

The Center Page

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

FEBRUARY 2025 / MARCH 2025



UNITED SENIOR SERVICES

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

USS DOWNTOWN HOURS: Mon-Thurs 7:00am - 7:00pm

Fri 7:00am - 4:30pm

Sat 8:00am - 12:00pm

BETHEL TOWNSHIP

11200 Gerlaugh Rd
Medway, OH 45341
937-323-4948

ENON SATELLITE


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

NEW CARLISLE SATELLITE Temporarily Closed

DIRECTORS

- Brad Boyer
- Connie Craig, Vice President
- Levi Duncan
- Mark Elliott, Treasurer
- Wendy Ford, Secretary
- Michele Hemphill
- Sarah Lemon
- Charlie Morris
- Arlin Par Tolliver, President
- Mike Trempe
- Lori Zakel
- Maureen Fagans, CEO

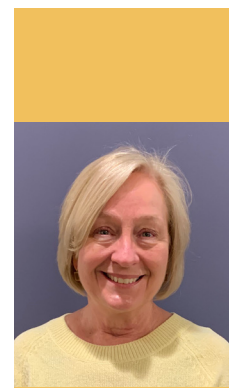
USS services and programs are made possible by funding provided by the Clark County Senior Services Levy, Title III grants under the Older Americans Act administered by the Ohio Department of Aging through the Area Agency on Aging PSA2, Mental Health Recovery Board of Clark, Greene & Madison Counties, 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.


UNITED SENIOR SERVICES

Director's Corner

February 1, 2025

Dear Members and Friends,



Are you protected? February and March is virus season. Don't get caught with your immunity waning! From rotaviruses to influenza, COVID, and RSV we all have learned a number of lessons these past many years about protecting our health. I am more aware of news and virus education on local news shows, commercials on TV, and flyers on social media. We are regularly reminded to stay current on immunizations, annually for flu and pneumonia, twice annually for Covid, and at age 70 for RSV. Are you due for a booster? I encourage you to ask your physician if a booster is right for you. If you need help to schedule a ride to a vaccination, please call USS.

Our centers' membership and activity rosters continue to grow. USS broke another membership record in 2024 with 5,400 registered members, 500 more than last year.

As the growth of activities continues, USS staff do our best to adjust schedules, rooms, and spaces to accommodate groups. We try to alert everyone of changes well in advance by communicating in the CenterPage, sending group emails, or sending emails of changes to group leaders.

You will notice that we continue to adjust our CenterPage calendars to include all our activities by date and location. Are you finding what you are looking for? If you have a suggestion, or a complaint, please use our suggestion box at the welcome center in the lobby or email info@ussohio.org. We read, record, and always consider ideas and complaints, and we will respond as quickly as possible if we have your contact info.

Tis the season for winter weather. When inclement weather is in the area check our website, Facebook page, or TV channels 7 (WHIO) or 2 (WDTN) for possible closings or delays.

Yikes! AARP income tax assistance season is here! Read how to schedule your appointment for AARP income tax assistance on page 4. AARP uses an online scheduling system and timed appointments go quickly so follow the directions on page 4 if you need USS to help you schedule.

I invite you to read this edition of the CenterPage to find your new favorite activity, a surprising special event to try, a travel destination on your bucket list, and many other opportunities to learn with your peers, improve your health, take care of business, and make new friends.

Thank you for the opportunity,

Maureen

Maureen Fagans, AICP
Executive Director/CEO

Special Events



Service Project

Friday, February 7th, 2:00pm - 4:00pm
USS Downtown

Lesotho Nutrition Initiative (LNI) is a group at Wittenberg University that packs meals across the Midwest and partners with organizations in Lesotho to combat childhood malnutrition by distributing meals. Lesotho is a small country in South Africa with high rates of children suffering from severe/chronic malnutrition. The meals LNI provides are proven to halt malnutrition and reverse the long-term effects. If 65 people can join us, we will be able to pack 10,000 meals!

To reserve your spot, please RSVP at the Welcome Center at 937-323-4948. LNI asks for a \$5 (Cash/Check) donation per person to participate. Donations will go towards shipping the packed meals to Lesotho. Donations of any amount will be accepted until the conclusion of the event. This event is open to the public.

To learn more visit www.lesothonutritioninitiative.com.

Closed Days at USS

All USS locations will be closed on Monday, February 17th for President's Day.

USS welcomes local artist Nathan Conner January/February 2025

Nathan Conner is an artist from Toledo, Ohio. After retiring 4 years ago from Honda Manufacturing Plant, he moved to Springfield and immersed himself in the art scene.

Nathan works in a variety of mediums, including oils, acrylics, and pastels, to create paintings that evoke emotion and provoke thought. He is a two-time third-place winner at the Juried Members Exhibition at the Springfield Museum of Art (SMOA) and was one of the featured artists in the Transformation Mural project. This project gained wider recognition when it was featured on the pilot episode of Finding Harmony, a John Legend production aired on ABC/Hulu.

Currently, Nathan is part of a traveling exhibition with the African American Visual Arts Guild of Dayton (AAVAG). He also has a painting submitted to the Negro League Baseball Museum in Kanas City, Missouri. On January 9, Nathan and three other Hatch Studio Artists were featured on WOSU Broad & High television show.

For this exhibition, some of the pieces featured are *Dancing Ladies*, bold colored dancers in acrylic, *Wimpees*, a Dayton restaurant in oils, *Dublin Guitar Man*, a performer from Dublin, Ohio in oils. Also featured are paintings of still life, pets and performing artists. Contact information: 937-831-4573, or, @ArtisticVisionbyConner on Facebook or Instagram. See Nathan Conner at Hatch Artist Studio, open to the public every First Friday of the month, from 5 to 9pm.



Special Events

Prominent African Americans

Friday, February 21st, 1:30pm - 2:30pm

USS Downtown

Hear their stories, celebrate their contributions! Come celebrate Black History Month at USS! Join Marilyn Knize, a Family Services representative at Ferncliff Cemetery, for a slide show featuring Springfield notables such as Dorothy and Jerry Bacon, Thomas Burton, Davey Moore, Sarah Gammon, and Richard Evans. History comes alive when we share their personal adventures and struggles and see how their lives impacted Springfield and our world.

Tax Prep

USS is hosting AARP volunteers to provide simple income tax preparation assistance appointments for USS members and clients. Individuals or couples can schedule an appointment at www.bit.ly/uss-tax-prep starting now. Appointment times are available on Mondays, Tuesdays and Thursdays at USS downtown and Saturdays at USS Enon, from February 3rd to April 10th. For those who need help scheduling, please call USS at 937-521-3006 and leave a message. A USS Representative will return your call to help you schedule. Once your appointment is scheduled, AARP asks that you arrive at least 15 minutes early to complete your intake form. Please bring the following items on the day of your appointment: Social Security Card for each person on the return, photo ID, and last year's tax return.

Prevention Party spotlighting Colon Rectal Cancer

Friday, March 21st, 11:00am - 1:00pm

USS Downtown

Please join us for a preventative focus on your health! Find information about, and schedule, preventative cancer screenings. Find help with tobacco cessation. Learn about healthy eating for cancer prevention. Learn about breast cancer. Listen to a health professional with a focus on colorectal cancer prevention, and so much more! Being healthy can be fun, come and see! Fill out your Fun Passport Card during the event and be eligible for a door prize. Event sponsored by The Clark County Colorectal Cancer Coalition.

March Dance

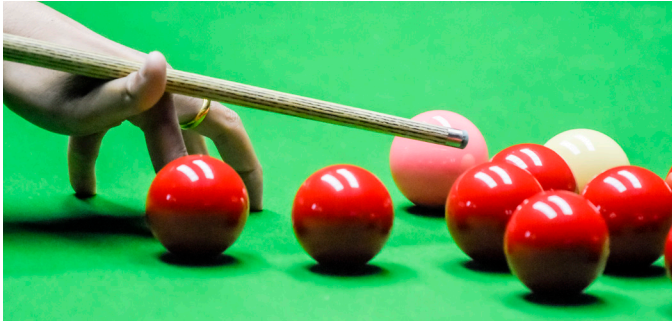
Join us for our first dance in 2025! Mike and Amy Stooksberry will continue to play everyone's favorite dance music. Friday, March 14th at USS Downtown we will be celebrating St. Patrick's Day with a menu including corn beef, cabbage, parsley potatoes, rolls, and iced cookies; catered by Carmae Catering. Doors to the dance floor will open at 4:45pm and dinner is served at 5:00pm. Music and dancing is from 6:00pm-8:00pm. There is a \$5 fee to participate, and reservations start Monday, February 24th at 8:30am with the Member Services team (937-521-3002). Payment is due at registration and will close on Friday, March 7th. This dance is sponsored by Vancrest of Urbana and Vancrest of New Carlisle.

Mark your calendars! Our next dances will be on Friday, April 11th and Friday, May 9th. Reservations for the April dance will open Monday, March 17th and the May dance will open on Monday, April 14th. USS is looking forward to having you join us for these fun-filled events!

USS events continue to be a huge success with the help of our volunteers. If you are interested in helping make this event a success, please contact Mindy Allender at 937-324-5705.



Special Events



Billiard Trick Shot Show

Friday, March 28th, 11:00am - 3:00pm

USS Downtown

Experience the mesmerizing world of trick shot pool with Tom Rossman, or as better known around the Billiards community as Dr. Q! Stop in anytime to watch Tom do what seems unlikely or impossible or requires significant skill. Whether you're a seasoned pool player or just a fan of jaw-dropping skill, this event is sure to leave you amazed and inspired.

Tom's performance is a captivating display of precision, creativity, and showmanship that demonstrates just how much skill, control, and passion go into the game of billiards.

Having Tom Rossman and Jack Riley together again is a special occasion not to be missed! Plan to join us anytime to witness Tom execute a series of mind-blowing shots that seem to defy the laws of physics. Each shot is a testament to years of practice, dedication, and a true love for the game. We can't wait to see you there!

Cancer Patient Support

Port Shirts

Friday, March 28th, 1:00pm • USS Downtown

As part of our focus on Cancer awareness and support, come in and learn about how to adapt a t-shirt into a port accessible shirt for infusions. The Gang of Seamstresses in Greene County is an organization that takes extra t-shirts from local events and adds an access zipper for persons with chest ports receiving chemotherapy. If you are interested in sewing and supplying shirts for patients at the Springfield Cancer Center, come learn how to make these shirts! USS would love to create their own Springfield group to help supply this need for 2025!

Pickleball Tournament

April 17, 11:00am • USS downtown

Congrats to our January 16th Intermediate Pickleball Tournament winners! Now, it's time for the Novice Pickleball Tournament! This tournament will be held at USS Downtown on Thursday, April 17th at 11:00am. This tournament will be for novice-skill level players and comprised of Mixed Doubles with 16 females and 16 males to be assigned into teams using a random drawing. Rally scoring will be used, playing to 15 points (must win by 1 point). See bulletin board inside MP1 for tournament rules. There is a \$10 fee to participate, and reservations start Monday, April 7th at 8:30am with the Member Services team. Payment is due at registration.

Stay tuned for more tournaments to be held later in the year.



Older Americans Month Nominations

USS is beginning to accept nominations to recognize older adults in Clark County who have made worthy contributions to our community in Leadership and in Service. The deadline for the USS award nominations is Friday, April 18th for the 2025 USS Excellence in Leadership and 2025 USS Inspirational Service awards.

The Area Agency on Aging (AAA), PSA 2 is accepting nominations for the 2025 Outstanding Clark County Senior Citizen award. AAA award nomination forms can be picked up from USS, found on the AAA website (www.info4seniors.org), or emailed to individuals or organizations interested in making a nomination. The deadline for the AAA award nominations is Friday, March 21st at 5:00pm.

Nominations and questions can be directed to USS Director of Social Support and Events, Tracy Wickham, at 937-521-3010.

What's New

Staff Welcome

Amy Gordon

Amy Gordon, a Springfield native, is the newly appointed Human Resources (HR) Leader at USS. With years of experience in human resources within a nonprofit setting, Amy has a deep understanding of people-centered work and a passion for fostering positive organizational cultures. Her strong foundation in HR was built upon her education in Human Resource Management and Accounting Management, equipping her with the skills necessary to guide teams and build strong, effective workplaces.



Amy is a proud mother of two children and the doting grandmother of her beautiful 3-year-old granddaughter, Meelah. Spending time with Meelah is one of her greatest joys. Outside of her professional and family life, Amy is an avid crafter and flower gardening enthusiast. Along with her husband, Donnie, Amy enjoys decorating their home and yard during the holidays, creating festive displays for their neighbors to enjoy.

Jane Fortny

Jane Fortny, originally from Springfield, Ohio, has had a dynamic life journey that has taken her across the United States before bringing her back to her roots as a USS lifeguard. Throughout her travels, Jane has cultivated a passion for dogs, particularly in the sport of dog agility. A dedicated dog lover, she trains and competes with her agility dogs, achieving success in various competitions along the way. Jane has a degree in Recreation Administration from Eastern Kentucky University and has worked in senior centers in other cities.



New Activities Alert

You are invited to try a new activity at USS downtown! Visit us on **Thursdays at 12:30pm for Cribbage!** Cribbage is a card game, traditionally for two players, that involves playing and grouping cards in combinations which gain points you “peg” on a board. Experienced or not, give Cribbage a try!



The Garden Club continues to grow!

Meeting on the 1st Monday of each month, there is no green thumb required, and all levels of experience are welcome! Gardening speakers and projects will be decided as the club grows!

If you'd like to see a new activity at USS, let our programming team know!



B2B Sock Drive

Blocks to Blankets will be collecting new socks of all sizes in the USS Downtown lobby throughout the year! A donation container for drop-offs is available in the lobby. The socks will be donated to local organizations including Sheltered Inc. and Victory Faith Church. We thank you in advance for your donations!

USS Jammers Donate to USS

On January 2, 2025, the USS Jammers contributed \$800 to United Senior Services. The Jammers musicians do not charge to play performances, but in 2024, they gratefully accepted donations on behalf of USS.

The Jammers meet at USS downtown to practice their favorite songs, sometimes for future “gigs” and at other times just for fun. They meet on Tuesdays and Thursdays from 11:30 a.m. to 1:30 p.m. and on Saturdays from 10:00 to 11:30 a.m. Members of USS are always welcome to come to these sessions, whether to listen or to join in with your own instrument. “Drop in anytime” says Jammers’ coordinator Carol Armbrust.

The group was founded in 2012 and has welcomed new members and new music every year since. They performed at several area senior living facilities this past year, at USS satellites, the Springfield Farmers Market, the Clark County Fair, and other venues. The Jammers enjoy making music at USS and performing around our community. They are grateful for donations but play for the love of the music and the friendships they now enjoy with each other.

Bethel Township Satellite

USS is excited to see the growth of its newest satellite location in Bethel Township! This vibrant addition to the USS family offers programming and congregational meals Tuesdays and Thursdays from 11:00 a.m. - 2:00 p.m. Conveniently located just a few doors down from Copey’s Butcher Shop, the Bethel Township satellite is becoming a hub for community engagement. Members can enjoy a variety of activities, including chair yoga, bingo, guest speakers, crafts, cooking, and much more!

Find the USS Bethel Township location at 11200 Gerlaugh Road in Medway in the building that previously housed the Lyon’s Club.



Pictured back row from left to right: guitarist, mandolin, banjo player and singer Brian Brackney; harmonica player and singer Cliff Brown; guitarist and singer Bill Myers; and guitar and bass player David Brackney. Front row, left to right: guitar and Ukelele player Herb Finke; guitarist Jim Gibson; ukelele player Diane Hamilton; Maureen Fagans; singer and guitarist Carol Armbrust; singer and guitarist Annie Merrill; and tambourine player Becky Pitzer. (Photo by Randy)

Educational Opportunities

Mercy Health Lunch & Learn

What is iovera?

Presented by Dr. Malone

Thursday, February 6th

12:00pm – 1:00pm

USS Downtown



Join USS to learn more about iovera[®] innovative pain relief treatment. This treatment uses extreme cold to stop nerves from sending pain signals to your brain without damaging any surrounding tissue and is safe, immediate, and can last 90 days. Lunch sponsored by Villa Springfield.



Clark County Council on Aging Meeting

Housing in Clark County

Presented by Greg Womacks

Tuesday, February 11th, 10:00am – 11:00am

USS Downtown

Greg Womacks, the Executive Director of the Neighborhood Housing Partnership, will share the latest information regarding housing availability and opportunities in Clark County. Neighborhood Housing Partnership of Greater Springfield (NHP) is a non-profit organization dedicated to increasing and preserving homeownership, promoting the development and rehabilitation of housing, and supporting vibrant, healthy neighborhoods. Event sponsored by Cherish Hospice.

Your Community Leaders

Bridget Houston, City Commissioner

Thursday, February 20th, 12:30pm – 1:30pm

USS Downtown

USS welcomes Bridget Houston, Springfield City Commissioner, to talk about Springfield's accomplishments and challenges and how we can work together to build a stronger city. Ms. Houston was appointed to the Springfield City commission to fill the seat vacated by Rob Rue's transition to mayor in December of 2023.

Ohio Valley Lunch & Learn

Kidney Stones

Presented by Dr. Guarav Pahouja

Thursday, March 6th

12:00pm – 1:00pm

USS Downtown



OHIO VALLEY

USS welcomes Dr. Gaurav Pahouja of Urology Specialists of Ohio to learn about Kidney Stones. Dr. Pahouja has published numerous articles and presented his work throughout the country as an expert in Urology. In 2023, he became the first Urologist in the Dayton and Springfield region to offer mini stone surgery as an innovative minimally invasive procedure for kidney stones. Lunch sponsored by Villa Springfield.

Womens History Month Event

Women's Health Donuts & Discussion

Mary Shaw, Nurse Practitioner

Clark County Health Dept

Friday, March 7th, 10:00am

USS Downtown

Join us for an informative and engaging event with Mary Shaw, NP, who will be presenting the latest information on women's health. The discussion will cover important topics such as nutrition post-menopause, healthy eating strategies, and much more. This is a great opportunity to learn valuable insights in a relaxed setting. Don't miss out on this chance to enhance your knowledge and have your questions answered!



2025 SPRING Class Catalog

Registration opens Monday, February 24th, 8:00am at USS.

Creative Arts

Advanced Wire Wrapping

Build on your basic wire wrapping skills by exploring more advanced techniques for wrapping irregular shapes and learn how to add extra sparkle to your wire-wrapped pendants. This class is for those who have completed the Basic Wire Wrapping course. Instructors: Jenn Queen and Shanon Queen

Fee: \$70 class and material fee **Schedule:** 6 sessions meeting on Thursdays, March 20th - April 24th, 2:30-4:30pm

Art Potpourri

Take your artful spirit on an adventure exploring alcohol inks and watercolors on a variety of surfaces. Explore traditional watercolor painting, watercolor pencils and other media. All supplies included. Instructor: Shari Loukoumidis

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Wednesdays, March 19th - May 7th, 4-6pm.

Basic Beginner Crochet

This beginner or “refresher” class will teach 3 basic crochet stitches that once mastered, will allow you to create a multitude of crocheted items. Both right and left handers welcome. Materials provided. Instructors: Vicki Matthies & LaNell Dobyns

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Wednesdays, March 19th - May 7th, 10-11:30am

Beginning Calligraphy

Learn the basics of calligraphy starting with how to hold a calligraphy marker and then how to form individual letters, as well as combining letters to create words. Students will develop an eye for shapes, angles, and spacing as they relate to calligraphy. Instructor: Anne Kazez

Fee: \$30 class and material fee **Schedule:** 4 sessions meeting on Thursdays, March 27th - April 17th, 9-10am

Continuing Calligraphy

Review the Bookhand alphabet and learn how to incorporate capital letters and alternate letter forms. Continue developing an eye for angles, shapes, and spacing. Participants need to have taken Beginning Calligraphy. Instructor: Anne Kazez

Fee: \$30 class and material fee **Schedule:** 4 sessions meeting on Thursdays, March 27th - April 17th, 10:15-11:15am

Custom Art Creations

Join this fun, creative acrylic painting class! Learn to paint with stencils, paint pouring or paint your own project. Instructor: Rebecca Raines

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Thursdays, March 20th - May 8th, 1-2pm

Intro to Guitar

Have fun while learning note reading and guitar strumming. Participants will learn a mixture of classical and popular songs together. Instructor: Christina Darding

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Fridays, March 21st - May 9th, 9:30-10:30am



Keepsake Box

Create a beautiful keepsake box using an old cigar box, embellishments, jewelry box feet, and paper!
Instructors: Jenn Queen and Shanon Queen

Fee: \$30 class and material fee **Schedule:** 1 session meeting on Wednesday, April 30th, 1:30-3:30pm

Log Cabin Quilt

Create one of the most popular quilting patterns! The Log Cabin design dates back to pioneer days. Many unique quilts can be created, just by changing the direction of the log cabin blocks. Participants will need to bring fabric, pattern and supplies. Supply list available at the Member Services Desk upon enrollment. Instructor: Phyllis Bageant

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Mondays, March 17th - May 5th, 1:30-3:30pm

Memoir Writing 101

This is your opportunity to set personal and family memories down on paper. This course provides easy-to-follow step-by-step instruction. The course criteria applies equally well to fiction. Get your imagination in gear and sign up! Instructor: Connie Chappell

Fee: \$30 class fee **Schedule:** 6 sessions meeting on Mondays, March 17th - April 28th, 10am-12pm

Mosaic Tile Tray

Create a beautiful one-of-a-kind trinket tray using a variety of beautiful tiles. Participants will be placing glass tiles, gluing and then grouting the design, on a shaped wooden base. Instructors: Jenn Queen and Shanon Queen

Fee: \$25 class and material fee **Schedule:** 1 session meeting on Wednesday, April 2nd, 1:30-3:30pm

Spring Flowers in Acrylics

Learn spring flowers and the basics of drawing them, with an emphasis on composition, placement and layering to create dimension. Discussion of color theory and color mixing will be interspersed. Participants will then create 1 or 2 finished acrylic paintings on canvas. Instructor: Gail Hakala-Eldridge

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Tuesdays, March 18th - May 6th, 1:30-2:30pm

Health & Fitness

Drums Alive

Join this whole body and mind workout, using the power of movement, music, and rhythm to improve physical, cognitive, social, and emotional health for all ages.

“Everybody comes alive with Drums Alive!” Participants will need to bring a water bottle. Instructor: Linda Getz

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Fridays, March 21st - May 9th, 11:30am-12:15pm



ENON SATELLITE

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

ENON

February & March 2025 ACTIVITY CALENDAR

Billiards	M, W, TH 9:00a-3:00p F 10:30a	📅 🚫
Full Body Exercise	M, W 9:30a	📅 💰
Bridge	M 12:00p	📅 🚫
Cornhole	M 12:30p	📅 🚫
Mexican Train Dominoes	T 10:00a-12:00p Feb 4 & Mar 4	📅 🚫
Euchre	T 1:00p	📅 🚫
Congregate Meals	W 11:00a - 12:00p	
Chair Volleyball	W 1:00p Feb 12, 26 & Mar 12, 26	📅 🚫
Birthday Party	TH 12:30p Feb. 13 & Mar 13	📅 🚫
Chair Yoga	F 9:00a	📅 💰
Pillows	F 10:30a Feb 14, 28 & Mar 14, 28	📅 🚫
Stitchers	F 11:30a	📅 🚫
Puzzle Group	F 12:00p-3:30p	📅 🚫
Dogs 101	T 10:30a-12:00p Feb 18 & Mar 18	
Card Making	W 1:00p Feb 19	📅 🚫
Billiards/Darts/ Ping Pong	Feb 11, 20 & Mar 20 9:00a-3:00p	📅 🚫
Hand & Foot Cards	TH 12:30p Feb 6, 20 & Mar 6, 20	📅 🚫
Movie	TH 1:00p Feb & Mar 20	📅 🚫
Potluck	TH 12:30p Feb & Mar 27	📅 🚫
Craft with Dee	T 10:30a Feb 25	📅 🚫
Games	W 11:00a Feb 5 & Mar 5	📅 🚫
Crafts	TH 1:00p Feb 6 & Mar 6 T 10:30a-12:30p Mar 25	📅 🚫
Tea Party	T 11:00a-12:00p Mar 11	📅 🚫
Bow Making	TH 1:00p Mar 20	📅 🚫

New Look

Thank you for your patience as USS continues to expand. We are refreshing our calendar to reflect our growth and mission!

Billiards, Ping Pong and Darts

Stop by the Enon Satellite for full schedule details.

USS Closed

USS closed will be Closed February 17th

Activity Times, dates and rooms are subject to change.

KEY

💰 Cost

🚫 No Cost

📅 Drop-in

📅 Registration Required

Thank you to all of our Enon sponsors:

Anna McElroy (AM)	Daysprings of the Miami Valley (DM)
Dee Sturm (DS)	Good Shepherd Village (GS)
Fulton's Finest (FF)	Springfield Masonic Community (SM)
Villa Springfield (VS)	Wooded Glen (WG)
Wright Rehab (WR)	



February & March 2025

DOWNTOWN

ACTIVITY CALENDAR

United Senior Services
 125 W. Main St • Springfield, OH
 937-323-4948
 www.ussohio.org

Aquatics, Pickleball & Paid Activities

Stop by the Welcome Center for full schedule details of all USS Aquatics, Pickleball and Paid Activities.

Always Available Activities

Billiards

M, T, W, TH 7:00a-7:00p
 F 7:00a-4:30p
 S 8:00a-12:00p

Fitness Center

M, T, W, TH 7:00a-7:00p
 F 7:00a-4:30p
 S 8:00a-12:00p

Ping Pong

M, T, W, TH 7:00a-7:00p
 F 7:00a-4:30p
 S 8:00a-12:00p

LP Open Swim

M,W 7:30a-6:30p
 T, TH 7:30a-9:00a
 T, TH 10:00a-6:30p
 F 7:30a-3:00p
 S 8:30a-10:30a

WWP Open Swim

M 7:30a-11:00a
 12:00-6:30p
 T, W 7:30a-9:00a
 T 12:00p-6:30p
 W 10:00a-6:30p
 TH 7:30a-2:00p
 F 7:30a-3:00p
 S Feb 8,15 8:30a-10:30a
 S 8:30a-11:30a

Blocks to Blankets	M 10:00a-12:00p Feb 10, 24 & Mar 10, 24	✓ ✕
Let's Get Moving	M 10:30a-11:30a	✓ ✕
Moderate Intensity		
Interval Training	M, W, 10:30a-11:30a	✓ 📄 \$
Congregate Meals	M, T, W, TH, F 11:00a-1:00p	
WWP Volleyball	M 11:00a-12:00p	✓ 📄 \$
Ladies Who Lift	M, W 11:30a - 12:30a	✓ 📄 \$
Duplicate Bridge	M, F 12:00p - 3:00p	✓ ✕
Garden Club	M 12:30p-1:30p Feb 3 & Mar 3	✓ ✕
UNO/Phase 10	M 1:00p - 3:00p	✓ ✕
Tai Chi	M 2:00p - 4:00p TH 10:00a - 12:00p	✓ ✕
Self Defense	M 5:00p - 6:00p	✓ 📄 \$
Yoga	T 8:30a - 9:30a W 4:30p - 5:30p TH 4:45p - 5:45p S 10:30a - 11:30a	✓ \$
Full Body Exercise	T, TH 9:00a - 10:15a	✓ 📄 \$
LP Water Aerobics	T, TH 9:00a - 10:00a	✓ 📄 \$
Chair Yoga	T 9:30a- 10:30a	✓ \$
Clark Co Council on Aging	T 10:00a - 11:30a Feb 11	📄 ✕
Moving with Music	T 10:30a - 11:30a	✓ ✕
Bid Euchre	T 11:30a - 4:00p	✓ ✕
USS Jammers	T, TH 11:30a - 1:30p S 10:00a - 11:30a	✓ ✕
Friendly Euchre	T 12:00p - 3:00p	✓ ✕
Pinochle	T, TH 12:00p - 3:30p	✓ ✕
Long Arm Quilting	T 1:00p - 6:00p W 9:00a - 12:30p	📄 \$
MahJong	T 1:00p - 3:00p	✓ ✕
Chair Volleyball	T 2:00p - 4:00p TH 4:45p - 6:45p	✓ ✕
Parkinson's Volleyball	T, TH 2:00p - 3:00p	✓ ✕
Skeins Away	T 2:00p - 4:00p	✓ ✕
Vintage Voices	W 9:00a - 11:00a	✓ ✕
WWP Aquatics	W 9:00a - 10:00a	✓ 📄 \$
Blood Glucose Screenings	W 10:00a - 12:00p Feb 19 & Mar 19	✓ ✕
Blood Pressure Screenings	W 10:00a - 12:00p Feb 5, 12, 26 & Mar 5, 12, 26	✓ ✕

USS Downtown Building Hours

Mon-Thurs 7:00am - 7:00pm


Friday 7:00am - 4:30pm

Saturday 8:00am - 12:00pm







KEY

 Cost

 Drop-in



 No Cost

 Registration Required



PreDeparture: Hawaii	W 11:30a - 1:00p Feb 5	 
Bingo	W 1:00p - 3:30p	 
Card Making Club	W 1:00p - 3:30p Feb 12, 26 & Mar 12, 26	 
Connecting Threads	W 1:00p - 3:30p Feb 19 & Mar 19	 
Crafting Group	W 1:00p - 3:00p	 
Samba (Cards)	W 2:00p - 5:00p F 12:00p - 4:30p	 
Caregiver Support Group	W 4:30p - 6:30p Feb 12 & Mar 12	 
Diabetes Support Group	W 5:30p - 6:30p Feb 5 & Mar 5	 
Poker	CANCELLED	 
MH Lunch & Learn	TH 12:00p - 1:00p Feb 6	 
OV Lunch & Learn	TH 12:00p - 1:00p Mar 6	 
Cribbage	TH 12:30p - 2:30p	 
Your Community Leaders	TH 12:30p - 1:30p Feb 20 & Mar 20	 
Hand & Foot (Cards)	TH 1:00p - 4:00p	 
Jigsaw Puzzle Group	TH 2:00p - 6:45p	 
Photo Club	TH 3:00p - 4:30p	 
Stroke Support Group	TH 5:30p - 6:30p Feb 2 & Mar 2	 
Hula Hoop Group	F 9:30a - 10:30a	 
Weaving	F 9:30a - 11:30a	 
Billiards Trick Shot	F 11:00a - 3:00p Mar 28	 
Hula Dance	F 11:00a - 12:30p	 
Prevention Party	F 11:00a - 1:00p Mar 21	 
Tour Preview: Chicago	F 11:00a - 12:30p Mar 7	 
Euchre	F 1:00p - 3:30p	 
Thirty-One (Cards)	F 1:00p - 3:30p Feb 7 & Mar 7	 
Prominent African Americans Presentation	F 1:30p - 2:30p Feb 21	 
LNI Pack	F 2:00p - 4:00p Feb 7	 
Foot & Nail Clinic	S 8a - 12p Feb 15, 22 & Mar 15, 22	 

Pickleball



Advanced Pickleball

 
M, W, F 7:00a-9:30a
M 5:00p-7:00p
T 4:30p-7:00p
F 2:30p-4:30p
S 10:00a-12:00p

Pickleball for Novice

 
M 1:00p - 3:00p
W 4:00p - 7:00p



Intermediate Pickleball

 
M 3:00p - 5:00p
W 1:00p - 3:00p
TH 1:30p - 4:30p
S 8:00a - 10:00a

Pickleball Lessons

 
W 3:00p - 4:00p

Pickleball Skills

 
F 10:00a - 12:00p
*Feb 14, 28 & Mar 14 & 28

USS Closed

USS closed will be Closed
February 17th

**Activity Times, dates and
rooms are subject to change.**

New Look

Thank you for your patience as
USS continues to expand. We
are refreshing our calendar to
reflect our growth and mission!

BETHEL

February & March 2025 ACTIVITY CALENDAR

BETHEL SATELLITE
11200 Gerlaugh Road
Medway, OH 45341
937-323-4948
Tuesdays & Thursdays

Congregate Meals	T, TH 11:00a-12:00p
Chair Volleyball (SM)	T 10:00a Feb 4 (SM) & Mar 4 (SM)
Rummikub Game	T 12:00p Feb 4 & Mar 4
SuperBowl Trivia	TH 10:00a Feb 6
Dominoes	TH 12:00p Feb 6 & Mar 6
Bingo	12pm Feb 11(VC), 20 (LH) & Mar 11 (VC), 20 (LH)
Valentine Card Making	TH 12:00p Feb 13
Showdown (Cards)	T 12:00p Feb 18 & Mar 18
Speaker & Donuts	10:00a Feb 20 (AY) & Mar 11 (GS)
Birthday Celebration	TH 12:00p Feb 27 (VW) & Mar 27 (VW)
Auction	T 12:00p Feb 25 (GS)
St. Patrick's Day Craft and Beer Tasting	TH 12:00p Mar 13
Games and Snacks	T 12:00p Mar 25

Thank you to all of our Bethel sponsors:

Autumn Years (AY)
Good Shepherd Village (GS)
Laurels of Huber Heights (LH)
Springfield Masonic Community (SM)
Vancrest (VC)
Villa/Wright Rehab (VW)



Exercise in Disguise

Have fun while increasing range of motion and muscle strength. Exercise in Disguise is a low impact class using resistance bands, small balls, and light weights. Participants will need to bring a water bottle. Instructor: Linda Getz

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Fridays, March 21st - May 9th, 12:30-1:15pm

Pilates

Pilates is a system of movements that utilizes heightened mind body awareness to strengthen and stabilize the core and improve posture, balance, and coordination. This class will utilize the principles of Pilates with exercises performed on an exercise mat. Different levels of intensity will be provided during class. Participants will need to bring their own mat and must be independent getting up from the floor. Instructor: Teresa Magill

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Mondays, March 17th - May 5th, 9-10am

REFIT

Sweat, sparkle and shine - its REFIT time! This total body workout will leave you smiling with cardio, toning, balance and more! Positive music and positive moves equals a workout you can feel good about! Instructor: Karen Riley

Fee: No fee **Schedule:** 8 sessions meeting on Saturdays, March 22nd - May 10th, 9-10am

Retro-Splash

This fun and sociable workout is designed to burn calories, tone muscle and improve stamina, all in the USS lap pool! Participants will progress at their own pace and do not need to know how to swim. Participants will need to bring a water bottle. Instructor: Linda Getz

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Saturdays, March 22nd - May 10th, 10:30-11:15am

Self-Care Nurturing Your Mind, Body & Soul

Prioritize your well-being and create a holistic self-care practice. This transformative series blends mindfulness, movement, and soul-nurturing practices to bring balance and harmony to your mind, body, spirit. Through guided meditations, reflective journaling, and practical exercises, you'll learn tools to manage stress, cultivate self-love, and restore your energy. Each class will focus on a unique theme, including emotional resilience, body awareness, and spiritual alignment, allowing you to build a sustainable self-care toolkit tailored to your needs. Instructor: Catherine Hinkle

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Wednesdays, March 19th - May 7th, 12-1:30pm

Stepping on Balance & Fall Prevention

Have you experienced a fall in the last year or have a fear of falling? This 7-week class (with a bonus session 3 months later) teaches you balance and strength exercises, home hazard identification and solutions, safe footwear, and community safety. Participants will also discuss implementing medication reviews, low vision and falls, what to do after a fall, and the importance of vitamin D and calcium in your diet. Several guest experts will join us to share their knowledge and tips. Call 937-360-6467 to register. Co-leaders: Pat Bray and Jeannie Dafforn

Fee: No fee **Schedule:** 7 sessions meeting on Thursdays, March 20th - May 1st (Bonus session on August 7th), 9:30-11:30am

Tap Dancing

Have you always wanted to learn to tap dance? Do you have a pair of tap shoes hidden in a closet? Here's your opportunity to learn tap or reconnect with those shoes. Learn basic and intermediate tap steps, basics of choreography and then choreograph a one to two minute tap routine to music of your choice. Participants will need their own tap shoes. Instructor: Cindy Griffin

Fee: \$40 class fee **Schedule:** 8 sessions meeting on Tuesdays, March 18th - May 6th, 9:30-10:30am

Lifestyle

Air Fryer Cooking

Do you have an air fryer that is still in the box or on the kitchen counter and you struggle to use it? This class is for you! Learn about the different types of air fryers, how they work and how to maintain them. You will also engage in a hands on food demonstration and prepare a dish in each class. Instructor: Donna Kuykendall, Central State University Extension

Fee: No fee **Schedule:** 3 sessions meeting on Wednesdays, April 16th - April 30th, 10-11:30am

Awakening the Intuitive Ability Within You Part 2

Part 2 opens the door to continue developing your own intuitive ability that may have been put aside or suppressed over the years. Participants will learn how to insulate from negative vibrations, release the conscious mind and continue to practice the 3 chosen helping modalities. Instructor: Lemoine Rice

Fee: \$25 class fee **Schedule:** 5 sessions meeting on Mondays, March 17th - April 14th, 4-5pm

Simple Cooking on a Budget

Are you looking for simple recipes for meals that still offer nutritional value? Are you on a budget or cooking for just a few people? This class is for you! Enjoy a cooking demonstration of simple nutritional meals using food found in the Second Harvest Foodbank's Senior Commodity Supplemental Food Box. Instructors: Maggie Yontz & Natasha Ridenour, Second Harvest Foodbank

Fee: No Fee **Schedule:** 4 sessions meeting on Wednesdays, March 19th - April 16th, 3-5pm

Technology

Getting to Know Your Phone

Do you have a mobile phone and are either not sure how to use it or want to learn more about it? This class will teach you how to navigate your device, browse the internet, stay connected with family and friends, take photos, and more! Participants will need to bring an iPhone 11 phone or newer to the iPhone sessions; or an Android 11 or newer to the Android sessions. Instructors: Tracy Koverman & Josh Lagel, IT Support Specialists, Clark County Public Library

Fee: No fee **Schedule:** iPhone: 4 sessions meeting on Wednesdays, March 19th - April 9th; OR, Android: 4 sessions meeting on Wednesdays, April 16th - May 7th, 9:30-11am

Springfield Area Institute for Lifelong Learning

The mission of SAILL is to offer the community a catalog of intellectually stimulating education for adults 55 years or better that inspires congenial discovery and discussion in an informal atmosphere.

All classes are offered at USS downtown Springfield, 125 W Main St, unless otherwise noted.

SAILL is open to all current USS members.
All fees are due at registration.
Contact Cindy at 937-521-3009 or clockwood@ussohio.org for more information.

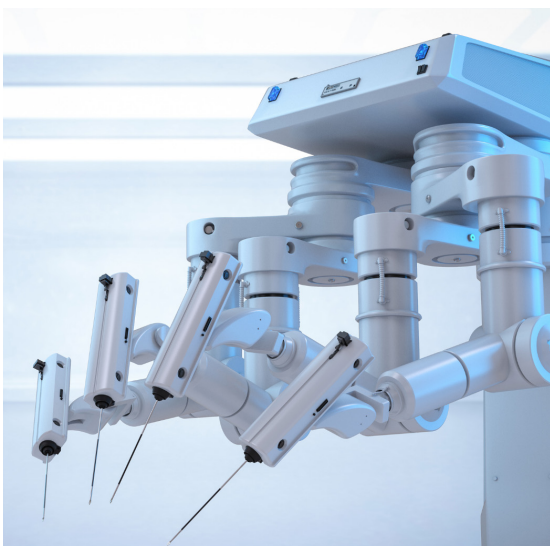


Your Community Leaders

Allison Peck, Clark County Library
Thursday, March 20th, 12:30pm – 1:30pm
USS Downtown

We all know that libraries have books, and while books are amazing, modern libraries offer so much more! From libraries of things, to podcast recording spaces, to borrowing seeds for your next planting project, the library provides these services and many more!

Join Public Relations Manager Allison Peck as she guides you through the many innovative services and programs available to you at the Clark County Library—all FREE with your library card.



Mercy Health Lunch & Learn

How to Identify Hernias and Benefits of Robotic Surgery

Presented by Dr. Andom
Thursday, April 3rd, 12:00pm – 1:00pm
USS Downtown



USS is hosting Dr. Andom from Mercy Health to discuss hernia identification and treatment options, along with the benefits of robotic and minimally invasive surgery. Dr. Andom specializes in Advanced Minimally Invasive Laparoscopic and da Vinci Robotic surgery. Don't miss this insightful session!
Lunch is sponsored by Villa Springfield.

To reserve your spot for these educational opportunities please RSVP by calling the Welcome Center at 937-323-4948.

Spotlight on our USS Employees

Lisa McDonough

Celebrating 10 years at USS, Lisa McDonough, Director of Transportation, has been a cornerstone of our team, blending her transportation experience with a deep, genuine compassion for the older adults we serve. Her commitment and care have made a profound impact, both within our organization and the community at large. Lisa is someone with a heart for the people behind the numbers. Whether it's coordinating complex transportation schedules, ensuring safety, or advocating for better service options, Lisa consistently goes above and beyond to ensure that every older adult under our care has access to reliable and supportive transportation services.



Marla Fagans

Marla Fagans has reached an exciting milestone—celebrating her 5th year at USS in 2024! She made a smooth transition from lifeguard to the afternoon Welcome Desk receptionist in November, bringing her extensive knowledge of USS programs and a warm, welcoming presence. Her positive attitude and dedication have brightened our afternoons and made her a valued part of the team. Here's to many more years of success and impact at USS, Marla!



USS celebrated its incredible team of 127 employees at the 2024 Staff Christmas party, making it an event to remember! The festivities included a delicious lunch, and employees were delighted with a special visit from Mrs. Claus. To top it off, the fun continued with a lively game of Bingo, adding some friendly competition and festive spirit to the gathering. It was a wonderful way to show appreciation for the hard work and dedication of the USS team!

See the front cover for more photos of USS employees.

Americorp Seniors *Retired and Senior Volunteer Program*

We have a new opportunity for RSVP volunteers.

Restoration Park Church, 55 Restoration Park Dr., Medway gives away as many as 1 Million articles of clothing per year to anyone in need. They offer a caring, comfortable place for people in crisis to come and stock up on clothing. These clients include recovering addicts, sex-trafficked victims, folks released from prison, foster parents receiving new children, house-fire victims, etc. They also offer clothing “giveaways” in remote locations where folks are especially in need. For the most part you will be sorting clothing donations in a clean, heated and well organized environment. Contact RSVP for more details about this service opportunity.

When we speak about AmeriCorps Seniors RSVP, most are quite surprised to find out that we currently have over 400 senior volunteers (age 55+) serving at 40 local non-profits. At our partner non-profits, there are more than 170 different volunteer job opportunities to choose from, allowing for each volunteer to find a service activity that is fulfilling and aligns with their personal values and interests. We are humbled to be associated with fine people who continually give their time and talents to those in our community. In 2024 (Jan-Sept), RSVP of Clark & Madison Counties volunteers served 45,625 hours and 75 new volunteers signed up for our program. We are on track to reach 61,000 hours for 2024!

RSVP volunteers sometimes ask us to partner with additional sites where they serve. While many non-profits and their volunteers provide valuable services to our community, the main funder for RSVP has changed what programs we are to prioritize with volunteers and sites. We are to focus on Disaster Services, Economic Opportunity, Education, Environmental Stewardship, Healthy Futures, and Veterans and military members.

We're looking forward to a bright 2025, filled with exciting opportunities and successful partnerships.



We hope you had the chance to visit the Speedway Ice Skating Rink this year!

This event is one of what we hope will become an annual fundraiser for RSVP. Everyone had a fantastic time, and it was wonderful to have the large rink open again, right in the heart of downtown Springfield. The festive atmosphere, complete with lights, music, hot cocoa, and donuts, made it an unforgettable experience for all involved.

In addition to the skating rink, we also held a Pictures with Santa fundraiser here at USS. Be sure to watch for these events next year when the weather turns cold! A special thank you goes out to all the RSVP volunteers who helped make these events a success. We couldn't have done it without you!

Please check the green poster board in Mindy Allender's cubicle for a list of the most up-to-date upcoming volunteer opportunities or contact the RSVP department at mallender@ussohio.org or 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.

Social Support

February 2025

- 3 Manicures
- 4 Chair bowling
- 6 Lunch & Learn 📝💰
- 7 Lunch & Volunteer Food Pack
- 10 Let's Get Moving
- 11 Black History Month Brain Games
- 13 Valentine's Day Craft 📝
- 14 Lunch & Springfield Estate & Thrift 📝💰
- Closed President's Day
- 18 Birthday Bingo
- 20 Chair Soccer
- 21 Hollywood Gaming Dayton Raceway/
Lunch at Wahlburgers 📝💰
- 24 Let's Get Moving
- 25 Match the Song Lyrics
- 27 Button Flowers
- 28 Farmers Daughter & Johnny
Appleseed Museum 📝💰

March 2025

- 3 Let's Get Moving
- 4 Shrove Tuesday/Mardi Gras Celebration 📝
- 6 DIY Spring Forward Button Clock
- 7 Lunch & Goodwill Outlet Bins & Village
Discount Outlet 📝💰
- 10 Diva's and Desserts
(*International Women's Day*) 📝💰
- 11 Birthday Bingo
- 13 Manicures
- 14 Westcott House Tour & Lunch 📝💰
- 17 St. Patrick's Day Celebration 📝
- 18 Tea Tuesday & Trivia
- 20 No Social Support
- 21 Covered Bridges Tour 📝💰
- 24 Let's Get Moving
- 25 The Secret & Fascinating Life of a Butterfly
- 27 Mystery Activity
- 28 Crown Market & Lunch 📝💰
- 31 Monday Mind Games

The Social Support Group 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.

📝 Registration Required 💰 Fee

Make a Difference in a Senior's Life - Become a Volunteer Guardian!

If you are passionate about protecting vulnerable seniors, the Volunteer Guardianship Program might be perfect for you.

By volunteering, you'll help advocate for the rights and well-being of older adults, forming meaningful relationships that truly make a difference.

Studies show that regular visits to seniors in nursing facilities can greatly improve their health and well-being. For many, depression can set in after just 30 days in an unfamiliar environment. As a guardian, your involvement can offer crucial emotional support and companionship, creating a mutually rewarding experience.

Training is provided online at your own pace, ensuring you are fully prepared to assist those in need. Throughout your volunteer journey, you'll be supported by the probate court and our dedicated USS Volunteer Advocate. For more information about this fulfilling volunteer opportunity, please contact Betty Stutler, Advocacy Coordinator, at 937-323-4948 x218.



Travel with USS!

2025 USS TOURS

More information about USS Tours is available at ussohio.org/travel, at USS 125 W. Main St., Springfield, OH or by calling Cindy Lockwood at 937-521-3009.

NOAH - World's Best-Known Voyage

April 8-10, 2025

Activity level-Easy to Moderate

Embark on one of the world's most famous journeys as live animals take the stage and fill the aisles at Sight & Sound's Millennium Theater. Enjoy an Amish buggy ride, explore the Farm of the Future, visit Kitchen Kettle Village, and dine at Miller's Smorgasbord, experiencing all that Lancaster, Pennsylvania has to offer.

Tour Fare: \$959 (2 in a room)

Irish Charm

April 26-May 8, 2025

Activity level-Moderate to heavy. Passport Required!

This one-of-a-kind tour combines breathtaking natural wonders, historic landmarks, rich cultural cuisine and music, stunning gardens, and tastings of local Irish whiskey and world-renowned Guinness. You'll be captivated by the undeniable charm of the Irish people and their warm hospitality.

Tour Fare: \$6249 per person (2 in a room)

Discover Chicago

June 11-14, 2025 Preview March 7th at 11:00am

Activity level-Moderate

Explore Chicago's premier shopping along N. Michigan Avenue, immerse yourself in art, history, and science museums, and admire architecture that competes with the world's finest. Enjoy deep dish pizza 103 floors up and take a tour of Wrigley Field – all this and more!

Tour Fare: \$1369 per person (2 in a room)



Wild West Virginia

June 27-30, 2025

Preview March 7th at 2:00pm

Activity level-Moderate to Heavy

Experience the breathtaking scenery of Blackwater Falls State Park, the historic Cass Scenic Railroad, the mystery of the National Radio Astronomy Observatory, and the massive underground bunker at the Greenbrier Resort. With a variety of historic attractions, delicious meals, amazing scenery, and premium entertainment, this West Virginia tour is an ideal summer get away.

Tour Fare: \$1239 per person (2 in a room)

Annual Mystery Tour It's a Musical Mystery

July 17-20, 2025

Activity level-Moderate to Heavy

Tour Fare: \$1369 per person (2 in a room)

Shop Shipshewana

August 5-6, 2025

Activity level-Moderate to Heavy

You've never seen shopping like this! The Shipshewana Trading Place Flea Market is the largest in the Midwest – the size of 30 football fields with over 700 vendors. The possibilities are endless! You will find treasures in gardening, fresh produce, art, home decor, furniture, crafts, antiques, jewelry... and so much more!

Tour Fare: \$369 per person (2 in a room)

Win in Michigan!

August 22-24, 2025 Preview May 13th at 11:00am

Activity level-Moderate

Try your luck as we travel to the Midwest's premier gaming and hospitality destination-The Soaring Eagle Casino & Resort. Immerse yourself in luxury with award winning dining, high stakes bingo, and a full-service spa. Add a visit to Frankenmuth, known for Bavarian-style architecture and the Meijer Gardens & Sculpture Park, voted best in the U.S.

Tour Fare: \$716 per person (2 in a room)

South Dakota Treasures

September 18-23, 2025

Preview May 13th at 2:00pm

Activity level-Moderate to Heavy

Discover the beautiful Black Hills region of South Dakota, relive Old West adventures and learn about the area's rich history at famous landmarks including Wall Drug, Deadwood, Mount Rushmore National Memorial, Crazy Horse Memorial, Custer State Park and Badlands National Park. South Dakota is a treasure!

Tour Fare: \$2849 per person (2 in a room)



The Sky is the Limit The Albuquerque Balloon Fiesta

October 3-7, 2025

Preview June 17th at 11:00am

Activity level-Moderate to Heavy

Locals will tell you that October is the most beautiful time of year in New Mexico. The Albuquerque Balloon Fiesta, the largest hot air ballooning event in the world, is a must-see! Enjoy reserved seating at the fiesta and explore Santa Fe, the Sandia Peak Aerial Tram, Santa Fe Sky Railway, and the Loretta Chapel.

Tour Fare: \$2929 per person! (2 in a room)

The Best of New England

October 21-29, 2025

Preview June 17th at 2:00pm

Activity level-Moderate to Heavy

Nestled in the rugged beauty of the Green Mountain National Forest, this tour delightfully explores the Green & White Mountain regions, fascinating museums, Franconia Notch, the rugged coast of Maine and Acadia National Park. Add in Salem, and Cape Cod, including a ferry ride over to Martha's Vineyard. Witness some of the most beautiful scenery you will ever visit.

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



A New York State of Mind

November 12-16, 2025

Preview July 22nd at 11:00am

Activity level-Moderate

What comes to mind when you think of New York City? The Statue of Liberty, Ellis Island, Times Square, Radio City Music Hall, Central Park, a Broadway show? Enjoy all these attractions and more on this unique Big Apple Tour! NYC is the center of the Universe for shopping, sightseeing, theatre, and cuisine. Join us to experience all of this firsthand!

Tour Fare: \$2089 per person (2 in a room)

San Antonio Holiday

December 4-8, 2025

Preview July 22nd at 2:00pm

Activity level-Moderate

Enjoy the holiday spirit Texas-style as you settle into your River Walk hotel on this San Antonio holiday getaway. Step into the heart of the holiday sights with over 120,000 lights illuminating the River Walk during the holiday season. The Historic Market Square boasts 100 businesses and the sights and flavors of old Mexico. Discover the Alamo and Mission San Jose to top off your magical holiday escape!

Tour Fare: \$2029 per person (2 in a room)

2025 Day Trips USS TOURS

Thursday, March 13th

**Jersey Boys at
LaComedia Dinner Theater**
Springboro, Ohio

Friday, April 11th

Spring Snooty Fox Adventure
Cincinnati, Ohio area

Wednesday, May 21st

A Day in Amish Country
Berlin, Ohio

Wednesday, June 4th

MLB game-Reds vs Brewers
Cincinnati, Ohio

Thursday, July 10th

Lake Erie Island Hopping Cruise
North coast locations

Thursday, August 14th

Bratwurst Festival & More
Bucyrus, Ohio

Wednesday, September 10th

Ohio's Presidents
throughout Ohio

Thursday, October 16th

Explore Ohio's Covered Bridges
Northeast Ohio area

Wednesday, November 5th

Fall Snooty Fox Adventure

Thursday, December 11th

**Scrooge the Musical
at LaComedia Dinner Theater**

Community Resources

Support Groups

Caregiver Support Group

USS, in partnership with the Alzheimer's Association of the Miami Valley, provides a support group for any caregivers in the Clark County community. On Wednesday, February 12th at 4:30pm join USS at 11200 Gerlaugh Rd., Medway, OH 45341 to learn about how dementia affects communication and tips for communicating well with family, friends, and health care professionals. On Wednesday, March 12th at 4:30pm we will showcase common behavior changes and how they are a form of communication, non-medical approaches to behaviors, and recognizing when additional help is needed.

Respite care is provided by calling 937-323-4948 x116. If you are unable to attend this group, please contact the Alzheimer's Association directly at 937-610-7010 for more information and resources.

Diabetes Support Group

USS, in partnership with the Clark Champaign Diabetes Association (CCDA), provides a support group for individuals with diabetes. This group is open to the public and hosted at USS downtown on the 1st Wednesday of the month from February through November. Each month CCDA will provide information and resources to experts in the field. Join Tara Thona, RDN, LD with HHS, LLC on Wednesday, February 5th at 5:30pm to learn about navigating healthy eating for Diabetes. Our next session will be held on Wednesday, March 5th at 5:30pm.

Stroke Support Group

USS Support Groups are open to the public and hosted at USS downtown.

USS, in partnership with Mercy Health – Springfield, provides a support group for individuals who have experienced a stroke the 1st Thursday of each month. Each month Mercy Health experts in the field will provide information and resources to people recovering and their loved ones. Please consider joining the group on Thursday, February 6th or Thursday, March 6th from 5:30pm – 6:30pm.

Clark County Warmline

The Clark County Warmline is a free call line, available 24/7 for mental health concerns. **Call 937-662-9080 for help and information.**

HEAP Program

The Home Energy Assistance Program (HEAP) helps income-eligible Ohioans maintain their utility service who are at or below 175 percent of the poverty guideline and who are facing disconnection, have been disconnected, need to establish new service, need to pay to transfer service, have PIPP default, need to pay first PIPP, or have 25% (or less) supply of bulk fuel in their tank. Joyce Robinson, the USS Outreach Coordinator can provide more information at 937-521-3005.

UNITED SENIOR SERVICES

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

USS DOWNTOWN HOURS: Mon-Thurs 7:00am - 7:00pm

Fri 7:00am - 4:30pm

Sat 8:00am - 12:00pm

BETHEL TOWNSHIP

11200 Gerlaugh Rd
Medway, OH 45341
937-323-4948

ENON SATELLITE

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

NEW CARLISLE SATELLITE Temporarily Closed

USS SERVICES

Benefits Counseling
Caring Services Advocacy
Health Outreach
Home Modifications &
Repairs
In-Home Services
Meal Services
Recreation & Education
Respite Services
Support Groups
Transportation
Travel Programs
Volunteer Opportunities

MISSION

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



UNITED SENIOR SERVICES

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

125 W Main St

Springfield, OH 45502

NONPROFIT ORG
US POSTAGE
PAID
DAYTON OHIO
PERMIT #248

AARP TAX PREP APPOINTMENTS NOW AVAILABLE!

Tax season is coming!

AARP's free tax preparation service will begin on February 3rd and run through April 10th.

APPOINTMENT LOCATIONS AND TIMES:

USS Downtown: Mondays, Tuesdays, and Thursdays from 11:00 AM - 2:00 PM

Enon: Saturdays from 10:00 AM - 2:00 PM

Individuals or couples can schedule their appointment online starting now at www.bit.ly/uss-tax-prep

If you need help scheduling online please call 937-521-3006 to leave a message and we will call you back. Appointments fill quickly so please call now. See page 4 for more information.

