

# Downtown: October 2025

UNITED SENIOR SERVICES

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

\*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	Tuesdays	Wednesdays	Thursdays	Fridays
<b>Activity times, dates and rooms are subject to change.</b>	Water Aerobics 9-10a R\$	Yoga 8:30-9:30a R\$	Warm Water Aquatics 9-10a R\$	Water Aerobics 9-10a R\$	Water Aerobics 9-10a R\$
<b>Always Available</b>	Blocks to Blankets 10-12p DNC *Oct 14 & 27*	Water Aerobics 9-10a R\$	Long Arm Quilting 9a-1p A\$ *No Class Oct. 22 *	Full Body Exercise 9-10:15a DNC	Weaving 9:30-11:30a DNC
<b>Cafe Lunch</b>	Let's Get Moving 10:30-11:30a DNC	Full Body Exercise 9-10:15a DNC	Vintage Voices 9a-11a DNC	Tai Chi 10-12p DNC	Hula Dance 11-12:30a DNC
M - F.....11a-1p	Arthritis Exercise LAND RNC 10:30-11:30a 8 Week Session	Chair Yoga 9:30-10:30a R\$	Arthritis Exercise LAND RNC 10:30-11:30a 8 Week Session	Arthritis Exercise LAND RNC 10:30-11:30a 8 Week Session	Drums Alive 11:30-12:30a R\$
<b>*Temporary Closures During Improvements</b>	WWP Volleyball 11-12p R\$	Arthritis Exercise LAND RNC 10:30-11:30a 8 Week Session	Ladies Who Lift 11:30a-12:30p R\$	Hand & Foot Cards 11-4p DNC	Duplicate Bridge 12-3p DNC
<b>Billiards*</b>	Ladies Who Lift 11:30a-12:30p R\$	Moving With Music 10:30-11:30a DNC	Bingo 1-3:30p D\$	USS Jammers 11:30-1:30p DNC	Samba (Cards) 12-4:30p DNC
M, T, W, TH .....7a-6:45p	Duplicate Bridge 12-3p DNC	Bid Euchre 11:30-4p DNC	Connecting Threads 1-3:30p DNC * Oct 15 *	Cribbage 12:30-3:00p DNC	Exercise in Disguise-12:30-1:30p R\$ *Now Silver Sneakers Circuit*
F .....7a-4:15p	Garden Club - 12:30-1:30p DNC *Oct. 6*	USS Jammers 11:30-1:30p DNC	Crafting Group 1-3p DNC	Pinochle 12-3:30p DNC	Euchre 1-3:30p DNC
S .....8a-11:45a	UNO/Phase 10 1-3p DNC	Friendly Euchre 12-3p DNC	Card Making Club 1-3:30p DNC * Oct. 8 & 22 *	Arthritis Exercise WATER 1-2p RNC	
<b>Fitness Center*</b>	Tai Chi 2-4p DNC	Pinochle 12-3:30p DNC	Samba (Cards) 1-5p DNC	Jigsaw Puzzle Group 1-6:45p DNC	<b>Singles Group</b>  Singles Group at USS Starting January 2026 will meet on the 4th Tuesday of each month.
M, T, W, TH.....7a-6:45p	Book Club 4-5p DNC *Oct. 27*	Long Arm Quilting 1-6p A\$ *No Class Oct 21*	Yoga for Vets & First Responders 4:30-5:30p DNC - Ends Oct. 22	Parkinson's Exercise 2-3p DNC	
F.....7a-4:15p	Self Defense 5-6:30p R\$	Mahjong 1-3p DNC	Yoga 4:30-5:30p R\$ Open to members - Ends Oct. 22	Photo Club 3-4:30p DNC * Oct. 2 & 16 *	
S.....8a-11:45a		Arthritis Exercise WATER 1-2p RNC		Retro Splash 4-5p R\$	
<b>Ping Pong*</b>		Skeins Away 2-4p DNC	<b>Saturdays</b>	Yoga 4:45-5:45p R\$	
M, T, W, TH .....7a-6:45p		Chair Volleyball 2-4p DNC	USS Jammers 10-11:30a DNC	Chair Volleyball 4:45-6:45p DNC	
F.....7a-4:15p		Parkinson's Exercise 2-3p DNC	Foot & Nail Clinic 8 – 12p A\$ *Oct. 18 & 25*		
S.....8a-11:45a		Drums Alive 4-5p R\$	Retro Splash 10:30-11:30a R\$		
<b>LP Open Swim</b>					
M,T,TH,F .....7:30a-9a					
M.....10a-6:15p					
T.....10a-1p & 2p-6:15p					
W.....7:30a-6:15p					
TH.....10a-1p & 2-4p					
TH.....5p-6:15p					
F .....10a-3p					
S ..... 8:30a-10:30a					
<b>WWP Open Swim</b>					
M .....7:30a-11a & 12p-6:15p					
T..... 7:30a-9a & 12-6p					
W..... 7:30a-9a & 10a-6:15p					
TH ..... 7:30a-2p					
F .....7:30a-3p					
S .....8:30a-11a					

## Key

\$: Cost  
D: Drop-in  
NC: No Cost  
R: Registration Required  
WWP: Warm Water Pool  
LP: Lap Pool  
No Cost

## Educational Events

Mercy Health Lunch & Learn - Breast Cancer, Thu, Oct. 2, 12p RNC  
Art of Aging - Avoiding Fraud Thu., Oct. 16, 10a RNC  
Art of Aging - Hearing Loss & Brain Health Wed., Oct. 22, 10a RNC  
Your Community Leaders - Pink Ribbon Good, Thu., Oct. 23, 12:30p

## Pickleball

### Advanced Pickleball

M, F.....7a-10a  
M.....4p- 6:30p  
T.....12p-1:30p  
W.....7:30a-11a

### Novice Pickleball

M.....12p - 1:30p  
W..... 4:30p - 6:30p  
TH.....10:30p -1:30p  
F.....12p - 2p

### Intermediate Pickleball

M.....1:30p - 4p  
T.....4:30p - 6:30p  
W.....1:30p - 3p  
TH.....1:30p - 4p  
F.....2p - 4p

### Beginner Lessons

W.....3p - 4:30p

### Skills Pickleball

F.....10a-12p  
\*Oct. 10 & 24\*

### Open Court Pickleball

T, TH.....7a - 8:30a  
S.....8a -11:15a

## Support Groups

Caregiver Respite  
Tue. - Call Tracy for eligibility  
Diabetes Support  
5:30-6:30p DNC \*Oct. 1\*  
Stroke Support  
5:30-6:30p DNC \*Oct. 2nd\*  
Alz/Caregiver Support  
5:30-6:30p DNC \*Oct. 8\*  
Visually Impaired Support  
10-11:45a DNC \*Oct. 11\*