

The Center Page

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

AUGUST / SEPTEMBER 2025

SUMMER CONCERT SERIES AUGUST 2025



05
TUE 1-3 PM

ICE CREAM SOCIAL/ VINTAGE VOICES

Join us for the USS Ice Cream Social! Enjoy a free live performance by the Vintage Voices.



08
FRI 5 PM

BLUEGRASS FESTIVAL - THE CORNDRINKERS

Old-Time Barn Dance - \$5 per Person
Dinner at 5:00 PM From Rudy's Smokehouse
Music at 6:00 PM



12
TUE 12-1 PM

USS JAMMERS

From country western to rock and old favorites to folk, the Jammers are bound to play one of your favorites! Free



19
TUE 12-1 PM

ELVIS TRIBUTE: LONNIE JAY

Lonnie Jay Freeman brings the magic of Elvis Presley to life in his dynamic tribute performance. Free

UNITED SENIOR SERVICES

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

USS DOWNTOWN HOURS:

Mon-Thurs 7:00 AM - 7:00 PM

Fri 7:00 AM - 4:30 PM

Sat 8:00 AM - 12:00 PM

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

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

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.



Director's Corner



August 1, 2025

Dear Members and Friends,

How do you define successful aging? For many of us, this stage of life can be among the busiest and most fulfilling—when we intentionally focus on our health, live with purpose, and stay engaged with others.

Are you finding the resources you need to lead an active and connected lifestyle? At USS, supporting every dimension of wellness has been our mission since 1968. For more than five decades, we've offered a wide range of programs designed to nurture physical, emotional, and intellectual health, encourage purposeful living, and foster strong community connections.

Our members consistently tell us that USS is their go-to resource—whether they're discovering new artistic passions, volunteering, traveling near or far, staying active in body and mind, or simply enjoying the laughter and friendships found in our welcoming centers. The steady growth in USS membership speaks to the vibrant, inclusive culture of wellness we've built together.

And as we trade in our running shoes for supportive walking shoes, USS is here to help ensure we stay involved and independent. We've long relied on support from the Older Americans Act (OAA) to help provide essential services that empower older adults to age well. For nearly 60 years, the OAA has evolved alongside our needs, regularly reauthorizing its support for nutrition, caregiver assistance, transportation, wellness, and more.

The Older Americans Reauthorization Act of 2025—introduced on June 18—seeks to continue funding through 2030. However, the proposed FY 2026 budget could decrease or eliminate some of this vital support. We all deserve to age with dignity, connection, and opportunity. The Older Americans Act makes that possible for millions.

To learn more and explore how these programs support our community, visit: ussohio.org/the-uss-blog

Thank you for the opportunity,

Maureen

Maureen Fagans, AICP
Executive Director/CEO

Enon Education & Special Events

Brunch & Learn: Emergency Call System

Tuesday, August 12th, 10:30 am

USS Enon

Join us at USS Enon for a special Brunch & Learn featuring Dan Carey from Clark County Emergency Management. Learn how the Emergency Call System works, how to sign up, and how it helps keep our community safe. Enjoy a light brunch and bring your questions! Register with Tammy at 937-863-0043.

Sponsored by Good Shepherd Village.

3rd Annual Potluck Picnic

Thursday, August 28th, 12:30 pm

USS Enon

Join us for our annual summer celebration at the outdoor pavilion of Enon United Methodist Church (135 S Harrison St, Enon). Bring your favorite dish to share and enjoy a relaxed afternoon of food, fellowship, and music by Stooksberry DJ's. Register with Tammy at 937-863-0043.

Sponsored by Springfield Masonic Community.



Snacks & Facts: Cryptocurrency Basics

Tuesday, September 23rd, 10:30 am

USS Enon

Robin Smith from WesBanco will guide us through the basics of cryptocurrency during this timely "Snacks & Facts" session. Enjoy a treat while you learn about the digital money craze that's making headlines. Register with Tammy at 937-863-0043.

Sponsored by Our Home.

Special Events

USS Dance

Friday, September 12th 5:00pm

USS Downtown

Kick off the season on the right foot at our first dance of the fall! Enjoy an evening of great music, dinner, and fun with Mike and Amy Stooksberry leading the night's entertainment. Tickets are \$5 per person and include dinner. Reservations open Monday, August 11, with a limit of four tickets per person. Open seating: all are welcome. Entertainment is generously sponsored by Cherish Hospice. Register at the Welcome Desk.



USS Food Drive

Now - August 23rd

USS Downtown

United Senior Services is proud to partner with Second Harvest Food Bank for the final weeks of our 12-week food drive. As we wrap up this important effort, we invite you to help us finish strong! Donations will be accepted at USS Downtown through August 23, and every item makes a difference for individuals and families facing food insecurity in our community.

USS Annual Coat and Sock Drive

September - October 2025

Donate new or gently used coats and sweaters (all sizes) during September and October. New socks are accepted year-round. Drop items in the USS Downtown lobby.

Educational Opportunities

Port Shirts

Thursdays, August 7 & 21,
September 4 & 25, 1:00pm

USS Downtown

Join the USS Port Shirt Group as we support patients undergoing chemotherapy at the Springfield Cancer Center. Participants modify donated t-shirts by adding zippers to make them easier for patients to wear during treatment. No sewing experience is necessary—just a willingness to help! All are welcome.



Positive Mental Health

Thursday, August 7th, 12:00pm

USS Downtown

Join Dr. Jordan Allison, clinical psychologist at Mercy Health serving Clark & Champaign Counties, for an informative discussion on positive mental health. Learn practical tips and techniques for maintaining emotional wellness and resilience at any age. Lunch is sponsored by Villa Springfield. Please register at the Welcome Desk.

WISE: Wellness Initiative for Senior Education

Mondays, August 11th – September 22nd,
10:00–11:30am

USS Downtown

Are you 60 or older and looking to stay healthy while connecting with others? Join us for WISE, a six-week wellness series designed to help you celebrate aging and make positive lifestyle choices.

Each session covers valuable topics including healthy behavior, understanding the aging process, and the effects of alcohol and medications on older adults. You'll also gain tools to feel more confident managing your health and healthcare. Bring a friend and enjoy this fun, interactive program with free refreshments and giveaways at each session! Register at the Welcome Desk. No class on Monday, September 1st

Water Arthritis Class

Tuesdays & Thursdays,

August 5th - September 30th, 1:00–2:00pm

USS Downtown

Improve your mobility and feel better in your body with our Water Arthritis class! This gentle, low-impact program is designed for adults with arthritis, rheumatic conditions, or other musculoskeletal challenges. Whether you're just starting out or already active, this class meets you where you are. The class focuses on improving range of motion, muscle strength, and endurance. Each session includes endurance-building routines, relaxation techniques, and health education topics. Participants often experience an overall sense of well-being, reduced pain and inflammation, improved joint function, increased muscular strength, better quality of life, and enhanced social interaction. It's a fun, safe, and effective way to support better health at any ability level. Free! Register at the Welcome Desk to ensure a spot!

Educational Opportunities

Clark County Council on Aging Meeting

Tuesday, August 12th, 10:00am

USS Downtown

Chelsea Herdman from the Area Agency on Aging, PSA 2, will share insights about the agency's mission and the many services it offers to support older adults. Learn how the agency partners with local providers and the impact they make on our community. Refreshments provided by Cherish Hospice. Please register at the Welcome Desk.

Clark County Emergency Alerts Presentation

Wednesday, August 13th, 1:00pm and

Thursday, September 3rd, 10:00am

USS Downtown

Dan Carey from the Clark County Emergency Management Agency will present the benefits of the Clark County-wide phone notification system and how to sign up. This system, managed by Clark County employees, sends timely alerts for tornadoes, severe weather, snow emergencies, and urgent public safety alerts.

After the presentation, Dan and others will assist members with signing up for the service if help is needed. If you are unable to attend, you can learn more at www.hyper-reach.com or scan the QR code below. Please register at the Welcome Desk.



Land Arthritis Class

Mondays & Wednesdays, August 18th – October 8th, 10:30-11:30am

USS Downtown

Stay active and feel your best with our Land Arthritis Class—a gentle, recreational group exercise program designed specifically for adults with arthritis, related rheumatic diseases, or other musculoskeletal conditions. Exercises are performed on land and can be adapted to sitting, standing, or lying down, making it accessible for all ability levels. This well-rounded program includes endurance-building routines, relaxation exercises, and health education topics that help reduce pain and stiffness while supporting joint mobility and functional ability. Participants often report an overall sense of well-being, reduced pain and inflammation, improved joint function, increased muscular strength, and better quality of life. Plus, it's a fun, safe, and effective way to increase social interaction and promote lifelong health. Free! Register at the Welcome Desk to ensure a spot!

New Springfield Transportation Options

Tuesday, August 19 at 10:00am

USS Downtown

Learn about upcoming changes to Springfield transit! Glen Massie, transportation planner with the Clark County-Springfield Transportation Coordinating Committee, will be at USS Downtown to present and discuss the new transportation system and how it may impact your travel options. Bring your questions and curiosity. Register at the Welcome Desk!

Educational Opportunities

Your Community Leaders Series

Clark County Reentry

Department Community Impact

Thursday, August 21st, 12:30pm

USS Downtown

Brooke Wagner will provide an inside look at how the Clark County Reentry Department supports individuals transitioning from incarceration. Topics include housing support, job training, trauma-informed care, and community partnerships. Refreshments provided by Wooded Glen. Please register at the Welcome Desk.

Book Club

Monday, August 25th, 4:00pm &

Monday, September 22nd, 4:00pm

USS Downtown

Read *The Little Paris Bookshop* by Nina George and connect with fellow readers for thoughtful conversation and community during our August Book Club meeting. We meet on the fourth Monday of each month to discuss that month's selection. New members are always welcome, and discussions are friendly and engaging. Copies of the book are available at the Welcome Desk. Refreshments sponsored by Wooded Glen. Please register at the Welcome Desk.



Art of Aging Series

BE FAST Stroke Presentation

Presented by Brian Miller, Mercy Health

Thursday, August 28th, 10:00am

USS Downtown

Brian Miller with Mercy Health will lead a presentation about strokes are a leading cause of death and disability, but with quick action, lives can be saved. Learn how to recognize the signs and respond fast by attending our upcoming Stroke Awareness presentation. We'll be highlighting the new acronym BE FAST — a simple, lifesaving way to remember the warning signs. Don't miss this opportunity to empower yourself and others with the knowledge that could make all the difference in a critical moment. Refreshments sponsored by Villa of Springfield. Please register at the Welcome Desk.

Yoga for Veterans & First Responders

Wednesdays, September 3 – October 22

(no class September 17) 4:30pm

USS Downtown

This 8-week yoga class is designed specifically for veterans, first responders, and their families. Participants will explore mind-body practices that support mindful resilience, reduce pain and stress, and promote post-traumatic growth. Open to the public. Minimum age of 18 please.

Free for veterans, first responders, and their families. \$2 for all others. Register at the Welcome Desk.



OHIO VALLEY

Lunch & Learn

Prostate Cancer

Thursday, September 4th, 12:00pm

USS Downtown

Dr. Eric Espinoza, Urologist, will be presenting on Prostate Cancer. Lunch is sponsored by Villa Springfield. Please register at the Welcome Desk.

Educational Opportunities

Art of Aging Series

Medicare Open Enrollment Overview
Tuesday, September 16th, 1:00pm
USS Downtown

Join us for an informative Medicare Open Enrollment Overview presentation led by certified OSHIIP (Ohio Senior Health Insurance Information Program) counselors. This one-session event will cover important updates for the upcoming enrollment period, tips and tricks for comparing plans, common pitfalls to avoid, and helpful resources to guide your decision-making. Attendees will also learn about opportunities for upcoming free, one-on-one counseling available during designated counseling days at United Senior Services. Refreshments provided by Good Shepherd Village. Please register at the Welcome Desk.



Your Community Leaders Series

Clark State's Growth in Action:
A Decade of Investment, Innovation & Impact
Thursday, September 18th, 12:30pm
USS Downtown

Please join Doug Schantz, Executive Vice President for Finance, Facilities & Operations, as he highlights strategic initiatives and significant investments in Clark State's facilities and infrastructure over the last decade to support the growth of the College. Doug will also share some of the more recent community collaborations that resulted in Global Impact STEM Academy's \$17M expansion to Clark State's campus and the nation's first community college fire academy being embedded in an active fire station (Station 8) located on S. Limestone. Refreshments provided by Cherish Hospice. Register at the Welcome Desk.

Art of Aging Series

Online Banking Basics: Safer Than Checks
Tuesday, September 30th, 10:00am
USS Downtown

This presentation led by Evyn Buccitelli is designed to help you understand the essential features of online banking—from checking balances and paying bills to setting up alerts and transferring funds. Special attention will be given to online safety, including how to recognize scams, protect your personal information, and monitor your accounts for unusual activity. Whether you're new to digital banking or looking to refresh your skills, this class will empower you to bank securely and conveniently from your computer, tablet, or smartphone. Refreshments sponsored by Park Bank. Please register at the Welcome Desk.

National Trails Parks and Recreation District Geology Presentation

Part 1: Thursday, October 2nd, 2:00pm –
USS Downtown

Part 2: Thursday, October 9th, 2:00pm –
Veterans Park Field Trip

In collaboration with the National Trails Park and Recreation District, USS is excited to offer a special geology class led by Dr. Ritter, a local expert and passionate educator. This two-part program is designed to engage, educate, and inspire a deeper appreciation for the ground beneath our feet! The course begins with an engaging indoor presentation where Dr. Ritter will introduce the fascinating world of geology—you will have the opportunity to view an exhibit featuring samples of the major rock types as well as fossils and minerals. The following week, put your knowledge into action during a hands-on field trip to Veterans Park. Learn the geology and geomorphology of Veterans Park and the story of its formation on a walk with Dr. Ritter. We will meet at the Veterans Park Amphitheater. Please register for both sessions at the Welcome Desk or by contacting the NTPRD, open to the public.

Madison County Volunteers

In June, we celebrated our Madison County RSVP volunteers with a Hawaiian meal and lots of fantastic door prizes. Volunteers serve at Good Samaritan Food Pantry, Madison Health, Mt Sterling Community Center, and Madison Co. Senior Center. Some will also be serving at our new partner - H.E.L.P. House Community Outreach.



The H.E.L.P. House Community Outreach in London, Ohio, opened as a youth outreach for young people and their families in February 1999. Since opening, it has evolved into a large mission for helping all those in need with food, clothing, household items, referrals, and emergency funding. Located at 122 East Center Street, London, this is a convenient site for volunteers who live in eastern Clark County too.

Volunteers Needed for the following activities at USS

- Art of Aging
- Lunch & Learn
- Community Leaders
- Two Dances
- Two Summer Concert Series

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 AmeriCorpsSeniors RSVP Program.



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

A Goodbye....

As I reflect on my nine-year tenure at United Senior Services, I'm filled with gratitude for the amazing experiences and opportunities I've had. Working alongside dedicated and talented coworkers and volunteers has been a privilege.



Thank you for your unwavering support, collaboration, and camaraderie throughout my career. I take pride in the contributions we've made and the positive impact we've achieved together at USS and within our community. While I'll miss our daily interactions, I'm excited to pursue hobbies that have been put on hold, spend more time with family, and continue volunteering in my retirement. I extend my best wishes to you all for the future and hope our paths cross again. A very special thank you to my boss Maureen and assistant Mindy for EVERYTHING!!

Best wishes to you all..... Barbara

Volunteer Guardianship: A Lifeline for Seniors

In today's world, many seniors face isolation and vulnerability, especially those living in nursing homes. But you can make a real difference! By becoming a volunteer guardian, you'll advocate for the rights and well-being of older adults, offering them much-needed emotional support and companionship.

Training is provided online, allowing you to prepare at your own pace, with ongoing support from the probate court and a dedicated USS Volunteer Advocate. For more information, reach out to Betty, USS Advocacy Coordinator, at 937-323-4948 x 218.

Social Support Groups

August 2025

September 2025

Date	Activity	Register	Fee	Level
1	West Liberty Grp2	●	●	M-H
4	Self-Defense Basics	●		M-H
5	Ice-Cream Social	●		
7	Lunch & Learn	●		
8	Garage Sales Grp1	●	●	M-H
11	Manicures			
12	USS Jammers	●		
14	Smash Dye T-shirt (Dress for the mess)	●		L-M
15	Put-Put Golf @ Youngs Grp 2	●	●	HIGH
18	Let's Get Moving			L-M
19	Elvis Tribute Band	●		
21	Arcade Games			L-M
22	Garage Sales Grp2	●	●	M-H
25	Birthday Bingo			
26	Sunshine Singers	●		
28	Billiards	●		LOW
29	York Steakhouse & Hollywood Casino Grp1	●	●	L-M

Date	Activity	Register	Fee	Level
2	The Bowl Game			
4	Mystery Activity	●		
5	York Steakhouse & Hollywood Casino Grp2	●	●	L-M
8	Manicures			
9	Birthday Bingo			
11	Group Canvas Art	●		
12	Grp1 Bowling @Northridge Lanes	●		M_H
15	Let's Get Moving			
16	Beaded Lanyards/keychains			
16	Billiards	●		LOW
19	Covered Bridges Grp2	●		MOD
22	Chair Soccer			
23	Soda tasting contest			
25	Mystery Dinner	●		
26	Grp2 Bowling @Northridge Lanes	●		M-H
29	Card-Playing Day			
30	Chair Bowling			MOD

Activity Levels Key:

L-M: Low to Moderate

MOD: Moderate

M-H: Low to High

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 at 937-521-3010.

Travel with USS!

2025 USS TOURS

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

Win in Michigan!

August 22-24, 2025

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

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

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

Join the worth the wait list!

A New York State of Mind

November 12-16, 2025

Join the worth the wait list!

San Antonio Holiday

December 4-8, 2025

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 USS DAY TRIPS

Thursday, August 14th

Bratwurst Festival & More Bucyrus, OH - \$99 Each

Wednesday, September 10th

Ohio's Presidents throughout Ohio - \$137 Each

Thursday, October 16th

Explore Northeast Ohio's Covered Bridges

\$87 Each - *Join the worth the wait list!*

Wednesday, November 5th

Fall Snooty Fox Adventure - \$80 Each

Thursday, December 11th

Scrooge the Musical at LaComedia Dinner Theater

\$116 Each

Community Resources

USS Support Groups - For More Info, call 937-323-4948

USS offers a variety of free, public support groups hosted at our downtown location. Each group is held in partnership with trusted community organizations and provides education, resources, and a safe space to connect with others facing similar challenges.

Caregiver Respite Group

USS offers caregiver respite at USS downtown every Tuesday for family caregivers and their loved ones. Caregivers can take care of personal appointments or errands while your loved one socializes with others and joins in activities at USS downtown supervised and supported by trained staff. Transportation and noon meal are included. Call Tracy at 937-323-4948 for more information and eligibility.

Caregiver Support Group

USS has partnered with the Alzheimer's Association to offer family caregivers the resources and support they need while caring for a loved one. Join Tracy and Chelsea for a Dementia Friends presentation on Wednesday, August 13th at 4:30pm, and on Tuesday, September 10th at 4:30pm for a special presentation by Trilogy Health Services about their Adult Day Services, tailored for caregivers of loved ones living with dementia. Call 937-323-4948 for more information. Open to the public.

Diabetes Support Group

In collaboration with the Clark Champaign Diabetes Association (CCDA), this group meets the first Wednesday of each month (February–November) from 5:30–6:30pm at USS Downtown. Upcoming dates: August 6th and September 3rd. Open to the public.

Stroke Support Group

In partnership with Mercy Health – Springfield, this group meets the first Thursday of each month at 5:30pm at USS Downtown. Each session includes resources and insight from stroke care professionals. Upcoming meetings: August 7th and September 4th. Open to the public.

Visually Impaired Support Group

Offered in partnership with the National Federation of the Blind, this group is for individuals with any level of visual impairment. Meetings take place on the second Saturday of each month from 10:00am – 11:45am. Upcoming meetings: August 9th and September 13th. Open to the public.

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 - who are at or below 175 percent of the poverty guideline and who are facing disconnection, need to establish or transfer new service, have PIPP default, need to pay first PIPP, or have 25% (or less) supply of bulk fuel in their tank, to maintain their utility service. Joyce, 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 7:00 AM - 7:00 PM
Fri 7:00 AM - 4:30 PM
Sat 8:00 AM - 12:00 PM

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

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

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



MARK YOUR CALENDARS FOR OUR UPCOMING EVENTS



CHF Health Expo - October 8th - Hollenbeck Center

Medicare 101 - October 10th - USS Downtown

October 10th Dance - tickets go on sale Monday, September 8th

Medicare Open Enrollment Appointments - October 15th - December 7th

November 14th Dance - tickets go on sale Monday, October 13th

December 12th Dance - tickets go on sale Monday, November 10th

History

Hodgepodge of History

Join in a fun systematic study of a "hodgepodge" of important historical events and topics on the national as well as the local stage. Come with an open heart and open mind to learn. Instructor: Ski Schanher

Fee: No fee

Schedule: 6 sessions meeting on Fridays, September 19th - October 31st, 1:30-3:30pm. No class October 24th.

Lifestyle

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! Instructor: Natasha Ridenour, Second Harvest Food Bank Outreach Specialist

Fee: No fee

Schedule: 8 sessions meeting on Wednesdays, September 17th - November 5th, 3-5pm

Ghosts, Spirits & Other Paranormal Entities

What's the difference between a "Ghost" and a "Spirit"? Learn about Clark County's haunted places and the origin of their reported hauntings. Instructor: Lemoine Rice

Fee: \$40 class fee

Schedule: 8 sessions meeting on Mondays, September 15th - November 3rd, 11am - 12pm

Raptors of Ohio

Have you ever looked up to the sky and wondered what birds you saw zooming overhead? Meet 3-4 different birds of prey and learn about what makes them so unique and how they are able to adapt to an everchanging environment. There is no better way to learn about raptors than meeting them in person! Instructor: Glen Helen Raptor Center Staff

Fee: \$5 class fee

Schedule: 1 session meeting on Tuesday, September 16th, 10:30-11:30am



Getting to Know Your Phone

Do you have an Android or Apple iPhone and 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! Instructors: Josh Lagle and Tracy Koverman, Clark County Public Library IT Specialists

Fee: No Fee

Schedule: Android: 4 sessions meeting on Wednesdays, September 17th - October 8th; or iPhone: 4 sessions meeting on Wednesdays, October 15th - November 5th, 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.



2025 Fall Class Catalog

Registration for classes opens at 8:30am Monday, August 25th at USS. All classes are offered at USS downtown unless otherwise noted.

Creative Arts

Continuing Calligraphy

Review the Bookhand alphabet and further develop your ability to discern angles and spacing. This is a very individualized course, possible to be taken more than once. Instructor: Anne Kazez

Fee: \$30 class and material fee

Schedule: 4 sessions meeting on Thursdays, October 16th - November 6th, 9-10:30am



Design Drawing in Black and White

Whether you are a beginner or experienced artist, you will enjoy the challenges of black and white projects introduced. Learn the elements and principles of art, while pushing your creativity in fun ways! Bring 2-3 black flair markers. Instructor: Gail Hakala-Eldridge

Fee: \$40 class fee

Schedule: 8 sessions meeting on Tuesdays, September 16th - November 4th, 10-11am



Dresden Plate Quilt

Learn to make one of America's most beloved and endearing quilt patterns. This pattern was one of the most popular quilts made during the 1920's and 1930's. Supply list available at time of enrollment. Instructor: Phyllis Bageant

Fee: \$40 class fee

Schedule: 8 sessions meeting on Mondays, September 15th - November 3rd, 1:30-3:30pm

German Star Workshop

Learn how to make a lovely holiday decoration, common in Germany, by folding strips of paper into a multipoint star. Instructor: Denise See

Fee: \$5 class fee

Schedule: 1 session meeting on Wednesday, October 1st, 2-4pm



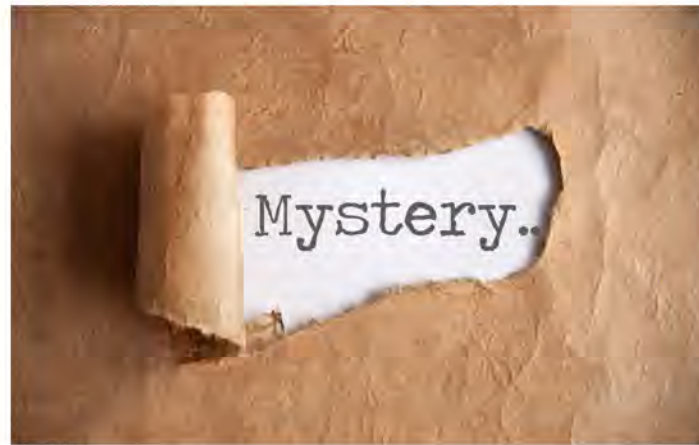
How to Write Mysteries

Learn the tools of writing a mystery, from the history of mysteries to planning the perfect crime and what is a "red herring". The class will also learn how to research a mystery. Participants will write the first few pages of a mystery and submit it for critique.

Instructor: Debra Gaskill

Fee: \$40 class fee

Schedule: 8 sessions meeting on Wednesdays, September 17th - November 5th, 1:30-2:30pm



Organic Approach to Drawing/Painting

Learn the history of drawing while using a variety of materials, papers, and concepts. Create while learning wash drawings, silver point, ink and pen, ink and brush, how to use light to alter a drawing, pencil skills, watercolors with drawings and using textures as part of a drawing. Instructor: Joe Lewis

Fee: \$40 class fee

Schedule: 8 sessions meeting on Thursdays, September 18th - November 6th, 4-6pm

Seasonal Art Crafts

Create a variety of projects, different each week, including fabric pumpkins, fall scene on canvas, abstract on canvas, glass painting a holiday plate or candy jar, and snowman Christmas bulbs!

Instructor: Victoria Trempe

Fee: \$45 class and material fee.

Schedule: 7 sessions meeting on Thursdays, September 18th - November 6th, 1:30 - 3pm. No class September 25th.

Stained Glass Holiday Sun-Catcher

Learn how to foil, solder and polish precut glass pieces, creating a lovely sun-catcher! This is the perfect class for someone that wants to dip their toes into the world of stained glass. Learn these basic techniques or build on skills you've already acquired to create this glass sun-catcher to display in your home.

Instructor: Jonelle Bates



Fee: \$20 class and material fee

Schedule: 1 session meeting on Friday, October 31st OR 1 session meeting on Friday, November 7th, 1-3pm

Wooden Bowl Workshop

Let's make a bowl from 2 flat boards! Is that possible? Watch the cutting demonstration of 2 pine boards, creating beveled rings that each participant will then glue, sand and decorate to create a unique bowl!

Instructor: Garry Getz

Fee: \$15 class and material fee

Schedule: 1 session meeting on Tuesday, September 30th, 4:30-6:30pm



Health & Fitness

A Matter of Balance

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award winning, evidence-based program, designed to manage falls and increase activity levels by promoting exercise to enhance strength and balance. Instructors: Patricia Bray and Melissa Conners

Fee: No fee

Schedule: 8 sessions meeting on Thursdays, September 18th - November 6th, 9-11am

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, September 15th - November 3rd, 9-10am



QPR Training

QPR, Question, Persuade, and Refer, is a free, 90 minute suicide prevention training that helps caring individuals recognize the signs and symptoms of suicidal ideation and connect those in need with counselors, therapists, and pastors who can treat them. We want to see the suicide rate in Clark County continue to decrease, and we invite you to be a part of the solution! Instructor: Kelton Moore

Fee: No fee

Schedule: 1 session meeting on Monday, September 29th, 10-11:30am



R&B Line Dancing

Come out and move, groove and learn the latest line dances, including the Electric Slide, Mississippi Slide, Whiskey Slide, Cupid Shuffle, Same Ol' 2 Step, Biker Shuffle, Wobble, and Just in Case! Step-by-step instruction is provided. Instructor: Nettie Carter-Smith

Fee: \$40 class fee

Schedule: 8 sessions meeting on Wednesdays, September 17th - November 5th, 12-1pm

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: Cynthia Griffin

Fee: \$40 class fee

Schedule: 8 sessions meeting on Tuesdays, September 16th - November 4th, 9:30am - 10:30am.

UNITED SENIOR SERVICES

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

Downtown: August 2025

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
Water Aerobics 9-10a R\$	Yoga Hatha 8:30-9:30a R\$	Warm Water Aquatics 9-10a R\$	Water Aerobics 9-10a R\$	Water Aerobics 9-10a R\$	
Blocks to Blankets 10-12p D-NC *Aug. 11, 25*	Water Aerobics 9-10a R\$	Long Arm Quilting 9a-1p A\$	Full Body Exercise 9-10:15a D-NC	Weaving 9:30-11:30a D-NC	
Let's Get Moving 10:30-11:30a D-NC	Full Body Exercise 9-10:15a D-NC	Vintage Voices 9a-11a D-NC	Tai Chi 10-12p D-NC	Hula Dance 11-12:30a D-NC	
Land Arthritis 10:30-11:30a R-NC	Chair Yoga 9:30-10:30a R\$ No Class Aug. 5 & 28*	Land Arthritis 10:30-11:30a R-NC	Hand & Foot Cards 11-4p D-NC	Drums Alive 11:30-12:30a R\$	
WWP Volleyball 11-12p R\$	Group Respite Support 10:30-3:30p D-NC	Ladies Who Lift 11:30a-12:30p R\$	USS Jammers 11:30-1:30p D-NC	Duplicate Bridge 12-3p D-NC	
Ladies Who Lift 11:30a-12:30p R\$	Moving With Music 10:30-11:30a D-NC	Bingo 1-3:30p D\$	Cribbage 12:30-2:30p D-NC	Samba (Cards) 12-4:30p D-NC	
Duplicate Bridge 12-3p D-NC	Bid Euchre 11:30-4p D-NC	Connecting Threads 1-3:30p D-NC	Pinocle 12-3:30p D-NC	Exercise in Disguise 12:30-1:30p R\$	
Garden Club - 12:30-1:30p D-NC *Aug. 4*	USS Jammers 11:30-1:30p D-NC	Crafting Group 1-3p D-NC	Water Arthritis 1-2p R-NC	Euchre 1-3:30p D-NC	
UNO/Phase 10 1-3p D-NC	Friendly Euchre 12-3p D-NC	Card Making Club 1-3:30p D-NC * Aug. 13, 27 *	Parkinson's Exercise 2-3p D-NC	Thirty-One 1-3:30p D-NC *Aug. 1*	
Tai Chi 2-4p D-NC	Pinocle 12-3:30p D-NC	Samba (Cards) 1-5p D-NC	Jigsaw Puzzle Group 2-6:45p D-NC		USS Closed
Book Club 4-5p R-NC *Aug. 25*	Long Arm Quilting 1-6p R\$		Photo Club 3-4:30p D-NC * Aug. 7 & 21 *		
Self Defense 5-6:30p R\$	Mahjong 1-3p D-NC		Retro Splash 4-5p R\$		
	Water Arthritis 1-2p R-NC		Yoga Hatha 4:45-5:45p R\$	Saturday, August 30th	
	Skeins Away 2-4p D-NC		Chair Volleyball 4:45-6:45p D-NC		
	Chair Volleyball 2-4p D-NC		USS Jammers 10-11:30a D-NC	Educational Events	
	Parkinson Exercise 2-3p D-NC		Foot & Nail Clinic 8 - 12p *Aug. 16, 23*	Mercy Health Lunch & Learn - Thursday, Aug. 7th, 12 - 1p	
	Drums Alive 4-5p R\$		Retro Splash 10:30-11:30p R\$	WISE - Wellness Initiative for Senior Education	
				Mondays, August 11th - 25th, 10 - 11:30a	
				Art Of Aging - Thursday, Aug. 28th, 10 - 11a	
				Your Community Leaders - Thursday, Aug. 21st, 12:30 - 1:30p	

Key

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

Saturdays

Activity times, dates and rooms are subject to change.

Always Available

Cafe Lunch
M - F..... 11:00a-1:00p

Billiards
M, T, W, TH7:00a-6:45p
F7:00a-4:15p
S8:00a-11:45a

Fitness Center
M, T, W, TH.....7:00a-6:45p
F.....7:00a-4:15p
S.....8:00a-11:45a

Ping Pong
M, T, W, TH7:00a-6:45p
F.....7:00a-4:15p
S.....8:00a-11:45a

LP Open Swim
M, T, TH,F.....7:30a-9:00a
M,T,..... 10:00a-6:30p
W.....7:30a-6:30p
TH..... 10:00a-4:00p
TH.....5:00p-6:30p
F 10:00a-3:00p
S 8:30a-10:30a

WWP Open Swim
M.....7:30a-11:00a
M 12:00p-6:30p
T..... 12-1p, 2-6:30p
T,W.....7:30a-9:00a
W..... 10:00a-6:30p
TH..... 7:30a-1:00p
F..... 7:30a-3:00p
S8:30a-11:00a

Pickleball

Advanced Pickleball
M, F.....7:00a-10:00a
M.....4:00p- 6:30p
T.....12:00p-1:30p
W.....7:30a-11:00a

Novice Pickleball
M..... 12:00p - 1:30p
W..... 4:30p - 6:30p
TH.....10:30p -1:30p
F..... 12:00p - 2:00p

Intermediate Pickleball
M..... 1:30p - 4:00p
T.....4:30p - 6:30p
W.....11:00a - 3:00p
TH.....1:30p - 4:00p
F.....2:00p - 4:00p
Cancelled Aug. 6, 13 & 20

Lessons Pickleball
W.....3:00p - 4:30p

Skills Pickleball
F..... 10:00a - 12:00p
August 8, 22

Open Court Pickleball
T, TH.....7:00a - 8:30a
S.....8:00a -11:30a

Support Groups
Diabetes Support
5:30-6:30p D-NC *August 6*
Stroke Support
5:30-6:30p D-NC *August 7*
Alz/Caregiver Support
5:30-6:30p D-NC *August 13*
Visually Impaired Support
10-11:45a D-NC *August 9*

Downtown: September 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
Water Aerobics 9-10a R\$	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\$
Blocks to Blankets 10-12p D-NC *Sept. 8, 22*	Water Aerobics 9-10a DR\$	Water Aerobics 9-10a DR\$	Long Arm Quilting 9a-1p R\$	Full Body Exercise 9-10:15a D-R\$	Weaving 9:30-11:30a D-NC
Let's Get Moving 10:30-11:30a D-NC	Full Body Exercise 9-10:15a D-NC	Full Body Exercise 9-10:15a D-NC	Vintage Voices 9a-11a D-NC	Tai Chi 10-12p D-NC	Hula Dance 11-12:30a D-NC
WWP Volleyball 11-12p R\$	Chair Yoga 9:30-10:30a R\$ *No Class Sept. 1-19th*	Chair Yoga 9:30-10:30a R\$ *No Class Sept. 1-19th*	Ladies Who Lift 11:30a-12:30p D-R\$	Hand & Foot Cards 11-4p D-NC	Drums Alive 11:30-12:30a R\$
Ladies Who Lift 11:30a-12:30p R\$	Group Respite Support 10:30-3:30p D-NC	Group Respite Support 10:30-3:30p D-NC	Bingo 1-3:30p D\$	USS Jammers 11:30-1:30p D-NC	Duplicate Bridge 12-3p D-NC
Duplicate Bridge 12-3p D-NC	Moving With Music 10:30-11:30a D-NC	Moving With Music 10:30-11:30a D-NC	Connecting Threads 1-3:30p D-NC *Sept. 17*	Cribbage 12:30-3p D-NC	Samba (Cards) 12-4:30p D-NC
UNO/Phase 10 1-3p D-NC	Bid Euchre 11:30-4p D-NC	Bid Euchre 11:30-4p D-NC	Crafting Group 1-3p D-NC	Pinochle 12-3:30p D-NC	Exercise in Disguise 12:30-1:30p R\$
Garden Club - 12:30-1:30p D-NC *Sept 1st*	USS Jammers 11:30-1:30p D-NC	USS Jammers 11:30-1:30p D-NC	Card Making Club 1-3:30p D-NC* Sept. 10, 24 *	Jigsaw Puzzle Group 2-6:45p NC	Euchre 1-3:30p D-NC
Tai Chi 2-4p D-NC	Friendly Euchre 12-3p D-NC	Friendly Euchre 12-3p D-NC	Samba (Cards) 1-5p D-NC	Parkinson Exercise 2-3p D-NC	Thirty-One (Cards) 1-3:30p D-NC *September 5*
Book Club 4-5p R-NC *Sept. 22*	Pinochle 12-3:30p D-NC	Pinochle 12-3:30p D-NC		Jigsaw Puzzle Group 2-6:45p D-NC	
Self Defense 5-6:30p R\$	Long Arm Quilting 1-6p R\$	Long Arm Quilting 1-6p R\$		Water Arthritis 1-2p R-NC	USS Closed
	Mahjong 1-3p D-NC	Mahjong 1-3p D-NC		Photo Club 3-4:30p D-NC *Sept. 4, 11, 18, 25 *	Monday, September 1st
	Water Arthritis 1-2p R-NC	Water Arthritis 1-2p R-NC		Retro Splash 4-5p R\$	
	Skeins Away 2-4p D-NC	Skeins Away 2-4p D-NC	Saturdays	Yoga Hatha 4:45-5:45p R\$	
	Chair Volleyball 2-4p D-NC	Chair Volleyball 2-4p D-NC	USS Jammers 10-11:30p D-NC	Chair Volleyball 4:45-6:45p D-NC	
	Parkinson Exercise 2-3p D-NC	Parkinson Exercise 2-3p D-NC	Foot & Nail Clinic - 8 - 12p *Sept. 20, 27*		
	Drums Alive 4-5p R\$	Drums Alive 4-5p R\$	Retro Splash 10:30-11:30p R\$		
				Educational Events	
				OVSH - Thursday, Sept. 4 th , 12 - 1p WISE: Wellness Initiative - Mondays, Sept. 8 - 22 nd , 10 - 11:30a Art Of Aging - Tuesday, Sept. 16 th , 1 - 2p Your Community Leaders - Thursday, Sept. 18 th , 12:30 - 1:30p Art Of Aging - Tuesday, Sept. 30 th , 1 - 2p	

Key

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

Activity times, dates and rooms are subject to change.

Always Available

Cafe Lunch

M-F11:00a-1:00p

Billiards

M, T, W, TH7:00a-6:45p

F7:00a-4:15p

S8:00a-11:45a

Fitness Center

M, T, W, TH.....7:00a-6:45p

F.....7:00a-4:15p

S.....8:00a-11:45a

Ping Pong

M, T, W, TH7:00a-6:45p

F.....7:00a-4:15p

S.....8:00a-11:45a

LP Open Swim

M, T, TH,F.....7:30a-9:00a

M,T.....10:00a-6:30p

W.....7:30a-6:30p

TH.....10:00a-4:00p

TH.....5:00p-6:30p

F10:00a-3:00p

S 8:30a-10:30a

WWP Open Swim

M.....7:30a-11:00a

M12:00p-6:30p

T.....12-1p, 2-6:30p

T,W.....7:30a-9:00a

W.....10:00a-6:30p

TH..... 7:30a-1:00p

F..... 7:30a-3:00p

S8:30a-11:00a

Pickleball

Advanced Pickleball

M, F.....7:00a-10:00a

M.....4:00p-6:30p

T.....12:00p-1:30p

W.....11:00a-3:00p

*Cancelled Sept. 17 & 24

Novice Pickleball

M.....12:00p - 1:30p

W..... 4:30p - 6:30p

TH.....10:30p-1:30p

F.....12:00p - 2:00p

Intermediate Pickleball

M.....1:30p - 4:30p

T.....4:30p - 6:30p

W.....7:00a - 11:00a

TH.....1:30p - 4:00p

F.....2:00p - 4:00p

Lessons Pickleball

W.....3:00p - 4:30p

Skills Pickleball

F.....10:00a - 12:00p

September 12, 26

Open Court Pickleball

T, TH.....7:00a - 8:30a

S.....8:00a - 11:30a

Support Groups

Diabetes Support

5:30-6:30p D-NC *Sept. 3*

Alz/Caregiver Support

5:30-6:30p D-NC *Sept 10*

Visually Impaired Support

10-11:45a D-NC *Sept. 13*

Stroke Support

5:30-6:30p D-NC *Sept. 4*

USS BETHEL Satellite
 11200 Gerlaugh Road
 Medway, OH 45341
 937-323-4948

Hours Tue & Thu 10:00a - 1:30p

BETHEL CALENDAR

AUGUST 2025		SEPTEMBER 2025	
TUE	THU	TUE	THU
5 Chair Volleyball (MSC)...12:00p	7 Game Day Cards/Dominoes 12:00p Bookmobile	2 Chair Volleyball (MSC) ...12:00p	4 Game Day Cards/Dominoes 12:00p Bookmobile
12 Bingo (V)...12:00p	14 Ice Cream Social & Picture contest 12:00p Bookmobile	9 Bingo (V) ...12:00p	11 Memorial Moments 12:00p Bookmobile
19 Games (GS)...12:00p	21 Bingo (LHH)...12:00p Bookmobile	16 Bethel Levy Discussion 12:00p	18 Bingo (LHH) ...12:00p Bookmobile
26 Sheriff Dept: Scams & Dessert 12:00p	28 Birthday Celebration (VWR) 12:00p Bookmobile	23 Games (GS)...12:00p	25 Birthday Celebration (VWR) 12:00p Bookmobile
Monthly Sponsors:	Good Shepherd Village (GSV) Laurels Of Huber Heights (LHH) Springfield Masonic (SMC) Villa/Wright Rehab (VWR)	30 Showdown...12:00p	

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

NEW CARLISLE CALENDAR

Hours Mon, Wed, Fri 10:00a to 3:00p

AUGUST 2025			SEPTEMBER 2025		
MON	WED	FRI	MON	WED	FRI
		Chair Yoga ...10:00a 1 Bingo or Movie ...12:00p	1 Closed	Chair Yoga ...10:00a 3 Cards 500 ...12:00p	Chair Yoga ...10:00a 5 Vintage Voices Concert 12:00p Birthday Celebration (VWR) 1:30p
Chair Yoga...10:00a 4 Dominoes...12:00p	Chair Yoga ...10:00a 6 Cards 500 ...12:00p	Chair Yoga ...10:00a 8 Crafts or Movie ...12:30p Birthday Celebration (VWR) 1:30p	Chair Yoga...10:00a 8 Dominoes...12:00p	Chair Yoga ...10:00a 10 Advanced Directives ...11:45a	Chair Yoga ...10:00a 12 Bingo or Movie ...12:00p
Chair Yoga...10:00a 11 Dominoes...12:00p	Chair Yoga ...10:00a 13 Cards 500 ...12:00p	Chair Yoga ...10:00a 15 Cooking on a Budget 11:30a	Chair Yoga...10:00a 15 Dominoes...12:00p	Chair Yoga ...10:00a 17 Cards 500 ...12:00p	Chair Yoga ...10:00a 19 Craft or Movie ...12:00p
Chair Yoga...10:00a 18 Dominoes...12:00p	Chair Yoga ...10:00a 20 Cards 500 ...12:00p	Chair Yoga ...10:00a 22 CC Emergency Management Notifications...12:00p Crafts or Movie ...12:30p	Chair Yoga...10:00a 22 Dominoes...12:00p	Chair Yoga ...10:00a 24 Cards 500 ...12:00p	Chair Yoga ...10:00a 26 Dessert & Discussion (GSV) 11:30a
Chair Yoga...10:00a 25 Dominoes...12:00p	Chair Yoga ...10:00a 27 Cards 500 ...12:00p	Chair Yoga ...10:00a 29 Bingo (AV) ...12:00p	Chair Yoga...10:00a 29 Dominoes...12:00p	Monthly Sponsors: Aventura (AV) Good Shepherd Village (GSV) Villa & Wright Rehab (VWR)	

USS ENON Satellite

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

ENON AUGUST 2025

KIV

\$: Cost NC: No Cost
D: Drop-in
R: Registration Required
Daily Times 9:00a - 3:00p

MON	TUE	WED	THU	FRI
				<p>Chair Yoga...9a...D-\$ 1 Billiards...10:30a-3p...DNC Stitchers...11:30a...DNC Puzzle Group...11:30-3:30p...DNC</p>
<p>Billiards...9-3p...DNC 4 Full Body Exercise...9a...DNC Bridge...12p...RNC Cornhole...12:30p...DNC Sunshine Singers...2:15p...DNC</p>	<p>Billiards...9-3p...DNC 5 Mexican Train Dominoes 10a...DNC Euchre...1p...DNC</p>	<p>Billiards...9-3p...DNC 6 Full Body Exercise...9a...DNC Congregate Meal...11-12p...R\$ Desserts (SSV) Games...12p...DNC</p>	<p>Billiards...9-3p...DNC 7 Music Maestros...10a...DNC Hand & Foot (Cards) 12:30p...DNC Craft with De...1p...RNC (DS)</p>	<p>Chair Yoga...9a...D-\$ 8 Billiards...10:30a-3p...DNC Pillows...10:30a...DNC Stitchers...11:30a...DNC Puzzle Group...11:30-3:30p...DNC</p>
<p>Billiards...9-3p...DNC 11 Full Body Exercise...9a...DNC Bridge...12p...RNC Cornhole...12:30p...DNC Sunshine Singers...2:15p...DNC</p>	<p>Brunch & Learn...10:30a 12 RNC (GSV) Clark County Emergency Phone Call System Euchre...1p...DNC</p>	<p>Billiards...9-3p...DNC 13 Full Body Exercise...9a...DNC Congregate Meal...11-12p...R\$ Desserts (CH) Chair Volleyball...1p...DNC</p>	<p>Billiards...9-3p...DNC 14 Birthday Party...12:30p...RNC (WRI) (YS)</p>	<p>Chair Yoga...9a...D-\$ 15 Billiards...10:30a-3p...DNC Stitchers...11:30a...DNC Puzzle Group...11:30-3:30p...DNC</p>
<p>Billiards...9-3p...DNC 18 Full Body Exercise...9a...DNC Bridge...12p...RNC Cornhole...12:30p...DNC Sunshine Singers...2:15p...DNC</p>	<p>Billiards...9-3p...DNC 19 Mexican Train Dominoes 10a...DNC Euchre...1p...DNC</p>	<p>Billiards...9-3p...DNC 20 Full Body Exercise...9a...DNC Congregate Meal...11-12p...R\$ Desserts (FG) Chair Volleyball...1p...DNC</p>	<p>Billiards...9-3p...DNC 21 Music Maestros...10a...DNC Hand & Foot (Cards)...12:30p...DNC Cards from Kits...1p...RNC (MH)</p>	<p>Chair Yoga...9a...D-\$ 22 Billiards...10:30a-3p...DNC Pillows...10:30a...DNC Stitchers...11:30a...DNC Puzzle Group...11:30-3:30p...DNC</p>
<p>Billiards...9-3p...DNC 25 Full Body Exercise...9a...DNC Bridge...12p...RNC Cornhole...12:30p...DNC Sunshine Singers...2:15p...DNC</p>	<p>Dogs 101...10:30-12p 26 RNC (FF) Billiards/Darts/Ping Pong 12-3p...DNC Euchre...1p...DNC</p>	<p>Billiards...9-3p...DNC 27 Full Body Exercise...9a...DNC Congregate Meal...11-12p...R\$ Desserts (VHC) Chair Volleyball...1p...DNC</p>	<p>Potluck Picnic 28 12:30p...RNC (SMC) At United Methodist Church... 135 S. Harrison St. Enon Bring dessert or side dish</p>	<p>Chair Yoga...9a...D-\$ 29 Billiards...10:30a-3p...DNC Stitchers...11:30a...DNC Puzzle Group...11:30-3:30p...DNC</p>

Monthly Sponsors

Cherish Hospice (CH)
Forest Glen (FG)
Fulton's Finest (FF)

Good Shepherd Village (GSV)
Marla Hofmann (MH)
De Sturm (DS)

Springfield Masonic Community (SMC)
Vancrest Healthcare Center (VHC)

Villa Springfield (VS)
Wright Rehab (WR)

USS ENON Satellite

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

ENON SEPTEMBER 2025

KIV

\$: Cost NC: No Cost
D: Drop-in
R: Registration Required
Daily Times 9:00a - 3:00p

MON	TUE	WED	THU	FRI
Closed Labor Day! 1	Billiards...9-3p...DNC Mexican Train Dominoes 10a...DNC Euchre...1p...DNC 2	Billiards...9-3p...DNC Full Body Exercise ...9a...DNC Congregate Meal...11-12p...R\$ Desserts (GSV) Games ...12p...DNC 3	Billiards...9-3p...DNC Music Maestros...10a...DNC Hand & Foot (Cards)...12:30p...DNC Bow Making Craft with Anna... 1p...RNC (AM) 4	Chair Yoga...9a...D-\$ Billiards ...10:30a-3p...DNC Stitchers ...11:30a...DNC Puzzle Group...11:30-3:30p...DNC 5
Billiards...9-3p...DNC Full Body Exercise ...9a...DNC Bridge...12:00p...RNC Cornhole...12:30p...DNC Sunshine Singers ...2:15p...DNC 8	Billiards ...9-3p...DNC Craft with Barbara..10:30a RNC (BM) Euchre ...1p...DNC 9	Billiards...9-3p...DNC Full Body Exercise ...9a...DNC Congregate Meal...11-12p...R\$ Desserts (CH) Chair Volleyball...1p...DNC 10	Billiards ...9-3p...DNC Birthday Party ...12:30p...RNC (WR) (VS) 11	Chair Yoga...9a...D-\$ Billiards ...10:30a-3p...DNC Pillows...10:30a...DNC Stitchers...11:30a...DNC Puzzle Group...11:30-3:30p...DNC 12
Billiards...9-3p...DNC Full Body Exercise ...9a...DNC Bridge...12:00p...RNC Cornhole...12:30p...DNC Sunshine Singers ...2:15p...DNC 15	Billiards ...9-3p...DNC Mexican Train Dominoes 10a...DNC Euchre. ...1p...DNC 16	Billiards...9-3p...DNC Full Body Exercise ...9a...DNC Congregate Meal...11-12p...R\$ Desserts (FG) Chair Volleyball...1p...DNC 17	Billiards ...9-3p...DNC Music Maestros...10a...DNC Hand & Foot (Cards)..12:30p...DNC Cards From Kits ...1p...DNC (MH) 18	Chair Yoga ...9a...D-\$ Billiards ...10:30a-3p...DNC Stitchers...11:30a...DNC Puzzle Group ...11:30-3:30p...DNC 19
Billiards ...9-3p...DNC Full Body Exercise ...9a...DNC Bridge ...12:00p...RNC Cornhole ...12:30p...DNC Sunshine Singers ...2:15p...DNC 22	Snack & Facts: Cryptocurrency: What it is & Risk for Scams...10:30a...RNC (OH) Billiards ...12-3p...DNC Euchre ...1p...DNC 23	Billiards...9-3p...DNC Full Body Exercise ...9a...DNC Congregate Meal...11-12p...R\$ Desserts (VHC) Chair Volleyball...1p...DNC 24	Billiards...9-3p...DNC Potluck.12:30p...RNC (SMC) 25	Chair Yoga...9a...D-\$ Billiards ...10:30a-3p...DNC Pillows...10:30a...DNC Stitchers...11:30a...DNC Puzzle Group...11:30-3:30p...DNC 26
Billiards...9-3p...DNC Full Body Exercise ...9a...DNC Bridge...12:00p...RNC Cornhole...12:30p...DNC Sunshine Singers ...2:15p...DNC 29	Billiards ...9-3p...DNC Dogs 101 ...10:30-12p..RNC (FF) Euchre...1p...DNC 30			

Monthly Sponsors

Cherish Hospice (CH)
Forest Glen (FG)
Fulton's Finest (FF)

Good Shepherd Village (GSV)
Marla Hofmann (MH)
Barb Markeson (BM)

Anna McElroy (AM)
Our Home (OH)
Springfield Masonic Community (SMC)

Vanerest Healthcare Center(VHC)
Villa Springfield (VS)
Wright Rehab (WR)