

The Center Page

Springfield and Clark County's Resource for People Age 55 and Better

MARCH 2022



UNITED SENIOR SERVICES

www.unitedseniorservices.org
125 W Main St,
Springfield, OH 45502
937-323-4948

USS DOWNTOWN HOURS:

M-Th 7:00am - 7:00pm

F 7:00am - 4:30pm

NEW CARLISLE SATELLITE

1216 W Lake Ave,
New Carlisle, OH 45344

ENON SATELLITE

7571 Dayton-Springfield Rd,
Enon, OH 45323

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- Joti Carson
- Connie Craig
- George Degenhart
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- Chris Wells, Treasurer
- Maureen Fagans, CEO

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Cover Photo By:
Nancy Flinchbaugh

Center Page Editors:
Jenna Bluemlein
Stephanie McCuiston

Director's Corner



Dear Members and Friends,

It was wonderful to walk around the hallways of our downtown center today to find every multi-purpose room busy! Members were exercising, swimming, playing pool, and cards. Travelers were learning about the USS Tours Pacific Northwest trip, clients and volunteers were working on income tax forms, and the Jammers were serenading us. So many people laughing, singing, and talking, the buzz was contagious. To experience this level of activity today in our center gives me hope for our future. Here are a couple of statistics that reinforce my hopeful feeling.

In 2019, and Pre-COVID, we boasted 4,900 registered members using our centers. As I write this, 2,500 people have registered or renewed their 2022 memberships. Less than 2 months into the year and we are half way to meeting or exceeding our 2019 record.

In 2019, and Pre-COVID, we welcomed an average of 375 people every day. Today our average daily check-in is 178 people, almost half way to meeting or exceeding our 2019 record.

Since reopening last summer, our team has worked hard to rebuild our activity calendar as quickly and as safely as possible. Check the calendar in this issue. Many of your favorite activities have successfully restarted and a number of new activities are added to this edition's calendar, including instructor-led classes, free, open swim times, more pickleball, and a brand new evening series called Dinner & Discussion. I'm also excited to note that our SAILL program returns this month with a large catalog of amazing, interesting classes. And, bingo makes its return this month!

Read more to learn what favorite activities are back on the schedule, and what soon-to-be favorites have been added. I hope you find there is always something for you at USS. See you soon.

Thank you for the opportunity,

Maureen Fagans, CEO

What's NEW ↓



Time to SAILL-ebrate!

March 1st marks the beginning of registration for the **2022 Spring SAILL term!** The USS member services team will be happy to help you. This eight-week term, beginning March 21st, is full of interesting classes including art, music, global discussion, fitness, memory, life planning, tours, and lectures! There is something for everyone! Catalogs are available for pickup at USS Downtown and for download on our website at www.unitedseniorservices.org/saill.

To participate in these engaging topics, SAILL participants must have a current USS membership. Contact Cindy Lockwood, SAILL Coordinator, at clockwood@unitedseniorservices.org or 937-323-4948 ext. 140 for more information.



USS Celebrates St. Patrick's Day

 ***"May the leprechauns be near you, to spread luck along your way, and may all the Irish angels smile upon you on St. Patrick's Day."*** 

Come celebrate St. Patrick's Day with USS on **Thursday, March 17th!** Irish music, green punch, and treats will be available in the lobby. We will be taking entries for door prizes that will be given out at the end of the day – no need to be present to win! Members can only enter for the door prize once. Stop by and join us in celebrating! This event is being sponsored by the **Springfield Masonic Community**.



We will also offer a make it/take it abstract fluid art paint activity at 10:30am. There will be a \$10 fee to cover cost of materials, due at the time of the activity. To reserve your spot, please call the Welcome Center at 937-323-4948 by Tuesday, March 15th; this will be first-come, first-served with a maximum of 16 participants. In addition, this will be a messy activity – please bring an apron if you have one or wear old clothes.

What's NEW ↓

Lunch & Learn

Rotator Cuff Disease **Mercy Health Springfield Orthopedics & Sports Medicine** **Thursday, March 17th at 12:00pm**

USS welcomes Dr. Christopher Malone, DO, to present on rotator cuff disease. Dr. Malone's knowledge and specialty in cartilage repairs, shoulder replacements, ligament reconstruction, and meniscus repairs will make this an engaging and informative opportunity. This program will share signs and symptoms of rotator cuff disease, steps to take before surgery, and additional solutions to the disease. To reserve your spot, please RSVP no later than **Monday, March 14th** by calling the Welcome Center at 937-323-4948.

Stay at Home Bingo

Join USS for Stay at Home Bingo on **Wednesday, March 16th at 1:00pm**. Reservations and membership are required. Call Tracy Wickham at 937-521-3010 or email her at twickham@unitedseniorservices.org to reserve your spot. You will be provided with a number to call and a pin number to get connected for the game. Bingo cards can be picked up at USS downtown starting Tuesday, March 1st. Bingo cards can also be mailed to those unable to make it downtown. Winners of the game will receive a \$10 gift card provided by **Mercy Health Oakwood Village**. Gift cards are for Kroger, Subway, and Chick-fil-A. There is no charge for this event.

Virtual Dinner & Discussion

Personal Protections **Office of the Ohio Consumers' Counsel, United States Postal Inspection Service** **& Social Security Administration** **Wednesday, March 23rd at 6:00pm**

USS is excited to offer a new and engaging program on scams that we all face. Andrew Tinkham, Office of the Ohio Consumers' Counsel will present with Nicole Lutz, United States Postal Inspection Service and Theresa Busher & Kelly Draggoo, Social Security Administration on consumer protection, scam awareness and ways to keep your mail and packages safe. This program will have great information and resources to keep yourself safe in this evolving world. This event will take place on *Zoom*. To reserve your spot, please RSVP no later than Tuesday, March 22nd by calling the Welcome Center at 937-323-4948. The *Zoom* link will be sent to you 48 hours prior to the program.

Prevention

The Prevention program has designed group activities for older adults who are feeling isolated and want opportunities to spend time with peers. Proof of vaccination - including a booster - is required. Want more information about the Prevention program? Call Tracy Wickham at 937-521-3010.

Prevention Schedule: March 2022

March 1st at 10:30am

Women's History Month, highlights of contributions throughout history, presented by Emery Lawson.

March 2nd, 9th, 16th & 23rd, at 1:00pm

Bingo is back at USS! *Reservations and Proof of Vaccination are required, call 937-323-4948.*

March 3rd at 10:30am

Game Day and Presentation on Using Virtual Reality.

March 4th at 11:00am

Lap Pool Open Swim.

March 7th

Nifty Thrifting.

March 8th & 10th at 10:30am

Spring Floral Door Decoration and learning about Virtual Reality.

March 11th, 28th & 29th at 10:30am

Learn how to use knitting loom.

March 14th at 10:30am

Slice of Knowledge presented by Rachael Salentiny. Discuss what it means to leave a legacy. Reflect on memories and complete a personal legacy booklet to take home. Bring some of your photos of family, pets, childhood, and more to add to yours. Pizza to follow, *reservations are required, call 937-521-3010.*

March 15th at 10:30am

Make a craft for St. Patrick's Day.

March 16th at 1:00pm

Stay at Home Bingo. *Reservations are required, call 937-521-3010.*

March 17th at 10:30am

St. Patrick's Day Luncheon.

March 18th

Sweet Treat Tour - Esther Price.

March 21st

Bill's Donut Shop - Named one of the "Best Donut Shops in America".

March 22nd & 24th

Dollar Day - Dollar General and Dollar Tree visits.

March 25th at 10:30am

Movie and Popcorn - "Rear Window" with Jimmy Stewart.

March 30th at 10:30am

Fun Facts and Useless Facts. (No word in the English language rhymes with "Month".)

March 31st

Springfield Art Museum.

What's NEW ↓

Added in March

- **Additional Aquatics Center Classes**
- **In-person Bingo**
- **Dinner & Discussion Series**

Aquatics Center Additions

USS is excited to continue expanding our aquatic center activities. Members can now sign up for as many aquatic center classes as they like. USS also continues to find ways to create more open swim hours for everyone. Keep your eye on the *Center Page* each month as we announce new additions.

Bingo is Back!

USS is excited to reintroduce bingo as a regularly scheduled activity starting **Wednesday, March 2nd** at 1:00pm. There are several new rules to keep everyone safe as they return to our downtown location.

- 1. Masks are required at all times while playing.**
- 2. Proof of up-to-date COVID-19 vaccination is required.**
 - Members and volunteers who participate must show proof of vaccination - including a booster - upon arrival.
 - Those not able to provide proof of vaccination will not be allowed to play bingo or volunteer.
- 3. Maximum 50 members per week; members may only play every other week.**
- 4. Reservations are required and will be first-come, first-served.**
 - Reservations for March 2nd can be made beginning Thursday, February 24th at 8:30am until full. Reservations must be completed through the Member Services department via phone at 937-323-4948 ext. 112 or in-person.
 - Moving forward, reservations for each Wednesday can be made beginning at 8:30am the Thursday before play: example, for Wednesday, March 9th, reservations begin on Thursday, March 3rd.
 - To allow everyone a chance to play, members are not permitted to participate 2 weeks in a row.
 - Members can register themselves and 1 other member and must provide first and last names and phone numbers.
 - No wait list will be kept and no walk-ins will be allowed.
 - Vaccine check starts at 11:30am. Doors open at 12:00pm. Play begins at 1:00pm.
- 5. Prepackaged items will be sold at the concession stand (12:00pm – 3:00pm).**
- 6. Bingo will not play when there is a 5th Wednesday in a month (March, June, August, November).**

Please remember this is a volunteer-run activity. We appreciate your patience as we work to reintroduce this popular activity safely.

Paid Activities in March & April

USS offers a wide range of activities to accommodate the needs of all members. We hope you continue to find the best activity for you. As always, payments can be made with Cortney in Member Services during normal business hours (8:30am – 4:00pm). All paid activities start the week of Monday, February 28th. **Payments for activities started Tuesday, February 22nd.**

Chair Yoga

Tuesdays at 9:30am (8 total classes; \$48 total cost)

Focus on Fitness

Tuesdays & Thursdays at 9:00am (18 total classes; \$36 total cost)

Functional Fitness

Wednesdays at 11:00am (9 total classes; \$90 total cost)

Lap Pool Water Aerobics

Mondays at 1:00pm (9 total classes; \$18 total cost)

Mondays at 2:00pm (9 total classes; \$18 total cost)

Tuesdays at 9:00am (9 total classes; \$18 total cost)

Wednesdays at 1:00pm (9 total classes; \$18 total cost)

Thursdays at 9:00am (9 total classes; \$18 total cost)

Fridays at 1:00pm (9 total classes; \$18 total cost)

Thursday Yoga

Thursdays at 4:45pm (8 total classes; \$48 total cost)

Tuesday Yoga

Tuesdays at 8:30am (8 total classes; \$48 total cost)

Warm Water Pool (WWP) Aquatics Classes

Mondays at 9:00am (9 total classes; \$18 total cost)

Tuesdays at 1:00pm (9 total classes; \$18 total cost)

Tuesdays at 2:00pm (9 total classes; \$18 total cost)

Wednesdays at 9:00am (9 total classes; \$18 total cost)

Wednesdays at 2:00pm (9 total classes; \$18 total cost)

Thursdays at 1:00pm (9 total classes; \$18 total cost)

Thursdays at 2:00pm (9 total classes; \$18 total cost)

Fridays at 9:00am (9 total classes; \$18 total cost)

Fridays at 2:00pm (9 total classes; \$18 total cost)

We are always looking for suggestions on class offerings and opportunities!

If you are looking to share your ideas with USS staff, please visit the Welcome Center and leave a note in the Suggestion Box.

Chair Massage at USS

Do you find yourself sore and achey? USS is ready to re-introduce the opportunity for a monthly chair massage. Please contact Kyle Farnbauch at kfarnbauch@unitedseniorservices.org or 937-323-4948 ext. 141 if you are interested in this opportunity.

Activity Calendar: March 2022

Additional information available at the Welcome Center

Mondays

Billiards.....7:00a - 7:00p...D-NC
Fitness Center.....7:00a - 7:00p...D-NC
Advanced Pickleball 8:00a - 10:00a...D-NC
WWP Aquatics Class 9:00a - 9:45a...R-\$
Blocks to Blankets 10:00a - 12:00p...D-NC
March 7th & 21st
Lap Pool Open Swim 10:00a - 12:00p
 ...D-NC
Let's Get Moving 10:30a - 11:30a...D-NC
Bridge.....11:00a - 3:00p...D-NC
Curbside Pickup Meals 11:00a - 1:00p
Tax Preparation.....11:00a - 3:00p...A-NC
Pickleball for Novice 1:00p - 3:00p...D-NC
Water Aerobics.....1:00p - 1:45p...R-\$
WWP Volleyball.....1:30p - 2:30p...D-NC
Tai Chi.....2:00p - 4:00p...D-NC
Water Aerobics.....2:00p - 2:45p...R-\$
WWP Open Swim 2:30p - 4:30p...D-NC
Intermediate Pickleball 3:00p - 5:00p
 ...D-NC
Lap Pool Open Swim 3:30p - 6:30p...D-NC
Advanced Pickleball 5:00p - 7:00p...D-NC

WWP= Warm Water Pool
***V=Proof of up-to-date
 Vaccination Required***

Tuesdays

Billiards.....7:00a - 7:00p...D-NC
Fitness Center.....7:00a - 7:00p...D-NC
Yoga.....8:30a - 9:20a...R-\$
Starts March 8th
Focus on Fitness.....9:00a - 10:15a...R-\$
Water Aerobics.....9:00a - 9:45a...R-\$
Chair Yoga.....9:30a - 10:20a...R-\$
Starts March 8th
Alzheimer's Assoc. Office Hours via phone
 ...10:00a - 1:00p...D-NC **March 15th**
Lap Pool Open Swim 10:00a - 12:00p
 ...D-NC
Legal Consulting 10:00a - 11:30a...A-NC
Moving with Music 10:30a - 11:30a...D-NC
Curbside Pickup Meals 11:00a - 1:00p
Tax Preparation.....11:00a - 3:00p...A-NC
Bid Euchre.....11:30a - 2:30p...D-NC
Friendly Euchre.....12:00p - 3:00p...D-NC
Pinochle.....12:00p - 3:30p...D-NC
USS Jammers.....12:00p - 1:30p...D-NC-V
Long Arm Quilting.....1:00p - 6:00p...A-\$
Mah Jongg.....1:00p - 3:00p...D-NC
Parkinson's Support 1:00p - 2:00p...D-NC
March 8th
WWP Aquatics Class 1:00p - 1:45p...R-\$
Chair Volleyball.....2:00p - 4:00p...D-NC
Parkinson's Exercise 2:00p - 3:00p...D-NC
WWP Aquatics Class 2:00p - 2:45p...R-\$
Lap Pool Open Swim 3:00p - 6:30p...D-NC
The Entertainers.....3:30p - 4:30p...D-NC
Advanced Pickleball 4:30p - 7:00p...D-NC

Wednesdays

Billiards.....7:00a - 7:00p...D-NC
Fitness Center.....7:00a - 7:00p...D-NC
Advanced Pickleball 8:00a - 10:00a...D-NC
Long Arm Quilting.....9:00a - 1:00p...A-\$
Vintage Voices.....9:00a - 11:00a...D-NC-V
WWP Aquatics Class 9:00a - 9:45a...R-\$
Caregiver Support 10:00a - 11:00a...R-NC
March 16th
Lap Pool Open Swim 10:00a - 12:00p
 ...D-NC
Curbside Pickup Meals 11:00a - 1:00p
Functional Fitness.....11:00a - 12:00p...R-\$
Bingo.....1:00p - 3:30p...R-\$-V
Excluding March 30th
Card Making Club.....1:00p - 4:00p...D-NC
March 9th & 23rd
Quilting Group.....1:00p - 3:00p...D-NC
March 2nd, 16th & 30th
Water Aerobics.....1:00p - 1:45p...R-\$
Pickleball Lessons & Novice
 ...1:30p - 4:00p...D-NC
WWP Aquatics Class 2:00p - 2:45p...R-\$
Lap Pool Open Swim 3:30p - 6:30p...D-NC
Intermediate & Advanced Pickleball
 ...4:00p - 7:00p...D-NC
Virtual Dinner & Discussion 6:00p - 7:00p
 ...R-NC **March 23rd** **See page 4**

Thursdays

Billiards.....7:00a - 7:00p...D-NC
Fitness Center.....7:00a - 7:00p...D-NC
Focus on Fitness.....9:00a - 10:15a...R-\$
Poker.....9:00a - 3:00p...D-NC
Water Aerobics.....9:00a - 9:45a...R-\$
Lap Pool Open Swim 10:00a - 12:00p
 ...D-NC
Tai Chi.....10:00a - 12:00p...D-NC
St. Patrick's Day Craft 10:30a - 12:00p
 ...R-\$ **March 17th** **See page 3**
Curbside Pickup Meals 11:00a - 1:00p
Tax Preparation.....11:00a - 3:00p...A-NC
Lunch & Learn.....12:00p - 1:00p...R-NC
March 17th
Pinochle.....12:00p - 3:30p...D-NC
USS Jammers.....12:00p - 1:30p...D-NC-V
Canasta.....1:00p - 4:00p...D-NC
Scrabble.....1:00p - 5:30p...D-NC
WWP Aquatics Class 1:00p - 1:45p...R-\$
Intermediate Pickleball 1:30p - 4:30p
 ...D-NC
Parkinson's Exercise 2:00p - 3:00p...D-NC
WWP Aquatics Class 2:00p - 2:45p...R-\$
Photo Club.....3:00p - 4:30p...D-NC
Yoga.....4:45p - 5:45p...R-\$
Starts March 10th
Chair Volleyball.....5:00p - 7:00p...D-NC

Fridays

Billiards.....7:00a - 4:30p...D-NC
Fitness Center.....7:00a - 4:30p...D-NC
Advanced Pickleball 8:00a - 10:30a...D-NC
Weaving.....9:00a - 11:30a...D-NC
WWP Aquatics Class 9:00a - 9:45a...R-\$
Hula.....10:00a - 12:30p...D-NC
Lap Pool Open Swim 10:00a - 12:00p
 ...D-NC
Curbside Pickup Meals 11:00a - 1:00p
Dirty Dancing Tour Preview
 ...11:00a - 12:00p...R-NC **March 25th**
Bridge.....12:00p - 3:30p...D-NC
Ping Pong.....12:00p - 4:00p...D-NC
Samba (Card Game) 12:30p - 4:00p...D-NC
Euchre.....1:00p - 3:30p...D-NC
Water Aerobics.....1:00p - 1:45p...R-\$
WWP Aquatics Class 2:00p - 2:45p...R-\$
Advanced Pickleball 2:30p - 4:30p...D-NC

KEY
\$: Cost **NC:** No Cost
D: Drop-in
R: Registration Required
A: Appointment Required
V: Vaccination Required

***Be sure to check in at the
 Welcome Center.
 Activity times, dates, and rooms
 are subject to change.***

NEW CARLISLE
1216 W Lake Ave
New Carlisle, OH 45344
937-845-2080

New Carlisle Satellite Calendar: March 2022

Lunch starts
at 11:00am
Programming
starts at 12:30pm

Mondays:

- Movie Day** 12:30p
March 7th
- Bingo** 12:30p
March 14th
- Lunch & Learn** 12:30p
March 21st* *Need to register
- Mexican Train Dominos** 12:30p
March 28th
- Euchre** 12:30p
March 28th

Tuesdays:

- Mexican Train Dominos** 12:30p
- Mardi Gras Celebration** 12:30p
March 1st
- Crafts** 12:30p
March 8th
- Yahtzee** 12:30p
March 22nd
- Rock Painting** 12:30p
March 29th

Wednesdays:

- "500" Card Game** 12:30p

Thursdays:

- Bridge** 12:30p
- St. Patricks Day Celebration** 12:30p
March 17th

Fridays:

- Hand, Knee & Foot** 12:30p



ENON
7571 Dayton-Springfield Rd,
Enon, OH 45323
937-863-0043

Enon Satellite Calendar: March 2022

Limited Programming
starts at 9:30am
on Mondays and
Wednesdays

The Enon satellite location continues to have limited programming on Mondays and Wednesdays. Membership dues and payment for the class can be made at the downtown or Enon location with a USS staff person.

Focus on Fitness – Enon

Mondays & Wednesdays at 9:30am

Mondays:

- Focus on Fitness** 9:30a
additional fee for class

Wednesdays:

- Focus on Fitness** 9:30a
additional fee for class
- Games** 11:00a
March 2nd

What's NEW ↓

Parkinson's Disease Exercise Group

The Parkinson's Exercise Group is meeting in-person on **Tuesdays and Thursdays at 2:00pm**. The group is led by Cindy Lockwood, a licensed Physical Therapist Assistant with vast experience leading Parkinson's exercise groups and assisting older adults to restore strength, balance, and movement needed to maximize safety and independence. For more information, contact Jane Eckels at jeckels@unitedseniorservices.org or call 937-521-3016.

Parkinson's Disease Support Group

The Parkinson's Disease Support Group will meet on **Tuesday, March 8th at 1:00pm** at USS. The group is open to all who may have a diagnosis of Parkinson's Disease or those who love and care for a diagnosed individual. The speaker will be Breck Jordan, a volunteer with the Parkinson's Foundation and a chairperson of the Moving Day Dayton event. Moving Day Dayton is a walk with the goal of bringing awareness to Parkinson's Disease, as well as fundraising to help the Foundation with research and care for those living with Parkinson's. Moving Day Dayton is a fun and hopeful day to walk, celebrate life, and encourage one another to keep moving. For more information contact Jane Eckels at jeckels@unitedseniorservices.org or 937-521-3016.

Caregiver Support Group

The Caregiver Support Group will meet on **Wednesday, March 16th at 10:00am** at USS. The group is open to those who give care to family or friends. It is a peer-to-peer group who can share in a safe and friendly environment. If there is a need for respite during the meeting time, please call to register. It will be held in an adjoining room during the support group meeting. For more information, contact Jane Eckels at jeckels@unitedseniorservices.org or 937-521-3016.

AARP Tax Prep

There are still appointments available! USS is partnering with AARP to provide tax preparation appointments for USS members and clients. Please call the Welcome Center at 937-323-4948 to schedule an appointment on Mondays, Tuesdays, or Thursdays between 11:00am - 3:00pm.

What's NEW ↓

Notary Public Available at USS

We have our very own Notary Public officially here with us at USS. Eric Demmings, Medicare Counselor is a certified Notary Public and can assist with notarizing documents at no charge. The main task of a Notary Public is to witness, authenticate and verify signatures, administer oaths, and take affidavits. As a Notary Public, Eric will serve as an impartial witness to those needing documents signed and notarized. Anything being notarized will have to be done during business hours, preferably at USS downtown. For more information, contact Eric at 937-323-6059 or edemmings@unitedseniorservices.org.

HEAP Winter Crisis Program

The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175 percent of the federal poverty guidelines pay their heating bills.

The HEAP Winter Crisis Program ends on March 31st, 2022.

USS can provide assistance with filling out the application at our center or in the home for homebound seniors. To schedule your appointment or to ask questions, contact Joyce Robinson, Outreach Coordinator at USS at 937-521-3005. The regular HEAP Program is also ongoing at this time and ends on May 31st, 2022. This program provides assistance with home energy bills.

The Clark County Warmline

It's okay not to be okay today. The Clark County Warmline is a free, peer-to-peer call line for anyone of any age who needs mental health support. It is available 24/7 including weekends and holidays. The Warmline is intended to address mental health concerns before they escalate into a crisis. The function of the Warmline is to listen to callers and provide experience-based empathy and support. Peers, or people with lived experience, are trained to screen for indications that callers may benefit from a referral to a mental health provider.

The Warmline number is 937-662-9080. If you or someone you know is experiencing a crisis or emergency, call 911, the National Suicide Prevention Lifeline at 1-800-273-8255, or text the Crisis Text Line by sending 4HOPE to 741-741.

RSVP

Retired & Senior Volunteer Program



Volunteers Needed!

Springfield Regional Medical Center is in need of volunteers for all positions. Some suggested options are Front Lobby, Volunteer Office help, Gift Shop, Birthing Center Receptionist, Cancer Center, Greeters, Shuttle Cart Drivers, and VIP help. For more information and other options, please contact us. We will connect you with the Volunteer Office and they will help you find the best fit for your interest, abilities, and time schedule. Special volunteer benefit – a meal is provided if you work a 3-hour shift!

Habitat for Humanity is opening the new Springfield ReStore location on Derr Rd on March 1st. "With help, families can achieve the strength, stability and independence they need to build a better life". If you would like to help our neighbors in need, Habitat opportunities can include building and repairing homes, or working in their office or ReStore. Give us a call!

Upcoming Annual Special Events:

USS Volunteer Program is seeking our "Special Events" volunteers to help at a few upcoming programs. These special event opportunities are always an enjoyable way to volunteer for those who want to serve, but do not want to commit to a weekly schedule. Upcoming options include, a program discussing Holistic Health (March 23rd at the Springfield Masonic Community), Senior Day (during May at Hollenbeck Bayley Center), and the Senior Living Resource Fair (during June at USS). Opportunities may involve helping with registration, selling tickets, helping with refreshments, and/or assisting vendors – more information to come. Please let us know if you are interested. Appropriate COVID-19 precautions will be in place at all events.

Please Contact Barb Rossler or Mindy Allender in the RSVP department at 937-324-5705 for more information and to serve your neighbors through AmeriCorps Seniors RSVP Program.



RSVP is sponsored by United Senior Services of Springfield, Ohio and is funded by federal funds through AmeriCorps, by a state subsidy through Ohio Department of Aging, and by local matching funds in Clark and Madison Counties.

2022 Tours

Proof of COVID-19 vaccination - including a booster - is required for all USS travelers

For more information on any of our 2022 USS Tours, see our 2022 Tours Catalog on our website at www.unitedseniorservices.org/trips-tours, or contact Debbie McCool at 937-323-4948 ext. 120.

Southern Charm - coming soon!

April 14-20 Activity Level: Moderate

Visit the Charleston Tea Plantation and Savannah's Historic District. Then enjoy a city tour of Savannah, GA, 2 nights at Jekyll Island Resort, and end with a visit to Mt. Airy, NC!

Tour Fare: \$1,999 per person (2 in a room)

Call NOW if you're interested!! This trip only has a few seats left!

Escape to Wisconsin - coming soon!

May 16-19 Activity Level: Easy-Moderate

Visit House on the Rock, Frank Lloyd Wright's Taliesin, Wisconsin Dells, and more! This tour is full of a mix of artists, eccentricity, invention, and natural beauty that will leave a unique thumbprint on your memory.

Tour Fare: \$1,145 per person (2 in a room)

Deposit: \$350 was due 2/11 **Balance Due:** 3/31

The "Time of Your Life" Getaway

June 24-26 Activity Level: Easy

****Special Preview at USS on March 25th at 11:00am****

Have "The Time of Your Life" at Mountain Lake Lodge with a full itinerary of *Dirty Dancing* themed activities, group dance lessons, and dance party including a costume contest!

Tour Fare: \$999 per person (2 in a room)

Deposit: \$300 due 3/31 **Balance Due:** 5/6

The Great Pacific Northwest

July 15-22 Activity Level: Moderate-High

Visit Portland, OR and enjoy a city tour. Stops also include, Mt. St. Helens, Columbia River Gorge, Crater Lake, Redwood National Park, Mendocino Coast Botanical Gardens and the Charles Schultz Museum in Santa Rosa, CA, and finally, enjoy another city tour of Sacramento, CA.

Tour Fare: \$2,999 per person (2 in a room)

Deposit: \$500 due 3/25 **Balance Due:** 5/6

By the Sea

August 23-26 Activity Level: Easy

Visit Atlantic City, Bally's Resort & Casino, enjoy Atlantic City's Air Show, "Thunder Over the Boardwalk", and explore Cape May!

Tour Fare: \$799 per person (2 in a room)

Deposit: \$300 due 5/15 **Balance Due:** 7/10



Riverboatin'

September 16-20 Activity Level: Easy-Moderate

Visit Danville, IL with a tour honoring Abraham Lincoln and a 3-day cruise aboard the Spirit of Peoria, a full-blown replica of 19th century riverboats. The cruise will end in St. Louis, MO where you will tour the Cathedral Basilica of St. Louis and spend the night at the Drury Inn at Union Station.

Tour Fare: \$1,246 per person (2 in a room)

Deposit: \$350 due 6/10 **Balance Due:** 8/1

Historic Massachusetts & More

October 14-19 Activity Level: Moderate-High

On this amazing coach tour of Massachusetts, you will relive the history that sparked the American Revolution in historic Boston, MA. You will also explore Salem and Gloucester, MA, ending the trip by traveling through Pennsylvania on your way back to Ohio.

Tour Fare: Coming soon!

Deposit: \$500 due 7/22 **Balance Due:** 9/2

Annual Mystery Tour

October 26-28 Activity Level: Easy

Lights, Camera, Action!

Tour Fare: \$689 per person (2 in a room)

Deposit: \$300 due 8/26 **Balance Due:** 9/9

Greenbrier Christmas

December 11-13 Activity Level: Easy

Visit the breathtaking mountains of West Virginia at the Greenbrier Resort, a National Historic Landmark and world-class resort that has been welcoming guests from around the world since 1778.

Tour Fare: \$1,199 per person (2 in a room)

Deposit: \$350 due 9/2 **Balance Due:** 10/31



UNITED SENIOR SERVICES

www.unitedseniorservices.org
125 W Main St,
Springfield, OH 45502
937-323-4948

USS DOWNTOWN HOURS:

M-Th 7:00am - 7:00pm
F 7:00am - 4:30pm

NEW CARLISLE SATELLITE

1216 W Lake Ave,
New Carlisle, OH 45344
937-845-2080

ENON SATELLITE

7571 Dayton-Springfield Rd,
Enon, OH 45323
937-863-0043

MISSION

Our mission is to enhance the lives of Clark County older adults by offering quality services that promote active, involved and independent lives.

VISION

Our vision is for older adults in Clark County to enjoy vibrant, healthy, independent lives.

For more than 53 years, USS has been the leading advocate, community resource and change agent for people age 55 & better across Clark County.



UNITED SENIOR SERVICES

Elderly United of Springfield & Clark County, Ohio, Inc.

125 W Main St

Springfield, OH 45502

Happy St. Patrick's Day!

See page 3 for information on celebrations!

