September/October 2026

Senior Notes

A bimonthly publication for members of the Yellow Springs Senior Center

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

Did your family have a telephone table in the hallway? A place to have long conversations – unless it was a long-distance call, of course! Remember the days of waiting for that other person to finish their call, especially when you were waiting for another call to come in? Or that when you wanted privacy, you'd have to see how long the cord would reach to get behind a door?

Now we can call anyone, anywhere in the world and talk without concern about long distance charges – but do we call? It's so much easier to just send a quick text to check in and not need to go through the long chat to catch up…all that chat about "How's your cat? Where did you go out for dinner? Did you read that book I recommended?" Nah…just text the basics…are you coming for Thanksgiving? (Don't forget to add the turkey emoji).

We live in a reality connected more by screen time than seeing people face to face. We check the news, weather and social media on our smartphones. Our television screens are linked to hundreds of channels with endless programming options. Meetings, memos, and messages are all managed on the computer; there's little need to gather for discussions. Our cars even have screens telling us where to go and what to watch out for.

Where do we go to actually see a person face to face, make new friends or reconnect with old friends? Our village has some fun options…benches, a fantastic library, and lots of parks, patios, and porches. YSSC is a designated cooling and warming place for the community – we hope that you'll find you can always cool your heels or warm your heart a little bit when you stop by.

The most frequent question I get is "How old do I have to be to join?" The answer is the age you are now. Everyone is welcome here. Check out our Mission Statement on the back of this newsletter – we are here to foster interaction among the total community.

A few days ago, a new member came to attend their first class. I had passed by and saw that the group was still chatting after the class was done, then the member stopped by the front desk to ask some questions and ended up sitting for a while to talk. All of the work that is required to keep this place going is worth it to hear this person call out as they left: "I JUST LOVE THIS PLACE!"

Please look inside this newsletter to learn all we do – classes, activities, outings and events are just the start. We help with your transportation needs, grocery shopping, housekeeping, benefits review and enrollment and more. Thank you to everyone who helps to keep this place thriving.

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

2017 Prius V with 60K Miles – Raffle tickets are $100 each and only 200 will be sold. Tickets can be purchased at the Senior Center. The drawing will be held at Fall Street Fair on October 10 (if there are unsold tickets the raffle will be extended). Winner does not have to be present. Proceeds benefit YSSC.

CLASSES & GROUPS

Exercise, Movement, & Yoga

Gentle Movement & Stretch, ***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*
Meditation and restorative practices as well as gentle yoga flows. All levels welcome.

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***
Video used for instruction. *Great Room*

Dancing with Parkinson's*, ***Wed. 2–3:15 pm***
For people with PD. *Great Room & Zoom*

Seated Yoga, ***Thurs. 10–10:45 am,*** *Great Room*
Led by Lina Landess, $5 suggested donation.

Tai Chi/Qi Gong, ***Sun. 10 am/Kung Fu, Sun. 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***
To join class, contact JudithSkillings17@gmail.com. *Great Room*

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*

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. & Sat. 12:30–4 pm***
Thurs. is for experienced players and takes place in the Fireplace Room (tutorship available, contact Maggie); Sat. is 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.

Friday Lunch, ***Fri. 12 noon (arrive by 12:15 pm)***
From local chefs & restaurants. Free but donations are appreciated; registration ***not*** required. *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,*** *Great Room*
$15 per class, register to dione.greenberg@gmail.com.

Bingo, ***Last Friday of the month, 4–5:30 pm***
25¢ per card, must be 21. *Great Room*

UPCOMING EVENTS & NEW ACTIVITIES

Village Voices, ***3rd Thursday, 7 pm***

Sept 17: Phil King will present "80 Years of Change and Continuity in Yellow Springs: Excerpts from a Local Boy's Memoir." He'll share some of his reflections on growing up in YS and the changes he's seen since, as stated in his novel/memoir, *The Curious Case of the Cleveland Indians,* which he published last year. The book contains science fiction, time travel, dreams and baseball, along with many vignettes based in Yellow Springs.

Village Voices is taking a break in October. Suggestions for future speakers are welcome.

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

Lunch Bunch, ***1st Wednesday, 12 noon–2 pm***

The Lunch Bunch meets on the first Wednesday of the month from 12 noon–2 pm. RSVP to Maggie one week prior so group reservations can be made.

Sept 2: Casa Centro, 14 E. Main St. Suite 101 in Springfield for "Modern Mexican" cuisine. Meet at 11:30 am at the John Bryan Center parking lot if you wish to carpool; otherwise meet at the location at noon. $5 suggested donation for use of van.

Oct 7: Tik's Thai in Yellow Springs.

Events

Flu Shot Clinic, ***Sat., Sept. 5, 9 am–12 noon***

YS Pharmacy will have a flu shot clinic at the Senior Center.

Daytrip: The Wilds, ***Tues., Sept. 15, time TBD***

This daytrip will be an all-day excursion to The Wilds, a safari park and conservation center located in Cumberland, Ohio. Open safari tours are $45 per person and details about departure and return times TBD. 11 max, $10 suggested donation for the transit van. Register with Maggie by Sept. 4.

Trader Joe's Trip

Second Thursdays, Sept. 10 & Oct. 8, 10 am–12:30 pm

Ride in the Transit Van for a shopping trip to Trader Joe's. Minimum of 5; max of 11, $5 suggested donation. Register with Maggie.

Fun is Ageless Social, ***Thurs., Sept. 24, 3:30–4:30 pm***

Parents and grandparents are encouraged to bring along a kid to this ice cream social to celebrate the importance of reading.

Explore YS on Foot, ***Tues., Oct. 6, 9 am***

Amy Harper's Explore YS on Foot group will meet at a location TBD; contact Maggie if interested.

Dance Party, ***Sat., Oct. 17, 7:30–9:30 pm, Great Room***

Come boogie down to music of the '60s, '70s, and '80s at the Dance Party. Suggested $5 donation; refreshments provided but BYOB.

Daytrip: Snooty Fox, ***Wed., Oct. 28, 9 am–3 pm***

The Senior Center is returning to the Snooty Fox Consignment Store (although not the bus tour) in Cincinnati followed by late lunch at Brassica. The transit van will depart YS at 9 am and go to the Montgomery Road/Harper's Point location only, from 10 am–12:30 pm, followed by lunch at Brassica (modern Mediterranean food) located nearby then return by 3 pm. 11 max, $10 suggested donation for the transit van. Register with Maggie.

Classes & Workshops

Memoir Writing

Tues., 10–noon, Fireplace Room, starts Sept. 1

Debra Williamson leads this twelve-week class where participants journal to generate memories, focus, and develop memoir content then review them. Max of 8. Weekly suggested donation is $10 with 25% going to YSSC. Register with Maggie.

Poetry Writing

Thurs., 10–noon, Fireplace Room, starts Sept. 3

Debra Williamson leads this ten-week class teaching the basics of poetry (sound, rhyme, form, voice, tone, and imagery) and uses writing prompts to generate material for writing poetry. Max of 8. Weekly suggested donation is $10 with 25% going to YSSC. Register with Maggie.

Emotional Freedom Technique

Fri. in Sept., 11–noon, Fireplace Room, starts Sept. 4

Emotional Freedom Technique (EFT), also known Tapping, is a technique that combines gentle tapping on acupressure points with focused attention on specific issues, sending a calming signal to the brain and rewrites the emotional charge attached to stress, anxiety, grief, and more, producing lasting change. Karla Bristow will facilitate participants through the process using EFT as a lifelong tool for themselves and others. All ages welcome. Sliding scale of $5–10 per class; max of 10. Register with Maggie.

Daily Sketchbook
Mon., 9 –10:45 am, Great Room, starts Sept. 14
Bob Huston leads this seven-week class which will focus on participants sketching independently during the week with a different theme each week. Participants will use part of each class session to show, critique, and explore sketchbooks as a group. All sketching media is welcome. Note: This is not a class of instruction. Different drawing techniques will be discussed or demonstrated as a compliment to the sketchbook critique period. Participants are expected to sketch on their own for 3–4 hours each week. Max of 10. Register with Maggie.

Mindfulness Workshop
Mon., 10–11:30 am, Fireplace Room, starts Sept. 14
Lina Landess teaches participants how to use Mindfulness every day to stay focused and move through each day calmer and with purpose. Some ways mindfulness may improve one's day: better focus and attention, less stress and burnout, and better mood and more energy. Max of 8; $5 fee per person, per class. Register with Maggie.

Hula Dance Class, ***Wed. Sept. 23, 12 noon–1 pm***
Maui native Anacel Hidalgo teaches this free class.

Journal Making
Fri. in Oct., 11–12:30, Fireplace Room, starts Oct. 2
This four-week basic Journal Making for beginners is a crafting workshop with Sandra Szulborski who will share her extensive craft supply collection and her expertise at no charge; donations to YSSC are accepted. Max of 8, register with Maggie.

Fifth Friday Potluck Lunch, ***Fri, Oct. 30, 12 noon***
Since there are five Fridays in October the Weekly Lunch on Friday, October 30 will be a "Halloween Potluck." A few main dishes and beverages will be provided but please bring a spooky dish to share!

Grocery Delivery

The Senior Center shops for groceries weekly from Springs 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

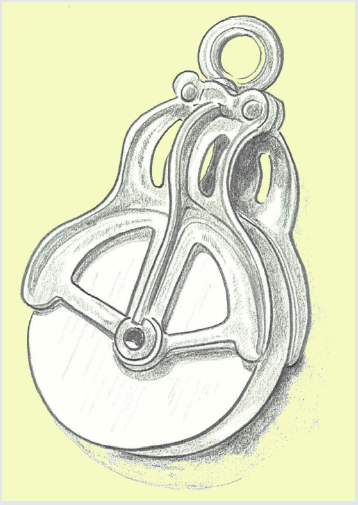
A credit card/debit card/EBT card is used. This is a free service; donations gratefully accepted.

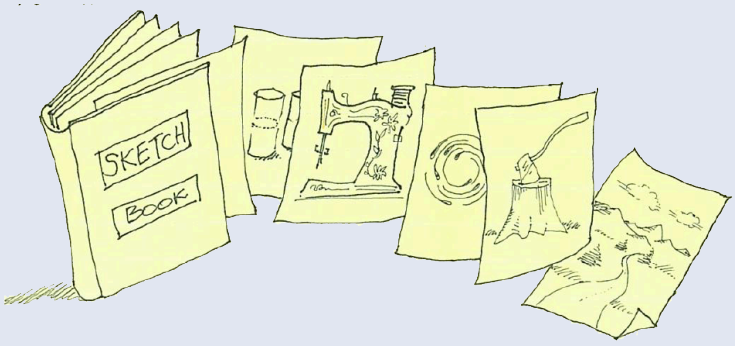
"The Daily Sketchbook" by Bob Huston's drawing class

September 3–November 2, 2026
Reception: Fri., Sept. 4, 5–7 pm

The YS Senior Center is featuring "The Daily Sketchbook" on display from September 3–November 2, 2026 in the Fireplace Room with a reception on Friday, September 4 from 5–7 pm.

This exhibit is by members of "The Daily Sketchbook" drawing class at the Senior Center led by Bob Huston. Members of the class have worked independently to produce drawings based on a different theme each week. All drawing mediums are welcome. Class time was used to show, critique, and explore the sketchbook of each member. Observing each individual's unique interpretation of the weekly theme was the highlight of their time together and offered inspiration for their progress as artists.





Some of the themes included: simple machines, clothes, hair, glass, cracks, garden, soft, tools, shadow, splash, round, and vegetation.

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.

SEPTEMBER 2026

THURSDAY	FRIDAY	SATURDAY
3 9:00 — Golden Morning Walkers 10:00 — Seated Yoga **10:00 — Poetry Writing, p. 3** 11:00 — Cardio & Strength (JBC) 12:30 — Mahjong 1:30 — Yoga* 4:00 — Intermediate Spanish	**4** 10:00 — All Level Spanish Class **11:00 — Emotional Freedom Technique, p. 3** 12:00 — Lunch 1:00 — Drawing Practice Group 1:30 — Qi Gong 2:30 — Tech Help **5:00 — Art Reception, p. 4**	**5** **9:00 — Flu Shot Clinic, p. 3** 12:30 — Mahjong 10:00 — Tai Chi/Qi Gong 11:00 — Kung Fu **6**
10 9:00 — Golden Morning Walkers **10:00 — Trader Joe's, p. 3** 10:00 — Seated Yoga 10:00 — Poetry Workshop 11:00 — Cardio & Strength (JBC) 12:30 — Mahjong 1:30 — Yoga* 4:00 — Intermediate Spanish	**11** 10:00 — All Level Spanish Class 11:00 — Emotional Freedom Technique 12:00 — Lunch & Birthday Celebration 1:00 — Drawing Practice Group 1:30 — Qi Gong 2:30 — Tech Help	**12** 12:30 — Mahjong 10:00 — Tai Chi/Qi Gong 11:00 — Kung Fu **13**
17 9:00 — Golden Morning Walkers 10:00 — Seated Yoga 10:00 — Poetry Workshop 11:00 — Cardio & Strength (JBC) 12:30 — Mahjong 1:30 — Yoga* 4:00 — Intermediate Spanish **7:00 — Village Voices, p. 3**	**18** 10:00 — All Level Spanish Class 11:00 — Emotional Freedom Technique 12:00 — Lunch 1:00 — Drawing Practice Group 1:30 — Qi Gong 2:30 — Tech Help 2:30 — Zen Friday	**19** 12:30 — Mahjong 10:00 — Tai Chi/Qi Gong 11:00 — Kung Fu **20**
24 9:00 — Golden Morning Walkers 10:00 — Seated Yoga 10:00 — Poetry Workshop 11:00 — Cardio & Strength (JBC) 12:30 — Mahjong 1:30 — Yoga* **3:30 — Fun is Ageless Social, p. 3** 4:00 — Intermediate Spanish	**25** 10:00 — All Level Spanish Class 11:00 — Emotional Freedom Technique 12:00 — Lunch 1:00 — Drawing Practice Group 1:30 — Qi Gong 2:30 — Tech Help **4:00 — Bingo**	**26** 12:30 — Mahjong 10:00 — Tai Chi/Qi Gong 11:00 — Kung Fu **27**

- 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 October calendar

OCTOBER 2026

Turn over for the September calendar

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MONDAY	TUESDAY	WEDNESDAY
5 9:00 — Daily Sketchbook 10:00 — Mindfulness Workshop 11:00 — Gentle Movement & Stretch 12:00 — Rock Steady Boxing* 1:30 — Community Games 1:30 — Yoga* 1:30 — Euchre Online 3:30 — Ping Pong 4:00 — Adv. Beginner Spanish 5:30 — Line Dancing	**6** **9:00 — Explore YS on Foot, p. 3** 10:00 — Ukulele Group 10:00 — Memoir Writing 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	**7** 10:00 — Knitting & Crochet 10:30 — Big Talk **12:00 — Lunch Bunch, p. 3** 12:00 — Spanish 12:30 — Scrabble 1:30 — Euchre Online 2:00 — Dancing with Parkinson's* 3:30 — French Conversation 6:30 — Bridge
12 9:00 — Daily Sketchbook 10:00 — Mindfulness Workshop 11:00 — Gentle Movement & Stretch 12:00 — Rock Steady Boxing* 1:30 — Community Games 1:30 — Yoga* 1:30 — Euchre Online 3:30 — Ping Pong 4:00 — Adv. Beginner Spanish 5:30 — Line Dancing 7:00 — Ukulele Club	**13** 10:00 — Ukulele Group 10:00 — Memoir Writing 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	**14** 10:00 — Knitting & Crochet 10:30 — Big Talk 12:00 — Spanish 12:30 — Scrabble 1:30 — Euchre Online 2:00 — Dancing with Parkinson's* 3:30 — French Conversation 6:30 — Bridge
19 9:00 — Daily Sketchbook 10:00 — Mindfulness Workshop 11:00 — Gentle Movement & Stretch 12:00 — Rock Steady Boxing* 1:30 — Community Games 1:30 — Yoga* 1:30 — Euchre Online 3:30 — Ping Pong 4:00 — Adv. Beginner Spanish 5:30 — Line Dancing	**20** 10:00 — Ukulele Group 10:00 — Memoir Writing 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	**21** 10:00 — Knitting & Crochet 10:30 — Big Talk 12:00 — Spanish 12:30 — Scrabble 1:30 — Euchre Online 2:00 — Dancing with Parkinson's* 3:30 — French Conversation 4:00 — Feedback Group 6:30 — Bridge
26 9:00 — Daily Sketchbook 10:00 — Mindfulness Workshop 11:00 — Gentle Movement & Stretch 12:00 — Rock Steady Boxing* 1:30 — Community Games 1:30 — Yoga* 1:30 — Euchre Online 3:30 — Ping Pong 4:00 — Adv. Beginner Spanish 5:30 — Line Dancing	**27** 10:00 — Ukulele Group 10:00 — Memoir Writing 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	**28** **9:00 — Daytrip: Snooty Fox, p. 3** 10:00 — Knitting & Crochet 10:30 — Big Talk 12:00 — Spanish 12:30 — Scrabble 1:30 — Euchre Online 2:00 — Dancing with Parkinson's* 3:30 — French Conversation 5:00 — YSSC Board Meeting 6:30 — Bridge

OCTOBER 2026

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15 9:00 — Golden Morning Walkers 10:00 — Seated Yoga 10:00 — Poetry Workshop 11:00 — Cardio & Strength (JBC) 12:30 — Mahjong 1:30 — Yoga* 4:00 — Intermediate Spanish	**16** 10:00 — All Level Spanish Class 11:00 — Journal Making 12:00 — Lunch 1:00 — Drawing Practice Group 1:30 — Qi Gong 2:30 — Tech Help 2:30 — Zen Friday	**17** 12:30 — Mahjong **7:30 — Dance Party, p. 3** 10:00 — Tai Chi/Qi Gong 11:00 — Kung Fu **18**
22 9:00 — Golden Morning Walkers 10:00 — Seated Yoga 10:00 — Poetry Workshop 11:00 — Cardio & Strength (JBC) 12:30 — Mahjong 1:30 — Yoga* 4:00 — Intermediate Spanish	**23** 10:00 — All Level Spanish Class 11:00 — Journal Making 12:00 — Lunch 1:00 — Drawing Practice Group 1:30 — Qi Gong 2:30 — Tech Help	**24** 12:30 — Mahjong 10:00 — Tai Chi/Qi Gong 11:00 — Kung Fu **2:00 — Square Dance, p. 12** **25**
29 9:00 — Golden Morning Walkers 10:00 — Seated Yoga 10:00 — Poetry Workshop 11:00 — Cardio & Strength (JBC) 12:30 — Mahjong 1:30 — Yoga* 4:00 — Intermediate Spanish	**30** 10:00 — All Level Spanish Class **12:00 — Lunch: Potluck, p. 4** 1:00 — Drawing Practice Group 1:30 — Qi Gong 2:30 — Tech Help **4:00 — Bingo**	**31** 12:30 — Mahjong 10:00 — Tai Chi/Qi Gong 11:00 — Kung Fu **Nov 1**

SEPTEMBER 2026

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7 **CLOSED for Labor Day**	**8** 10:00 — Ukulele Group 10:00 — Memoir Writing 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	**9** 10:00 — Knitting & Crochet 10:30 — Big Talk 12:00 — Spanish 12:30 — Scrabble 1:30 — Euchre Online 2:00 — Dancing with Parkinson's* 3:30 — French Conversation 6:30 — Bridge
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Springs in Action! Take the Plunge! Make a Splash!

"Life's most persistent and urgent question is, 'What are you doing for others?'"

– Dr. Martin Luther King, Jr.
"Three Dimensions of a Complete Life"

This is the second installment of a theme introduced in June's Newsletter – how to join or reconnect to community to build it stronger for all. Volunteering, in a word, offers a natural bridge to accomplishing this in a fast and effective way.

How? Well, volunteering immediately weaves you into the community fabric – breaking "social ice" and making "contact" with others that share your values and goals. By taking this first step, your focus immediately shifts outward to community engagement and – with a regular schedule to meet up with like-minded neighbors – helps build and extend new friendships.

The type of activity you choose matters less than whether you find it meaningful. To start, you might think about your area of interest, identify your passions. Do you want to work with children? Adults? The environment? Animal Care? Social Justice? The first lesson is to govern your enthusiasm – don't spread yourself too thin – in matters of interests or time! To do so will almost certainly doom your mission! Start slow, maybe a couple of hours a month. You will be rewarded with learning more about your chosen organization as well as gaining insight on what best motivates you, the skills you hope to share or gain and even a clearer sense of purpose.

Volunteer opportunities abound in and around Yellow Springs. We read of their accomplishments every week. Off the top of my head, there is YS Community Foundation, Agraria, Who's Hungry, YS Tree Committee, Home, Inc., Greene County Library, YS Schools, numerous churches, YS Arts Council, 365 Project, WYSO, YS Community Food Pantry, Perry League T-Ball, The Riding Centre, Tecumseh Land Trust, Beloved Community, Glen Helen, and YS Senior Center – and I'm just getting started...

There are organizations that would be glad to entertain your interests in volunteering. There's no pay, of course – but the benefits are priceless! Go ahead – Think Global about the world we want, but Act Local to bring it about!

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

Medicare and Housing

Fall is almost here and it's time for Medicare Open Enrollment. This is the perfect opportunity to review your Part D and Medicare Advantage Plans for any changes that may occur in 2027. As an Ohio Senior Health Insurance Information Program (OSHIIP) volunteer, I can help you review your current plan, run comparisons and make changes if necessary. Our website ysseniors.org/medicare has info and a form to list your prescriptions. Fill out the form prior to your appointment. If you've had insurance counseling here in the past, you will get info and a form in the mail. There are also forms at the Senior Center.

Recently I have gotten calls from seniors looking for affordable housing options. I know that this is an issue for many, regardless of age. There are some aspiring home share programs around the country that match up seniors who would like to remain in their homes with people who are in need of housing. Not yet available here, the National Shared Housing Resource Center nationalsharedhousing.org/home has info about homesharing and intergenerational living. Programs such as these can provide practical solutions to housing challenges. The need for housing is not unique to Yellow Springs. Perhaps the Shared Housing Program will be available here in the future.

Contact me with your questions about Open Enrollment or Initial Enrollment in Medicare, Medicaid, food, housing, or utilities assistance.

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

Shifting Mindsets

In the 1940s spaceships were only seen on TV with spacemen and Martians jumping from planet to planet. These ideas were so farfetched that much of it was dismissed as impossible. In October 1958 NASA was formed and three short years later the first human space flight took place. Only lasting 15 minutes it was a monumental feat. NASA's accomplishment reshaped the world's mindset to believe in the impossible and to expand our imagination. 61 years later we have space stations capable of sustaining life for many years. Everyone can shift their mindset and reshape their own life. One small change could be the use of our homemakers to help clean, cook or run errands allowing you time for gardening, learning to play an instrument, or learning a new language right here at the Senior Center. Let us help!

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

GREENE COUNTY COUNCIL ON AGING

Fall Prevention Event
Falls are the leading cause of emergency room visits, hospital stays, and deaths for seniors, but they don't have to be. This event on Thursday, September 10 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.

It's My Money! It's My Stuff! It's My Life!
The sessions, presented by local professionals, are held in the Xenia Community Center on Tuesdays from 6–8:30 pm on October 6, 13, 20, and 27. 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 info or a registration form, email yourfriends@gccoa.org.

Creativity Expo
As the days get shorter and cooler, why not exercise your creative side? This year's GCCOA Creativity Expo is Wednesday, October 7 from 1–4 pm at the Xenia Community Center. Space is limited and registration is required. The fee for supplies is $5 and light refreshments will be available. There will be two projects to work on during the afternoon. Bring a friend or maybe make a new one and leave with something you made for yourself or for a gift. For info email yourfriends@gccoa.org.

Savvy Senior Expo
The Savvy Senior Expo on Thursday, October 22 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 vendor tables, interactive experiences, and breakout sessions throughout the day. There is no cost (although a donation for area food pantries is requested) and no registration is required. There will be door prizes and a Beverage & Snack Bistro to enjoy while chatting with other savvy attendees.

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

Shredding Event
The Fall Shredding Event is Saturday, October 31 from 9 am–noon in the parking lot of the Xenia Community Center. They accept up to three boxes of private papers (medical or financial papers but not recycling or businesses) and will have prizes for friendliest costume. For more info visit gccoa.org.

Other GCCOA Events

- **Caregiver Support Group:** Mondays, Sept. 7 and Oct. 5 (first Mondays) from 4–5:30 pm at the First Presbyterian Church in Yellow Springs.
- **Grief & Loss Group:** Mondays, Sept. 14 and Oct. 12 (second Mondays) from 10 am–noon at Peace Lutheran Church in Beavercreek.
- **Memory Loss, Dementia & Alzheimer's Disease:** Wednesday, Sept. 16 from 2:30–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Medicare 101:** Wednesday, Oct. 14, 2:30–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Legal Chat:** Thursday, Sept. 17 and Oct. 15 (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.

At the YS Library

Discover Your Home's History
Discover historic records including deeds, maps, city directories, and county histories and learn how they are used to research the history of a house or property. On Tuesday, September 22 from 2–3 pm Greene County Room Librarian Heather Shockey will demonstrate how to find the answers you are looking for in these historic records at the YS Community Library. Registration is not required.

Welcome NEW Members!

Laurie Buchanan • Margaret Cook
Karyn Stillwell Current • Deborah Donley
Dwight Dowson • Chris Knotts • Alan Ladd
Bill McKenna • Greg Noll • Lori Noll • Barbara Orr
Kate Pleatman • Kay Rogers • Roxanna Rouch
Jake Studebaker • Phil Szulborski
Sandra Szulborski • Aaron Treadway

Yellow Springs Senior Center

227 Xenia Avenue
Yellow Springs OH
45387

937-767-5751

www.ysseniors.org

Nonprofit
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Permit No. 281
Xenia, OH 45385

Sept/Oct 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*

The annual Square Dance is Sunday, October 25 from 2–4 pm at the Mills Lawn Gym, featuring the Corndrinkers. Tickets are $25 for adults, $5 for youth, and 12 and under are free. Tickets can be purchased presale at the Senior Center or at the door and benefit the Senior Center. Call 937-767-5751 or email info@ysseniors.org.

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.