UNITED SENIOR SERVICES
125 W Main St
Springfield, OH 45502
937-323-4948
www.ussohio.org

Activity Calendar: October 2024

Additional information available at the Welcome Center

USS DOWNTOWN
BUILDING HOURS:
Mon-Thurs 7:00am - 7:00pm
Fri 7:00am - 4:30pm
Sat 8:00am - 12:00pm

Mondays

Adv Pickleball.....7:00a - 9:30a...D-NC
LP Open Swim.....7:30a - 6:30p...D-NC
WWP Open Swim.....7:30a - 9:00a...D-NC
Foot & Nail Clinic.....8:30a - 4:00p..A-$
October 28th
WWP Aquatics.....9:00a - 10:00a..D-R-$
Blocks to Blankets..10:00a - 12:00p...D-NC
*October 7th & 21st *
Interval Training.....10:30a - 11:30a...D-R-$
WWP Open Swim...10:00a - 11:00a...D-NC
Let's Get Moving.....10:30a - 11:30a...D-NC
Congregate Meals.....1:00a - 1:00p
WWP Volleyball.....11:00a -12:00p...D-R-$
Ladies Who Lift....11:30a - 12:30p...D-R-$
Duplicate Bridge.....12:00p - 3:00p...D-NC
WWP Open Swim.....12:00p - 6:30p...D-NC
Pickleball for Novice...1:00p - 3:00p...D-NC
Uno/Phase 10.....1:00p - 3:00p...D-NC
Tai Chi.....2:00p - 4:00p...D-NC
Int Pickleball.....3:00p - 5:00p...D-NC
Self Defense.....5:00p - 6:00p D-R-$
Adv Pickleball.....5:00p - 7:00p...D-NC

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

Tuesdays

LP Open Swim.....7:30a - 9:00a...D-NC
WWP Open Swim.....7:30a - 9:00a...D-NC
Yoga.....8:30a - 9:20a...D-$
Full Body Exercise..9:00a - 10:15a...D-R-$
LP Water Aerobics...9:00a - 10:15a...D-R-$
Chair Yoga.....9:30a - 10:20a...D-$
LP Open Swim.....10:00a - 6:30p...D-NC
Moving with Music...10:30a - 11:30a..D-NC
Congregate Meals.....11:00a - 1:00p
Bid Euchre.....11:30a - 4:00p...D-NC
Friendly Euchre.....12:00p - 3:00p...D-NC
Pinochle.....12:00p - 3:30p...D-NC
USS Jammers.....11:30p - 1:30p...D-NC
WWP Open Swim.....12:00p - 1:00p..D-NC
Long Arm Quilting.....1:00p - 6:00p...A-$
Mah Jongg.....1:00p - 3:00p...D-NC
WWP Aquatics.....1:00p - 2:00p...D-R-$
Chair Volleyball.....2:00p - 4:00p...D-NC
Parkinson's Exercise...2:00p - 3:00p...D-NC
WWP Open Swim.....2:00p - 6:30p...D-NC
Adv Pickleball.....4:30p - 7:00p...D-NC

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

Wednesdays

Adv Pickleball.....7:00a - 9:30a...D-NC
LP Open Swim.....7:30a - 6:30p..D-NC
WWP Open Swim.....7:30a - 9:00a..D-NC
Long Arm Quilting....9:00a - 12:30p...A-$
Vintage Voices.....9:00a - 11:00a...D-NC
Blood Glucose Screenings 10:00a - 12:00p ...D-NC *October 2nd & 30th*
WWP Aquatics.....9:00a - 10:00a..D-R-$
Blood Pressure Screenings..10:00a-12:00p ...D-NC *October 9th, 16th, & 23rd*
WWP Open Swim....10:00a - 6:30p...D-NC
Congregate Meals.....11:00a - 1:00p
Connecting Threads.12:30p - 2:00p...D-NC
October 16th
Bingo.....1:00p - 3:30p...D-$
Interval Training.....1:00p - 2:00p...D-R-$
Ladies Who Lift.....2:00p - 3:00p...D-R-$
Card Making Club.....1:00p - 3:30p...D-NC
October 9th & 23rd
Crafting Group.....1:00p - 3:00p...D-NC
Int Pickleball.....1:00p - 3:00p...D-NC
Samba (Cards).....2:00p - 5:00p...D-NC
Pickleball Lessons.....3:00p - 4:00p...R-NC
YOGA.....4:00p - 5:00p...D-$
Pickleball for Novice..4:00p - 7:00p...D-NC
Diabetes Support.....5:30p - 6:30p...D-NC
October 2nd

Thursdays

LP Open Swim.....7:30a - 9:00a...D-NC
WWP Open Swim.....7:30a - 1:00p...D-NC
Poker.....9:00a - 3:00p...D-NC
LP Water Aerobics..9:00a - 10:00a...D-R-$
Full Body Exercise 9:00a - 10:15a...D-R-$
LP Open Swim.....10:00a - 6:30p...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
USS Jammers.....11:30a-1:30p...D-NC
MH Lunch & Learn..12:00p - 1:00p...R-NC
October 3rd
Pinochle.....12:00p - 3:30p...D-NC
WWP Aquatics.....1:00p - 2:00p..D-R-$
Hand & Foot (Cards)..1:00p - 4:00p...D-NC
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
Photo Club.....3:00p - 4:30p...D-NC
Chair Volleyball.....4:45p - 6:45p...D-NC
Yoga.....4:45p - 5:45p...D-$
Caregiver Support.....5:30p - 6:30p...R-NC
October 10th
Stroke Support.....5:30p - 6:30p...D-NC
October 3rd

Come in anytime during building hours to take advantage of our billiards hall, fitness center & ping pong activities.

Fridays

Adv Pickleball.....7:00a - 9:30a...D-NC
LP Open Swim.....7:30a - 3:00p...D-NC
WWP Open Swim.....7:30a - 3:00p...D-NC
Weaving.....9:30a - 11:30a...D-NC
Hearing Screening....12:00p - 11:30a...A-NC
October 11th
Hula Hoop Group.....9:30a - 10:30a...D-NC
Pickleball Skills.....10:00a - 12:00p...R-NC
October 11th & 25th
Congregate Meals.....11:00a - 1:00p
Hula Dance.....11:00a - 12:30p...D-NC
Duplicate Bridge.....12:00p - 3:00p...D-NC
Samba (Cards).....12:00p - 4:30p...D-NC
Medicare 101.....12:30p - 2:00p...D-NC
October 11th
Euchre.....1:00p - 3:30p...D-NC
Thirty One (Cards).....1:00p - 3:30p...D-NC
October 4th
Adv Pickleball.....2:30p - 4:30p...D-NC
USS Halloween Dance.....5:00p - 8:00p..R-$
October 18th

Saturdays

Int Pickleball.....8:00a - 10:00a...D-NC
LP Open Swim.....8:30a - 10:30a...D-NC
WWP Open Swim.....8:30a - 11:30a...D-NC
Vets Coffee Hour.....9:00a - 10:30a...R-NC
October 12th
Crafts.....9:00a - 10:00a...R-$
October 5th
Adv Pickleball.....10:00a - 12:00p...D-NC
USS Jammers.....10:00a - 11:30a...D-NC
Yoga.....10:30a - 11:30a...D-$

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Sat 8:00am - 12:00pm

Mondays

Adv Pickleball.....7:00a - 9:30a...D-NC
LP Open Swim.....7:30a - 6:30p...D-NC
WWP Open Swim.....7:30a - 9:00a...D-NC
Foot & Nail Clinic.....8:30a - 4:00p..A-$
November 25th
WWP Aquatics.....9:00a - 10:00a..D-R-$
Blocks to Blankets..10:00a - 12:00p...D-NC
November 4th & 18th
Interval Training...10:30a - 11:30a...D-R-$
WWP Open Swim...10:00a - 11:00a...D-NC
Let's Get Moving.....10:30a - 11:30a...D-NC
Congregate Meals.....11:00a - 1:00p
Veterans Day Event....11:00a - 1:00p..D-NC
November 11th
WWP Volleyball.....11:00a -12:00p...D-R-$
Ladies Who Lift....11:30a - 12:30p...D-R-$
Duplicate Bridge.....12:00p - 3:00p...D-NC
WWP Open Swim.....12:00p - 6:30p...D-NC
Pickleball for Novice...1:00p - 3:00p...D-NC
Uno/Phase 10.....1:00p - 3:00p...D-NC
Tai Chi.....2:00p - 4:00p...D-NC
Int Pickleball.....3:00p - 5:00p...D-NC
Self Defense.....5:00p - 6:00p D-R-$
Adv Pickleball.....5:00p - 7:00p...D-NC

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

Tuesdays

LP Open Swim.....7:30a - 9:00a...D-NC
WWP Open Swim.....7:30a - 9:00a...D-NC
Yoga.....8:30a - 9:20a...D-$
Full Body Excercise..9:00a - 10:15a...D-R-$
LP Water Aerobics.....9:00a - 10:15a...D-$
Chair Yoga.....9:30a - 10:20a...D-$
LP Open Swim.....10:00a - 6:30p...D-NC
Alzheimer's Education 10:00a - 11:00p..R-NC
November 19th
Clark County Council On Aging....10:00a -11:30p...R-NC *November 12th*
Moving with Music...10:30a - 11:30a..D-NC
Congregate Meals.....11:00a - 1:00p
Alzheimer's Office Hours...11:00a - 2:00p..D-NC
November 19th
Bid Euchre.....11:30a - 4:00p...D-NC
Friendly Euchre.....12:00p - 3:00p...D-NC
Pinochle.....12:00p - 3:30p...D-NC
USS Jammers.....11:30p - 1:30p...D-NC
WWP Open Swim.....12:00p - 1:00p..D-NC
Long Arm Quilting.....1:00p - 6:00p...A-$
Mah Jongg.....1:00p - 3:00p...D-NC
WWP Aquatics.....1:00p - 2:00p...D-R-$
Chair Volleyball.....2:00p - 4:00p...D-NC
Parkinson's Exercise...2:00p - 3:00p...D-NC
WWP Open Swim.....2:00p - 6:30p...D-NC
Adv Pickleball.....4:30p - 7:00p...D-NC

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

Wednesdays

Adv Pickleball.....7:00a - 9:30a...D-NC
LP Open Swim.....7:30a - 6:30p..D-NC
WWP Open Swim.....7:30a - 9:00a..D-NC
Long Arm Quilting....9:00a - 12:30p...A-$
Vintage Voices.....9:00a - 11:00a...D-NC
Blood Glucose Screenings 10:00a - 12:00p ...D-NC *November 27th*
WWP Aquatics.....9:00a - 10:00a..D-R-$
Blood Pressure Screenings..10:00a-12:00p ...D-NC *November 6th, 13th, & 20th*
WWP Open Swim....10:00a - 6:30p...D-NC
Congregate Meals.....11:00a - 1:00p
Connecting Threads.....12:30p - 2:00p ...D-NC *November 20th*
Bingo.....1:00p - 3:30p...D-$
Interval Training.....1:00p - 2:00p...D-R-$
Ladies Who Lift.....2:00p - 3:00p...D-R-$
Card Making Club.....1:00p - 3:30p...D-NC
November 13th & 27th
Crafting Group.....1:00p - 3:00p...D-NC
Int Pickleball.....1:00p - 3:00p...D-NC
Samba (Cards).....2:00p - 5:00p...D-NC
Pickleball Lessons.....3:00p - 4:00p...R-NC
Yoga.....4:00p - 5:00p...D-$
Pickleball for Novice..4:00p - 7:00p...D-NC
Diabetes Support.....5:30p - 6:30p...D-NC
November 6th

USS will close at 4:30p on Wednesday, November 27th in observance of Thanksgiving

Thursdays

LP Open Swim.....7:30a - 9:00a...D-NC
WWP Open Swim.....7:30a - 1:00p...D-NC
Poker.....9:00a - 3:00p...D-NC
LP Water Aerobics..9:00a - 10:00a...D-R-$
Full Body Exercise..9:00a - 10:15a...D-R-$
LP Open Swim.....10:00a - 6:30p...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
USS Jammers.....11:30a-1:30p...D-NC
OV Lunch & Learn..12:00p - 1:00p...R-NC
November 7th
Pinochle.....12:00p - 3:30p...D-NC
WWP Aquatics.....1:00p - 2:00p..D-R-$
Hand & Foot (Cards)..1:00p - 4:00p...D-NC
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
Photo Club.....3:00p - 4:30p...D-NC
Chair Volleyball.....4:45p - 6:45p...D-NC
Yoga.....4:45p - 5:45p...D-$
Caregiver Support.....5:30p - 6:30p...R-NC
November 14th
Stroke Support.....5:30p - 6:30p...D-NC
November 7th

USS will be closed on Thursday, November 28th in observance of Thanksgiving

Come in anytime during building hours to take advantage of our billiards hall, fitness center & ping pong activities.

Fridays

Adv Pickleball.....7:00a - 9:30a...D-NC
LP Open Swim.....7:30a - 3:00p...D-NC
WWP Open Swim.....7:30a - 3:00p...D-NC
Weaving.....9:30a - 11:30a...D-NC
Hula Hoop Group.....9:30a - 10:30a...D-NC
Pickleball Skills.....10:00a - 12:00p...R-NC
November 8th & 22nd
Congregate Meals.....11:00a - 1:00p
Hula Dance.....11:00a - 12:30p...D-NC
Duplicate Bridge.....12:00p - 3:00p...D-NC
Samba (Cards).....12:00p - 4:30p...D-NC
Medicare 101.....12:30p - 2:00p...D-NC
October 11th
Euchre.....1:00p - 3:30p...D-NC
Thirty One (Cards).....1:00p - 3:30p...D-NC
November 1st
LNI Pack.....2:00p - 4:00p...R-NC
November 8th
Adv Pickleball.....2:30p - 4:30p...D-NC
RSVP Fundraiser.....5:00p - 6:00p..D-NC
November 22nd
USS Dance.....5:00p - 8:00p..R-$
November 22nd

USS will be closed on Friday, November 29th in observance of Thanksgiving

Saturdays

Int Pickleball.....8:00a - 10:00a...D-NC
LP Open Swim.....8:30a - 10:30a...D-NC
WWP Open Swim.....8:30a - 11:30a...D-NC
Crafts.....9:00a - 10:00a...R-$
November 2nd, 9th, 16th
Adv Pickleball.....10:00a - 12:00p...D-NC
USS Jammers.....10:00a - 11:30a...D-NC
Yoga.....10:30a - 11:30a...D-$

USS will be closed on Saturday, November 30th in observance of Thanksgiving