

Senior Notes

A bimonthly publication for members of the Yellow Springs Senior Center



Volunteer service and financial contributions are vital to the operation of the Senior Center.
227 Xenia Avenue, Yellow Springs, OH 45387 • 937-767-5751 • ysseniors.org

Director's Comments

We are delighted to announce that, in response to community feedback and a Feasibility Study, we have shifted our plans from the Livermore Street site to the former lumberyard building at 108 Cliff St. There are several key reasons that this decision makes sense, especially in the long term. The project also provides us with opportunities that wouldn't be possible elsewhere.

- We will have abundant parking, not only on our own lot, but also at multiple public lots
- A deck along the bike path will expand our outdoor experiences
- The project can be completed in phases if necessary
- The Center will still be in “downtown” and close to the Bryan Center
- All activities could be accommodated on one level of the building

There will be an open house at 108 Cliff St. on Thursday, May 14 from 4 to 6 pm for the community to see the building and help us imagine the potential it holds. Those of you who remember it as a lumberyard and storage facility would probably never have dreamed that it would become a place where you could take language classes, practice yoga or join a community gathering.

There are several reasons to complete the purchase of 108 Cliff St. within the month of May. We will be selling the half acre at 722 Livermore and can initiate our fundraising in earnest with our plans coming together. To keep up to date and learn how you can help visit, please our website at ysseniors.org/newbuilding.html.

Please mark your calendar to attend our Annual Membership Meeting on Wednesday, June 10 at

10 am. Our architect, John Fabelo, will present initial design plans for the Cliff St. location, and there are some items for members to vote on this year – there are several new Board Members to be elected, and we have a proposal to increase the membership dues. Please see the insert with this newsletter for more information about the meeting.

While YSSC is planning ahead with a building big enough to contain all we do, we are also hosting a conversation about how individuals can plan for the future. A Village Voices panel conversation regarding estate planning and how to leave a legacy for others on Thursday, May 21 at 7 pm. Please invite your friends and other nonprofit organizations to attend. We hope that together we can keep visioning a brighter future...we all need something to hope for these days.

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

Parkinson's Puzzle Hunt

Saturday, May 30
1–4 pm
\$10 per person
(\$15 after May 16)
on teams of 1–4 people
Fundraiser for “Parkinson Support and Wellness”



Gather a small team to exercise your brain as you walk around Yellow Springs solving puzzles suitable for all ages. The proceeds from this puzzle hunt will benefit the “Parkinson Support and Wellness” nonprofit. Register or find more info at ysseniors.org/pdph.

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*

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

Line Dancing, Mon. 5:30–6:30 pm, 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. 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.*

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

Ping Pong, Mon. 3:30–5:25 pm, Great Room

Scrabble, Wed. 12:30–3:30 pm, Fireplace Room

Bridge, Wed. 6:30–9 pm, Great Room

Mahjong, Thurs. (Advanced) & 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, Fireplace Room

The intimacy of listening and speaking.

Feedback Group, 3rd Wed. 4 pm, Fireplace Room

Golden Morning Walkers, Thurs. 9–10 am

Meet at the Vernet building in Glen Helen.

Phonophobia, Thurs. 10–11:30 am, Fireplace Room

\$5 donation per class, 25% goes to YSSC.

Friday Lunch, Fri. 12 noon (arrive by 12:15 pm)

From local chefs and restaurants. The meal is free, but donations are appreciated. *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.

Intergenerational Chess, 1st & 2nd Fri, 5–7 pm

Casual play for ALL ages and abilities. *Great Room*

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

\$15 per class for materials, 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

Thursday, May 21 at 11 am. Register with Maggie and zoom link will be emailed.

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

UPCOMING EVENTS & NEW ACTIVITIES ³

Village Voices, 3rd Thursday, 7 pm

May 21: A presentation on making charitable donations, including estate planning, RMDs and other ways to do Planned Giving. Panelists include Ryan Beach, YSSC's financial advisor from Edward Jones and Attorney Laura Curliss.

June 18: Scott Sanders, Antioch College Archivist, will present "Obscene in the Extreme: The Banning of *The Grapes of Wrath*."

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

May 5: Eat local – Miguel's Tacos (meet there).

June 2: Honey Toast, 130 N. Broad, Fairborn. 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: Springfield Art Museum

Wednesday May 20, 9:30 am

The Senior Center will visit the Springfield Art Museum to see the "Black Lives as Subject Matter III" exhibit on Wednesday, May 20. Meet at John Bryan parking lot at 9:30 am to ride in the Transit Van (\$5 suggested donation) or meet at museum at 10 am to join the group.

Daytrip: Ohio Caverns

Wednesday, June 17, 9:30 am–noon

The Senior Center will go to Ohio Caverns, the largest of all the cave systems in Ohio, and take the 25 minute long guided "Limestone Tour" the only handicap accessible tour. Meet at the John Bryan Center lot at 9:30 pm to ride in the transit van (\$10 suggested donation). Max of 11 to ride in the van; 20 people max on the tour which will be an additional charge. Register with Maggie by June 12 so tickets and rates can be secured.

Make Every Day Earth Day

Monday, May 18, 7 pm, Great Room

Lina Landess will share environmentally safe and sane ways to reduce and reuse plastic and paper towels and other samples of earth and money saving alternatives. The event is free and open to all.

Trader Joe's and Dorothy Lane Monthly Trips

2nd & 4th Thursdays, 10 am–noon

The Senior Center is offering two monthly trips: Trader Joe's on the 2nd Thursday of each month and Dorothy Lane Market on the 4th Thursday of each month, 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. Must have at least 5 people signed up or the trip will be cancelled.

WYSO Tour, Wednesday, May 6, 10:30 am

The Senior Center will get a guided tour of the new WYSO studios. Register with Maggie.

Dayton Dragon's Game, Wednesday May 13, 7 pm

The Senior Center has a block of tickets for \$10 each which come with \$5 in "Baseball Bucks." Contact Maggie for tickets before they're all gone.

Annual Meeting, Wednesday, June 10, 10 am

The architects will present their plan for the new Senior Center on Cliff Street. Everyone is welcome to attend either in person or on Zoom. Register at MyActiveCenter.com or email info@ysseniors.org.

Street Fair, Saturday, June 13, 9 am–5 pm

We'll have vendor booths, new Ripples issues, raffles, and free puzzles! Vendor applications and more information are available at the Senior Center and on the website at ysseniors.org/street-fair.

Classes & Workshops

Daily Sketchbook

Mondays, 9:30–11 am. Great Room, starting May 4

This 8-session class is led by Bob Huston. Come back as a returning student or come for the first time. Note that this class requires work outside of class in between sessions. Max of 10, register with Maggie by April 27.

John Bryan Community Pottery Project

Tuesdays, May 5 & 12, 12–2 pm

A "Build-a-Bowl" handbuilding pottery workshop at John Bryan Community Pottery for \$45 per person. Register with Maggie.

Explore YS on Foot Walking Group

First Tuesdays, May 5 & June 2, 9–10 am

This walking group will explore different parts of the village on foot to learn more about the village, get outside, socialize, and make new friends!

May 5: meet at the picnic table at John Bryan Center parking lot at 9 am and walk north on the bike path.

June 2: Start at Ellis Pond and then explore the arboretum there and surrounding grounds.

Amy Harper will be the group leader for these walks; if you have an interest in leading future walking groups, contact Maggie. Registration not required; contact Maggie with questions.

It's Never Too Late to Begin Again

Tuesdays, 10 am–noon, Fireplace Room, starting May 5

This twelve-week class led by Debra Williamson meets in May, June, and July and explores “What’s Next?” in retirement. This period of life can be freeing yet daunting, so where to start? Memoir and journal writing help look within, explore interests and desires for the future. Expect to engage the creative side and get in touch. The class uses Julia Cameron’s book “It’s Never Too Late to Begin Again.” Weekly suggested donation \$10 with 25% to YSSC. Class limited to 8. Register with Maggie.

Photography by Matt Lammi

May 1–June 29, 2026

Reception: Fri., May 15, 5–7 pm

Matt Lammi is an amateur photographer who started using photography as a creative outlet while attending Ohio University, pursuing a degree in the College of Engineering (BSIT 1971). It was a method to offset all the technical and business courses of study with something fun. He started working with film cameras and then moved over to digital cameras.

Now retired from the industrial world, photography is his way of relaxing and seeing the beautiful, the unique, the overlooked, and the small things around us. All captured in the click of a shutter, frozen forever in time.

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.

Let’s Face It

Thursdays, 10–11:30 am, Great Room

This 8-week class is led by Don Sak. Come as a beginner to this face-drawing series or join again. Max of 10, register with Maggie by April 30.

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 by:

- 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.

Cordon Bleu Experience Raffle

A 5-course Lunch or 5-course Dinner prepared by Cordon Bleu trained Chef Susan Neff with wines for four people. The meal will be planned with you to accommodate your schedule and dietary needs. The value of this meal is \$400. Raffle tickets are \$10 each and can be purchased at the Senior Center. The drawing will be held at Street Fair June 13. Proceeds benefit the Senior Center.



THURSDAY

FRIDAY

SAT / SUN



| | | |
|---|---|--|
| | <p>1</p> <p>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> | <p>2</p> <p>12:30 — Mahjong</p> <hr/> <p>10:00 — Tai Chi/Qi Gong 11:00 — Kung Fu</p> <p>3</p> |
| <p>7</p> <p>9:00 — Golden Morning Walkers 10:00 — Phonophobia 10:00 — Let's Face It, p.4 11:00 — Cardio & Strength (JBC) 12:30 — Advanced Mahjong 1:30 — <u>Yoga*</u> 4:00 — Intermediate Spanish</p> | <p>8</p> <p>10:00 — All Level Spanish Class 12:00 — Lunch & Birthday Celebration 1:00 — Drawing Practice Group 1:30 — Qi Gong 2:30 — Tech Help 5:00 — Intergenerational Chess</p> | <p>9</p> <p>12:30 — Mahjong</p> <hr/> <p>10:00 — Tai Chi/Qi Gong 11:00 — Kung Fu</p> <p>10</p> |
| <p>14</p> <p>9:00 — Golden Morning Walkers 10:00 — Trader Joe's Trip, p.3 10:00 — Phonophobia 10:00 — Let's Face It 11:00 — Cardio & Strength (JBC) 12:30 — Advanced Mahjong 1:30 — <u>Yoga*</u> 4:00 — Intermediate Spanish 4:00 — Cliff St. Open House, p.1</p> | <p>15</p> <p>10:00 — All Level Spanish Class 12:00 — Lunch 1:00 — Drawing Practice Group 1:30 — Qi Gong 2:30 — Zen Friday 2:30 — Tech Help 5:00 — Art Reception, p.4</p> | <p>16</p> <p>12:30 — Mahjong</p> <hr/> <p>10:00 — Tai Chi/Qi Gong 11:00 — Kung Fu</p> <p>17</p> |
| <p>21</p> <p>9:00 — Golden Morning Walkers 10:00 — Phonophobia 10:00 — Let's Face It 11:00 — Ethical Wills, p.2 11:00 — Cardio & Strength (JBC) 12:30 — Advanced Mahjong 1:30 — <u>Yoga*</u> 4:00 — Intermediate Spanish 7:00 — Village Voices, p.3</p> | <p>22</p> <p>10:00 — All Level Spanish Class 12:00 — Lunch 1:00 — Drawing Practice Group 1:30 — Qi Gong 2:30 — Tech Help</p> | <p>23</p> <p>12:30 — Mahjong</p> <hr/> <p>10:00 — Tai Chi/Qi Gong 11:00 — Kung Fu</p> <p>24</p> |
| <p>28</p> <p>9:00 — Golden Morning Walkers 10:00 — Dorothy Lane Trip, p.3 10:00 — Phonophobia 10:00 — Let's Face It 11:00 — Cardio & Strength (JBC) 12:30 — Advanced Mahjong 1:30 — <u>Yoga*</u> 4:00 — Intermediate Spanish</p> | <p>29</p> <p>10:00 — All Level Spanish Class 12:00 — Lunch 1:00 — Drawing Practice Group 1:30 — Qi Gong 2:30 — Tech Help 4:00 — Bingo, p.2</p> | <p>30</p> <p>12:30 — Mahjong 1:00 — Parkinson's Puzzle Hunt, p.1</p> <hr/> <p>10:00 — Tai Chi/Qi Gong 11:00 — Kung Fu</p> <p>31</p> |

JUNE 2026

MONDAY

TUESDAY

WEDNESDAY

| | | |
|---|---|---|
| <p>9:30 — Daily Sketchbook 1</p> <p>11:00 — Seated Exercise</p> <p>12:00 — <u>Rock Steady Boxing*</u></p> <p>1:30 — Community Games</p> <p>1:30 — <u>Yoga*</u></p> <p>1:30 — Euchre Online</p> <p>3:30 — Ping Pong</p> <p>4:00 — Adv. Beginner Spanish</p> <p>5:30 — Line Dancing</p> | <p>9:00 — Explore YS on Foot, p.4 2</p> <p>10:00 — It's Never Too Late...</p> <p>10:00 — Ukulele Group</p> <p>11:00 — Brunch Bunch, p.3</p> <p>11:00 — Cardio & Strength (JBC)</p> <p>1:00 — Qi Gong</p> <p>3:30 — German in Review</p> <p>4:00 — In Person Beginning Spanish</p> <p>7:00 — YS Strings Rehearsal</p> | <p>10:00 — Knitting & Crochet 3</p> <p>10:30 — Big Talk</p> <p>12:00 — Spanish</p> <p>12:30 — Scrabble</p> <p>1:30 — Euchre Online</p> <p>2:00 — <u>Dancing with Parkinson's*</u></p> <p>3:30 — <u>French Conversation*</u></p> <p>6:30 — Bridge</p> |
| <p>9:30 — Daily Sketchbook 8</p> <p>11:00 — Seated Exercise</p> <p>12:00 — <u>Rock Steady Boxing*</u></p> <p>1:30 — Community Games</p> <p>1:30 — <u>Yoga*</u></p> <p>1:30 — Euchre Online</p> <p>3:30 — Ping Pong</p> <p>4:00 — Adv. Beginner Spanish</p> <p>5:30 — Line Dancing</p> <p>7:00 — Ukulele Club</p> | <p>10:00 — It's Never Too Late... 9</p> <p>10:00 — Ukulele Group</p> <p>11:00 — Cardio & Strength (JBC)</p> <p>1:00 — Qi Gong</p> <p>3:30 — German in Review</p> <p>4:00 — In Person Beginning Spanish</p> <p>7:00 — YS Strings Rehearsal</p> | <p>10:00 — Annual Meeting, p.3 10</p> <p>10:30 — Big Talk</p> <p>12:00 — Spanish</p> <p>12:30 — Scrabble</p> <p>1:30 — Euchre Online</p> <p>2:00 — <u>Dancing with Parkinson's*</u></p> <p>3:30 — <u>French Conversation*</u></p> <p>6:30 — Bridge</p> |
| <p>9:30 — Daily Sketchbook 15</p> <p>11:00 — Seated Exercise</p> <p>12:00 — <u>Rock Steady Boxing*</u></p> <p>1:30 — Community Games</p> <p>1:30 — <u>Yoga*</u></p> <p>1:30 — Euchre Online</p> <p>3:30 — Ping Pong</p> <p>4:00 — Adv. Beginner Spanish</p> <p>5:30 — Line Dancing</p> | <p>10:00 — It's Never Too Late... 16</p> <p>10:00 — Ukulele Group</p> <p>11:00 — Cardio & Strength</p> <p>1:00 — Qi Gong</p> <p>3:30 — German in Review</p> <p>4:00 — In Person Beginning Spanish</p> <p>7:00 — YS Strings Rehearsal</p> | <p>9:30 — Daytrip: Caverns, p.3 17</p> <p>10:00 — Knitting & Crochet</p> <p>10:30 — Big Talk</p> <p>12:00 — Spanish</p> <p>12:30 — Scrabble</p> <p>1:30 — Euchre Online</p> <p>2:00 — <u>Dancing with Parkinson's*</u></p> <p>3:30 — <u>French Conversation*</u></p> <p>4:00 — <u>Feedback Group</u></p> <p>6:30 — Bridge</p> |
| <p>9:30 — Daily Sketchbook 22</p> <p>11:00 — Seated Exercise</p> <p>12:00 — <u>Rock Steady Boxing*</u></p> <p>1:30 — Community Games</p> <p>1:30 — <u>Yoga*</u></p> <p>1:30 — Euchre Online</p> <p>3:30 — Ping Pong</p> <p>4:00 — Adv. Beginner Spanish</p> <p>5:30 — Line Dancing</p> | <p>10:00 — It's Never Too Late... 23</p> <p>10:00 — Ukulele Group</p> <p>11:00 — Cardio & Strength (JBC)</p> <p>1:00 — Qi Gong</p> <p>3:30 — German in Review</p> <p>4:00 — In Person Beginning Spanish</p> <p>7:00 — YS Strings Rehearsal</p> | <p>10:00 — Knitting & Crochet 24</p> <p>10:30 — Big Talk</p> <p>12:00 — Spanish</p> <p>12:30 — Scrabble</p> <p>1:30 — Euchre Online</p> <p>2:00 — <u>Dancing with Parkinson's*</u></p> <p>3:30 — <u>French Conversation*</u></p> <p>5:00 — YSSC Board Meeting</p> <p>6:30 — Bridge</p> |
| <p>9:30 — Daily Sketchbook 29</p> <p>11:00 — Seated Exercise</p> <p>12:00 — <u>Rock Steady Boxing*</u></p> <p>1:30 — Community Games</p> <p>1:30 — <u>Yoga*</u></p> <p>1:30 — Euchre Online</p> <p>3:30 — Ping Pong</p> <p>4:00 — Adv. Beginner Spanish</p> <p>5:30 — Line Dancing</p> | <p>10:00 — It's Never Too Late... 30</p> <p>10:00 — Ukulele Group</p> <p>11:00 — Cardio & Strength (JBC)</p> <p>1:00 — Qi Gong</p> <p>3:30 — German in Review</p> <p>4:00 — In Person Beginning Spanish</p> <p>7:00 — YS Strings Rehearsal</p> |  |

THURSDAY

FRIDAY

SAT / SUN

| | | |
|---|---|--|
| <p>9:00 — Golden Morning Walkers 4 10:00 — Phonophobia 10:00 — Let's Face It 12:30 — Advanced Mahjong 1:30 — <u>Yoga*</u> 4:00 — Intermediate Spanish</p> | <p>10:00 — All Level Spanish Class 5 12:00 — Lunch 1:00 — Drawing Practice Group 1:30 — Qi Gong 2:30 — Tech Help 5:00 — Intergenerational Chess</p> | <p>6 12:30 — Mahjong</p> <hr/> <p>10:00 — Tai Chi/Qi Gong 7 11:00 — Kung Fu</p> |
| <p>9:00 — Golden Morning Walkers 11 10:00 — Trader Joe's Trip, p.3 10:00 — Phonophobia 10:00 — Let's Face It 11:00 — Cardio & Strength (JBC) 12:30 — Advanced Mahjong 1:30 — <u>Yoga*</u> 4:00 — Intermediate Spanish</p> | <p>10:00 — All Level Spanish Class 12 12:00 — Lunch & Birthday Celebration 1:00 — Drawing Practice Group 1:30 — Qi Gong 2:30 — Tech Help 5:00 — Intergenerational Chess</p> | <p>13 9:00 — Street Fair, p.3</p> <hr/> <p>10:00 — Tai Chi/Qi Gong 14 11:00 — Kung Fu</p> |
| <p>9:00 — Golden Morning Walkers 18 10:00 — Phonophobia 10:00 — Let's Face It 11:00 — Cardio & Strength (JBC) 12:30 — Advanced Mahjong 1:30 — <u>Yoga*</u> 4:00 — Intermediate Spanish 7:00 — Village Voices, p.3</p> | <p>19 CLOSED for Juneteenth</p> | <p>20 12:30 — Mahjong</p> <hr/> <p>10:00 — Tai Chi/Qi Gong 21 11:00 — Kung Fu</p> |
| <p>9:00 — Golden Morning Walkers 25 10:00 — Dorothy Lane Trip, p.3 10:00 — Phonophobia 10:00 — Let's Face It 11:00 — Cardio & Strength (JBC) 12:30 — Advanced Mahjong 1:30 — <u>Yoga*</u> 4:00 — Intermediate Spanish</p> | <p>10:00 — All Level Spanish Class 26 12:00 — Lunch 1:00 — Drawing Practice Group 1:30 — Qi Gong 2:30 — Tech Help 4:00 — Bingo, p.2</p> | <p>27 12:30 — Mahjong 5:30 — Garden Dinner Party, p.12</p> <hr/> <p>10:00 — Tai Chi/Qi Gong 28 11:00 — Kung Fu</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**

JULY 4

**Save the date
 for the annual
 July 4 parade!**

MAY 2026

MONDAY

TUESDAY

WEDNESDAY

Turn over for the
June 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**
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|--|---|--|
| <p>9:30 — Daily Sketchbook, p.3 4 11:00 — Seated Exercise 12:00 — <u>Rock Steady Boxing</u>* 1:30 — Community Games 1:30 — <u>Yoga</u>* 1:30 — Euchre Online 3:30 — Ping Pong 4:00 — Adv. Beginner Spanish 5:30 — Line Dancing</p> | <p>9:00 — Explore YS on Foot, p.4 5 10:00 — It's Never Too Late..., p.4 10:00 — Ukulele Group 11:00 — Brunch Bunch, p.3 11:00 — Cardio & Strength (JBC) 12:00 — Pottery Project, p.3 1:00 — Qi Gong 3:30 — German in Review 4:00 — In Person Beginning Spanish 7:00 — YS Strings Rehearsal</p> | <p>10:00 — Knitting & Crochet 6 10:30 — WYSO Tour, p.3 10:30 — Big Talk 12:00 — Spanish 12:30 — Scrabble 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's</u>* 3:30 — <u>French Conversation</u>* 6:30 — Bridge</p> |
| <p>9:30 — Daily Sketchbook 11 11:00 — Seated Exercise 12:00 — <u>Rock Steady Boxing</u>* 1:30 — Community Games 1:30 — <u>Yoga</u>* 1:30 — Euchre Online 3:30 — Ping Pong 4:00 — Adv. Beginner Spanish 5:30 — Line Dancing 7:00 — Ukulele Club</p> | <p>12 10:00 — It's Never Too Late... 10:00 — Ukulele Group 11:00 — Cardio & Strength (JBC) 12:00 — Pottery Project, p.3 1:00 — Qi Gong 3:30 — German in Review 4:00 — In Person Beginning Spanish 7:00 — YS Strings Rehearsal</p> | <p>13 10:00 — Knitting & Crochet 10:30 — Big Talk 12:00 — Spanish 12:30 — Scrabble 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's</u>* 3:30 — <u>French Conversation</u>* 6:30 — Bridge 7:00 — Dayton Dragon's Game, p.3</p> |
| <p>9:30 — Daily Sketchbook 18 11:00 — Seated Exercise 12:00 — <u>Rock Steady Boxing</u>* 1:30 — Community Games 1:30 — <u>Yoga</u>* 1:30 — Euchre Online 3:30 — Ping Pong 4:00 — Adv. Beginner Spanish 5:30 — Line Dancing 7:00 — Make Every Day Earth, p.3</p> | <p>19 10:00 — It's Never Too Late... 10:00 — Ukulele Group 11:00 — Cardio & Strength (JBC) 1:00 — Qi Gong 3:30 — German in Review 4:00 — In Person Beginning Spanish 7:00 — YS Strings Rehearsal</p> | <p>20 9:30 — Daytrip: SMA, p.3 10:00 — Knitting & Crochet 10:30 — Big Talk 12:00 — Spanish 12:30 — Scrabble 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's</u>* 3:30 — <u>French Conversation</u>* 4:00 — <u>Feedback Group</u> 6:30 — Bridge</p> |
| <p>25 CLOSED for Memorial Day</p> | <p>26 10:00 — It's Never Too Late... 10:00 — Ukulele Group 11:00 — Cardio & Strength (JBC) 1:00 — Qi Gong 3:30 — German in Review 4:00 — In Person Beginning Spanish 7:00 — YS Strings Rehearsal</p> | <p>27 10:00 — Knitting & Crochet 10:30 — Big Talk 12:00 — Spanish 12:30 — Scrabble 1:00 — Flash Mob, p.9 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's</u>* 3:30 — <u>French Conversation</u>* 5:00 — YSSC Board Meeting 6:30 — Bridge</p> |

Age Amazing

In March I attended the Ohio Association of Senior Centers conference entitled “Age Amazing Because Aging Should Be Extraordinary!” It was fun to get to meet members of other senior centers in Ohio and it also gave me a new appreciation for our center, its members, and our village.

One of the sessions I went to was “Connecting Generations Through Gaming.” LevelUpLand in Columbus is a program for Seniors that was designed to empower seniors by helping them use the tools of technology for education, entertainment and social connection.

If there is interest in learning more about this program, please reach out to me. LevelUpLand will bring laptops out to the community and share their gaming and technology programs. Playing online games can be a good way to connect with younger family members – even those who live far away.

I am also available to help with insurance and Medicare questions, including initial enrollment and open enrollment. I can also assist you with applications and share information on both food and housing assistance, and many other services that can help seniors age in place in their own homes.

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

Spread a Little Joy

Spread around a little joy; a smile, a hand wave, even a subtle head nod are all positive acknowledgments that we all share this Earth. We do not have to share or agree on a political or religious basis.

In fact, this is an intentional effort to give just a bit of yourself. This action may be the only joy a person receives and may have been something that was needed right then.

I suggest making an effort to acknowledge those we pass on the street, in a store, or entering buildings for appointments. I know that I feel lifted when I receive and give a positive gesture.

Try it, and perhaps you will notice the return is worth more than your original effort. The homemakers at the Yellow Springs Senior Center not only enter the clients home to clean, cook, and run errands but also to offer a smile and companionship.

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

What the Years Teach Us

“Getting old is like climbing a mountain; you get a little out of breath, but the view is much better!”

– Ingrid Bergman

They say that with age comes wisdom. Personally, I find that with age comes a lot more walking into rooms, stopping dead in my tracks, and wondering what I am doing there. Gaining the ability to laugh at yourself while forgetting where you put your glasses – always in the last place you look – is all part of the master plan, according to the great philosophers.

Yes, over the years we gain valuable insights that, together, forge a better understanding of the human condition. For example, when I was young, naps were a sign of weakness – a punishment. Now? A nap is a high-stakes, luxurious reward you’ve earned once you become “*re-tired*.” I am motivated more to seek comfort rather than answers. In younger days, there were ambitions to change the world. Today, I am rather elated to find out that Menards has the specific lightbulb I need AND it’s 11% off regular price – if only I can remember to mail in the rebate.

With liberating perceptions of social graces, I allow myself to wear zany, cushy socks with my sandals, roll my eyes or – still better – remain silent during inane, conversations with friends. I have come to realize that the word “*no*” is a complete sentence and that the phrase, “*I don’t know, what do you think?*” is an all-purpose, social Swiss-army-knife riposte, equally useful to ward off awkward silence or initiate riveting discussions.

A better sense of self. A relaxed sense of humor. A greater appreciation for the moment. All of it a gift from adding rings around the sun – tempered by the humbling cacophony of sounds my body makes as I rise from my desk.

“You don’t stop laughing when you grow old, you grow old when you stop laughing.”

–George Bernard Shaw

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

Flash Mob 2026

Wednesday, May 27 at 1 pm

YSSC’s annual Flash Mob event on Short Street, choreographed by Lynn Hardman!

This year the event will feature a progressive music production including drumming, ukeleles, and singing with freestyle dancing to follow.

GREENE COUNTY COUNCIL ON AGING

SeniorPalooza 2026: Searching for Patterns

The Greene County Council on Aging is celebrating “Older Americans Month”

It starts on Wednesday, April 29 from 1:30–3 pm with a **Drive-By Event** at the Xenia Community Center parking lot, 1265 W Second St., to pick up a Takeaway Bag which will include the itinerary of events, games and challenges, the Senior Field Day registration form and more!

Then on Wednesday, May 13 from noon–3 pm there will be a display of handmade heirloom quilts at the Xenia Community Center.

The fun culminates with the **The Senior Field Day** on Thursday, May 21 from 11:30 am–2:30 pm which will be full of fun and games, indoors and out, at the Xenia Community Center. Registration is required and space is limited. YSSC is coordinating transportation to this event. If you’re interested in riding along, email info@ysseniors.org or call 937-767-5751. *This is separate from registering for the event itself, you must register for both.*

For more information or to request an itinerary, contact the Council at YourFriends@gcco.org or 937-376-5486 or on their website at gcco.org.

Spring Shredding Event

The GCCOA’s Drive By Spring Shredding Event is on Saturday, May 2 from 9 am–noon in the Xenia Community Center parking lot, 1265 W. Second St. They accept sales receipts, paychecks, credit card statements, old checks and bank statements, tax returns (but not instruction booklets), medical bills and statements. Staples and paper clips are OK but please remove documents from binders. Individuals only, no businesses.

Introducing Madison Stephenson

I am YSSC’s new Project Assistant! I graduated from Antioch College in 2024 with a bachelor’s degree in social enterprise and innovation and enjoy baking in my free time. I would like to gather anecdotes or thoughts about your experiences of YSSC services, programs, and classes. Please share your stories or feedback when you see me, by email at mstephenson@ysseniors.org or by calling 937-767-5751 ext. 110.

Annual Yard Sale

The Greene County Council on Aging’s Annual Yard Sale is Thursday, June 4 from 9 am–4 pm in the GCCOA’s Parking Lot, 1195 W. Second St. in Xenia. The event will be held rain or shine and proceeds benefit their Grab Bar Installation Program.

Items to donate can be dropped off at GCCOA on Friday, May 15 and Thursday, May 28. from 10 am–2 pm. They will take jewelry, crafts, small furniture, kid’s toys and accessories, tools, holiday and miscellaneous decor, household and gardening items. No clothing, books, CDs or DVDs.

Greene County Council on Aging Groups

- **Caregiver Support Group:** Mondays, May 4 and June 1 (first Mondays) from 4–5:30 pm at the First Presbyterian Church in Yellow Springs.
- **Grief & Loss Group:** Mondays, May 11 and June 8 (second Mondays) from 10 am–noon at Peace Lutheran Church in Beavercreek.
- **Memory Loss, Dementia & Alzheimer’s Disease:** Wednesday, May 13 from 2:30–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Medicare 101:** Wednesday, June 10, 3–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Legal Chat:** Thursday, May 21 and June 18 (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.

Welcome NEW Members!

Izumi Allen • Kate Anderson • Leon Anderson
Cameron Atkins • Beth Bridgeman
Gordon Brown • Will Davis • Karen Ehman
Scott Fife • Ramona Greathouse
Kathy Hubble • Maureen McCarthy-Magill
Lisa McGurk • Sandra McGurk • Loretta Nehez
Steve Rumbaugh • Clarice Sanders
Tina Saunders • Chandra Shrader • Vivian Stinson
Beverly Tanamachi • Merydeth Tipton
Janet Tomas • Wendy Wheeler-Fife



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 PAID
 Permit No. 281
 Xenia, OH 45385

May/June 2026

YSSC Services

- Transportation
- Support Services
- Homemaker Program
- Activities Program

CURRENT RESIDENT OR:

13th Annual Garden Dinner Party

Benefit for the Yellow Springs Senior Center

Saturday, June 27, 2026 from 5–9 pm • \$100 per person
RSVP by June 1, 2026 (Seating is limited so please register early)

Please include all persons in your party, limit six, in the envelope with payment. We will do our best to accommodate your requests.

Contact the Senior Center at 937-767-5751 or info@ysseniors.org.

Name(s) _____

Contact Person Name _____

Cell # _____ Email _____

Vegetarian _____ Vegan _____ Gluten Free _____

Other Dietary Restrictions _____

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

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

