

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

Teamwork makes the Dream Work

Having a kind neighbor or friend who can help you out is a great feeling of security and connectedness. Not everyone is fortunate to have a relationship like that, especially as life changes. At YSSC we enjoy being a resource for people to make new friends, reconnect with others or learn about resources available when their needs change.

So many of those resources are available because of the amazing collection of over 175 volunteers who share their time and talent through YSSC. When you call us, the first person you speak with is our front desk receptionist. These cheerful volunteers work here 3 to 6 hours a week and keep tabs on everything going on, offer a smile as people arrive and help direct questions to the right staff person.

Let's say you're calling to sign up for an activity – almost every class is led by a volunteer who is sharing their expertise for the enjoyment of helping others. Each week we offer an average of 50 hours of free programming. The variety, quality and abundance of programs we offer are the envy of other senior centers and attract people from outside of Yellow Springs to join the fun.

Perhaps you are calling because you need a ride to the doctor. The volunteer driver who picks you up in the fantastic sunflower covered Honda may run a quick errand of their own while you're in your appointment but will be right back to get you home. Efficiency in action!

Are you coming for our Friday lunch? Those delicious meals are cooked and delivered mostly by volunteers. Take a moment to thank Angela for her work setting up and cleaning up and Mark for playing the piano.

Check out the art in our Fireplace Room...the Art Committee manages the art shows and openings. So many committees are working behind the scenes, for example: Member Feedback, Ripples, Fundraising, and Capital Campaign. Each of these are creating collaborative projects that keep improving YSSC.

The YSSC Board of Trustees helps us to keep all these spinning plates up in the air. Overseeing our finances, policies, and projects takes a deep commitment to YSSC's Mission, and our Trustees volunteer countless hours to meetings, discussions, and research in support of that work. Their wise council and combined skills and experience are the backbone of our success.

Thanks to this great collection of caring people, YSSC continues to be a place for making connections. We're looking forward to celebrating ALL our volunteers on April 23. Please come join us to meet the nicest people in town.

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



CLASSES & GROUPS

Exercise, Movement, & Yoga

Seated Exercise, Mon. 11 am, Great Room

Rock Steady Boxing*, Mon. 12 noon

For people with PD. *Great Room & Zoom*

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

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

Gentle Seated Exercise, Tues., 12 noon, Great Room

Yoga*, Mon. & Thurs. 1:30 pm, Great Room & Zoom

Line Dancing, Mon. 5:30–6:30 pm, Great Room

Qi Gong, Tues. 1–1:45 pm & Fri. 1:30–2:15 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 Beginner Spanish, Mon. 4–5 pm, Zoom

In Person Beginner Spanish, Tue. 4–5 pm, Great Rm

Spanish, Wed. noon–1 pm, Zoom

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.*

Red = Zoom / Underlined* = in person & Zoom
Check for updates at: ysseniors.org/calendar

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

Ping Pong, Mon. 3:30–5:25 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

Big Talk, Wed. 10:30–noon

The intimacy of listening and speaking. *Fireplace Room*

Feedback Group, 3rd Wed. 4 pm

Golden Morning Walkers, Thurs. 9–10 am

Meet at the Vernet building in Glen Helen.

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.

Zen Friday, 3rd Fri., 2:30 pm

Led by Dione Greenberg. \$15 per class for materials, meets monthly, register with Maggie.

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

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

Ethical Wills with Artie Isaac on Zoom

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

UPCOMING EVENTS & NEW ACTIVITIES ³

Village Voices, 3rd Thursday, 7 pm

Mar 19: Scott Sanders, Antioch College Archivist, will present “Obscene in the Extreme: The Banning of *The Grapes of Wrath*.”

Apr 16: Chloe Manor, from the Yellow Springs Community Foundation, will discuss the history of YSEQUITY, a guaranteed income program, where it’s at today, and how to grow its services to address poverty and wealth inequality in our Village.

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.

Brunch Bunch, 1st Tuesday, 11 am

Mar. 3: Ellie’s at the Mills Park Hotel (meet there).

Apr. 7: Linh’s Bistro on Airway Rd. in Dayton 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.*

Events

Daytrip: Kennedy Heights Art Center

Wednesday March 11, 10–2 pm

Come with us to visit the Kennedy Heights Art Center in Cincinnati for the “Rooms of Grief” exhibit, a new exhibition exploring the emotional and interior spaces we inhabit when loss rearranges our world, co-curated by Yellow Springs resident Ena Nearon. Meet at the John Bryan Center lot at 10 am to ride in the transit van (\$5 suggested donation). Then we’ll enjoy some Mediterranean cuisine at Café Alma on Montgomery Road. Max of 11, register with Maggie by March 9.

Racial Wealth Gap Simulation

Thursday, April 9, 5–6 pm

The Hall Hunger Initiative, a non-profit based in Yellow Springs, offers the Racial Wealth Gap Simulation, an engaging, interactive experience designed to help participants understand how public policies have contributed to today’s racial inequities in hunger, income, and wealth. Using materials developed by Bread for the World, this one-hour session walks participants through a fact-based timeline of federal policies, highlighting their impact on communities of color. Guided discussion and information about the Miami Valley makes this a lively and transformative event. Let by Mark Willis. Register with Maggie. *Great Room*

Daytrip: Seibenthaler Fen

Wednesday, April 15, 1-3 pm

Siebenthaler Fen offers an accessible 1-mile trail with many opportunities for wildlife viewing. The unique boardwalk is made from recycled plastic and fiberglass and includes an observation tower for a birds-eye view of the wetlands. Meet at the John Bryan Center lot at 12:30 pm to ride in the transit van (\$5 suggested donation). Max of 11, register with Maggie.

Volunteer Appreciation Breakfast

Thursday, April 23, 10–11:30 am

All volunteers are invited to come and be recognized for their incredible service at the YSSC Volunteer Appreciation Breakfast Buffet Event. *Great Room*

Trader Joe’s and Dorothy Lane Monthly Trips

2nd & 4th Thursdays, 10 am–noon, starting March 12

The Senior Center is offering two new monthly trips: Trader Joe’s on the 2nd Thursday of each month and Dorothy Lane Market on the 4th Thursday of each month (except April 23), from 10 am–noon. Meet driver Mark Delozier at the John Bryan Center parking lot at 10 am for these monthly grocery outings with a max of 11 riders in the transit van (\$5 suggested donation). These are grocery trips only; plan an hour to shop and return around noon. Participants must register with Maggie a week in advance.

Classes & Workshops

John Bryan Community Pottery Project

Wednesdays, March 4 & 11, 12–2 pm

A “Garden Mushrooms” handbuilding pottery workshop at John Bryan Community Pottery for \$45 per person. Register with Maggie.

Big Talk, Wednesdays, 10:30–noon, starting March 4

Big Talk returns for intentional, thoughtful conversations in a safe setting. Registration is not required, but consistent attendance is encouraged to build community with one another. *Fireplace Room*

Phonophobia

Thursdays from 10–11:30 am, starting March 5

Debra Williamson leads this class covering iPhones which does not require registration and drop-ins are welcome. Participants should bring their phone and questions or come about specific topics. *Great Room*

At-Home Entertaining

Fridays in March, 10–11:30 am, starting March 6
 Chef Sue Neff will share tips and tricks (and maybe even recipes) on how to make home entertaining easier, fun, and stress-free in this four-week class. Max of 8 people, register with Maggie. *Fireplace Room*

Intergenerational Chess

1st & 2nd Fridays, 5–7 pm, starting March 6
 Join chess instructors Tony Mumford and Loren Rodgers for an evening of open, casual play for ALL ages and ALL abilities. *Great Room*

Memoir Writing

Tuesdays, 10–11:30 am, starting March 10
 Debra Williamson steps participants through the process of bringing memories to the page. This eight week course asks participants to draw on experiences and develop them into a story for sharing. Max of eight people, register with Maggie. *Fireplace Room*

Flash Fiction

Thursdays 10–11:30 am, starting March 12
 Led by Ed Davis, students will write flash fiction, stories of no more than 1,000 words, in a safe environment for sharing. Max of eight writers, register with Maggie. *Fireplace Room*

Zentangles by Dione Greenberg February 26–April 27, 2026 Reception: Fri., April 3, 4–6 pm

Dione Greenberg is an artist, an art therapist, and a Certified Zentangle Teacher. She recently retired from teaching gifted students and has been spending time in her studio in Yellow Springs as well as teaching Zentangle classes in the community.

Zentangle is an easy to learn, relaxing and fun way to create beautiful images by drawing structured patterns. Dione has enjoyed learning the Zentangle method from its founders and really enjoys sharing it with people in Yellow Springs as well as with other Zentangle artists across the globe.

Zentangle classes are held at the library on the second Tuesday of the month and at the

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. The deadline is March 15, 2026. It's preferred that submissions be emailed to pgeisel@ysseniors.org; typed entries can be dropped off or mailed to: YSSC–*Ripples*, 227 Xenia Ave., Yellow Springs, OH 45387.

Grocery Delivery

The Senior Center shops for groceries weekly from Tom's Market for anyone homebound due to transportation, mobility, or health issues.

Deliveries are on **Fridays** and **orders are due by 11 am on Thursdays**. Orders are accepted one of three ways:

- e-mail to info@ysseniors.org
 - ysseniors.org/grocery-delivery-program
 - calling 937-767-5751 Mon.–Fri. 9:30 am–4 pm
- A Credit Card/Debit Card/EBT card is used. This is a free service; donations gratefully accepted.



Senior Center on the third Friday of the month.

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

THURSDAY

FRIDAY

SAT / SUN

<p>5</p> <p>9:00 — Golden Morning Walkers 10:00 — Phonophobia, p.3 <u>11:00 — Cardio & Strength (Zoom)</u> 12:30 — Mahjong 1:30 — <u>Yoga*</u> 4:00 — <u>Intermediate Spanish</u></p>	<p>6</p> <p>10:00 — At Home Entertaining, p.4 10:00 — All Level Spanish Class 12:00 — Lunch 1:00 — Drawing Practice Group 1:30 — Qi Gong 2:30 — Tech Help 5:00 — Intergenerational Chess, p.4</p>	<p>7</p> <p>12:30 — Mahjong</p> <hr/> <p>10:00 — Tai Chi/Qi Gong 11:00 — Kung Fu</p> <p style="text-align: right;">8</p>
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- 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**



Turn over for the April calendar

APRIL 2026

MONDAY

TUESDAY

WEDNESDAY

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- Titles underlined* & with an * are both in person and on Zoom
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THURSDAY

FRIDAY

SAT / SUN

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MARCH 2026

MONDAY

TUESDAY

WEDNESDAY

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Slowing Down

“Slow down, you move too fast / you got to make the morning last!”

– Simon & Garfunkel, “59th Street Bridge Song”

I’m guessing I register around a “2” on the nostalgia scale. A little higher – maybe a “4” – if it pertains to music. It’s not nostalgia I want to dwell on today but rather something related, a treasure possessed but always slipping away.

I’m talking about “time.” No, not the kind that Paul Anka sang about in those Kodak-moment ads. You know, “*Good morning, yesterday / You wake up and time has slipped away.*” I mean the instant– this very moment – that is slip-sliding away from us right now. Consider the ticks of the clock that disappear between the leisurely 1½ hour before meeting a friend for coffee and your subsequent, inexplicable, 15-minute late arrival. I’m pretty sure I’m not the only one experiencing this. I’ve heard many express the same consternation – “*There’s just not enough hours in the day!*”

Has it always been this way. Yes – and, no. Today’s lifestyle choices certainly aggravate the issue. Modern life has a surfeit of technological wonders at hand – smart and time-saving appliances – to help us through the day. We’ve become masters at multitasking – never unplugging from texting, chatting, DMing, Zooming, and CHATing with friends, family, work and a host of strangers on social media. We stay plugged-in, up-to-date all day long, constantly reading online news feed, tuning into “All Things Considered” on our commutes, the Weather Channel forecasts and late-night updates before going to sleep. We map out efficient routes to connect our shopping needs and assemble medical teams of specialists that, together, sprinkle our life over multiple zip codes weekly. Every day we negotiate work/life balancing acts: scheduling school and extracurricular activities, walking the dog, feeding the cat, keeping up with job assignments, arranging lifestyle improvements (exercise, music lessons, French classes) while-watching the latest Apple+, Netflix, HBO, episodes. *Whew!*

The pace of life today IS faster than in decades past. Hours spent in our cars, on media consumption and keeping up with the daily “hustle” have skyrocketed. Nostalgia over earlier, simpler times provides no answers. How do we escape, then? The answer: Intentionality/Mindfulness. It is a ready-made antidote to our otherwise hectic lifestyles. The prescription is simple:

- Consider what truly matters to you, i.e., your values (family, health, growth);
- Audit how you use time – is it in alignment with your values? If not, make it so;
- Practice the art of saying, “No,” to requests not aligned with your values;
- Approach each day with a plan on how best to foster your values;
- Be mindfully present, to the extent possible, in all you do.

Not to wax nostalgic, but it seems centuries since Simon & Garfunkel released their “59th Street Bridge Song.” The lyrics are timeless in offering instruction on achieving an intentional, values-driven lifestyle. Sing along with me...

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

Help with Taxes

Tax season is just around the corner. There are many resources available to assist you. General tax info can be found at [irs.gov](https://www.irs.gov) and tax.ohio.gov. The Greene County Council on Aging has a list of places for in-person tax help at: gcco.org/tax-help-2025. The Yellow Springs Library has Ohio Tax instructions and Federal 1040 instructions and forms. April 15 is the filing deadline.

Free, in-person, tax assistance is available from Volunteer Income Tax Assistance (VITA) staff at some Greene County Library locations. Appointments can be made at the Xenia Community Library (76 E. Market St) from January 27–April 14, 2026 by calling 937-352-4000, option 3. Appointments are available Monday, Tuesday and Friday from 10 am–3 pm. For more info and required documents and a printable checklist go to greenelibrary.info/tax-assistance. Cedarville Library also has some times on Tuesdays. Information for Cedarville can be found at greenelibrary.bibliocommons.com/v2/events?series=694b2c4c8b29ea2800c5c25e.

If you have questions, please contact me. I can also help with insurance and Medicare questions and provide information on food and housing assistance.

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

Homemakers

Don’t forget that we have Homemakers that can help you with some of your household chores! Contact me for more information.

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

GREENE COUNTY COUNCIL ON AGING

It's My Money, My Stuff, and My Life!

This popular 4-week program starts on Tuesday, March 3 from 6–8:30 pm and is hosted by the Greene County Council on Aging. The sessions, presented by local professionals, will be held at Xenia United Presbyterian Church, 343 W. Ankeny Mill Rd. (across from the Fairgrounds). The cost is \$40 per household and includes materials and box suppers.

Space is limited and reservations are required. Contact GCCOA at YourFriends@gcco.org or 937-376-5486. More info at gcco.org/events.

Senior Artisan Show

Age is not a factor for artists, which is evident in the Greene County Senior Artisan Show. This event showcases the amazing work of people from 60 to 90-something who work in a variety of media. Active participation in creative activities has been shown to improve both physical and mental health as people age.

The Greene County Senior Artisan Show can be viewed on Sunday, March 8 from 1–3:30 pm, Sunday, March 15 from 1–3:30 pm, and Wednesday, March 18 from 11 am–2 pm at the Fairborn Art Association, 221 N. Central Ave. in Fairborn (at the rear of the building).

For info about the show, contact the Council at YourFriends@gcco.org or 937-376-5486.

Brain Blast

GCCOA is hosting “Brain Blast” on Wednesday, March 11, from 2–4 pm at the Xenia Community Center. It's time for spring renewal and reset so exercise your brain and body with friends. Bring a friend for a light-hearted but educational brain workout. More information at gcco.org/events.

Euchre Tourney

No joke, GCCOA is hosting a Euchre Tourney on Wednesday, April 1 from 12–3:30 pm at the Xenia Community Center. Register at the Yellow Springs Senior Center in advance.

Creativity Expo

Wake up your creative spirit with two projects at the GCCOA Creativity Expo on Wednesday, April 8, from 1–4 pm at the Xenia Community Center. There's a \$5 fee for supplies. For info contact YourFriends@gcco.org, 937-376-5486 or go to gcco.org/events.

Greene County Council on Aging Groups

- **Caregiver Support Group:** Mondays, Mar. 2 and Apr. 6 (first Mondays) from 4–5:30 pm at the First Presbyterian Church in Yellow Springs.
- **Grief & Loss Group:** Mondays, Mar. 9 and Apr. 13 (second Mondays) from 10 am–noon at Peace Lutheran Church in Beavercreek.
- **Memory Loss, Dementia & Alzheimer's Disease:** Wednesday, Mar. 11 from 2:30–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Medicare 101:** Wednesday, Apr. 8, 3–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Legal Chat:** Thursday, Mar. 19 and Apr. 16 (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.

A Really Big Thank You...

To our Ageless Art Auction sponsors: **Libby & Jim Hammond, Friends Care Community, Adoption Link, and Jackson Lytle & Lewis!** To all of the artists who donated art and also to the local art patrons who donated from their personal art collections! And to all the art lovers who attended the event!



Adoption Link



JACKSON LYTLE & LEWIS
LIFE CELEBRATION CENTER



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

Nonprofit
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 Xenia, OH 45385

Mar/Apr 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*

Mark Your Calendars!

DAYTON DRAGON’S GAME

Wednesday, May 13, 7 pm

We will be getting a group of tickets so everyone can sit together. \$10 per person, get \$5 in “baseball bucks!”

FLASH MOB

Wednesday, May 27, 1 pm

Practices will be starting soon...watch for details!

PARKINSON’S PUZZLE HUNT

Saturday, May 30, 1–4 pm

A FUNdraiser for “Parkinson Support and Wellness”

STREET FAIR

Saturday, June 13, 9 am–5 pm

We’re planning something fun...details to come!

GARDEN DINNER PARTY

Saturday, June 27, 5:30–9 pm

There will be more information will be in the next newsletter but it’s not to soon to save the date!



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.