

# 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](http://ysseniors.org)

## Director's Comments

This March, Maggie and I attended the Ohio Association of Senior Center's annual conference. The event provides great networking and learning opportunities, and we returned with inspiration and ideas that we look forward to implementing. Our organization, like all of us, continues to develop and adapt, and is preparing for our next big change.

There are no set parameters for what constitutes a Senior Center. Some, like our neighboring center in Clifton, are a gathering place for potlucks but provide no services and have no staff. Others, like Beavercreek, Springfield, and Xenia, are large complexes that provide meals, fitness centers, pickleball courts and more. If you would like to see some examples of other senior centers, we have provided some links to virtual tours on our website at [ysseniors.org/NewBuilding](http://ysseniors.org/NewBuilding).

As we begin to consider the aspects of our new facility, it is important that we hear from the community what visions or ideas can shape the plans. One such example is the article Macy Reynolds provided which explains how playing Ping Pong is beneficial for people living with Parkinson's Disease. We intend to add Ping Pong to our activities, hopefully even before we are in a new location.

On Thursday, May 16 at 7 pm, we invite you to join the conversation about ideas for the new building. We have a unique opportunity, since we have a "blank slate" of land, to be creative and innovative. This new building will reflect our community, not be a cookie-cutter building, and will be the place where generations come to share time and talents. We expect to expand our opportunities for programming, have more concurrent classes and certainly improve our physical access.

An important distinction from other centers that we can continue to boast of is how many services we provide with no fees. This includes transportation (though a donation is greatly appreciated), most classes, and a variety of services like tech help, medical equipment loan, and grocery shopping. We can do this only because of incredible community support: volunteers who drive, lead programs, and step up in a variety of ways; funding through the Greene County Council on Aging; and generous donors who provide about 25% of our operating costs.

Please see the notice included in this newsletter regarding our Annual Meeting, June 26 at 5 pm. We will have the opportunity to thank the outgoing Board members, who have helped us navigate many challenges in recent years. Anna Bellisari, Wayne Gulden, and Linda Scutt have provided hundreds of hours of service to help steer through COVID, a new director, and the purchase of the new land. We are fortunate to have some wonderful new board candidates, who will help us navigate these next big steps. Thank you for all the ways you, as a member and participant, help us keep moving forward!

– Caroline Mullin, Executive Director  
937-767-5751 x 101, [cmullin@ysseniors.org](mailto:cmullin@ysseniors.org)



A cosmic eclipse experience at the new 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](mailto:info@ysseniors.org) to get the link.

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

All levels welcome. *Great Room and on Zoom.*

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

Low impact. *Great Room and on Zoom.*

### Qi Gong, Tues. & Fri. 1–1:45 pm

Following an easy DVD. *Great Room.*

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

Classes cost \$10 per person. *Great Room.*

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

For people with PD. *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](mailto:JudithSkillings@yahoo.com).*

### Intermediate Spanish with Josefina, Thurs. 4 pm

Suggested donation \$100 for 10 sessions. *On Zoom.*  
*Contact [JudithSkillings@yahoo.com](mailto:JudithSkillings@yahoo.com).*

### All Level Spanish Class, Fri. 10 am

An all level Spanish Class. *Great Room.*

### German in Review, Tues. 3:30–4:30 pm

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

### French Conversation\*, Wed. 3:30 pm

*Great Room and on Zoom.*

### 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](http://ysseniors.org/calendar) or  
[MyActiveCenter.com](http://MyActiveCenter.com)

## Card & Strategy Games

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

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

### Rummikub, Tues. 2 pm, Great Room.

### Bridge, 2nd & 4th Wed. 1–3:30 pm, Fireplace Room.

### Bridge, Wed. 6:30–9 pm, Great Room.

### Mahjong, Thurs. & Sat. 12:30–4 pm

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

### Scrabble, Sat. 1–3:30 pm, Fireplace Room.

## Other Social Activities

### Ethical Wills with Artie Isaac

Convey your values, stories and info to loved ones.  
*Thursday, June 6 at 11 am, in the Fireplace Room.*

### Bi-Monthly Financial Series, 2nd Mon. 5 pm

Ryan Beach will present financial information in May, July, September, and November. *Great Room.*

### Ukulele Classes, 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. *Great Room.*

### Current Events Discussion Group,

*2nd & 2th Wed. 4 pm, Fireplace Room.*

### Golden Morning Walkers, Thurs. 10–11 am

Meet at the Vernet building in Glen Helen.

### Drawing Practice Group, Fri. 1–2 pm, Fireplace Room

### Tech Help, Fri. 2:30–3:30 pm, Fireplace Room.

Bring your passwords and devices.

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

25¢ per card, must be 21. *Great Room*

### Discussing Our Own Death, 1st Sat. 3:30–5 pm

*In the Great Room.*

### Grandmother Council, Third Sun. 12:30 pm

For info, email [dreamspinner.crone@gmail.com](mailto:dreamspinner.crone@gmail.com).

# UPCOMING EVENTS & NEW ACTIVITIES <sup>3</sup>

## **Community Colloquy Series, 3rd Thursday, 7 pm**

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

Thursday, May 16, Caroline Mullin, Executive Director of YSSC, will speak about the planning and process to design a new facility. Participants can share their ideas and inspirations to create a building that serves the community for decades to come.

Thursday, June 20 is “What Are You Afraid Of?” Thinking and Talking About Death. Lynda Routley, a trained End of Life doula and Death Cafe host will share her interest in our common fate.

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](mailto:info@ysseniors.org).

## **Day Trips**

### ***Champaign Aviation Museum, Thurs., May 9, 10 am***

Meet at the John Bryan parking lot to carpool to the museum in Urbana. Lunch after the tour at The Farmer’s Daughter restaurant. The museum is free, donation recommended. Plan to return by 1 pm or sooner. Contact Maggie to register.

### ***Springfield Museum of Art, Thurs., June 13, 10 am***

Meet at the John Bryan parking lot to carpool to the museum. Lunch after at the COHatch building in Springfield, where various eateries can be selected. Plan to return by 1 pm. Contact Maggie to register.

## **Grocery & Lunch Trip**

### ***Dorothy Lane Market and All the Best Delicatessen, Tues. May 7, 10:30 am***

Meet at John Bryan parking lot. We’ll eat first, and then shop at Dorothy Lane before returning to YS no later than 1 pm. Contact Maggie to register.

## **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 May 23 potluck speaker is Erin Harsh, Nervous System Coach, who will discuss her work as it pertains to healthy aging. *Please note this is the fourth Thursday so participants can attend the Senior Palooza on May 16 (see page 10).*

The June 20 potluck speaker is Justin Howard and others who will present on what is offered at Tweedle D’s, located right here in Yellow Springs.

## **Draw What You See, Mondays, 10–11 am**

Don Sak’s class will return for another 8-week session from June 10–July 29. Contact Maggie to register.

## **Genealogy Group, Mondays, 10–11 am**

With Annie Blanchard as the leader, this group will explore the process of discovering your ancestry. The group meets weekly from May 6–June 24 in the Fireplace Room. Contact Maggie to register.

## **Facial Exercise Class, Alternate Mondays, 2–3 pm**

Andrew Brody’s Facial Exercise class now meets on the first and third Mondays starting on May 6. Contact Maggie to register. \$5 fee per person.

## **Watercolor Workshop, Fri., May 17, 10 am–1 pm**

Anna Morlight will lead this one-day, three-hour class at Beatty-Hughes Park, adjacent to the Kieth’s Alley lot and close to Senior Center for restroom breaks. Participants may take a short break for lunch nearby. The \$30 participation fee covers materials only, which will be provided by the instructor. Limited to 10 people. Contact Maggie to register.

## **Dayton Dragon’s Game, Thurs., June 6, 7 pm**

The Senior Center has a block of tickets for \$14 each with half of the proceeds going back to the Center. Tickets should be purchased before May 6. [fevo-enterprise.com/YellowSpringsSeniorCenter](http://fevo-enterprise.com/YellowSpringsSeniorCenter)

## **Street Fair, Saturday, June 8, 9 am–5 pm**

We’ll have vendor booths (*see page 9 to apply*), a 50/50 raffle, new Ripples issues, raffle for pottery pieces by Miami Valley Pottery, and free puzzles!

## **June Pottery Project, Tues., June 18, 1–3 pm**

We’ll make small medallions and other pieces to sell at Art on the Lawn in August. No fee to participation. Contact Maggie for more info and to register.

## **Summer Social, Fri., June 21, 3–4 pm**

Join this gathering on the patio for some summer fun. More info to come.

## **Annual Meeting, Wed., June 26, 5 pm**

Everyone is welcome to attend either in the person in the Great Room or through Zoom. Register at MyActiveCenter.com, call 937-767-5751, or email [info@ysseniors.org](mailto:info@ysseniors.org). *See insert for agenda and nominees.*

## Appreciation

Recently I attended a workshop on Intersectionality and how to create a more equitable and inclusive community. It helped me to appreciate even more our Senior Center and our village and the opportunity to get to interact and work with so many amazing people. It was also a nice reminder that we all have many factors that help make us who we are.

We are always here to help you with questions about insurance and Medicare, as well as information on food, housing and other services to help seniors age in place in their own home. Happy Spring! Get outside and enjoy the warmer weather!

– **Stephanie Lawson, RN, Support Services Manager**  
937-767-5751, ext. 108, [slawson@ysseniors.org](mailto:slawson@ysseniors.org)

## Excitement

So much excitement...A total eclipse where we had a great view from the land that represents the bright future of our Senior Center. It is exciting to think of how we will be able to extend our reach to provide more services for the seniors in the Village: homemaking, transportation, adult support to name a few. What's even more exciting is to hear the energy pulsating throughout the center: increased participation in activities, exercising, puzzles and games; making the Center a social hot spot for community members of all ages. Come check us out, we are EXCITED to serve you.

–**Teresa Bondurant, Homemaker Program Manager**  
937-767-5751 x107, [tbondurant@ysseniors.org](mailto:tbondurant@ysseniors.org)

## Parkinson's Puzzle Hunt

**Saturday, May 11, 9:30 am–12:30 pm**

**\$10 per person (\$15 after May 1)**

**on teams of 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](http://ysseniors.org/pdph).



## Volunteer with Us!

*Baby you can drive my car.*

*Yes, you're gonna be a star.*

*Baby you can drive my car...beep-beep, beep-beep, yeah!*

–Beatles, *Drive My Car*

Get in the Driver's Seat of Awesome!

Are you tired of the same old commute? Ready to put some mileage on your kindness odometer? Well, buckle up because we're looking for some rockstar volunteer drivers to join our community crusade!

Here's the scoop: There are a bunch of local folks dedicated to making a positive impact in our community. Many are already working as volunteer drivers – on the road weekly to help neighbors get to the grocery store, arrive on time for medical appointments and hitch an occasional ride across town to "gussy up" at their hair salon. They are working very hard to keep up with it all – they could use a little help from their friends.

And that's where you come in. We need your driving prowess to help us navigate the highways and byways of goodwill. We've got the car, the fuel and maintenance are on us – as long as you've got a clean driving record and a heart full of kindness, you're qualified!

Perks of the gig? Oh, let us count the ways:

- **Feel-Good Feels:** Nothing beats the warm fuzzies you get from knowing you've made someone's day a little brighter. In so many big and little ways, volunteer driving is all about spreading smiles and good vibes.
- **Free Snacks:** Well, not regularly. There are homemade cookies once in a while, sometimes a bag full of nuts you can find on a counter and, maybe, if Angela's at work, a cup of fresh coffee. But food isn't really the point, is it?
- **VIP Status:** You'll be the hero of the hour, rolling around town with your cape... err, car, ready to save the day.
- **Eternal Gratitude:** Seriously, we'll be forever grateful for your awesomeness. Passengers won't forget your kindness.

Ready to rev your engines and join us on this epic adventure? Give us a call or drop in and let us know. Pedal to the metal, let's get this show on the road!

– **Robert Libecap, Transportation Manager**  
937-767-5751 x104, [rilibecap@ysseniors.org](mailto:rilibecap@ysseniors.org)

**THURSDAY**

**FRIDAY**

**SAT / SUN**



**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*

**1**  
12:30 — Mahjong  
1:00 — Scrabble  
3:30 — Discussing Our Own Death  
**2**

**6**  
9:30 — Beginner Ukulele  
10:00 — Golden Morning Walkers  
11:00 — Ethical Wills  
12:30 — Mahjong  
1:30 — Yoga with Reena\*  
4:00 — **Intermediate Spanish**  
7:00 — **Dayton Dragon’s Game, p.3**

**7**  
10:00 — All Level Spanish Class  
11:30 — Tai Chi  
1:00 — Qi Gong  
1:00 — Drawing Practice Group  
2:30 — Tech Help

**8**  
9:00 — **Street Fair, p. 3 & 9**  
**9**

**13**  
9:30 — Beginner Ukulele  
10:00 — Golden Morning Walkers  
10:00 — **Daytrip to Springfield Museum of Art, p. 3**  
12:30 — Mahjong  
1:30 — Yoga with Reena\*  
4:00 — **Intermediate Spanish**

**14**  
10:00 — All Level Spanish Class  
11:30 — Tai Chi  
1:00 — Qi Gong  
1:00 — Drawing Practice Group  
2:30 — Tech Help

**15**  
12:30 — Mahjong  
1:00 — Scrabble  
**16**  
12:30 — **Grandmother Council**

**20**  
9:30 — Beginner Ukulele  
10:00 — Golden Morning Walkers  
11:30 — **Third Thursday Potluck, p.3**  
12:30 — Mahjong  
1:30 — Yoga with Reena\*  
4:00 — **Intermediate Spanish**  
7:00 — **Community Colloquy\*, p. 3**

**21**  
10:00 — All Level Spanish Class  
11:30 — Tai Chi  
1:00 — Qi Gong  
1:00 — Drawing Practice Group  
2:30 — Tech Help  
3:00 — **Summer Social, p.3**

**22**  
12:30 — Mahjong  
1:00 — Scrabble  
**23**

**27**  
10:00 — Golden Morning Walkers  
12:30 — Mahjong  
1:30 — Yoga with Reena\*  
4:00 — **Intermediate Spanish**

**28**  
10:00 — All Level Spanish Class  
11:30 — Tai Chi  
1:00 — Qi Gong  
1:00 — Drawing Practice Group  
2:30 — Tech Help  
4:00 — **Bingo**

**29**  
12:30 — Mahjong  
1:00 — Scrabble  
5:30 — **Garden Dinner Party**  
**30**

# MAY 2024

## MONDAY

## TUESDAY

## WEDNESDAY

- 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**

<p><b>6</b></p> <p>10:00 — <b>Genealogy Group, p.3</b>            12:00 — <u>Rock Steady Boxing*</u>            1:30 — <u>Yoga with Reena*</u>  <b>1:30 — Euchre Online</b>  <b>2:00 — Facial Exercise, p.3</b>            3:30 — <u>Strength Training*</u>  <b>4:00 — Adv. Beginner Spanish</b></p>	<p><b>7</b></p> <p>10:00 — Ukulele Class  <b>10:30 — Grocery &amp; Lunch Trip, p.3</b>            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><b>1</b></p> <p>10:00 — Knitting &amp; Crochet  <b>12:00 — Spanish</b>  <b>1:30 — Euchre Online</b>            2:00 — <u>Dancing with Parkinson's*</u>            3:30 — <u>French Conversation*</u>            6:30 — Bridge</p>
<p><b>13</b></p> <p>10:00 — Genealogy Group            12:00 — <u>Rock Steady Boxing*</u>            1:30 — <u>Yoga with Reena*</u>  <b>1:30 — Euchre Online</b>            3:30 — <u>Strength Training*</u>  <b>4:00 — Adv. Beginner Spanish</b>  <b>5:00 — Financial Series</b></p>	<p><b>14</b></p> <p>10:00 — Ukulele Class            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><b>8</b></p> <p>10:00 — Knitting &amp; Crochet  <b>12:00 — Spanish</b>            1:00 — Bridge  <b>1:30 — Euchre Online</b>            2:00 — <u>Dancing with Parkinson's*</u>            3:30 — <u>French Conversation*</u>            4:00 — Current Events            6:30 — Bridge</p>
<p><b>20</b></p> <p>10:00 — Genealogy Group            12:00 — <u>Rock Steady Boxing*</u>            1:30 — <u>Yoga with Reena*</u>  <b>1:30 — Euchre Online</b>            2:00 — Facial Exercise            3:30 — <u>Strength Training*</u>  <b>4:00 — Adv. Beginner Spanish</b></p>	<p><b>21</b></p> <p>10:00 — Ukulele Class            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><b>15</b></p> <p>10:00 — Knitting &amp; Crochet  <b>12:00 — Spanish</b>  <b>1:30 — Euchre Online</b>            2:00 — <u>Dancing with Parkinson's*</u>            3:30 — <u>French Conversation*</u>            6:30 — Bridge</p>
<p><b>27</b></p> <p><b>Closed for Memorial Day</b></p>	<p><b>28</b></p> <p>10:00 — Ukulele Class            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><b>22</b></p> <p>10:00 — Knitting &amp; Crochet  <b>12:00 — Spanish</b>            1:00 — Bridge  <b>1:30 — Euchre Online</b>            2:00 — <u>Dancing with Parkinson's*</u>            3:30 — <u>French Conversation*</u>            4:00 — Current Events            5:00 — YSSC Board Meeting            6:30 — Bridge</p>
		<p><b>29</b></p> <p>10:00 — Knitting &amp; Crochet  <b>12:00 — Spanish</b>  <b>12:45 — Flash Mob, p.10</b>  <b>1:30 — Euchre Online</b>            2:00 — <u>Dancing with Parkinson's*</u>            3:30 — <u>French Conversation*</u>            6:30 — Bridge</p>

**THURSDAY**

**FRIDAY**

**SAT / SUN**

<p><b>2</b></p> <p>9:30 — Beginner Ukulele          10:00 — Golden Morning Walkers          12:30 — Mahjong          1:30 — <u>Yoga with Reena*</u>          4:00 — <u>Intermediate Spanish</u></p>	<p><b>3</b></p> <p>10:00 — All Level Spanish Class          11:30 — Tai Chi          1:00 — Qi Gong  <b>1:00 — Walk as 1 p.10</b>          1:00 — Drawing Practice Group          2:00 — Flash Mob Practice          2:30 — Tech Help</p>	<p><b>4</b></p> <p>12:30 — Mahjong          1:00 — Scrabble          3:30 — Discussing Our Own Death</p> <hr/> <p><b>5</b></p>
<p><b>9</b></p> <p>9:30 — Beginner Ukulele          10:00 — Golden Morning Walkers  <b>10:00 — Daytrip to Champaign Aviation Museum, p.3</b>          12:30 — Mahjong          1:30 — <u>Yoga with Reena*</u>          4:00 — <u>Intermediate Spanish</u></p>	<p><b>10</b></p> <p>10:00 — All Level Spanish Class          11:30 — Tai Chi          1:00 — Qi Gong          1:00 — Drawing Practice Group          2:00 — Flash Mob Practice          2:30 — Tech Help</p>	<p><b>11</b></p> <p><b>9:30 — Parkinson’s Puzzle Hunt, p.4</b>          12:30 — Mahjong          1:00 — Scrabble</p> <hr/> <p><b>12</b></p>
<p><b>16</b></p> <p>9:30 — Beginner Ukulele          10:00 — Golden Morning Walkers  <b>11:30 — Carpool to SeniorPaloosa, p.10</b>          12:30 — Mahjong          1:30 — <u>Yoga with Reena*</u>          4:00 — <u>Intermediate Spanish</u>          7:00 — <u>Community Colloquy*</u>, p.3</p>	<p><b>17</b></p> <p>10:00 — All Level Spanish Class  <b>10:00 — Watercolor Workshop, p.3</b>          11:30 — Tai Chi          1:00 — Qi Gong          1:00 — Drawing Practice Group          2:00 — Flash Mob Practice          2:30 — Tech Help</p>	<p><b>18</b></p> <p>12:30 — Mahjong          1:00 — Scrabble</p> <hr/> <p><b>19</b></p> <p><b>12:30 — Grandmother Council</b></p>
<p><b>23</b></p> <p>10:00 — Golden Morning Walkers  <b>11:30 — Thursday Potluck, p.3</b>          12:30 — Mahjong          1:30 — <u>Yoga with Reena*</u>          4:00 — <u>Intermediate Spanish</u></p>	<p><b>24</b></p> <p>10:00 — All Level Spanish Class          11:30 — Tai Chi          1:00 — Qi Gong          1:00 — Drawing Practice Group          2:00 — Flash Mob Practice          2:30 — Tech Help  <b>6:00 — Art Reception, p.9</b></p>	<p><b>25</b></p> <p>12:30 — Mahjong          1:00 — Scrabble</p> <hr/> <p><b>26</b></p>
<p><b>30</b></p> <p>10:00 — Golden Morning Walkers          12:30 — Mahjong          1:30 — <u>Yoga with Reena*</u>          4:00 — <u>Intermediate Spanish</u></p>	<p><b>31</b></p> <p>10:00 — All Level Spanish Class          11:30 — Tai Chi          1:00 — Qi Gong          1:00 — Drawing Practice Group          2:30 — Tech Help  <b>4:00 — Bingo</b></p>	<div style="text-align: center;">  <p><b>Turn over for the June calendar</b></p> </div>

# JUNE 2024

## MONDAY

## TUESDAY

## WEDNESDAY

Turn over for the  
May 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**
- Check for updates on **ysseniors.org/calendar** or **MyActiveCenter.com**

<p><b>3</b></p> <p>10:00 — Draw What You See, p. 3</p> <p>10:00 — Genealogy Group</p> <p>12:00 — <u>Rock Steady Boxing*</u></p> <p>1:30 — <u>Yoga with Reena*</u></p> <p>1:30 — <b>Euchre Online</b></p> <p>2:00 — Facial Exercise</p> <p>3:30 — <u>Strength Training*</u></p> <p>4:00 — <b>Adv. Beginner Spanish</b></p>	<p><b>4</b></p> <p>10:00 — Ukulele Class</p> <p>1:00 — Qi Gong</p> <p>2:00 — Rummikub</p> <p>3:30 — German in Review</p> <p>4:15 — American Sign Language</p> <p>5:15 — Tai Chi</p> <p>7:00 — YS Strings Rehearsal</p>	<p><b>5</b></p> <p>10:00 — Knitting &amp; Crochet</p> <p>12:00 — <b>Spanish</b></p> <p>1:30 — <b>Euchre Online</b></p> <p>2:00 — <u>Dancing with Parkinson's*</u></p> <p>3:30 — <u>French Conversation*</u></p> <p>6:30 — Bridge</p>
<p><b>10</b></p> <p>10:00 — Draw What You See</p> <p>10:00 — Genealogy Group</p> <p>12:00 — <u>Rock Steady Boxing*</u></p> <p>1:30 — <u>Yoga with Reena*</u></p> <p>1:30 — <b>Euchre Online</b></p> <p>3:30 — <u>Strength Training*</u></p> <p>4:00 — <b>Adv. Beginner Spanish</b></p>	<p><b>11</b></p> <p>10:00 — Ukulele Class</p> <p>1:00 — Qi Gong</p> <p>2:00 — Rummikub</p> <p>3:30 — German in Review</p> <p>4:15 — American Sign Language</p> <p>5:15 — Tai Chi</p> <p>7:00 — YS Strings Rehearsal</p>	<p><b>12</b></p> <p>10:00 — Knitting &amp; Crochet</p> <p>12:00 — <b>Spanish</b></p> <p>1:00 — Bridge</p> <p>1:30 — <b>Euchre Online</b></p> <p>2:00 — <u>Dancing with Parkinson's*</u></p> <p>3:30 — <u>French Conversation*</u></p> <p>4:00 — Current Events</p> <p>6:30 — Bridge</p>
<p><b>17</b></p> <p>10:00 — Draw What You See</p> <p>10:00 — Genealogy Group</p> <p>12:00 — <u>Rock Steady Boxing*</u></p> <p>1:30 — <u>Yoga with Reena*</u></p> <p>1:30 — <b>Euchre Online</b></p> <p>2:00 — Facial Exercise</p> <p>3:30 — <u>Strength Training*</u></p> <p>4:00 — <b>Adv. Beginner Spanish</b></p>	<p><b>18</b></p> <p>10:00 — Ukulele Class</p> <p>1:00 — Qi Gong</p> <p>1:00 — <b>June Pottery Project, p. 3</b></p> <p>2:00 — Rummikub</p> <p>3:30 — German in Review</p> <p>4:15 — American Sign Language</p> <p>5:15 — Tai Chi</p> <p>7:00 — YS Strings Rehearsal</p>	<p><b>19</b></p> <p><b>Closed for Juneteenth</b></p>
<p><b>24</b></p> <p>10:00 — Draw What You See</p> <p>10:00 — Genealogy Group</p> <p>12:00 — <u>Rock Steady Boxing*</u></p> <p>1:30 — <u>Yoga with Reena*</u></p> <p>1:30 — <b>Euchre Online</b></p> <p>3:30 — <u>Strength Training*</u></p> <p>4:00 — <b>Adv. Beginner Spanish</b></p>	<p><b>25</b></p> <p>10:00 — Ukulele Class</p> <p>1:00 — Qi Gong</p> <p>2:00 — Rummikub</p> <p>3:30 — German in Review</p> <p>4:15 — American Sign Language</p> <p>5:15 — Tai Chi</p> <p>7:00 — YS Strings Rehearsal</p>	<p><b>26</b></p> <p>10:00 — Knitting &amp; Crochet</p> <p>12:00 — <b>Spanish</b></p> <p>1:00 — Bridge</p> <p>1:30 — <b>Euchre Online</b></p> <p>2:00 — <u>Dancing with Parkinson's*</u></p> <p>3:30 — <u>French Conversation*</u></p> <p>4:00 — Current Events</p> <p>5:00 — <b>YSSC Annual Meeting, p. 3</b></p> <p>6:30 — Bridge</p>



## 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](mailto:info@ysseniors.org)
- [ysseniors.org/grocery-delivery-program](http://ysseniors.org/grocery-delivery-program)
- call 937-767-5751 during open hours

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

## Kroger Rewards

If you shop at Kroger you can designate YSSC as your "Kroger Rewards" organization. Our number is RU161. There are directions on our website about how to register at [ysseniors.org/kroger-rewards.html](http://ysseniors.org/kroger-rewards.html).

## Art Show Applications

The art committee is looking for artists 55 or older who would like to be considered for a show in 2024. Interested artists can find more information and an application at [ysseniors.org/art](http://ysseniors.org/art).

## Ripples

*Ripples*, the annual literary magazine, will be mailed to all members along with the next newsletter. Copies will be available for \$5 starting the day of Street Fair, June 8 at the Senior Center.

## Street Fair Vendor Space

The Yellow Springs Senior Center is accepting applications for vendor spaces during the Street Fair, Saturday, June 8. The space will be open for the regular Street Fair times of 9 am–5 pm. The cost is \$30 per table for YSSC members and \$50 per table for non-members (annual YSSC Membership is \$25 for an individual), with priority given to members. Applications are due May 13.

Indoor table spaces (tables provided, most are 6 ft x 2.5 ft). If more than one table is needed for your space, you must pay for each table.

All items sold must be made by a person who is working at the table and tables must be set up on Friday, June 7 between 4–6 pm.

Applications and more information are available at the Senior Center and also on the website at [ysseniors.org/street-fair](http://ysseniors.org/street-fair).

## Paintings by Christine Klinger

May 2–July 1, 2024

Reception Friday, May 24, 4–6 pm

Christine Klinger is a Yellow Springs artist with a B.A. in Psychology from Antioch College and an M.S. in Photojournalism from Ohio University, Athens. She has written and photographed for publications in Ohio and South Carolina.

She worked in sculpture for years, receiving a Visual Artist Fellowship from Montgomery County (OH) Arts & Cultural District. She's exhibited, won awards, and taught at art centers and colleges in SC, CA and OH (including Antioch).

Christine was Gallery Coordinator at Rosewood Arts Center in Kettering, OH, for 10 years. Around 2006, she started painting. She received an Artist in Residency in Photography and Painting from the State of SC. She is the former owner of Springs Gallery in Yellow Springs, a former member of Village Artisans Co-op, and was on the Board of Trustees of YS Arts Council until she started



getting busier with Klinger Studio.

Christine's husband, Jim, is an artist and musician. They plan to teach classes at Klinger Studio in Yellow Springs. Visit their site at: [KlingerStudio.com](http://KlingerStudio.com). Interested students and instructors may contact them with ideas and class proposals.

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.

# GREENE COUNTY COUNCIL ON AGING

## SeniorPalooza 2024: Seeking Balance

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 1 from 1:30–3 pm in the Xenia Community Center parking lot, 1265 W. Second St., next to the Council’s office. The “Well Balanced Takeaway Bag” with the Itinerary, a challenge kit, surprises, and the registration form for the Senior Field Day.

The **Senior Field & Gathering Day** at the XCC is Thursday May 16 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, call 937-767-5751, or email [info@ysseniors.org](mailto: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 striving for balance. Real Roots Radio FM 100.3/am 1500 for the Song of the Day from May 6–16 for a chance to win prizes.

For more information or to request an itinerary, contact the Council at [YourFriends@gcco.org](mailto:YourFriends@gcco.org) or 937-376-5486 or on their website at [gcco.org](http://gcco.org).

## Flash Mob 2024

Wednesday, May 29

To celebrate National Senior Health & Fitness Day Wednesday, May 29, 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 practice times on Fridays in May from 2–3:30 pm in the Great Room.

## Walk as One at 1

The first Saturday in May is World Labyrinth Day. Many people walk a labyrinth to seek balance, to reflect, meditate, pray or find peace. When it isn’t possible to visit an outdoor labyrinth, just a walk in a park can accomplish the same thing.

The day before World Labyrinth Day, the Greene County Council on Aging is hosting a “Walk as One at 1” on Friday, May 3, at Russ Nature Reserve, located at 2380 Kemp Rd. in Beavercreek. Participants can start gathering at the shelter at 12:30 pm. Snack bags will be provided but people should bring their own water. Contact Maggie if you’d like to carpool.

## Annual Yard Sale

The Greene County Council on Aging’s Annual Yard Sale is Thursday, June 6 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 26, May 2, 9, and 15 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 6 and 20; June 3 and 17 (first and third Mondays) from 6–7:30 pm at the First Presbyterian Church in Yellow Springs.
- **Grief & Loss Group:** Mondays, May 13 and June 10 (the second Monday) from 10 am–noon at Peace Lutheran Church in Beavercreek.
- **Memory Loss, Dementia & Alzheimer’s Disease:** Wednesday, May 8 from 2:30–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Medicare 101:** Wednesday, June 12, 9, 3–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Legal Chat:** Thursday, May 16 and June 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.

## May Birthdays

5/02 Jenny Moore  
 5/02 Judi von Gaia  
 5/03 Debra Williamson  
 5/05\* Elsie Richardson  
 5/07 Diane Chiddister  
 5/10 Kathy Adams  
 5/11\* Paul Abendroth  
 5/11 David Goode  
 5/12 Victoria Brookshire  
 5/12 John Fleming  
 5/13 Jane Dorsey  
 5/13\* Shirley Mullins  
 5/14 Frances Abrams  
 5/14 Patricia Dawn  
 5/15 Cynthia Coffman  
 5/15\* Elizabeth Tinker  
 5/18\* Marjorie Johnson  
 5/19 Jane Sak  
 5/20 Martha Gaskill  
 5/22 Bob Barcus  
 5/23\* Susan Neff  
 5/23\* TV Bhuvanewari  
 5/25 Elaine Kresge  
 5/25\* Susan Roysden  
 5/26 Alicia Marie  
 Christopher  
 5/28 Vicci Ayers  
 5/28 Jim Bailey  
 5/29 Sandra Baker  
 5/29 Keith Kresge  
 5/29 Ann Marie Simonson  
 5/31\* Berch Carpenter

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

## 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](http://ysseniors.org/membership)

## June Birthdays

6/01 Deborah Chlebek  
 6/01 Lynn Hardman  
 6/02\* June Allison  
 6/03 Chris Powell  
 6/04 Carol Cox  
 6/04 Tammy Smith  
 6/07 Pam Geisel  
 6/07 Wayne Gulden  
 6/07 Kay Curley  
 6/07\* Chris Ravndal  
 6/07 Sam Young  
 6/08 Ronald Dowling  
 6/10 Bruce Heckman  
 6/11 Susan Halm  
 6/12 June Inks  
 6/13 Susan Gartner  
 6/13 Amy Bennett  
 6/15 Joyce Reena Appell  
 6/15 Rosemary Bailey  
 6/15 David Lee Graham  
 6/15\* Bill Evans  
 6/16 Barbara Hartwick  
 6/18 Peggy Koebernick  
 6/18\* David Westneat  
 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  
 6/23 Julia Molnar  
 6/24 George Pauwels, Jr.  
 6/27 Sandra Jessen  
 6/28 Eliza Longstreth  
 6/29\* Omintha Petrie  
 6/30 Sharon Bonadies

## Welcome NEW Members!

Valentine Bickett  
 Peggy Lindsey & Doug Lantry  
 Bill & Susan Mitchell  
 Catherine Price  
 Farideh Tahiriha  
 Heather Townsend  
 Vicki Williamson



## Yellow Springs Senior Citizens, Inc. Established 1959

### Board of Trustees

Wayne Gulden, *President*  
 Diane Chiddister, *Vice-President*  
 Jerry Sutton, *Treasurer*  
 Anna Bellisari, *Secretary*  
 Ven Adkins, Susan Alberter, Berch  
 Carpenter, 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

#### Activities & Volunteer Coordinator

Maggie Dean, x109

#### Bookkeeper

Jeanna GunderKline

#### Operations Assistant

Lin Wood, x103

#### Marketing Manager

Pam Geisel, x106

#### Activities Assistant

Angela Beltran

#### Miller Fellows

Sara Beltran

Ben Boggs

#### Homemakers: Vicci Ayers, Amy

Bennett, Suzann Blanton, Simone

Demarzi, Jennifer Johnson, Julia

Molnar, Heather Neill, Bonnie

Rodriguez, Tamara Smith, Aiysha

Walker

### Newsletter Deadline

Copy deadline is **Jun. 1** for Jul/Aug,  
 emailed to [pgeisel@ysseniors.org](mailto:pgeisel@ysseniors.org)

### Mailing Volunteers

Angela Beltran, Andree Bogнар, Mary  
 Cargan, Simone Demarzi, Sandee  
 Jessen, Erin Leigh, Barbara Mann,  
 Suzanne Patterson

**All issues of Senior Notes  
 are on the website at  
[ysseniors.org/enewsletter](http://ysseniors.org/enewsletter)**



227 Xenia Avenue  
 Yellow Springs OH  
 45387  
 937-767-5751  
 www.ysseniors.org

Nonprofit  
 Organization  
 US Postage  
 PAID  
 Permit No. 281  
 Xenia, OH 45385

**May/June 2024**

**YSSC Services**

- Transportation
- Support Services
- Homemaker Program
- Activities Program

CURRENT RESIDENT OR:

# 11th Annual Garden Dinner Party

## Benefit for the Yellow Springs Senior Center

**Saturday, June 29, 2024 from 5:30–9 pm • \$75.00 per person  
 RSVP by June 1, 2024 (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](mailto: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. 2023? \_\_\_\_\_

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

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

