

# The Center Page

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

JUNE/JULY 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

### DIRECTORS

- Darryl Bauer
- Brad Boyer
- Joti Carson
- Connie Craig
- George Degenhart
- Mark Elliott
- Wendy Ford, Secretary
- Michele Hemphill
- Sarah Lemon
- Charlie Morris
- Dan O'Keefe
- Joy Rogers, President
- Arlin Par Tolliver
- Mike Trempe, Vice President
- Chris Wells, Treasurer
- Maureen Fagans, CEO

USS services and programs are made possible by funding provided by the Clark County Senior Services Levy, Title III grants under the Older Americans Act administered by the Ohio Department of Aging through the Area Agency on Aging PSA2, Mental Health Recovery Board of Clark, Greene & Madison Counties, Corporation for National and Community Service, Ohio Department of Transportation, Clark County Department of Job & Family Services, Springfield Foundation, Community Health Foundation, United Way of Clark, Champaign & Madison Counties, member fees and donations. USS is non-discriminatory in services and employment, and facilities are accessible to all people.

Cover Photo By:  
Dean A. Elam

Center Page Editor:  
Jenna Bluemlein

# Director's Corner

Dear Members and Friends,

The theme of Older Americans Month this year is "Age Our Way" – a wonderful reminder that it is ongoing work to help our society better understand and honor the contributions of older adults. Reframing aging is necessary to change attitudes that discriminate and marginalize. It recognizes that this time of our lives can be the most stimulating and rewarding time and that aging is a natural and honored phase of our life, with challenges and rewards like any other phase. This is not a new idea at USS. Every day, USS leaders, employees, members, and consumers are challenging the negative stereotypes that have traditionally defined aging.

USS is dedicated to enhancing the lives of our community with the services and programs we need to follow active, involved lifestyles and to live independently. People are finding USS to support their desire to live longer, healthier lives, often by working or volunteering, caring for loved ones, traveling, and exercising their bodies and their brains. The steady growth in USS membership is a testament to the culture of wellness that our centers promote.

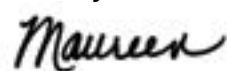
As you read the *Center Page*, I invite you to try something new this summer. Many classes are now back in session, from aquatics to Drums 4 Fitness. And many new activities are being offered, from learning to play the ukulele, to how to cope with (COVID) anxiety.

The 2nd annual Senior Living Resource Fair is scheduled on June 9th, offering everyone interested in planning for the future an opportunity to meet with exhibitors to learn about living options and resources for successful aging that are available in our community. The summer term of SAILL begins July 11th with a variety of instructor-led creative and thought-provoking classes.

I am very happy to report that we are planning an in-person Golden Wedding Party at the Clark County Fair on Tuesday, July 26th. New this year, our event starts at 10:30am to beat the heat in the Arts and Crafts Annex where we will be gathering for the traditional cake, ice cream, and entertainment. We appreciate your calls to USS at 937-323-4948 to help us find the longest married couples in Clark County.

The increased demand for our programs and our services is exciting, challenging, and motivating for USS leadership as we focus on the next year of programming and beyond. We are exploring additional opportunities for recreation and programs, and considering new and existing services to help meet the rising demand of people interested in aging your way.

Thank you for the opportunity,



Maureen Fagans  
Executive Director/CEO



# What's NEW ↓

## USS Senior Living Resource Fair

The 2nd annual USS Senior Living Resource Fair will be on **Thursday, June 9th, 2022, 2:30pm - 5:30pm**. This fair will feature more than 40 local agencies and businesses that provide important resources and services for older adults in Clark County. Attendance is free and open to all seniors and their families. Vendors will include senior living communities, downsizing businesses, home health equipment, in-home care agencies, caregiver support, and more! There will also be a DJ and food truck here! This is the only one-stop-shop for ALL senior living resources in Clark County, right here at USS!

## USS Golden Wedding Party

**Are you celebrating your 50th wedding anniversary this year?** Let us know and you can get a lifetime pass to the Clark County Fair! Contact Jenna Bluemlein at [jbluemlein@unitedseniorservices.org](mailto:jbluemlein@unitedseniorservices.org) or 937-323-4948 ext. 115 with your names, home address, and anniversary date if you're celebrating this anniversary and we'll mail your lifetime passes and invitation to the Golden Wedding Party.

USS and the Springfield Kiwanis Club want to celebrate with those celebrating 50 years or more of marriage this year! Please join us for the **USS Golden Wedding Party at the Clark County Fair on Tuesday, July 26th, 10:30am - 12:00pm!**

*Join us at our new location at the Arts & Crafts Annex to celebrate with music, cake, and ice cream! Enter the fairgrounds only at Gate A off of Route 41. Follow the "Golden Wedding" signs to designated parking and shuttles. We hope to see you there!*

## USS Wellness Conference

The 8th annual USS Wellness Conference will be on **Thursday, August 25th, 2022, 1:00pm - 4:00pm**. This conference focuses on "Engaging in Aging" and emphasizes an integrative approach to health and wellness. It will be an interactive afternoon of guest speaker presentations, demonstrations, health screenings, healthy snacks, samples, building tours, door prizes, and resource sharing among USS staff, community partner exhibitors, and older adults.

## Senior Farmer's Market Nutrition Program

The Senior Farmers Market Nutrition Program (SFMNP) is open **May 1st - November 30th**. Fresh vegetables and fruit add flavor and variety to meals and are key to a healthy diet, but there's not always room in the budget to include them. SFMNP serves low-income seniors, age 60 and older, who are at or below 185% of the Federal Poverty Line. Approved seniors receive \$50 in coupons to spend on fresh vegetables and fruit!

In partnership with the *Ohio Department of Aging* and the *Area Agency on Aging, PSA 2, Homefull* will administer the program for our nine-county service area that includes Champaign, Clark, Darke, Greene, Logan, Miami, Montgomery, Preble, and Shelby. Go to <https://www.homefull.org/food> for more information and an application. Coupons are limited in quantity and available on a first-come, first-served basis.

**Contact Rita Marshall at USS at 937-323-4948 ext. 126 for more information and help signing up.**

# What's NEW ↓

## USS Closed Juneteenth & Independence Day

USS will be closed Monday, June 20th for Juneteenth and Monday, July 4th for Independence Day. We will open for regularly scheduled activities the following Tuesdays at 7:00am.

## Juneteenth Historic Decisions Discussion

**Moving Towards Freedom - Presented by Dale Stephens**  
Wednesday, June 22nd at 11:00am

In recognition of Juneteenth, signed into law as a federal holiday in 2021, USS will be hosting **Historic Decisions: Moving Towards Freedom**. The program is based on the Historic Decisions issue guide, published by the *National Underground Railroad Freedom Center*, with research done in collaboration with the Charles F. Kettering Foundation. The guide is designed to take important decisions from history and frame them in terms of the difficult choices people were confronted with. The goal is for participants to connect with the difficulty and power of making such choices and encourage them to look at modern-day problems with the same lens and sense of agency. This guide is centered on the Reconstruction period, an era comprised of a plan to right the wrongs of American enslavement and enfranchise the Black population of America. Please visit or call the Welcome Center at 937-323-4948 to register for this free event. **Lunch will be provided.**

## Food Trucks at USS!

Are you ready for some delicious grub? USS has invited local food truck vendors to set up in our front parking lot throughout the summer months! Watch your email, Facebook, and USS building flyers for more information and updates to the food truck schedule!

<b>June 3rd</b> Chester Foods	<b>July 15th</b> Mom Andrasik's Hungarian Cabbage Rolls
<b>June 9th</b> Flatbread Impression	<b>July 19th</b> Griddles & Cheese
<b>June 21st</b> Griddles & Cheese	<b>August 3rd</b> Pitabilities
<b>June 23rd</b> KO Shredded Chicken	<b>August 9th</b> Griddles & Cheese

## Activities Added in June & July

Foot & Nail Care Clinic  
Cornhole  
Additional Pickleball Options  
Enon Satellite Programming

## Lunch & Learns

**The Aging Traveler: Tips for Trips - Presented by Gina Boerger, Therapy Advantage**  
Thursday, June 16th at 12:00pm

USS welcomes Gina Boerger, PT, DPT from Therapy Advantage to present helpful information on how to successfully travel as an older adult. Trips can be fun but they can also be stressful. Dr. Boerger will share education, tips and resources to optimize your mobility, safety and most importantly, your enjoyment while traveling. To reserve your spot, please RSVP by the end of the day Monday, June 13th by calling the Welcome Center at 937-323-4948. This event is sponsored by *Forest Glen Health Campus*.

**Beautiful, Historic, Forever - Presented by Ferncliff Cemetery & Arboretum**  
Thursday, July 21st at 12:00pm

USS welcomes Ferncliff Cemetery & Arboretum to share a presentation on the history of Ferncliff, prominent people, what is available now, and where they are headed. This opportunity is great for history buffs and all members. To reserve your spot, please RSVP by the end of the day Monday, July 18th by calling the Welcome Center at 937-323-4948. This event is sponsored by *Ferncliff Cemetery & Arboretum*.

## Dinner & Discussions

**One More Day - Presented by Dianne Chiddister**  
Wednesday, June 22nd  
Dinner at 5:30pm, Presentation at 6:00pm

USS is excited to welcome Diane Chiddister to share a reading from her new book, *One More Day*. The novel explores the complexity and depth of a long-term care facility; told in four voices, this novel has it all. To reserve your spot, please RSVP no later than Friday, June 17th by calling the Welcome Center at 937-323-4948. This event is sponsored by *Springfield Masonic Community*.

**Veteran's Benefits and Eligibility - Presented by the Clark County Veterans Office**  
Wednesday, July 27th  
Dinner at 5:30pm, Presentation at 6:00pm

USS welcomes the Clark County Veterans Office to share information and resources about benefits and what it takes to be eligible. This program is open to the public and will be a great resource for veterans, their families, and surviving spouses. To reserve your spot, please RSVP no later than Friday, July 24th by calling the Welcome Center at 937-323-4948.

# What's NEW ↓

# Prevention

The Prevention program has designed group activities for older adults who are feeling isolated and want opportunities to spend time with peers. For more information call Tracy Wickham at 937-521-3010.



## Paid Activities in July & August

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 Tuesday, July 5th. Payments for activities can be made starting Monday, June 27th.** Additional information will be available at the Welcome Center in mid-June. Paid activities include:

**Chair Yoga – Tuesdays at 9:30am**

**Focus on Fitness – Tuesdays & Thursdays at 9:00am**

**Functional Fitness – Mondays & Wednesdays at 10:00am**

**Lap Pool Water Aerobics**

**Mondays at 1:00pm**

**Mondays at 2:00pm**

**Tuesdays at 9:00am**

**Wednesdays at 1:00pm**

**Thursdays at 9:00am**

**Yoga – Thursdays at 4:45pm**

**Yoga – Tuesdays at 8:30am**

**WWP Aquatics Class**

**Mondays at 9:00am**

**Tuesdays at 1:00pm**

**Tuesdays at 2:00pm**

**Wednesdays at 9:00am**

**Wednesdays at 2:00pm**

**Thursdays at 1:00pm**

**Thursdays at 2:00pm**

**Fridays at 9:00am**

*Drums 4 Fitness – Returns in Sept*

*Zumba Gold – Returns in Sept*

## New Activity: Cornhole!

USS is excited to offer a new activity. Starting Wednesday, June 8th at 1:00pm, USS will have time for members to play Cornhole. Boards and bags will be provided. We are excited to see you all there!

## Foot & Nail Care Clinic Returning

USS has been listening to you. We are happy to announce Restorative Foot & Nail Care will be at USS downtown the 4th Monday of each month, 9:00am - 3:00pm. Individuals with questions or who are interested in scheduling an appointment are invited to call 1-855-536-6876.

## Stay at Home Bingo

Join USS for Stay at Home Bingo on **Wednesday, June 15th and July 20th at 1:00pm**. Reservations and membership are required. Contact Tracy Wickham at twickham@unitedseniorservices.org or 937-521-3010 to reserve your spot. You will be provided with the information to get connected to the game. Bingo cards can be picked up at USS downtown or they can be mailed to those unable to make it downtown. Winners of the game will receive a \$10 gift card provided by **Aventura Oakwood Village**. Gift cards are for Kroger, Subway, and Chick-fil-A. There is no charge for this event.

## June 2022 Schedule:

- 1st** Breakfast at Farmer's Daughter
- 2nd** Bowling and Smith's Market
- 3rd** Friday on Fountain Street...NR
- 6th** Make a Pet Memorial & Pet Therapy Visit ...10:30a
- 7th** *Cricut* Demonstration and Make Your Own Earrings ...10:30a
- 8th** Tie Dye Day \*Bring your own shirt\*...10:30a
- 8th & 22nd** USS Bingo...R-V...1:00p  
\*Call 937-323-4948 ext.112\*
- 9th** Glen Helen Nature Preserve & Lunch at Sunrise Cafe
- 10th** Dragonfly Vineyard
- 13th** Movie Day - *Pretty Women*...10:30am
- 14th** Prevention Bingo...10:30a  
\*Sponsored by Aventura at Oakwood\*
- 15th** Garden Club at Jefferson Oasis & Stay at Home Bingo \*Sponsored by **Aventura at Oakwood**\*
- 16th** Boonshoft Museum \*\$12.50 Admission Fee\*
- 17th** Yard Sales and Lunch at Red Lobster
- 21st** Ohio Craft Museum & Lunch at Red Door Tavern...WC
- 23rd** Hartman Rock Garden & Ice Cream at UDF
- 24th** Antiquing and Lunch at Rudy's Smokehouse ...SE
- 27th** You rock! Rock Painting...10:30a
- 28th** Group Karaoke...10:30a
- 29th** Lunch at Teaberries...N
- 30th** Lunch at Dublin Pub...NC

## July 2022 Schedule:

- 1st** Wagner-Hagans Auto Museum & Schmidt's Sausage Haus
- 5th** Cornhole Game Day...10:30a
- 6th & 20th** USS Bingo...R-V...1:00p  
\*Call 937-323-4948 ext.112\*
- 7th** Riffe Art Gallery & Yau's Chinese Bistro
- 8th** Thrift Shopping & Lunch at Hasty Tasty...NC
- 11th** Manicure Day...10:30am
- 12th** Yellow Springs Raptor Center & Lunch at Frisch's Big Boy...N
- 13th** Garden Club at Jefferson Oasis
- 14th** Columbus Clippers Game...R  
\*\$10.00 Tickets. Call 937-323-4948 ext. 203\*
- 15th** Second Street Market...NR
- 18th** Make Your Own Terrarium...10:30a
- 19th** Card Game Day...10:30a
- 21st** Catch All & Coffee at Synder Park...10:30a
- 22nd** Yutzy's Farmers Market & Lunch at Der Dutchman...SE
- 25th** Christmas in July...10:30a  
\*Sponsored by **Villa Springfield Rehabilitation and Healthcare Center**\*
- 26th** Clark County Fair \*\$6 Admission Fee\*
- 27th** Garden Club at Jefferson Oasis
- 28th** Lunch at Christopher's & Ice Cream at Ritter's...WC
- 29th** Casino Day

**GROUPS:**

**WC=West Central**

**N=North**

**NC=New Carlisle**

**SE=South East**

**NR=Northridge**

**\*R=Reservations are required.**

**\*V= Vaccination required.**

# Activity Calendar: June 2022

\*Additional information available at the Welcome Center\*

## Mondays

- Billiards.....7:00a - 7:00p...D-NC
- Fitness Center.....7:00a - 7:00p...D-NC
- Adv Pickleball.....7:00a - 9:30a...D-NC  
\*Starting June 6th\*
- Foot & Nail Clinic.....9:00a - 3:00p...R-\$  
\*June 27th\*
- WWP Aquatics Class...9:00a - 10:00a...R-\$
- LP Open Swim.....9:00a - 12:00p...D-NC
- Blocks to Blankets..10:00a - 12:00p...D-NC  
\*June 13th & 27th\*
- WWP Open Swim.....10:00a - 1:00p...D-NC
- Let's Get Moving.....10:30a - 11:30a...D-NC
- Bridge.....11:00a - 3:00p...D-NC
- Congregate Meals.....11:00a - 1:00p
- Pickleball for Novice...1:00p - 3:00p...D-NC
- LP Water Aerobics.....1:00p - 2:00p...R-\$
- WWP Volleyball.....1:30p - 2:30p...D-NC
- Tai Chi.....2:00p - 4:00p...D-NC
- LP Water Aerobics.....2:00p - 3:00p...R-\$
- WWP Open Swim.....2:30p - 6:30p...D-NC
- Int Pickleball.....3:00p - 5:00p...D-NC
- LP Open Swim.....3:30p - 6:30p...D-NC
- Adv Pickleball.....5:00p - 7:00p...D-NC

\*\*USS Closed on June 20th for Juneteenth\*\*

\*Activity times, dates, and rooms are subject to change.\*

## Tuesdays

- Billiards.....7:00a - 7:00p...D-NC
- Fitness Center.....7:00a - 7:00p...D-NC
- Yoga.....8:30a - 9:20a...R-\$
- Focus on Fitness.....9:00a - 10:15a...R-\$
- LP Water Aerobics.....9:00a - 10:00a...R-\$
- Chair Yoga.....9:30a - 10:20a...R-\$
- Alz. Assoc. Office Hours.....10:00a - 1:00p  
...D-NC \*June 21st\*
- LP 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
- Massachusetts & More Tour Preview  
...11:00a - 12:00p...R-NC \*June 14th\*
- Congregate Meals.....11:00a - 1:00p
- 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  
\*June 14th\*
- WWP Aquatics Class....1:00p - 2:00p...R-\$
- Chair Volleyball.....2:00p - 4:00p...D-NC
- Parkinson's Exercise...2:00p - 3:00p...D-NC
- WWP Aquatics Class....2:00p - 3:00p...R-\$
- Greenbrier Tour Preview.....2:00p - 3:00p  
...R-NC \*June 14th\*
- LP Open Swim.....3:00p - 6:30p...D-NC
- The Entertainers.....3:30p - 4:30p...D-NC
- Adv Pickleball.....4:30p - 7:00p...D-NC

## Wednesdays

- Billiards.....7:00a - 7:00p...D-NC
- Fitness Center.....7:00a - 7:00p...D-NC
- Adv Pickleball.....7:00a - 9:30a...D-NC  
\*Starting June 8th\*
- LP Open Swim.....9:00a - 12:00p...D-NC
- Long Arm Quilting.....9:00a - 1:00p...A-\$
- Vintage Voices.....9:00a - 11:00a...D-NC-V
- WWP Aquatics Class..9:00a - 10:00a...R-\$
- Caregiver Support..10:00a - 11:00a...R-NC  
\*June 15th\*
- WWP Open Swim....10:00a - 1:00p...D-NC
- Congregate Meals.....11:00a - 1:00p
- Functional Fitness....11:00a - 12:00p...R-\$
- Juneteenth Historic Discussion  
...11:00a - 12:30p...R-NC \*June 22nd\*
- In-Touch Support.....1:00p - 2:30p...D-NC  
\*June 1st\*
- Bingo.....1:00p - 3:30p...R-\$-V
- Card Making Club.....1:00p - 4:00p...D-NC  
\*June 8th & 22nd\*
- Crafting Group.....1:00p - 3:00p...D-NC
- Cornhole.....1:00p - 3:00p...D-NC  
\*Starting June 8th\*
- LP Water Aerobics.....1:00p - 2:00p...R-\$
- Pickleball for Novice..1:00p - 3:00p...D-NC  
\*Starting June 8th\*
- WWP Aquatics Class....2:00p - 3:00p...R-\$
- Pickleball Lessons.....3:00p - 4:00p...D-NC  
\*Starting June 8th\*
- LP Open Swim.....3:30p - 6:30p...D-NC
- WWP Open Swim.....3:30p - 6:30p...D-NC
- Int/Adv Pickleball.....4:00p - 7:00p...D-NC
- Dinner & Discussion..6:00p - 7:00p ...R-NC  
\*June 22nd\* \*See page 5\*

## 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
- LP Water Aerobics.....9:00a - 10:00a...R-\$
- LP Open Swim.....10:00a - 12:00p...D-NC
- Tai Chi.....10:00a - 12:00p...D-NC
- Congregate Meals.....11:00a - 1:00p
- Pickleball for Novice.....11:00a - 1:30p  
...D-NC \*Starting June 16th\*
- Lunch & Learn.....12:00p - 1:00p...R-NC  
\*June 16th\* \*See page 5\*
- Pinochle.....12:00p - 3:30p...D-NC
- USS Jammers.....12:00p - 1:30p...D-NC-V
- Canasta.....1:00p - 4:00p...D-NC
- WWP Aquatics Class...1:00p - 2:00p...R-\$
- Int Pickleball.....1:30p - 4:30p...D-NC
- Jigsaw Puzzle Group 2:00p - 6:45p...D-NC
- Parkinson's Exercise..2:00p - 3:00p...D-NC
- WWP Aquatics Class...2:00p - 3:00p...R-\$
- Senior Living Resource Fair..2:30p - 5:30p  
...D-NC \*June 9th\* \*See page 3\*
- LP Open Swim.....3:00p - 6:30p...D-NC
- Photo Club.....3:00p - 4:30p...D-NC  
\*June 2nd, 16th & 30th\*
- Yoga.....4:45p - 5:45p...R-\$
- Chair Volleyball.....5:00p - 7:00p...D-NC

## Fridays

- Billiards.....7:00a - 4:30p...D-NC
- Fitness Center.....7:00a - 4:30p...D-NC
- Adv Pickleball.....7:00a - 9:30a...D-NC  
\*Starting June 10th\*
- WWP Aquatics Class...9:00a - 10:00a...R-\$
- Weaving.....9:00a - 11:30a...D-NC
- LP Open Swim.....9:00a - 12:00p...D-NC
- Hula.....10:00a - 12:30p...D-NC
- WWP Open Swim.....10:00a - 1:00p...D-NC
- Congregate Meals.....11:00a - 1:00p
- Bridge.....12:00p - 3:30p...D-NC
- Ping Pong.....12:00p - 4:00p...D-NC
- Samba (Card Game) 12:30p - 4:00p...D-NC
- Zumba Gold.....12:30p - 1:00p...R-\$
- Euchre.....1:00p - 3:30p...D-NC
- WWP Open Swim.....1:00p - 3:00p...D-NC
- Drums 4 Fitness.....1:15p - 1:45p...R-\$
- Adv Pickleball.....2:30p - 4:30p...D-NC

### KEY

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

- WWP:** Warm Water Pool
- LP:** Lap Pool
- Int:** Intermediate
- Adv:** Advanced

# Activity Calendar: July 2022

\*Additional information available at the Welcome Center\*

## Mondays

**Billiards**.....7:00a - 7:00p...D-NC  
**Fitness Center**.....7:00a - 7:00p...D-NC  
**Adv Pickleball**.....7:00a - 9:30a...D-NC  
**Foot & Nail Clinic**.....9:00a - 3:00p...R-\$  
 \*July 25th\*  
**WWP Aquatics Class**...9:00a - 10:00a...R-\$  
**LP Open Swim**.....9:00a - 12:00p...D-NC  
**Blocks to Blankets**..10:00a - 12:00p...D-NC  
 \*July 11th & 25th\*  
**Functional Fitness**....10:00a - 11:00a...R-\$  
 \*Starting July 11th\*  
**WWP Open Swim**....10:00a - 1:00p...D-NC  
**Let's Get Moving**....10:30a - 11:30a...D-NC  
**Bridge**.....11:00a - 3:00p...D-NC  
**Congregate Meals**.....11:00a - 1:00p  
**Pickleball for Novice**...1:00p - 3:00p...D-NC  
**LP Water Aerobics**.....1:00p - 2:00p...R-\$  
**WWP Volleyball**.....1:30p - 2:30p...D-NC  
**Tai Chi**.....2:00p - 4:00p...D-NC  
**LP Water Aerobics**.....2:00p - 3:00p...R-\$  
**WWP Open Swim**.....2:30p - 6:30p...D-NC  
**Int Pickleball**.....3:00p - 5:00p...D-NC  
**LP Open Swim**.....3:30p - 6:30p...D-NC  
**Adv Pickleball**.....5:00p - 7:00p...D-NC

\*USS Closed on July 4th for Independence Day\*

\*Activity times, dates, and  
 rooms are subject to change.\*

## Tuesdays

**Billiards**.....7:00a - 7:00p...D-NC  
**Fitness Center**.....7:00a - 7:00p...D-NC  
**Yoga**.....8:30a - 9:20a...R-\$  
**Focus on Fitness**.....9:00a - 10:15a...R-\$  
**LP Water Aerobics**.....9:00a - 10:00a...R-\$  
**Chair Yoga**.....9:30a - 10:20a...R-\$  
**Alz. Assoc. Office Hours**....10:00a - 1:00p  
 ...D-NC \*July 19th\*  
**LP Open Swim**.....10:00a - 12:00p...D-NC  
**Legal Consulting**....10:00a - 11:30a...A-NC  
**USS Golden Wedding**.....10:30a - 12:00p  
 ..D-NC \*July 26th\* \*See page 3\*  
**Moving with Music**...10:30a - 11:30a...D-NC  
**Congregate Meals**.....11:00a - 1:00p  
**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  
 \*July 12th\*  
**WWP Aquatics Class**....1:00p - 2:00p...R-\$  
**Chair Volleyball**.....2:00p - 4:00p...D-NC  
**Parkinson's Exercise**...2:00p - 3:00p...D-NC  
**WWP Aquatics Class**....2:00p - 3:00p...R-\$  
**LP Open Swim**.....3:00p - 6:30p...D-NC  
**The Entertainers**.....3:30p - 4:30p...D-NC  
**Adv Pickleball**.....4:30p - 7:00p...D-NC

## Wednesdays

**Billiards**.....7:00a - 7:00p...D-NC  
**Fitness Center**.....7:00a - 7:00p...D-NC  
**Adv Pickleball**.....7:00a - 9:30a...D-NC  
**LP Open Swim**.....9:00a - 12:00p...D-NC  
**Long Arm Quilting**.....9:00a - 1:00p...A-\$  
**Vintage Voices**.....9:00a - 11:00a...D-NC-V  
**WWP Aquatics Class**..9:00a - 10:00a...R-\$  
**Functional Fitness**....10:00a - 11:00a...R-\$  
 \*Starting July 13th\*  
**Caregiver Support**..10:00a - 11:00a...R-NC  
 \*July 20th\*  
**WWP Open Swim**....10:00a - 1:00p...D-NC  
**Congregate Meals**.....11:00a - 1:00p  
**In-Touch Support**.....1:00p - 2:30p...D-NC  
 \*July 6th\*  
**Bingo**.....1:00p - 3:30p...R-\$-V  
**Card Making Club**.....1:00p - 4:00p...D-NC  
 \*July 13th & 27th\*  
**Crafting Group**.....1:00p - 3:00p...D-NC  
**Cornhole**.....1:00p - 3:00p...D-NC  
**LP Water Aerobics**.....1:00p - 2:00p...R-\$  
**Pickleball for Novice**..1:00p - 3:00p...D-NC  
**WWP Aquatics Class**....2:00p - 3:00p...R-\$  
**Pickleball Lessons**....3:00p - 4:00p...D-NC  
**LP Open Swim**.....3:30p - 6:30p...D-NC  
**WWP Open Swim**.....3:30p - 6:30p...D-NC  
**Int/Adv Pickleball**....4:00p - 7:00p...D-NC  
**Dinner & Discussion**..6:00p - 7:00p ...R-NC  
 \*July 27th\* \*See page 5\*

## 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  
**LP Water Aerobics**.....9:00a - 10:00a...R-\$  
**LP Open Swim**.....10:00a - 12:00p...D-NC  
**Tai Chi**.....10:00a - 12:00p...D-NC  
**Congregate Meals**.....11:00a - 1:00p  
**Pickleball for Novice** 11:00a - 1:30p...D-NC  
**Lunch & Learn**.....12:00p - 1:00p...R-NC  
 \*July 21st\* \*See page 5\*  
**Pinochle**.....12:00p - 3:30p...D-NC  
**USS Jammers**.....12:00p - 1:30p...D-NC-V  
**Canasta**.....1:00p - 4:00p...D-NC  
**WWP Aquatics Class**...1:00p - 2:00p...R-\$  
**Int Pickleball**.....1:30p - 4:30p...D-NC  
**Jigsaw Puzzle Group** 2:00p - 6:45p...D-NC  
**Parkinson's Exercise**..2:00p - 3:00p...D-NC  
**USS Patio Ribbon Cutting**....2:00p - 3:00p  
 ...D-NC \*July 7th\*  
**WWP Aquatics Class**...2:00p - 3:00p...R-\$  
**LP Open Swim**.....3:00p - 6:30p...D-NC  
**Photo Club**.....3:00p - 4:30p...D-NC  
 \*July 14th & 28th\*  
**Yoga**.....4:45p - 5:45p...R-\$  
**Chair Volleyball**.....5:00p - 7:00p...D-NC

## Fridays

**Billiards**.....7:00a - 4:30p...D-NC  
**Fitness Center**.....7:00a - 4:30p...D-NC  
**Adv Pickleball**.....7:00a - 9:30a...D-NC  
**WWP Aquatics Class**...9:00a - 10:00a...R-\$  
**Weaving**.....9:00a - 11:30a...D-NC  
**LP Open Swim**.....9:00a - 12:00p...D-NC  
**Hula**.....10:00a - 12:30p...D-NC  
**WWP Open Swim**....10:00a - 1:00p...D-NC  
**Congregate Meals**.....11:00a - 1:00p  
**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  
**WWP Open Swim**.....1:00p - 3:00p...D-NC  
**Adv Pickleball**.....2:30p - 4:30p...D-NC

### KEY

**\$:** Cost    **NC:** No Cost  
**D:** Drop-in  
**R:** Registration Required  
**A:** Appointment Required  
**V:** Vaccination Required  
**WWP:** Warm Water Pool  
**LP:** Lap Pool  
**Int:** Intermediate  
**Adv:** Advanced

# New Carlisle Satellite Calendars

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

# Enon Satellite Calendars

Programming  
Hours vary by day.  
Call for details.

## June 2022:

### Mondays:

**Movie Day**...12:30p  
\*June 6th\*  
"Robin Hood" "Erroll Flynn"

**Bingo**...12:30p  
\*June 13th\*  
\*Closed on June 20th\*

**Ice Cream Social**...12:30p  
\*June 27th\* Sponsored by  
[Springfield Masonic Community](#)

### Tuesdays:

**Mexican Train Dominos**...12:30p  
**Crafts**...12:30p  
\*June 7th\*

**Corn Hole**...12:30p...OWP  
\*June 7th\*

**Rock Painting & Yahtzee**...12:30p  
\*June 14th\*

**Euchre**...12:30p  
\*June 21st\*

**Ladderball**...12:30p...OWP  
\*June 28th\*

### Wednesdays:

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

### Thursdays:

**Bridge**...12:30p  
**Funnel Pong**...12:30p...OWP  
\*June 9th\*

**Trip to Arrow Queen**...12:30p  
\*June 16th\*

**Football Bowling**...12:30p...OWP  
\*June 23rd\*

**Chair Volleyball**...12:30p...OWP  
\*June 30th\*

### Fridays:

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

**OWP: Outside Weather Permitting**

## June 2022:

### Mondays:

**Focus on Fitness**...9:30a...\$  
\*Closed on June 20th\*

### Tuesdays:

**Bridge**...9:00a  
**Euchre**...1:00p

### Wednesdays:

**Focus on Fitness**...9:30a...\$  
**Games/Cards**...11:00a  
\*June 1st\*  
**Potluck**...11:00a  
\*June 15th\*

**\$: Additional Fee for Class**

### Thursdays:

**Rock Painting**...1:00p  
\*June 2nd\* Sponsored by  
[Good Shepherd Village](#)

**Bingo**...12:30p  
\*June 9th\* Sponsored by  
[Forest Glen Health Campus](#)

**Puzzles/Mind Teasers & Crafting Paper Stars**  
...1:00p \*June 16th\*

**Fulton's Finest 4H Therapy and Service Dogs**  
...12:30p \*June 23rd\*

**Ice Cream Social & Laurel Mountain Band**  
...12:30p \*June 30th\* Sponsored by  
[Springfield Masonic Community](#)

### Fridays:

**Stitchers**...11:30a  
**Pillows**...12:30p

## July 2022:

### Mondays:

\*Closed on July 4th\*

**Bingo**...12:30p  
\*July 11th\*

**Movie Day**...12:30p  
\*July 18th\*  
"Stand By Me"

**Games & Snacks**...12:30p  
\*July 25th\* Sponsored by  
[Good Shepherd Village](#)

### Tuesdays:

**Mexican Train Dominos**...12:30p  
**Crafts**...12:30p  
\*July 5th\*

**Corn Hole**...12:30p...OWP  
\*July 5th\*

**Rock Painting & Euchre**...12:30p  
\*July 12th\*

**Yahtzee & Pinochle**...12:30p  
\*July 19th\*

**Ladderball**...12:30p...OWP  
\*July 26th\*

### Wednesdays:

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

### Thursdays:

**Bridge**...12:30p  
**Funnel Pong**...12:30p...OWP  
\*July 7th\*

**Trip to Arrow Queen**...12:30p  
\*July 14th\*

**Football Bowling**...12:30p...OWP  
\*July 21st\*

**Chair Volleyball**...12:30p...OWP  
\*July 28th\*

### Fridays:

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

**OWP: Outside Weather Permitting**

## July 2022:

### Mondays:

\*Closed on July 4th\*

**Focus on Fitness**...9:30a...\$

### Tuesdays:

**Bridge**...9:00a  
**Euchre**...1:00p

### Wednesdays:

**Focus on Fitness**...9:30a...\$  
**Games/Cards**...11:00a  
\*July 6th\*

**\$: Additional Fee for Class**

### Thursdays:

**Independence Day Potluck**...1:00p  
\*July 7th\*

**Bingo**...1:00p  
\*July 14th\* Sponsored by  
[Wooded Glen Health Campus](#)

**Dog Days, Scrapbooking with Sue, and Hot Dogs and Lemonade**...11:00a  
\*July 21st\*

**Movie and Popcorn**...1:00p  
\*July 21st\*

**Ice Cream Social & Laurel Mountain Band**  
...12:30p \*July 28th\* Sponsored by  
[Springfield Masonic Community](#)

### Fridays:

**Stitchers**...11:30a  
**Pillows**...12:30p

# What's NEW ↓

## Enon Satellite Up and Running

### Dog Days of Summer!

We are delighted to welcome Peggy Rodrique, with **Fulton's Finest 4-H Therapy and Service Dogs** to our Enon location on **Thursday, June 23rd at 12:30pm** to highlight her therapy dogs' abilities and share her knowledge and experience regarding the benefits therapy dogs bring to the lives of people in the community. Warning: cuteness over-load may be in effect!

### Beat the Heat!

**Ice Cream Socials** are back at the Enon location! Join us on **Thursday, June 30th** and **Thursday, July 28th at 12:30pm**. Thank you to the **Springfield Masonic Community** and the **Laurel Mountain Band** for providing ice cream and entertainment to help members stay "chill" this summer.

### Rock Painting

Rock that rock painting with Nancy from Good Shepherd Village on **Thursday, June 2nd at 1:00pm**. Imagine brightening the day of any child who finds your painted rock in our community! This is sure to make your heart smile.

### BINGO

**BINGO** is coming to the Enon location on **Thursday, June 9th at 12:30pm** sponsored by **Forest Glen Health Campus**, and again on **Thursday, July 14th at 1:00pm** sponsored by **Wooded Glen Health Campus**. Thank you to our sponsors for putting FUN into our functions!

## Downtown Meals Updates

**Friday, July 1st will be our LAST DAY for drive-thru lunches.** Beginning **Tuesday, July 5th**, our downtown meals voucher program will begin again and our **sandwich and salad bar will reopen** for alternative lunch options! Please note, this is an additional cost. More information to follow, please stay tuned to our Facebook page and look out for building flyers for updates!

## Vintage Voices

Do you enjoy singing with a choir? The USS choir, Vintage Voices, is always welcoming new members. This group is open to members of all skill levels. Vintage Voices meets every Wednesday at 9:00am and is open to singers of all experience levels. If you are interested in joining the group or have questions, stop in any Wednesday to speak with Linda Bodey, director. **\*Proof of vaccination is required to participate.\***

## 2022 Summer SAILL Term

The 5-week **Summer SAILL** term is  
**July 11th - August 12th**

**Registration for classes will open Tuesday, June 21st at USS**

USS' Springfield Area Institute for Lifelong Learning (SAILL) will be returning this summer with a variety of classes including drawing, stained glass, sewing, financial health, health & wellness, Pilates, intermediate billiards, ukulele, healthy cooking, quilting and mindfulness exercise.



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

## USS Support Groups

**The Parkinson's Disease Support Group** will meet on **Tuesday, June 14th at 1:00pm**. The speaker will be from Area Agency on Aging to discuss their new Caregiver online program, Trualta. The group will also meet on **Tuesday, July 12th at 1:00pm**. The speaker will be a representative from Boston Scientific to discuss Deep Brain Stimulation. This 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 Caregiver Support Group** will meet on **Wednesday, June 15th** and **Wednesday, July 20th at 10:00am**. This group is open to those who provide 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.

**The In-Touch Support Group** will meet on **Wednesday, June 1st** and **Wednesday, July 6th at 1:00pm**. This group is open to those who are experiencing anxiety. It is a peer-to-peer group who can share in a safe and friendly environment.

**For more information about any of these groups, contact Jane Eckels at 937-521-3016 or [jeckels@unitedseniorservices.org](mailto:jeckels@unitedseniorservices.org).**

## Community Wellness

Reliable health information about the COVID-19 vaccine, assistance with scheduling appointments, navigating website and internet applications, and transportation to vaccine appointments are all services USS can provide! If you or someone you know is in need of our assistance or would like questions answered about vaccine safety and efficiency, please contact Laura Fulton at 937-323-4948 ext. 227.

# RSVP

Retired & Senior Volunteer Program



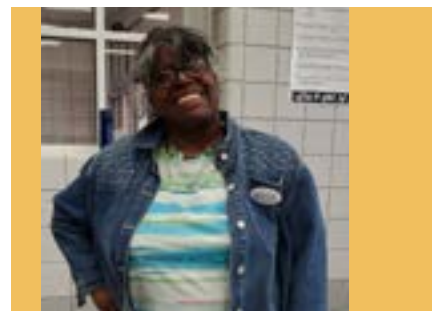
## THANK YOU!!!!

Thanks to EVERYONE who supported the **AmeriCorps Seniors Retired & Senior Volunteer Program** by purchasing raffle tickets for our Senior Day Fundraiser. We received prize donations of a Flat Screen TV from Allen View Healthcare Center, three \$100 Kroger gift cards from Aventura at Oakwood Village, and a Fellow's Office Shredder from USS. Our mission is to keep our community's seniors active and independent through volunteering at one of our many area non-profits.



Three of our brand new RSVP volunteers started by serving at the USS Annual Meeting. Thanks to Beverly Fetter, Joyce Tolle, and Ann Adrian (pictured left) for helping us out!

RSVP Assistant Program Coordinator, Mindy Allender and RSVP Volunteer, Shirley Harris (pictured right), recruited for RSVP at the recent Minority Health Fair. Volunteering is known to improve mental and physical health. It provides a sense of purpose, teaches valuable skills, and nurtures new and existing relationships. Mindy and Shirley were able to reach out to many of the over 300 attendees.



## Volunteers Are Needed:

We need volunteers to help at the **USS Golden Wedding Party** at the Clark County Fair on Tuesday, July 26th, with volunteers to arrive at 9:00am for shuttle drivers and 10:00am for servers. More information on specific volunteer jobs will be forthcoming. Please contact the volunteer office to help with this fun event.

We need volunteers to help at the **USS Wellness Conference** on August 25th, 2022. We need volunteers to help exhibitors locate and set up their tables, greet the public at the front door, set up snacks in the café, help with attendance for vendors doing demos, and more. Please give us a call to sign up!

**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.**

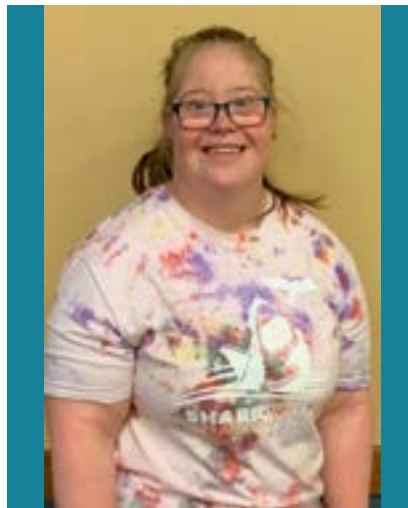


RSVP is sponsored by United Senior Services of Springfield, Ohio and is funded by federal funds through AmeriCorps, by a state subsidy through Ohio Department of Aging, and by local matching funds in Clark and Madison Counties.

# What's NEW ↓

## Congratulations, Jordan Lyons

USS employee, Jordan Lyons has been selected to represent the State of Ohio at the 2022 Special Olympics USA games in Orlando, Florida this month! Jordan and her partner are the only Ohio women's team in the golf event. Jordan has been golfing for the past 10 years and also has been power-lifting for 5 years in Special Olympics. She has achieved gold medals in golf at the regional and state levels. She has also achieved gold medals at the regional level and silver medals at the state level in power-lifting. Jordan says, "It is an honor to represent the State of Ohio at the USA Games. This is an event that I have been working hard on to achieve. My next goal is to make it to the USA Games and represent the State of Ohio in power-lifting." Congrats and good luck, Jordan! Your USS family will be cheering you on from Ohio!



## 2022 Day Trips

Keep an eye out in the *Center Page*, around our building, and on Facebook for more information about USS Day Trips this year! We have at least three more in the coming months. If you have questions or are interested in our upcoming 2022 Day Trips, contact Debbie McCool at 937-323-4948 ext. 120.

**The Ark Encounter**  
August

**Amish Country**  
October

**La Comedia**  
**Dinner Theater**  
December



# 2022 Tours

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

Travelers must show their vaccination cards prior to travel. You can stop in the center, send in a picture, or bring your card to the trip's pre-departure meeting to show Debbie McCool.

## The "Time of Your Life" Getaway

June 24-26

## The Great Pacific Northwest

July 15-22 **\*\*This tour is full\*\***

## 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 (double) \$1,099 per person (single)

**Deposit:** \$300 was 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 (double) \$1,405 per person (single)

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

## Historic Massachusetts & More

October 14-19

Activity Level: Moderate-High

**\*\*Special Preview at USS on June 14th at 11:00am\*\***

**\*Please RSVP for previews with Debbie McCool\***

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



For more information about our 2022 Tours, see our 2022 Tours Catalog and registration packets on our website at [www.unitedseniorservices.org/trips-tours](http://www.unitedseniorservices.org/trips-tours), or contact Debbie McCool at 937-323-4948 ext. 120.

## Annual Mystery Tour

October 26-28

Activity Level: Easy

Lights, Camera, Action!

**Tour Fare:** \$689 per person (double) \$839 per person (single)

**Deposit:** \$300 due 8/26

**Balance Due:** 9/9



## Greenbrier Christmas

December 11-13

Activity Level: Easy

**\*\*Special Preview at USS on June 14th at 2:00pm\*\***

**\*Please RSVP for previews with Debbie McCool\***

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 (double)

**Deposit:** \$350 due 9/2

**Balance Due:** 10/31



### UNITED SENIOR SERVICES

[www.unitedseniorservices.org](http://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

**Are you celebrating  
50 or more years of  
marriage in 2022?**

**We want to celebrate with you!**

**See page 3 for more information.**