

# 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)

## Stay Flexible – Feel the Stretch!

So much of the discussion about aging is about our physical health – managing chronic conditions, handling our nutrition, getting exercise and coping with the changes our bodies go through. All the exercise programs available at YSSC promote maintaining strength, weight management, reducing fall risks and staying flexible. We can't all bend over to touch our toes anymore, let alone try the splits, but can still strive for the resilient skills that keep us mobile and able to care for ourselves.

Flexibility isn't just a physical attribute – it is also about having the ability to adjust to social, financial and life changes. Sometimes challenges are with scheduling – when your doctor's office calls to cancel an appointment, or your car breaks down, how will you cope? Or financial flexibility – do you have back up reserves when expensive home repairs pop up?

YSSC is a resource to help you navigate the challenges and changes. Our team loves to help find solutions or options that can work towards meeting your needs. This may include anything from coordinating transportation, applying for financial assistance, loaning medical equipment or simply talking through alternatives. We love to be the place you call when you don't know who to call.

Speaking of being flexible...as you may be aware, Trustees of YSSC have been working to pivot and consider an alternative location for our new facility. As of the writing of this article, there is a possibility that we will be shifting our sites/sights for the new location of our building to the former Lumberyard at 108 Cliff St. Having spent two years focused on our land and building design at Livermore St, this has been a thoughtful process including bringing

many experts into the dialogue. We will keep updating the community as plans develop, watch our website and the YS News for a story soon.

The trick to being flexible is knowing your limits – you can only stretch so far. We have certainly stretched the capacity of our current building to its limits, and we're also stretching our staff hours and budget to create the most effective use of our resources. We are grateful that for the first time in 40 years we will have financial support from the Village during 2026, and appreciate the generous donations from everyone supporting our essential 2025 Annual Appeal Campaign.

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



Many thanks to all who donated to the 2025 Annual Appeal, to YS Caring Tuesday, and went to the Yellow Springs Brewery on Wednesdays in November and December to raise money drinking beer! Your generosity is appreciated and making a financial gift to the Yellow Springs Senior Center is very welcome any time. And be sure to watch our calendar for an upcoming Estate Planning event!

# CLASSES & GROUPS

## Exercise, Movement, & Yoga

**Chair Exercise, Mon. 11 am – January only**

Led by Diana Quirk. *Great Room*

**Rock Steady Boxing\*, Mon. 12 noon**

For people with PD. *Great Room & Zoom*

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

All levels welcome. *Great Room & Zoom*

**Line Dancing, Mon. 5:30–6:30 pm**

All ages welcome to attend with adults. *Great Room*

**Cardio & Strength, Tues. & Thurs. 11 am–12 noon**

At the John Bryan Center Community Gym, free for YSSC and SilverSneakers™ members.

**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*

**Tai Chi/Qi Gong, Sundays 10 am**

**Kung Fu, Sundays, 11 am**

\$7.50 for members/\$15 for non-member, per class.

To register email master.gao@yahoo.com. *Great Room*

## Learn a Language

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

**Spanish, Wed. noon–1 pm**

Zoom, contact JudithSkillings17@gmail.com

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

Zoom, Contact JudithSkillings17@gmail.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, in person & Zoom**

## Card & Strategy Games

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

Call Susan, 937-760-5925 for information. *Online.*

**Community Games, Mon. 1:30–3 pm, Fireplace Room**

**Ping Pong, Mon. 4–5:30 pm, Great Room**

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

**Scrabble, Wed. 12:30–3:30 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.*

## Other Social Activities

**Ukulele Club, 2nd Mon. 7–9 pm, Great Room**

Enter at the red door by the carport.

**Ukulele Group, Tues. 10–11:30 am, Great Room**

**Knitting & Crochet, Wed. 10 am–noon, Great Room**

**Feedback Group, 3rd Wed. 4 pm**

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

Meet at the Vernet building in Glen Helen.

**Hearing Screening, 1st Fridays, 10 am–noon**

Dr. Parker offers free screenings, *Fireplace Room*

**Friday Lunch, Fri. 12 noon**

From local chefs and restaurants. To make sure there's enough food, register at MyActiveCenter.com, 937-767-5751, or info@ysseniors.org. *Great Room*

**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, 3rd Sat. 3:30–5 pm**

*Great Room*

**Ethical Wills with Artie Isaac on Zoom**

Monday, Jan. 12 at 11:30 am. Register with Maggie and zoom link will be emailed.

**Red = Zoom / Underlined\* = in person & Zoom**  
**Check for updates at: [ysseniors.org/calendar](https://ysseniors.org/calendar)**

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

## Village Voices, 3rd Thursday, 7 pm

**Jan 15:** Florence Rudolph, community outreach specialist for the Yellow Springs Police Department, and a board member of the Community Food Pantry will speak on “Food Insecurity in Yellow Springs.”

**Feb 26:** Village writer Lucrecia Guererro will speak about her recent novel, “On the Mad River,” which recently won a gold medal at the International Latino Book Award ceremonies in Oceanside, CA. (Please note this is on the **fourth** Thursday in February.)

Programs meet in the Great Room and Zoom. To get the Zoom link, register on MyActiveCenter.com, call 937-767-5751, or email [info@ysseniors.org](mailto:info@ysseniors.org).

## Brunch Bunch, 1st Tuesday, 11 am

Either meet at the John Bryan parking lot at 10:30 am to ride in the Transit Van (\$5 suggested donation) or meet at the restaurant at 11 am. *RSVP to Maggie one week prior if possible, so group reservations can be made.*

**Jan. 6:** Ye Olde Trail Tavern (meet there).

**Feb. 3:** First Watch, 2614-A Colonel Glenn Hwy. in Fairborn.

## Events

### Racial Wealth Gap Simulation, Thurs., Jan. 8, 10–12

Hall Hunger Initiative offers the Racial Wealth Gap Simulation, an interactive experience designed to help participants understand how public policies have contributed to today’s racial inequities in hunger, income, and wealth. This session walks participants through a fact-based timeline of federal policies highlighting their impact on communities of color, incorporates recent data to make the information more relevant to today, and concludes with a group discussion. The simulation equips participants with a clearer understanding of structural inequities – providing a foundation for informed decision-making, advocacy, and organizational change. More info at [www.hallhungerinitiative.org/racial-wealth-gap-simulation](http://www.hallhungerinitiative.org/racial-wealth-gap-simulation). This presentation is made possible by a grant from the YS Community Foundation. *Great Room*

### The Socialite Café and Trader Joe’s Shopping

**Tuesday, January 13, 8:30 am**

We’ll have breakfast at the Socialite Café then shop at Trader Joe’s. Meet at the John Bryan Center parking lot at 8:30 am to ride in the transit van (\$5 suggested donation). Max of 10 people, register with Maggie.

### YS History Bus Tour, Mon., Feb. 9, 1–3 pm

Kevin McGruder from the 365 Project leads this tour. There’s a suggested \$25 donation (\$20 to 365 Project and \$5 for YSSC van use). Maximum of 10 participants, register with Maggie and meet at the John Bryan Center parking lot at 12:45 pm.

### Columbus Art Museum, Tue., Feb. 19, 9:30 am–2 pm

We will visit the Columbus Art Museum and enjoy lunch at their Schokko Café. Museum admission is \$18 for seniors. Meet at the John Bryan Center lot at 9:30 am to ride in the transit van (\$5 suggested donation). Max of 10 people, register with Maggie.

## Classes & Workshops

### Curating Your Life’s Playlist, Mon., 10 am–12 pm

In this six-week class, Debra Williamson asks participants to consider music’s impact on their life. Participants will look at their favorite music through the decades and help develop their own playlist and craft a set of personal playlist of tunes. The class is limited to eight students. Suggested donation is \$10 a week with 25% contribution to the Senior Center. Register with Maggie. *Fireplace Room*

### Poetry Workshop, Tues., 10 am–12 pm

In this eight-week poetry workshop, Debra Williamson invites you to get in touch with your creative side. The class will cover poetry basics – and try new forms including prose, villanelle, acrostic, pantoum, and cinquain poems to name a few. Participants will share their poems in class and perhaps submit them to the Senior Center’s 2026 *Ripples*. Class is limited to eight students. Suggested donation is \$10 per week with 25% contributed to the Senior Center. Register with Maggie. *Fireplace Room*

### Gentle Seated Exercise, Tues., 11:45 am–12:30 pm

Reena Appell and Amy Harper lead this exercise class that incorporates yoga and other movements, all while seated. Register with Maggie. *Great Room*

## Schedule Changes

- **Line Dancing** moves to Mondays at 5:30–6:30 pm
- **Cardio & Strength** at the John Bryan Center changes times on Tuesdays and Thursdays to 11 am–12 noon.
- The **Weekly Lunch** moves to Fridays at noon. Register at 937-767-5751 or [info@ysseniors.org](mailto:info@ysseniors.org).

**In Person Beginning Spanish, Tues., 4–5 pm**

Judith Skillings leads this class is IN PERSON, not on Zoom. Attendance for the first 2–3 weeks is critical as the class will move quickly once the basics have been established. Register with Maggie or contact judithskillings17@gmail.com. *Great Room*

**Winter Wellness Wednesdays, Wed., 4:30–5:15 pm**

Warm up and keep moving this winter with this Zoom-only class led by Andrew Brody that includes warm up, 30–35 minutes of exercise and cool down. Register with Maggie. *On Zoom*

**Phonophobia, Thurs., 10-11:30 am**

Join Debra Williamson in this eight-week class that will cover **iPhone Basics** (Android will be another class, TBD). The class will cover basic phone navigation, icons and symbols, functions and actions, apps and browsers as well as the phone's basic functions including phones, messages, calendar, reminders and notes, and much more. Class limited to eight people. Suggested donation is \$5 a week with 25% contribution to the Senior Center. Register with Maggie. *Fireplace Room*

**Zen Friday, 3rd Fri., 2 pm**

Monthly Zentangle workshop on the third Friday led by Dione Greenberg. \$15 per class for materials. Register with Maggie.

**Let's Face It Drawing Class, Thurs., 10-11:30 am**

This seven-week class with Don Sak starts on January 15 and will cover learning to draw male and female faces with their unique characteristics. Students will try to capture a likeness and get the proportions and features correct without getting too serious. The goal is to have fun while learning. Register with Maggie. *Great Room*

**Ripples 2026**

*Ripples*, an annual literary magazine featuring poems and articles by or about older adults in Yellow Springs or Miami Township, is accepting submissions of stories, poems, and photos created by or featuring residents age 55 and over.

Submission guidelines are available at the Center and at [ysseniors.org/Ripples](http://ysseniors.org/Ripples). The deadline is March 15, 2026.

It's preferred that submissions be emailed to [pgeisel@ysseniors.org](mailto:pgeisel@ysseniors.org); please include all the information from the submission form in the body of the email. If email is an issue, typed entries, with a submission form, can be dropped off or mailed to: YSSC–*Ripples*, 227 Xenia Ave., Yellow Springs, OH 45387.

Copies of past issues are available at the Center and can also be read on the website at the address above.



*Ageless  
Art Auction*

Thursday, February 19  
6:30–9 pm  
Mills Park Hotel  
\$50 advance, \$75 at door  
[ysseniors.org](http://ysseniors.org) 937-767-5751

Supporting YSSC's services to the community


**Ageless Art Auction Fundraising Event**

**Thursday, February 19, 2026**

**6:30–9 pm**

**Mills Park Hotel in Yellow Springs**

**\$50 advance, \$75 at door**

Heavy appetizers and wine

Suggested dress code:

Artistic Attire/Show Your Style

Most of the artwork will be set up as a silent auction but a few items will be a live auction. Artwork donated prior to the event will be displayed in the Senior Center's Fireplace Room starting in early January.

*Event sponsors: Libby and Jim Hammond*

## THURSDAY

## FRIDAY

## SAT / SUN

<p><b>1</b></p> <p>CLOSED for New Year's Day</p>	<p><b>2</b></p> <p>CLOSED for New Year's</p>	<p><b>3</b></p> <p>CLOSED for New Year's</p> <hr/> <p style="text-align: right;"><b>4</b></p> <p>CLOSED for New Year's</p>
<p><b>8</b></p> <p>9:00 — Golden Morning Walkers  <b>10:00 — Racial Wealth Gap Simulation, p.3</b>  <b>10:00 — Phonophobia, p.4</b>            11:00 — Cardio &amp; Strength (JBC)            12:30 — Mahjong            1:30 — <u>Yoga*</u>  <b>4:00 — Intermediate Spanish</b></p>	<p><b>9</b></p> <p><b>10:00 — Hearing Screening, p.2</b>            10:00 — All Level Spanish Class  <b>12:00 — Lunch &amp; Birthday Celebration – NEW DAY!</b>            1:00 — Qi Gong            1:00 — Drawing Practice Group            2:30 — Tech Help</p>	<p><b>10</b></p> <p>12:30 — Mahjong</p> <hr/> <p>10:00 — Tai Chi/Qi Gong <b>11</b>            11:00 — Kung Fu</p>
<p><b>15</b></p> <p>9:00 — Golden Morning Walkers            10:00 — Phonophobia  <b>10:00 — Let's Face It Drawing, p.4</b>            11:00 — Cardio &amp; Strength (JBC)            12:30 — Mahjong            1:30 — <u>Yoga*</u>  <b>4:00 — Intermediate Spanish</b>  <b>7:00 — Village Voices, p.3</b></p>	<p><b>16</b></p> <p>10:00 — All Level Spanish Class            12:00 — Lunch            1:00 — Qi Gong            1:00 — Drawing Practice Group  <b>2:00 — Zen Friday, p.4</b>            2:30 — Tech Help</p>	<p><b>17</b></p> <p>12:30 — Mahjong            3:30 — Discussing Our Own Death</p> <hr/> <p>10:00 — Tai Chi/Qi Gong <b>18</b>            11:00 — Kung Fu</p>
<p><b>22</b></p> <p>9:00 — Golden Morning Walkers            10:00 — Phonophobia            10:00 — Let's Face It Drawing            11:00 — Cardio &amp; Strength (JBC)            12:30 — Mahjong            1:30 — <u>Yoga*</u>  <b>4:00 — Intermediate Spanish</b></p>	<p><b>23</b></p> <p>10:00 — All Level Spanish Class            12:00 — Lunch            1:00 — Qi Gong            1:00 — Drawing Practice Group            2:30 — Tech Help</p>	<p><b>24</b></p> <p>12:30 — Mahjong</p> <hr/> <p>10:00 — Tai Chi/Qi Gong <b>25</b>            11:00 — Kung Fu</p>
<p><b>29</b></p> <p>9:00 — Golden Morning Walkers            10:00 — Phonophobia            10:00 — Let's Face It Drawing            11:00 — Cardio &amp; Strength (JBC)            12:30 — Mahjong            1:30 — <u>Yoga*</u>  <b>4:00 — Intermediate Spanish</b></p>	<p><b>30</b></p> <p>10:00 — All Level Spanish Class            12:00 — Lunch            1:00 — Qi Gong            1:00 — Drawing Practice Group            2:30 — Tech Help  <b>4:00 — Bingo, p.2</b></p>	<p><b>31</b></p> <p>12:30 — Mahjong</p> <hr/> <p>10:00 — Tai Chi/QG <b>FEB 1</b>            11:00 — Kung Fu</p>

# FEBRUARY 2026

## MONDAY

## TUESDAY

## WEDNESDAY

<p><b>2</b></p> <p>10:00 — Curating Your Playlist            12:00 — <u>Rock Steady Boxing*</u>            1:30 — Community Games            1:30 — <u>Yoga*</u>  <b>1:30 — Euchre Online</b>  <b>4:00 — Adv. Beginner Spanish</b>            4:00 — Ping Pong            5:30 — Line Dancing</p>	<p><b>3</b></p> <p>10:00 — Poetry Workshop            10:00 — Ukulele Group  <b>11:00 — Brunch Bunch, p.3</b>            11:00 — Cardio &amp; Strength (JBC)            11:45 — Gentle Seated Exercise            1:00 — Qi Gong            2:00 — Rummikub            3:30 — German in Review            4:00 — In Person Beginning Spanish            7:00 — YS Strings Rehearsal</p>	<p><b>4</b></p> <p>10:00 — Knitting &amp; Crochet  <b>12:00 — Spanish</b>            12:30 — Scrabble  <b>1:30 — Euchre Online</b>            2:00 — <u>Dancing with Parkinson's*</u>            3:30 — <u>French Conversation*</u>  <b>4:30 — Winter Wellness</b>            6:30 — Bridge</p>
<p><b>9</b></p> <p>10:00 — Curating Your Playlist            12:00 — <u>Rock Steady Boxing*</u>  <b>1:00 — YS History Tour, p.3</b>            1:30 — Community Games            1:30 — <u>Yoga*</u>  <b>1:30 — Euchre Online</b>  <b>4:00 — Adv. Beginner Spanish</b>            4:00 — Ping Pong            5:30 — Line Dancing            7:00 — Ukulele Club</p>	<p><b>10</b></p> <p><b>9:30 — Cbus. Art Museum, p.3</b>            10:00 — Poetry Workshop            10:00 — Ukulele Group            11:00 — Cardio &amp; Strength (JBC)            11:45 — Gentle Seated Exercise            1:00 — Qi Gong            2:00 — Rummikub            3:30 — German in Review            4:00 — In Person Beginning Spanish            7:00 — YS Strings Rehearsal</p>	<p><b>11</b></p> <p>10:00 — Knitting &amp; Crochet  <b>12:00 — Spanish</b>            12:30 — Scrabble  <b>1:30 — Euchre Online</b>            2:00 — <u>Dancing with Parkinson's*</u>            3:30 — <u>French Conversation*</u>  <b>4:30 — Winter Wellness</b>            6:30 — Bridge</p>
<p><b>16</b></p> <p><b>CLOSED for Presidents' Day</b></p>	<p><b>17</b></p> <p>10:00 — Poetry Workshop            10:00 — Ukulele Group            11:00 — Cardio &amp; Strength (JBC)            11:45 — Gentle Seated Exercise            1:00 — Qi Gong            2:00 — Rummikub            3:30 — German in Review            4:00 — In Person Beginning Spanish            7:00 — YS Strings Rehearsal</p>	<p><b>18</b></p> <p>10:00 — Knitting &amp; Crochet  <b>12:00 — Spanish</b>            12:30 — Scrabble  <b>1:30 — Euchre Online</b>            2:00 — <u>Dancing with Parkinson's*</u>            3:30 — <u>French Conversation*</u>            4:00 — Feedback Group  <b>4:30 — Winter Wellness</b>            6:30 — Bridge</p>
<p><b>23</b></p> <p>10:00 — Curating Your Playlist            12:00 — <u>Rock Steady Boxing*</u>            1:30 — Community Games            1:30 — <u>Yoga*</u>  <b>1:30 — Euchre Online</b>  <b>4:00 — Adv. Beginner Spanish</b>            4:00 — Ping Pong            5:30 — Line Dancing</p>	<p><b>24</b></p> <p>10:00 — Poetry Workshop            10:00 — Ukulele Group            11:00 — Cardio &amp; Strength (JBC)            11:45 — Gentle Seated Exercise            1:00 — Qi Gong            2:00 — Rummikub            3:30 — German in Review            4:00 — In Person Beginning Spanish            7:00 — YS Strings Rehearsal</p>	<p><b>25</b></p> <p>10:00 — Knitting &amp; Crochet  <b>12:00 — Spanish</b>            12:30 — Scrabble  <b>1:30 — Euchre Online</b>            2:00 — <u>Dancing with Parkinson's*</u>            3:30 — <u>French Conversation*</u>  <b>4:30 — Winter Wellness</b>            5:00 — YSSC Board Meeting            6:30 — Bridge</p>



- See page 2 for class descriptions
- Titles in **Red** are on Zoom
- Titles underlined\* & with an \* are both in person and on Zoom
- Zoom links are emailed one hour prior to participants registered through their account on **MyActiveCenter.com**
- Check for updates on **ysseniors.org/calendar** or **MyActiveCenter.com**

**THURSDAY**

**FRIDAY**

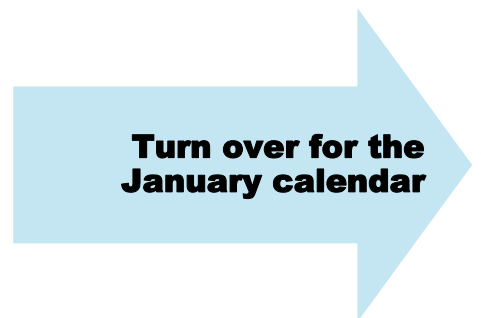
**SAT / SUN**

<p><b>5</b></p> <p>9:00 — Golden Morning Walkers                  10:00 — Phonophobia                  10:00 — Let's Face It Drawing                  11:00 — Cardio &amp; Strength (JBC)                  12:30 — Mahjong                  1:30 — <u>Yoga*</u>                  4:00 — Intermediate Spanish</p>	<p><b>6</b></p> <p>10:00 — <b>Hearing Screening, p.2</b>                  10:00 — All Level Spanish Class                  12:00 — Lunch                  1:00 — Qi Gong                  1:00 — Drawing Practice Group                  2:30 — Tech Help</p>	<p><b>7</b></p> <p>12:30 — Mahjong</p> <hr/> <p>10:00 — Tai Chi/Qi Gong                  11:00 — Kung Fu</p> <p><b>8</b></p>
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**Winter Weather**



If the Yellow Springs Schools are closed due to weather, the Senior Center will also be closed. Closings will also be posted on the Facebook page and on the website ([www.ysseniors.org](http://www.ysseniors.org)). Transportation services may also be affected by weather conditions.



# JANUARY 2026

## MONDAY

## TUESDAY

## WEDNESDAY

Turn over for the  
February calendar

- See page 2 for class descriptions
- Titles in **Red** are on Zoom
- Titles underlined\* & with an \* are both in person and on Zoom
- Zoom links are emailed one hour prior to participants registered through their account on **MyActiveCenter.com**
- Check for updates on **ysseniors.org/calendar** or **MyActiveCenter.com**

<p>10:00 — Curating Your Playlist, p.3 <b>5</b>            11:00 — Chair Exercise            12:00 — <u>Rock Steady Boxing</u>*            1:30 — Community Games            1:30 — <u>Yoga</u>*            1:30 — <b>Euchre Online</b>            4:00 — <b>Adv. Beginner Spanish</b>            4:00 — Ping Pong            5:30 — <b>Line Dancing – NEW DAY!</b></p>	<p>10:00 — <b>Poetry Workshop, p.3</b> <b>6</b>            10:00 — Ukulele Group            11:00 — <b>Brunch Bunch, p.3</b>            11:00 — Cardio &amp; Strength (JBC)            11:45 — <b>Gentle Seated Exercise, p.3</b>            1:00 — Qi Gong            2:00 — Rummikub            3:30 — German in Review            4:00 — <b>In Person Beg. Spanish, p.4</b>            7:00 — YS Strings Rehearsal</p>	<p><b>7</b>            10:00 — Knitting &amp; Crochet            12:00 — <b>Spanish</b>            12:30 — Scrabble            1:30 — <b>Euchre Online</b>            2:00 — <u>Dancing with Parkinson's</u>*            3:30 — <u>French Conversation</u>*            4:30 — <b>Winter Wellness, p.4</b>            6:30 — Bridge</p>
<p>10:00 — Curating Your Playlist <b>12</b>            11:00 — Chair Exercise            11:30 — <b>Ethical Wills, p.3</b>            12:00 — <u>Rock Steady Boxing</u>*            1:30 — Community Games            1:30 — <u>Yoga</u>*            1:30 — <b>Euchre Online</b>            4:00 — <b>Adv. Beginner Spanish</b>            4:00 — Ping Pong            5:30 — Line Dancing            7:00 — Ukulele Club</p>	<p>9:30 — <b>Breakfast &amp; Trader Joe's, p.3</b> <b>13</b>            10:00 — Poetry Workshop            10:00 — Ukulele Group            11:00 — Cardio &amp; Strength (JBC)            11:45 — Gentle Seated Exercise            1:00 — Qi Gong            2:00 — Rummikub            3:30 — German in Review            4:00 — In Person Beginning Spanish            7:00 — YS Strings Rehearsal</p>	<p><b>14</b>            10:00 — Knitting &amp; Crochet            12:00 — <b>Spanish</b>            12:30 — Scrabble            1:30 — <b>Euchre Online</b>            2:00 — <u>Dancing with Parkinson's</u>*            3:30 — <u>French Conversation</u>*            4:30 — <b>Winter Wellness</b>            6:30 — Bridge</p>
<p><b>CLOSED for</b>  <b>Martin Luther King Jr. Day</b> <b>19</b></p>	<p>10:00 — Poetry Workshop <b>20</b>            10:00 — Ukulele Group            11:00 — Cardio &amp; Strength (JBC)            11:45 — Gentle Seated Exercise            1:00 — Qi Gong            2:00 — Rummikub            3:30 — German in Review            4:00 — In Person Beginning Spanish            7:00 — YS Strings Rehearsal</p>	<p><b>21</b>            10:00 — Knitting &amp; Crochet            12:00 — <b>Spanish</b>            12:30 — Scrabble            1:30 — <b>Euchre Online</b>            2:00 — <u>Dancing with Parkinson's</u>*            3:30 — <u>French Conversation</u>*            4:00 — Feedback Group            4:30 — <b>Winter Wellness</b>            6:30 — Bridge</p>
<p>10:00 — Curating Your Playlist <b>26</b>            11:00 — Chair Exercise            12:00 — <u>Rock Steady Boxing</u>*            1:30 — Community Games            1:30 — <u>Yoga</u>*            1:30 — <b>Euchre Online</b>            4:00 — <b>Adv. Beginner Spanish</b>            4:00 — Ping Pong            5:30 — Line Dancing</p>	<p>10:00 — Poetry Workshop <b>27</b>            10:00 — Ukulele Group            11:00 — Cardio &amp; Strength (JBC)            11:45 — Gentle Seated Exercise            1:00 — Qi Gong            2:00 — Rummikub            3:30 — German in Review            4:00 — In Person Beginning Spanish            7:00 — YS Strings Rehearsal</p>	<p><b>28</b>            10:00 — Knitting &amp; Crochet            12:00 — <b>Spanish</b>            12:30 — Scrabble            1:30 — <b>Euchre Online</b>            2:00 — <u>Dancing with Parkinson's</u>*            3:30 — <u>French Conversation</u>*            4:30 — <b>Winter Wellness</b>            5:00 — YSSC Board Meeting            6:30 — Bridge</p>

## Start on the Right Foot!

*I walk'd the other day, to spend my hour,  
Into a field,  
Where I sometimes had seen the soil to yield  
A gallant flow'r;  
But winter now had ruffled all...  
—Henry Vaughn, "I Walk'd the Other Day"*

If you're looking for a way to start the year on the right foot, winter hiking might just be your calling. Contrary to popular belief (and the opinions of anyone who's ever misplaced a mitten in January), hiking is one of the best activities for seniors. The CDC practically cheers you on from the trailhead, recommending regular aerobic activity like walking or hiking for adults over 65 to boost heart health, strengthen bones, maintain independence, and lift mood. And aging-advocacy groups note that joining a local hiking crew is a top-tier antidote to gray skies of winter and loneliness – because nothing bonds people like wondering why they left a warm house.

Winter is an ideal time to explore. With the leaves off the trees, the landscape opens up like nature's panoramic photo mode. You can see farther, think clearer and enjoy the hushed beauty of snow-draped woodlands – plus, there are no bugs. No mosquitoes plotting your demise. No crowds either, except for the occasional blue heron rising dramatically from the Little Miami or the cheerful sight and crunch of golden-strewn paths of pawpaw, birch, and sugar maple leaves underfoot.

Of course, winter hiking demands proper gear. A good walking stick – anything from twisted oak to carbon fiber – adds balance and style points, especially when navigating the rocky Glen Helen's Talus Trail, the North Rim Trail at John Bryan, or the craggy canyon floor of Clifton Gorge. Micro-spikes and insulated waterproof boots are your best friends when the trail gets slick.

From the Simon Kenton Trail to John Bryan, Glen Helen, Five Rivers MetroParks or the 20-mile wanderfest at the Cincinnati Nature Center, southwest Ohio offers endless winter wonderlands to explore. Whether you're a "chill seeker," a scenery collector, or someone simply determined to earn that post-hike hot chocolate – or bean soup and cornbread – there's a trail calling your name.

Yes, winter hiking carries risks: shorter daylight hours, sneaky ice patches, and the ever-present possibility of discovering you wore fewer layers than recommended by literally every expert. Plan

ahead. Hike with a friend, check the forecast and know when to turn back. You'll be golden.

Stay active, stay safe, and enjoy the outdoors. Because nothing says "I'm embracing the New Year" quite like coming home tired, happy and ready for a well-earned nap!

**Note:** Our Transportation Program is not designed to drop you off at trailheads but, you can rely on us to deliver you safely – and serenely – to your medical and wellness appointments. Five days every week – we're there for you! For other adventures, join the fun on Maggie's monthly expeditions.

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

## Helping to Find Answers

As of the writing of this for the newsletter, Medicare Open Enrollment is in full swing and I helped more than 60 local seniors save over \$75,000 by comparing their Medicare Prescription Drug Plans and Medicare Advantage Plans. I am available throughout the year to assist you with Medicare questions, including initial enrollment and changes that may occur because of a special enrollment. We are also here to help you with questions about aging in place and available services. I look forward to seeing you in the coming year!

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

## Being Uniquely You

'Tis the season to be...You! And to find peace in that. The holidays and the beginning of the new year are certainly a confusing mixed bag of nuts.

So many questions and assumptions, should we be jolly? That is what norms and commercial almost demand. Must we have a New Years Resolution? Not necessarily. You being the unique person that you are can have a season of jolly or a season that may need time to heal or grow.

The New Year may feel like the same as it did the last five New Years and that may be just fine. In other word give yourself a hug if you need one. Forgive others if for no other reason to free yourself. Be the BEST you, that you can be and be OK with it.

The Yellow Springs Senior Center is glad to spread joy to all that come in, check out what we have to offer and suggest something that you may want to see, we are open to new ideas!

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

## Greene County Council on Aging Events

- **Caregiver Support Group:** Mondays, Jan. 5 and Feb. 2 (first Mondays) from 4–5:30 pm at the First Presbyterian Church in Yellow Springs.
- **Grief & Loss Group:** Mondays, Jan. 12 and Feb. 9 (second Mondays) from 10 am–noon at Peace Lutheran Church in Beavercreek.
- **Memory Loss, Dementia & Alzheimer's Disease:** Wednesday, Jan. 14 from 2:30–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Medicare 101:** Wednesday, Feb. 11, 3–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Legal Chat:** Thursday, Jan. 15 and Feb. 19 (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.

## 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)
  - calling 937-767-5751 Mon.–Fri. 9:30 am–4 pm
- A Credit Card/Debit Card/EBT card is used. This is a free service; donations gratefully accepted.

## Welcome NEW Members!

Marie Duncan • Crystal Gibson

Karen Hoelle • Lina Landess

Jane Sweet • David Welsh

Julia Zinn



Thanks to everyone who came out to enjoy the Weekly Wednesday Lunches including the Thanksgiving meal that Simon provided the day before Thanksgiving. **In 2026 the lunches will move to Fridays at noon** starting on January 9, 2026. The Birthday celebrations will happen on the second Friday of every month.



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 45387  
 937-767-5751  
 www.ysseniors.org

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

**Jan/Feb 2026**

**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. Closing at noon on Christmas Eve and New Year’s Eve*



**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 amount, 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 in the enclosed yellow envelope to: YSSC, 227 Xenia Ave., Yellow Springs, OH, 45387 or pay online at [ysseniors.org/membership](http://ysseniors.org/membership).

**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.**