful volunteers!**

January Birthdays

01/01* Betty Hairston
 01/01* Jean Nealon
 01/02* Rosemarie Friz
 01/02* Don Gasho
 01/03* Mary Gail Simpson
 01/03 Deborah McGee
 01/03 Cindy Shaw
 01/03* Frances Simon
 01/04 Jody Frisby
 01/04* Phil King
 01/05* Shirley Hatfield
 01/06 Diana Atkins
 01/09 Brook Parker
 01/09 Linda Behrens Potter
 01/10* Paul Beck
 01/10 Kay Kendall
 01/10 Roger Reynolds
 01/11 Jay Rothman
 01/12* Bruce Bradford
 01/14 Ellen B Marshall
 01/15 Lynda Hardman
 01/17 Amy Achor
 01/17 Laura Curliss
 01/18 Barbara Byrd
 01/18 Deloria Jacobs
 01/19* Dan Beverly
 01/19* Dianne Collinson
 01/19 Lawrence McKever
 01/20 Jan Bookwalter
 01/21 Tom Heiskell
 01/22 Emily Brucker
 01/22* Dorothy Freeman
 01/23* Bea Biteman
 01/23 Ruth Paige
 01/26 Anthony Barrett
 01/27 Bette Kelley
 01/27 Katherine Schooler-Williams
 01/28* Patty Alexander
 01/28* Gail Bauman
 01/28* Judy Rose
 01/28 Faye Choo
 01/29 Mark Crawford
 01/30* Mary Lamborg
 01/30 Alan Staiger

***Indicates those known to be 80 or older.** *We apologize to anyone who may have been left off in error.*

February Birthdays

02/01 Donna Caslin
 02/02* Celia Diamond
 02/02* Diana Hayman
 02/03* Helen Eier
 02/03* Lois Gladchild
 02/03 JK Lourens
 02/03 Diana Partee
 02/03 Sue Pfeiffer
 02/03 Dee Sorrell
 02/06* Joyce Dey
 02/07 Molly GunderKline
 02/07 MJ Kalkis
 02/07* Nina Myatt
 02/07 Kathy Robertson
 02/07 Margie Wehner
 02/08* Phyllis Evans
 02/08 Carolyn Smith
 02/08* Barbara Stockley
 02/10 Patti Dallas
 02/12* Nora Barth
 02/12 Irena Brawley
 02/13 Greg Treadwell
 02/13 Kimberly Horn
 02/15 Barbara Klopp
 02/16 Jeff Huntington
 02/16* Maggie Heston
 02/16 Susan Murphy
 02/16* Peter Whitson
 02/16 Charlene Prestopino
 02/16 Lawrence Turyn
 02/16 Barbara Zulliger
 02/17 Maria Valentine Wright
 02/17* Janeal Ravndal
 02/18 Robert Lytle
 02/18 Bill Randolph
 02/20 Coletta Bernaves
 02/21 Wanda Stewart-Hardin
 02/21* Margrit Tydings-Petrie
 02/22* Dinah Anderson
 02/22 Mark Partee
 02/23 Carolyn Ray
 02/23* Wilford Simon
 02/24 Peggy Saber
 02/25 Marna Street
 02/26 Scott Kellogg
 02/26 David Robinow
 02/27 Ralita Chambers
 02/29 Claire Burbank



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

Board of Trustees

Wayne Gulden, *President*
 Diane Chiddister, *Vice-President*
 Jerry Sutton, *Treasurer*
 Anna Bellisari, *Secretary*
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 Carpenter, Jim Johnson, Linda Scutt

Staff – 937-767-5751

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Caroline Mullin, x101

Homemaker Program Manager

Teresa Bondurant, x107

Support Services Manager

Stephanie Lawson, x108

Transportation Manager

Robert Libecap, x104

Activities & Volunteer Coordinator

Maggie Dean, x109

Bookkeeper

Jeanna GunderKline

Operations Assistant

Lin Wood, x103

Marketing Manager

Pam Geisel, x106

Homemakers: Vicci Ayers, Amy
 Bennett, Suzann Blanton, Jennifer
 Johnson, Julia Molnar, Heather
 Neill, Bonnie Rodriguez, Tamara
 Smith, Aiysha Walker

Newsletter Deadline

Copy deadline is **Feb. 1** for Mar/Apr,
 emailed to pgeisel@ysseniors.org

Mailing Volunteers

Andree Bogнар, Karla Bristow, Arati
 Cacciolfi, Mary Cargan, Anna Hogarty,
 Larry McKeever, Marian Miller, Michele
 Wilson

**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

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Jan/Feb 2024

YSSC Services

- Transportation
- Support Services
- Homemaker Program
- Activities Program

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

Two Raffles!

Dinner prepared by Chef Susan Neff

A five-course meal prepared by Chef Susan Neff with wines for four people! The meal will be planned with you to accommodate your schedule and dietary needs. Some dates are not available. The value of this meal is \$350.



Three Ten Bed & Breakfast

TWO \$75 gift certificates for the Three Ten Bed & Breakfast in Yellow Springs to be used by the end of 2024 on any available room booked in advance! More info about the Bed & Breakfast can be found at ThreeTenBedAndBreakfast.com



Raffle tickets for each raffle are \$10 per chance and can be purchased at the Senior Center. The drawing will be held on January, 31 2024. Proceeds benefit the Senior Center.

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.