

# 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

As Fall approaches, so does Medicare Open Enrollment, when everyone should review their options for Medicare plans. The constant TV and mail advertising only make the situation more confusing and annoying. We are pleased to be able to provide confidential, unbiased, and up-to-date consultation for free to anyone in 45387. Please encourage your friends to check their options, don't just expect that everything will remain the same as it has been in 2023 (see page 9).

We've reached a milestone ourselves at YSSC. 2024 is our 65th year; we've been around longer than Medicare itself! Services and options for seniors have greatly changed since our founders initiated the Senior Citizens Committee in 1959. Our very first service was transportation for medical appointments, and we grew to provide activities, meal delivery (from the Antioch College cafeteria), and a place to gather.

Our first location was the former Opera House on Dayton Street, which was torn down shortly after we were given occupancy. For many years we operated out of what is now the Emporium, raising funds by milling flour and managing a thrift shop (another boost from the college, as many of the items we sold were left behind by students each year). In 1978 we moved next door, to the building we are in currently at 227 Xenia Avenue. This building, sold to us for \$1, is the most significant financial boost we have ever had.

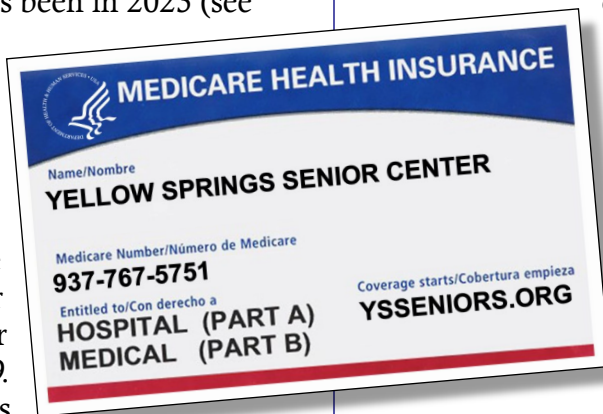
We have grown to occupy all available space here in town – adding the Great Room in 1994, frequently modifying space for more offices, and adding the patio in 2022. For twenty years we've been seeking our next opportunity to grow, and at last we have a viable option. There is a great deal of work going into the planning and considerations for the next building, but in the meantime, we keep growing in other ways.

Our membership, programs, and need for services continue to increase from year to year. We now have 572 members, and every month we have around 45 unique activities and are providing an average of 92 rides. We are preparing to add our fourth vehicle to our fleet, which will be an eight-passenger van. The Senior Services Levy, managed by the Greene County Council on Aging, provides the starting funds for this

purchase, but we are asking that the community help us purchase the best possible vehicle and help expand our staffing so that we can reliably provide a shuttle service for people to attend our programs, outings and activities.

In honor of our 65th anniversary, we are launching our "Community Connections Campaign" and hope to raise \$65,000. These vital funds not only support the day-to-day work of the Center, but if we reach the goal will allow us to buy a new, rather than used, van and have a driver available each day.

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



# CLASSES & GROUPS

## Exercise, Movement, & Yoga

**Rock Steady Boxing\***, *Mon. noon*

For people with PD. *Great Room & Zoom*

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

All levels welcome. *Great Room & Zoom*

**Seated Yoga**, *Tues. 4 pm, Great Room*

**Qi Gong**, *Tues. & Fri. 1–1:45 pm, Great Room*

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

For people with PD. *Great Room & Zoom*

**Strength Training\***, *1st & 3rd Fri. 11:15 am–noon*

Low impact. *Great Room & Zoom*

**Facial Exercises**, *1st & 3rd Fri. 12:15–12:45 pm*

Self-care. *Fireplace Room. Suggested \$5 donation.*

## Learn a Language

**Advanced Beginner Spanish**, *Mon. 4–5 pm*

Judith Skillings teaches. *Zoom*

**Spanish**, *Wed. noon–1 pm*

*Zoom, contact JudithSkillings@yahoo.com.*

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

Suggested donation \$100 for 10 sessions. *Zoom,*

*Contact JudithSkillings@yahoo.com.*

**All Level Spanish Class**, *Fri. 10 am, Great Room*

**German in Review**, *Tues. 3:30 pm, Fireplace Room*

**French Conversation\***, *Wed. 3:30 pm, Great Room & Zoom*

## Card & Strategy Games

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

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

**Rummikub**, *Tues. 2 pm, 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)

**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.

*Monday, October 14 at 11 am, Fireplace Room*

**Genealogy Group**, *Mon. 10–11 am, Fireplace Room*

**Ping Pong**, *Mon. 4–6 pm, Great Room (except Sept. 9)*

**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**, *Wed. 10 am–noon, Great Room*

**Big Talk**, *Wed. 10:30–11:30 am*

The intimacy of listening and speaking. *Fireplace Room*

**Current Events Discussion Group**,

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

**Golden Morning Walkers**, *Thurs. 9–10 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*

*Great Room*

**Ukulele Club**, *1st Sat. 6–8:30 pm, Great Room*

# 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.

**Sept. 19:** Internationally renowned sculptor and Yellow Springs native Jon Barlow Hudson will discuss his recent sculptures, with slides, video, and photo books of some of his installations. Jon will also bring a sample of his sculpture.

**Oct. 17:** “Rediscovered Radio: Women’s Voices, Women’s Music in the WYSO Archives.” WYSO staff members Juliet Fromholt and Jocelyn Robinson will talk about their podcast, tracing their creative process and playing excerpts from interviews and historical tapes used in its production.

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.

## **Local Writers & Poets Series**

### **2nd & 4th Thursdays, 7 pm**

Local writers will offer book and poetry readings in this new series during September and October in the Great Room.

**Sept. 12:** Judy Johnson will share a Powerpoint presentation comparing traditional publishing and self-publishing, having used both methods. She will also use her own work to highlight an organic approach to writing.

**Sept. 26:** MJ Werthman White’s book talk is “It’s Never Too Late to Bloom.” She will read a short excerpt from her book *An Invitation to the Party* and speak about the experience of writing a debut novel in her seventies.

**Oct. 10:** “A Poet Who Also Writes Prose.” Through his poetry and flash fiction, Ed Davis will demonstrate the complex, magical dance between two genres that can be closer than most might think. When is an idea, insight or epiphany right for one, when for the other?

**Oct. 24:** Scott Geisel will read from and explain thematic elements of recent work set in the village of Yellow Springs.

## **Day Trips**

### **Trader Joe’s, Thurs. Sept. 12, 10 am–noon(ish)**

Grocery shopping is fun at Trader Joe’s! Meet at the John Bryan Center parking lot at 9:30 am if you wish to carpool. Contact Maggie to register.

## **Heart of Ohio Antique Center, Wed. Oct. 23, 10–2**

Let’s explore Ohio’s biggest antique center! There is a lunch spot at the center. Meet at the John Bryan Center parking lot at 9:30 am if you wish to carpool. Contact Maggie to register. *Please note this trip will require quite a bit of walking.*

## **Brunch Bunch, 1st Tuesday, 11 am**

Let’s brunch together! Explore local and nearby restaurants and build community through sharing food. If you wish to carpool, meet at John Bryan Center parking lot by 10:30 for an 11 am arrival.

**Sept. 3:** The Lumberton General Store, 8295 N. US 68 in Wilmington.

**Oct. 1:** Clifton Mill restaurant in Clifton

## **Third Thursday Potlucks, 3rd Thursday, 11:30 am–1 pm**

Join us in the Great Room for monthly potlucks. Please bring a side dish to share.

**Sept. 19:** A Kettering Health Community Outreach Nurse will talk about blood pressure and other wellness topics.

**Oct. 17:** Mary Hairston from Caregiver Support Program will talk about free online support resources.

## **Theater Group, Tuesdays, 10 am, Fireplace Room**

Amy Bennett will lead a radio play, “Still Life” by Louise Penny. Auditions will be held Tue., Sept. 10 to cast 5 females, 7 males, and 1 narrator; diversity strongly desired. The goal is to pre-record and have it aired on WYSO in October. To register for auditions or for more information, contact Maggie.

## **“Chat with the Doc” with Dr. Haley Sauder**

### **1st Thursday, 11 am–noon, Fireplace Room**

On Sept. 5 and Oct. 3, come with questions or topics of interest for Dr. Haley Sauder, who will share her expertise as an MD and offer general information on health and wellness topics. *This is not a medical appointment, and no diagnoses or prescriptions will be involved.*

## **Create a Comprehensive Medication List**

### **1st Fridays, 10–11 am, Fireplace Room**

On Sept. 6 and Oct. 4, experienced pharmacist Emma Robinow will help create this important document. Call Maggie to sign up. Bring your medications with you.

*Continued on next page*

## UPCOMING EVENTS continued

### Drawing Classes

*Draw What you See Part 2 with Don Sak*  
Mondays, 10–11 am, Great Room

Don will continue with the Draw What You See series during September and October, offering individualized instruction to all levels, beginner, intermediate and advanced. Limit of 10. Contact Maggie to register.

*Drawing for Beginners with Bob Huston*  
Fridays, 2–3:30 pm, Great Room

Bob is back during September and October with another offering of beginner drawing instruction. Maximum of 8 people, contact Maggie to register. *This class will not meet on October 11.*

**John Bryan Pottery, Wed. Oct. 9 & 16, noon–2 pm**

Join Megan Smallwood at the John Bryan Pottery studio for a fun 2-session class making mugs. The first session is forming the mug, the 2nd is glazing. \$45/person to participate, paid to John Bryan Pottery Studio. Contact Maggie to register.

### SoulCollage® with Karen Nelson

*Friday Oct 11, 2–5 pm, Great Room*

SoulCollage® is “a quiet, meditative collage-making process. The symbolic language of images and the process of collage-creating often opens a door to the inner life.” Karen Nelson has facilitated groups since 2010. She will lead a group of up to 12 people in this unique process. \$10/person to be paid to Karen as the instructor, to cover the cost of materials. Registration priority given to Senior Center members. Contact Maggie to register.

### Halloween/Harvest Social

*Friday, Oct. 18, 4–5 pm, Great Room & Patio*

Come in costume if you wish and let’s celebrate the season with food, tricks and treats, and fun!

### Hearing Help, Tuesday, Oct. 22, 10 am

Drop-in hearing aid checks and cleaning at the Senior Center. *To schedule an at-home hearing test, contact Julie at Harmony Hearing, 937-708-8824. This is a free service being offered to members only.*



## Paintings & Mixed Media Art by Patricia Acker

September 5–November 4, 2024

Reception Friday, October 4, 4–6 pm

Patricia Acker is a retired healthcare Social Worker with experience in long term care, adult daycare, home health care, and sixteen years of hospice care.

Pat loves art but was not formally trained. She uses art to help her stay grounded, and to find her peaceful center as she gets lost in the process of creating. She has created many portraits, including animals.

She is a published author including a book of short stories, “The Dying Teach Us How to Live” which includes paintings portraits of her patients, and “God Winks: Stepping Stones in the Storms of Life” with short stories, original combinations artwork, and her

poem to enhance the narrative. She has started writing her third book and has completed artwork that will be an integral part of this written collection of short stories.

Pat’s artwork is comprised of many types of media including oil, acrylic, duct tape, charcoal, ink, pencil, pastel, metallic, craft items, and crayon and she creates in various sizes of both 2D and 3D offerings. More information about her art can be found on her website at [illuminangels.com](http://illuminangels.com)

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.

## THURSDAY

## FRIDAY

## SAT / SUN

<p style="text-align: right;"><b>3</b></p> <p>9:00 — Golden Morning Walkers            9:30 — Beginner Ukulele  <b>11:00 — Chat with the Doc, p.3</b>            12:30 — Mahjong            1:30 — <u>Yoga with Reena*</u>  <b>4:00 — Intermediate Spanish</b></p>	<p style="text-align: right;"><b>4</b></p> <p>10:00 — All Level Spanish Class  <b>10:00 — Create a Comprehensive Medication List, p.3</b>            11:15 — <u>Strength Training*</u>            12:15 — Facial Exercise            1:00 — Qi Gong            1:00 — Drawing Practice Group            2:00 — Drawing for Beginners            2:30 — Tech Help  <b>4:00 — Art Reception, p.4</b></p>	<p style="text-align: right;"><b>5</b></p> <p>12:30 — Mahjong            1:00 — Scrabble            3:30 — Discussing Our Own Death            6:00 — Ukulele Club</p> <hr/> <p style="text-align: right;"><b>6</b></p>
<p style="text-align: right;"><b>10</b></p> <p>9:00 — Golden Morning Walkers            9:30 — Beginner Ukulele            12:30 — Mahjong            1:30 — <u>Yoga with Reena*</u>  <b>4:00 — Intermediate Spanish</b>  <b>7:00 — Local Writers Series, p.3</b></p>	<p style="text-align: right;"><b>11</b></p> <p>10:00 — All Level Spanish Class            1:00 — Qi Gong            1:00 — Drawing Practice Group            2:30 — Tech Help  <b>2:00 — SoulCollage®, p.4</b></p>	<p style="text-align: right;"><b>12</b></p> <p style="text-align: center;"><b>9–5 Street Fair</b></p> <hr/> <p style="text-align: right;"><b>13</b></p>
<p style="text-align: right;"><b>17</b></p> <p>9:00 — Golden Morning Walkers            9:30 — Beginner Ukulele  <b>11:30 — Third Thursday Potluck, p.3</b>            12:30 — Mahjong            1:30 — <u>Yoga with Reena*</u>  <b>4:00 — Intermediate Spanish</b>  <b>7:00 — Community Colloquy, p.3</b></p>	<p style="text-align: right;"><b>18</b></p> <p>10:00 — All Level Spanish Class            11:15 — <u>Strength Training*</u>            12:15 — Facial Exercise            1:00 — Qi Gong            1:00 — Drawing Practice Group            2:00 — Drawing for Beginners            2:30 — Tech Help  <b>4:00 — Halloween/Harvest Social, p.4</b></p>	<p style="text-align: right;"><b>19</b></p> <p>12:30 — Mahjong            1:00 — Scrabble</p> <hr/> <p style="text-align: right;"><b>20</b></p>
<p style="text-align: right;"><b>24</b></p> <p>9:00 — Golden Morning Walkers  <b>10:30 — GCCOA: Savvy Senior Expo, p.10</b>            12:30 — Mahjong            1:30 — <u>Yoga with Reena*</u>  <b>4:00 — Intermediate Spanish</b>  <b>7:00 — Local Writers Series, p.3</b></p>	<p style="text-align: right;"><b>25</b></p> <p>10:00 — All Level Spanish Class            1:00 — Qi Gong            1:00 — Drawing Practice Group            2:00 — Drawing for Beginners            2:30 — Tech Help  <b>4:00 — Bingo</b></p>	<p style="text-align: right;"><b>26</b></p> <p>12:30 — Mahjong            1:00 — Scrabble</p> <hr/> <p style="text-align: right;"><b>27</b></p>
<p style="text-align: right;"><b>31</b></p> <p>10:00 — Golden Morning Walkers            12:30 — Mahjong            1:30 — <u>Yoga with Reena*</u>  <b>4:00 — Intermediate Spanish</b></p>	<ul style="list-style-type: none"> <li>• See page 2 for class descriptions</li> <li>• Titles in <b>Red</b> are on Zoom</li> <li>• Titles <u>underlined*</u> &amp; with an * are both in person and on Zoom</li> <li>• <i>Italicized titles</i> meet off site (see page 2 for location)</li> <li>• Zoom links are emailed one hour prior to participants registered through their account on <b>MyActiveCenter.com</b></li> <li>• Check for updates on <b>ysseniors.org/calendar</b> or <b>MyActiveCenter.com</b></li> </ul>	

# SEPTEMBER 2024

## MONDAY

## TUESDAY

## WEDNESDAY

<p><b>CLOSED for Labor Day</b></p>	<p><b>2</b></p> <p>10:00 — Ukulele Class  <b>10:00 — Theater Group, p.3</b>  <b>11:00 — Brunch Bunch, Lumberton General Store, p.3</b></p> <p>1:00 — Qi Gong  2:00 — Rummikub  3:30 — German in Review  4:00 — Seated Yoga  7:00 — YS Strings Rehearsal</p>	<p><b>3</b></p> <p>10:00 — Knitting &amp; Crochet  10:30 — Big Talk  <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>9</b></p> <p><b>10:00 — Draw What You See, p.4</b>  10:00 — Genealogy Group  12:00 — <u>Rock Steady Boxing*</u>  1:30 — <u>Yoga with Reena*</u>  <b>1:30 — Euchre Online</b>  <b>4:00 — Adv. Beginner Spanish</b>  <b>5:00 — Financial Series</b></p>	<p><b>10</b></p> <p>10:00 — Ukulele Class  10:00 — Theater Group  1:00 — Qi Gong  2:00 — Rummikub  3:30 — German in Review  4:00 — Seated Yoga  7:00 — YS Strings Rehearsal</p>	<p><b>11</b></p> <p>10:00 — Knitting &amp; Crochet  10:30 — Big Talk  <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>16</b></p> <p>10:00 — Draw What You See  10:00 — Genealogy Group  12:00 — <u>Rock Steady Boxing*</u>  1:30 — <u>Yoga with Reena*</u>  <b>1:30 — Euchre Online</b>  <b>4:00 — Adv. Beginner Spanish</b>  4:00 — Ping Pong</p>	<p><b>17</b></p> <p>10:00 — Ukulele Class  10:00 — Theater Group  1:00 — Qi Gong  2:00 — Rummikub  3:30 — German in Review  4:00 — Seated Yoga  7:00 — YS Strings Rehearsal</p>	<p><b>18</b></p> <p>10:00 — Knitting &amp; Crochet  10:30 — Big Talk  <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>
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<p><b>30</b></p> <p>10:00 — Draw What You See  10:00 — Genealogy Group  12:00 — <u>Rock Steady Boxing*</u>  1:30 — <u>Yoga with Reena*</u>  <b>1:30 — Euchre Online</b>  <b>4:00 — Adv. Beginner Spanish</b>  4:00 — Ping Pong</p>		

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<p>9:00 — Golden Morning Walkers                  9:30 — Beginner Ukulele  <b>10:00 — Daytrip: Trader Joe's, p.3</b>                  12:30 — Mahjong  <b>1:00 — GCCOA: Fall Prevention Event, p.10</b>                  1:30 — <u>Yoga with Reena*</u>                  4:00 — <u>Intermediate Spanish</u>  <b>7:00 — Local Writers Series, p.3</b></p> <p style="text-align: right;"><b>12</b></p>	<p>10:00 — All Level Spanish Class                  1:00 — Qi Gong                  1:00 — Drawing Practice Group                  2:00 — Drawing for Beginners                  2:30 — Tech Help</p> <p style="text-align: right;"><b>13</b></p>	<p><b>14</b></p> <p>12:30 — Mahjong                  1:00 — Scrabble</p> <hr/> <p><b>15</b></p> <p>2:00 — The Power of Myth                  (see <a href="http://ysseniors.org">ysseniors.org</a> for info)</p>
<p>9:00 — Golden Morning Walkers                  9:30 — Beginner Ukulele  <b>11:30 — Third Thursday Potluck, p.3</b>                  12:30 — Mahjong                  1:30 — <u>Yoga with Reena*</u>                  4:00 — <u>Intermediate Spanish</u>  <b>7:00 — Community Colloquy, p.3</b></p> <p style="text-align: right;"><b>19</b></p>	<p>10:00 — All Level Spanish Class                  11:15 — <u>Strength Training*</u>                  12:15 — Facial Exercise                  1:00 — Qi Gong                  1:00 — Drawing Practice Group                  2:00 — Drawing for Beginners                  2:30 — Tech Help</p> <p style="text-align: right;"><b>20</b></p>	<p><b>21</b></p> <p>12:30 — Mahjong                  1:00 — Scrabble</p> <hr/> <p style="text-align: right;"><b>22</b></p>
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- See page 2 for class descriptions
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- Check for updates on **ysseniors.org/calendar** or **MyActiveCenter.com**



# OCTOBER 2024

## MONDAY

## TUESDAY

## WEDNESDAY

Turn over for the  
September calendar

	<p>10:00 — Ukulele Class <b>1</b>            10:00 — Theater Group  <b>11:00 — Brunch Bunch, Clifton Mill, p.3</b>            1:00 — Qi Gong            2:00 — Rummikub            3:30 — German in Review            4:00 — Seated Yoga            7:00 — YS Strings Rehearsal</p>	<p><b>2</b>            10:00 — Knitting &amp; Crochet            10:30 — Big Talk  <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>7</b>            10:00 — Draw What You See            10:00 — Genealogy Group            12:00 — <u>Rock Steady Boxing*</u>            1:30 — <u>Yoga with Reena*</u>  <b>1:30 — Euchre Online</b>  <b>4:00 — Adv. Beginner Spanish</b>            4:00 — Ping Pong</p>	<p><b>8</b>            10:00 — Ukulele Class            10:00 — Theater Group            1:00 — Qi Gong            2:00 — Rummikub            3:30 — German in Review            4:00 — Seated Yoga            7:00 — YS Strings Rehearsal</p>	<p><b>9</b>            10:00 — Knitting &amp; Crochet            10:30 — Big Talk  <b>12:00 — John Bryan Pottery, p.4</b>  <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>14</b>            10:00 — Draw What You See            10:00 — Genealogy Group  <b>11:00 — Ethical Wills, p.2</b>            12:00 — <u>Rock Steady Boxing*</u>            1:30 — <u>Yoga with Reena*</u>  <b>1:30 — Euchre Online</b>  <b>4:00 — Adv. Beginner Spanish</b>            4:00 — Ping Pong</p>	<p><b>15</b>            10:00 — Ukulele Class            10:00 — Theater Group            1:00 — Qi Gong            2:00 — Rummikub            3:30 — German in Review            4:00 — Seated Yoga            7:00 — YS Strings Rehearsal</p>	<p><b>16</b>            10:00 — Knitting &amp; Crochet            10:30 — Big Talk  <b>12:00 — John Bryan Pottery, p.4</b>  <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>21</b>            10:00 — Draw What You See            10:00 — Genealogy Group            12:00 — <u>Rock Steady Boxing*</u>            1:30 — <u>Yoga with Reena*</u>  <b>1:30 — Euchre Online</b>  <b>4:00 — Adv. Beginner Spanish</b>            4:00 — Ping Pong</p>	<p><b>22</b>            10:00 — Ukulele Class  <b>10:00 — Hearing Aid Help, p.4</b>            1:00 — Qi Gong            2:00 — Rummikub            3:30 — German in Review            4:00 — Seated Yoga            7:00 — YS Strings Rehearsal</p>	<p><b>23</b>            10:00 — Knitting &amp; Crochet  <b>10:00 — Daytrip: Heart of Ohio</b>            10:30 — Big Talk  <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>28</b>            10:00 — Draw What You See            10:00 — Genealogy Group            12:00 — <u>Rock Steady Boxing*</u>            1:30 — <u>Yoga with Reena*</u>  <b>1:30 — Euchre Online</b>  <b>4:00 — Adv. Beginner Spanish</b>            4:00 — Ping Pong</p>	<p><b>29</b>            10:00 — Ukulele Class            1:00 — Qi Gong            2:00 — Rummikub            3:30 — German in Review            4:00 — Seated Yoga            7:00 — YS Strings Rehearsal</p>	<p><b>30</b>            10:00 — Knitting &amp; Crochet            10:30 — Big Talk  <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>



## New Neighbors

*It's a beautiful day in the neighborhood...*

(except)

- longer waits before jaywalking Xenia Avenue to pick up greens for dinner...
- longer stops at Limestone & Dayton to join the flow of traffic...
- longer lines to grab a cone, a treat from the deli, the bakery, a coffee.

As Kevin Costner pointed out in *Field of Dreams*, "If you build it, [they] will come." The town is adding new housing stock. Soon we'll need to figure out a way to welcome new neighbors by the dozen!

The essence of building community lies in the cultivation of social capital, the glue that binds individuals together. Gone are the days when a plate of warm cookies or a friendly invitation would initiate the integration of newcomers into the fabric of a neighborhood. In our rapidly evolving society, such personal acts of welcoming new neighbors has transitioned to community gift bags.

Welcoming new neighbors with open arms – literally – not only enriches the communal spirit but also lays the foundation for stronger social networks and support systems for everyone. In a world increasingly defined by digital connections, face-to-face interactions play a crucial role in building trust, empathy, acceptance and mutual understanding among community members. Whether a simple sidewalk greeting, a helping hand with moving boxes, or an invitation to a block party, these small gestures, when multiplied across a village, nurture a culture of inclusivity and belonging – enriching the lives of all.

The Village is on the cusp of significant change. It promises to be both disruptive and transformational. Sharing and celebrating our values with others, learning theirs as well, will strengthen communal bonds within – and beyond – individual neighborhoods. It's a sure-fire recipe to sustain the vibrant and thriving community we call home.

Perhaps, as the lines grow longer, you'll find yourself humming a few bars of Mr. Rogers' theme song:

*Would you be mine?*

*Could you be mine?*

*Won't you be my neighbor?*

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

## Medicare Open Enrollment

It's that time of year again! There may be changes to both Medicare Part D and Medicare Advantage Plans for 2025. Open Enrollment, from October 15 – December 7, is an opportunity to review plan options and make changes if necessary. I can help you review your current plan, run comparisons, and sign up for a new plan.

There is a form on our website (ysseniors.org) which may be used to list prescriptions you are taking, fill it out prior to your appointment. If you have had insurance counselling here in the past, you will receive information and a form in the mail. The form is also available at the Senior Center.

Please contact me if you have questions about Open Enrollment or Initial Enrollment in Medicare. I am also available to assist with Medicaid, food, housing or utilities assistance.

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

## Medical Equipment and so more

There is so much to be said about living in a caring community like Yellow Springs, aside from its aesthetically good looks, peaceful aura, and the uncanny number of individuals and various community entities that go out of the way to make the lives of others better. We also have the Senior Center, whose mission is to enhance the lives of seniors in the community. The Center has medical equipment, and durable medical goods available to anyone in the community, provided by none other than the YS community.

We have wheelchairs, walkers, rollators, bed pads, knee wheelies, incontinent supplies, medical tape, canes, shower chairs, shampoo caps, and so much more. In the same manner that the penny cup sits by the register at local stores allowing individuals to take a penny if they need one or leave one if there is an extra, think of the Senior Center the next time you need some equipment or goods, and please donate gently used equipment or medical good when they are no longer a use to you. Call the Center to ask for getting or to donate medical equipment or medical goods.

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

## Fall Prevention Event

Falls are the leading cause of emergency room visits, hospital stays, and deaths for seniors, but they do not have to be. This event on Thursday, September 12 from 1–3:30 pm at the Xenia Community Center, 1265 W. Second St., will cover ways to reduce the risk of falls and keep everyone strong, healthy and upright.

Activities include: Fall & Balance Assessments; Device Station (Safety Checks of Canes, Walkers, etc.); Technology Resources, including Emergency Response Systems, Medication Dispensing Systems, and Fall Apps for smart phones; Review of High Fall Risk Medications (bring your med list); Chair Volleyball and other movement activities; Blood Pressure and other screenings; Door Prizes, a Grab 'n Go Snack Bag, and a live remote with Real Roots Radio's Roy Hatfield.

## It's My Money! It's My Stuff! It's My Life!

This popular four-week program returns this fall. The sessions, presented by local professionals, are held in the Xenia Community Center on Tuesdays from 6–8:30 pm on October 1, 8, 15, and 22. The cost is \$40 per household and includes a binder with all program materials, and box suppers. Space is limited and reservations are required. For information or a registration form, email [yourfriends@gcco.org](mailto:yourfriends@gcco.org).

## Fall Street Fair Vendor Space

The Yellow Springs Senior Center is accepting applications for indoor vendor spaces during the Street Fair, Saturday, October 12. The building 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 September 13.

Each vendor gets one table space (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 (or related to) who is working at the table and tables must be set up on Friday, October 11 between 4–6 pm. *Vendors can leave as early as 2 pm but can't pack out until 5 pm or on Monday.*

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), or call 937-767-5751 or email [info@ysseniors.org](mailto:info@ysseniors.org) with questions.

## Savvy Senior Expo

The Savvy Senior Expo on Thursday, October 24 is a fun, informative event exploring options for your best aging experience. The Expo at the Xenia Community Center runs from 10:30 am–3:30 pm with a variety of information booths, fitness and wellness demos, a Med Drop, refreshments, and opportunities for door prizes.

There will also be interactive sessions covering topics such as: Online Classes through GCCOA; What's the Scoop on Pickleball; Smart Phone Security Settings; Brain Fitness, and much more. Presentation topics will include: Medicare Open Enrollment; Artificial Intelligence (AI); Verifying the Integrity of Dietary Supplements; Resources for Veterans; a Legal Chat with attorney Dave Cusack, and more.

There is no cost (although a donation for area food pantries is requested) and no registration is required.

## Save the Date!

The Fall Shred Event is on Saturday, October 26 from 9 am–noon. Bring up to three boxes of private papers to be shredded by an onsite shredding truck at the Xenia Community Center. They accept medical or financial papers but not recycling or businesses.

## Other GCCOA Events

- **Caregiver Support Group:** Mondays, Sept. 2 and 16; Oct. 7 and 21 (first and third Mondays) from 6–7:30 pm at the First Presbyterian Church in Yellow Springs.
- **Grief & Loss Group:** Mondays, Sept. 9 and Oct. 14 (the second Monday) from 10 am–noon at Peace Lutheran Church in Beavercreek.
- **Memory Loss, Dementia & Alzheimer's Disease:** Wednesday, Sept. 11 from 2:30–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Medicare 101:** Wednesday, Oct. 9, 3–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Legal Chat:** Thursday, Sept. 19 and Oct. 17 (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.



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

Nonprofit  
 Organization  
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 Xenia, OH 45385

**Sep/Oct 2024**

**YSSC Services**

- Transportation
- Support Services
- Homemaker Program
- Activities Program

CURRENT RESIDENT OR:

**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*

**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)



**Save the Date!** The Senior Center is hosting a Square Dance on Saturday, October 26 from 7–9 pm at the John Bryan Center featuring the local band the Corndrinkers. A limited number of tickets are available at \$20 each. Call 937-767-5751 or email [info@ysseniors.org](mailto:info@ysseniors.org) for tickets.