

# The Center Page

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

FEBRUARY / MARCH 2026



## UNITED SENIOR SERVICES

www.ussohio.org

125 W Main St.

Springfield, OH 45502

937-323-4948

Mon - Thu 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

Tue & Thu 10:00 am - 1:30 pm

## ENON SATELLITE

7571 Dayton-Springfield Rd

Enon, OH 45323

937-863-0043

Mon - Fri 9:00 am - 3:00 pm

## DIRECTORS

- Brad Boyer
- David Carey
- Connie Craig, Vice President
- Levi Duncan
- Mark Elliott, Treasurer
- Wendy Ford, Secretary
- Adrienne Forgette
- Michele Hemphill
- Sarah Lemon
- Arlin Par Tolliver, President
- Lori Zakel

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



# Retirements & Anniversaries

February 1, 2026

Dear Members and Friends,

We invite you to join us in celebrating several important milestones within our USS community.

**First, please help us extend our heartfelt congratulations and warmest wishes for a happy retirement to:**

- Amos Sims, 2025
- Barbara Rossler, 2025
- Medrith Avery, 2025
- Maureen Fagans, January 31, 2026

We are grateful for their dedication and service, and we wish them the very best in the next chapter of their journeys.

**We also proudly recognize the following team members who celebrated significant work anniversaries in 2025:**

### 5 Years

- Erin Davis
- Pam Jones

### 10 Years

- Richard Finchum

### 15 Years

- John Marburger
- Joan Snarr

### 20 Years

- Betty Smith
- Bonita Stevens

Thank you for your commitment, professionalism, and the many contributions you bring to our organization each day.

Finally, we extend our sincere appreciation to Mike Trempe and Charlie Morris for their dedicated service on our Board of Directors. Their leadership and guidance have made a lasting impact.

With gratitude,

*The USS Family*

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- Amos Sims, May 2025
- Medrith Avery, December 2025
- Barbara Rossler, August 2025
- Maureen Fagans, January 2026

We are grateful for their dedication and service, and we wish them the very best in the next chapter of their journeys.

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Finally, we extend our sincere appreciation to Mike Trempe and Charlie Morris for their dedicated service on our Board of Directors. Their leadership and guidance have made a lasting impact!

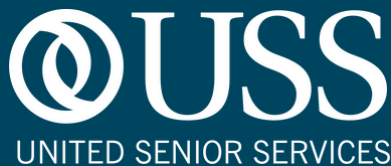
## Become a Volunteer Guardian!

By volunteering, you will help advocate for the rights and well-being of older adults while forming meaningful relationships. As a guardian, your involvement offers crucial emotional support and companionship, creating a mutually rewarding experience for everyone involved.

To ensure you feel confident in your role, training is provided. Throughout your volunteer journey, you will be continuously supported by the probate court and our dedicated USS Volunteer Advocate. For more information about this volunteer opportunity, please contact Carla, Advocacy Coordinator, at 937-323-4948 x115.

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# Enon Education & Special Events

## Chair “Moving to Music” Returns!

**Thursday, February 12<sup>th</sup> & March 12<sup>th</sup>, 10 am**

Gentle, fun seated exercise set to great music! Led by Krista Harding, Cherish Hospice.

## Germination you dig?

**Friday, March 20<sup>th</sup>, 12:30 pm**

Welcome the first day of spring with a hands-on seed-starting celebration. Join us for a simple, joyful activity where participants learn easy germination techniques and plant their own starter seeds to take home. It’s a chance to reconnect with nature, enjoy light refreshments, and share the excitement of new beginnings with friends and neighbors. Event is sponsored by Springfield Masonic Community.

Let’s grow something wonderful together this spring!

## Bolivian Weaving Demonstration

**Tuesday, March 24<sup>th</sup>, 10:30 am**

USS Enon welcomes Loren Oliver for a Bolivian weaving demonstration and workshop. Loren is a 22-year military veteran with three decades of teaching experience, sharing techniques she learned while serving around the world in the Air Force and Ohio Air National Guard. Join us to learn and practice this art, and celebrate multicultural artistry.



All above events will be held at USS Enon. To register contact Tammy at 937-863-0043.

# 2026 Downtown Dance Schedule

## March Dance

**Friday, March 20<sup>th</sup>, 5:00 pm USS Downtown**

Join us for our first dance in 2026! Mike and Amy Stooksberry will continue to play everyone’s favorite dance music. The dance will be Friday, March 20<sup>th</sup>. Doors will open at 4:45 pm. Tickets go on sale on Tuesday, February 17<sup>th</sup> at 8:30 am. The front office will be selling tickets to those Downtown on-site before answering and returning phone calls for ticket sales.

The March Dance is sponsored by Forest Glen!

## Mark your calendars!

Here are the upcoming dance dates for 2026:

Friday, April 10<sup>th</sup>, tickets go on sale March 23<sup>rd</sup>

Friday, May 8<sup>th</sup>, tickets go on sale April 13<sup>th</sup>

Friday, September 11<sup>th</sup>, tickets go on sale August 17<sup>th</sup>

Friday, October 9<sup>th</sup>, tickets go on sale September 14<sup>th</sup>

Friday, November 13<sup>th</sup>, tickets go on sale October 12<sup>th</sup>

Friday, December 11<sup>th</sup>, tickets go on sale November 16<sup>th</sup>





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# Tax Prep Appointments

USS is hosting AARP volunteers to provide simple income tax preparation assistance appointments. Individuals or couples can schedule appointments at [www.bit.ly/uss-tax-prep](http://www.bit.ly/uss-tax-prep) starting Tuesday, January 20th. For those who need help scheduling, please call 937-521-3006 starting January 20th and leave a message. A USS Representative will return your call to assist. Please bring the following items to your appointment: Social Security Card for each person on the return, photo ID, and last year’s tax return.

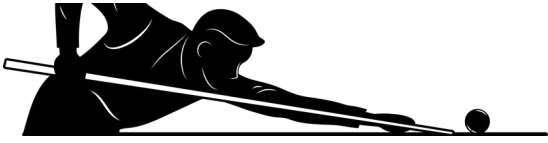


# Special Events

## Member Craft Show! 🖐️

**Tuesday, March 10<sup>th</sup>, 12:00 pm USS Downtown**

Discover unique handmade creations from talented local artisans at our upcoming Craft Show! Whether you're shopping for gifts, décor, or one-of-a-kind treasures, there's something for everyone. Interested in being a vendor? Call in or stop by the Welcome Desk to reserve your table! We look forward to a fun and creative day together!

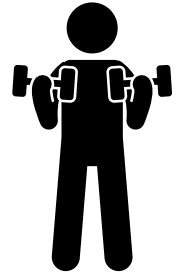


## Billiards Trick Shot Show

**Friday, March 27<sup>th</sup>, 10:00 am - 2:00 pm**

**USS Downtown**

Experience the impressive world of trick-shot pool with Tom "Dr. Cue" Rossman! Stop in anytime to watch his creative, skillful, and entertaining shots that showcase true mastery of the game. Don't miss this chance to see amazing billiards tricks and meet a legend in the sport—we can't wait to see you there!



## Fitness Challenges!

**USS Downtown**

Stop into our newly remodeled Fitness Center to check out the latest Fitness Challenges! February's Challenge focuses on Heart Health, with activities designed to help you strengthen your heart and build healthy habits. March's Challenge brings the excitement of March Madness, offering fun, themed ways to stay active all month long. Visit the Fitness Center for full details and to get started!

# USS Cafe' at Shortstop

Senior Dine card holders can scan at Short Stop Restaurant, Northridge. Beginning February 2, dining is available every Monday and Tuesday from 11 am-1 pm. Choose from the USS approved menu available at the order counter. Dine-in only. For more information call 937-323-9688.

# Older Americans Month Nominations

It's time again that USS will be accepting nominations to recognize older adults in Clark County. We are looking for those who have made significant contributions to our community in Leadership and in Service. The deadline for USS award nominations is April 13<sup>th</sup> for the 2026 USS Excellence in Leadership and 2026 USS Inspirational Service awards. Nominations and questions can be directed at Tracy Wickham at 937-521-3010.

The Area Agency on Aging (AAA), PSA 2 is accepting nominations for the 2026 Outstanding Senior Citizen Award. AAA award nominations forms can be picked up from USS or found on the AAA website ([www.infor4seniors.org](http://www.infor4seniors.org)) or emailed to individuals or organizations interested in making a nomination. The deadline for AAA award nominations is Friday March 20<sup>th</sup> at 5:00 pm.



# Educational Opportunities



= Volunteer Opportunity



## Lunch & Learn

**Thursday, February 5<sup>th</sup>, 12:00 pm**

Dr. Rizvi, a cardiologist at the Springfield Heart House, will present practical information to help you be an advocate and active participant in caring for your heart health. He is Board Certified in cardiology, echocardiography, and in coronary interventional cardiology.

Lunch sponsored by Villa of Springfield.

## Clark County Council on Aging

### AAA Findings & NexGen MyCare Launch

**Tuesday, February 10<sup>th</sup>, 10:00 am**

The CCCoA, a community group committed to identifying the needs of older adults and advocating for high-quality services and resources, welcomes Chelsea Herdman from the Area Agency on Aging (AAA). She will present the AAA Community Needs Assessment and share an overview of AAA's Next Generation MyCare, launched January 1, 2026, which aims to enhance healthcare experiences for members and providers through a new system integrating Medicaid and Medicare. All are welcome; no reservations required.

Event sponsored by Home Instead.

## Homestead Exemption Information

**Friday, February 20<sup>th</sup> at 1:00 pm**

Learn how the Homestead Exemption can help lower your real estate taxes. Bethany Draper will explain who qualifies, required documentation, and, how to apply. Join us for guidance and the opportunity to ask questions directly to the Auditor's Office. Refreshments sponsored by Forest Glen.

## Black History - Gammon House

**Thursday, February 24<sup>th</sup>, 1:00 pm**

Imani McPheters, a board member of The Gammon House, one of Springfield's most important historic sites and a preserved stop on the Underground Railroad. Come learn about the stories that continue to shape our community. Sponsored by Cherish Hospice.

## Understanding Macular Degeneration

**Thursday, February 26<sup>th</sup>, 1:00 pm**

Join us to learn more about macular degeneration from Springfield Optometrist, Dr. Brian Weber. Learn about the early warning signs, risk factors, and the latest treatment options to help you protect your sight and maintain your independent lifestyle. Refreshments sponsored by Allenviwe.

## OH Consumers' Council Protection Week

**Tuesday, March 3<sup>rd</sup>, 10:00 am**

Kathryn Metz from OCC will be onsite to discuss common utility scams, how to save money on your gas and electric bills, and avoid paying too much. Refreshments sponsored by Allenviwe.



## Lunch & Learn

**Thursday, March 5<sup>th</sup>, 12:00 pm**

In observance of Colon Cancer Awareness Month, we are honored to welcome Dr. Edhi to USS. He brings extensive expertise in gastroenterology specializing in the treatment and prevention of various digestive conditions. He will discuss the importance of colon health and provide insights into common procedures and conditions. Lunch sponsored by Villa of Springfield.

**All events on this page will be held at USS Downtown. Visit the Welcome Desk for registration.**



# Social Support Groups

## February 2026

## March 2026

Date	Activity	Register	Fee	Level
2	Groundhogs Day Movie & Popcorn			Low
3	Black History they Don't Teach in School			Low
5	Lunch & Learn	●		Low
6	Bellefontaine Shopping @ Bealls Grp2	●	●	M-H
9	Manicures			Low
10	Sing-along w/ Art			Low
12	Valentine's Day Treat Boxes	●		Low
13	Lunch & D. Sweets Grp 1	●	●	M-H
17	Birthday Bingo			Low
19	Mind Games			Low
20	Lunch & D. Sweets Grp 2	●	●	M-H
23	Choose your Exercise!			L-M
24	Aromatherapy Rice Bags	●		Low
26	Art of Aging: Macular Degeneration	●		Low
27	Charles Young Buffalo Soldiers Nat'l Mon. Grp 1	●	●	M-H

Date	Activity	Register	Fee	Level
2	Women's History Month: Movie & Popcorn			Low
3	Book & Tea Party	●		Low
5	Mystery Activity	●		L-M
6	Charles Young Buffalo Soldiers Nat'l Mon. Grp 1	●	●	M-H
9	Choose your Exercise!			L-M
10	History Hodge Podge			Low
12	Guest Speaker from CCPL			Low
13	Der Dutchman Grp 3	●	●	M-H
16	Manicures			Low
17	St. Patrick's Day Party	●		Low
19	Nearly New Shop Grp1	●	●	M-H
20	DIY Alcohol Ink Plates	●		Low
23	March Music Madness			Low
24	Birthday Bingo			Low
26	Nearly New Shop Grp 2	●	●	M-H
27	Jewelry Making			Low
30	Family Feud			Low
31	Easter Craft	●		Low

### 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. Membership required for participation. For more information call Tracy at 937-521-3010.

# Social Support Groups

## February 2026

## March 2026

Date	Activity	Register	Fee	Level	Date	Activity	Register	Fee	Level
2	Groundhogs Day Movie & Popcorn			Low	2	Women's History month: Movie			Low
3	Black History they Don't Teach			Low	3	Book & Tea Party	■		Low
5	Lunch & Learn	■		Low	5	Mystery Activity	■		L-M
6	Bellefontaine Shopping at Bealls Grp	■	■	M-H	6	Charles Young Buffalo Grp. 2	■	■	M-H
9	Manicures			Low	9	Choose your Exercise!			L-M
10	Sing-along with Art			Low	10	History Hodge Podge			Low
12	Valentine's Day Treat Boxes	■		Low	12	Guest Speaker from CCPL			Low
13	Lunch & D. Sweets Grp 1	■	■	M-H	13	Der Dutchman Grp 3	■	■	M-H
17	Birthday Bingo			Low	16	Manicures			Low
19	Mind Games			Low	17	St. Patrick's Day Party	■		Low
20	Lunch & D. Sweets Grp 2	■	■	M-H	19	Nearly New Shop Grp1	■	■	M-H
23	Choose your Exercise!			L-M	20	DIY Alcohol Ink Plates	■		Low
24	Aromatherapy Rice Bags	■		Low	23	March Music Madness			Low
26	AOA: Macular Degeneration	■		Low	24	Birthday Bingo			Low
27	Charles Young Buffalo Grp. 1	■	■	M-H	26	Nearly New Shop Grp 2	■	■	M-H
					27	Jewelry Making			Low
					30	Family Feud			Low
					31	Easter Craft	■		Low

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## 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 Carla, Advocacy Coordinator, at 937-323-4948 x115



# AmeriCorps Seniors

Retired and Senior Volunteer Program

## Volunteers Needed at Partner Sites!

**Restoration Park Church: Medway, Ohio**  
Sorting donation items



**Open Hands Free Pantry: Bird Road, Springfield**  
Food pantry workers

**St. John's (Lutheran) Outreach store: Springfield**  
Sorting donations and stocking shelves

**Madison Cty. Adult Daycare: London, Ohio**  
Assist in providing respite services to those 60 and older at the Madison Co. Senior Center who are declining physically and mentally

**Please contact RSVP or stop in the office if you are interested in joining any of these partner sites in need! (937) 324-5705**



**Thank you to all RSVP Volunteers who helped with our department fundraisers this winter!**

*"Life's most important and urgent question is, 'What are you doing for others?'"*  
- Dr. Martin Luther King Jr.



*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.*



## RSVP Site Spotlight: Dunamis Ministries

Dunamis Ministries is a local food pantry in Springfield that has been serving the community for over 100 years. They serve over 440 families in Springfield each month with only 10 volunteers on staff. St. Johns Missionary Baptist church (the home of Dunamis ministries) has been a beacon of hope and discipleship for Springfield's Black community since it started. We want to take a moment to recognize each and every hardworking volunteer from this site. Your unwavering dedication to our community is a stunning example of how each of us can give back.



# BETHEL CALENDAR



F E B R U A R Y 2 0 2 6		M A R C H 2 0 2 6	
T U E	T H U	T U E	T H U
3 Dessert & Discussion 11:30a	5 Bookmobile 11a Bingo 11:30a (VC)	3 Dessert & Discussion 11:30a	5 Bookmobile 11a Bingo 11:30a (VC)
10 Movie & Popcorn 11:30a	12 Bookmobile 11a Valentine Cookie Decorating 11:30a	10 Crafts 11:30a	12 Bookmobile 11a Dessert & Discussion 11:30a
17 Games 11:30a (GSV)	19 Bookmobile 11:30a Bingo 11:30a (LHH)	17 Games 11:45a (GSV)	19 Bookmobile 11a Bingo 11:45a (LHH)
24 Showdown 12:45p	26 Birthday Celebration 11:30a (VWR)	24 Movie & Popcorn 11:30a	26 Bookmobile 11a Birthday Celebrations 11:30a
		31 Showdown 11:30a	31 Thank you to our sponsors: Good Shepherd Village (GSV) Laurels of Huber Heights (LHH) Masonic Senior Community (MSC) Vancrest (VC) Villa/Wright Rehab (VWR)

**USS ENON SATELLITE**

7571 Dayton-Springfield Rd  
 Enon, OH 45323  
 937-863-0043  
 Daily Times 9a-3p



# ENON FEBRUARY 2026

MON	TUE	WED	THU	FRI
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Billiards</b> 9-3p D-NC <b>Full Body Exercise</b> 9a D-NC <b>Bridge</b> 12p RNC <b>Cornhole</b> 12:30p D-NC	<b>Billiards</b> 9-3p D-NC <b>Mexican Train Dominoes</b> 10a D-NC <b>Euchre</b> 1p D-NC <b>Stamps/Paper/Scissors</b> 10:30a D-NC	<b>Billiards</b> 9-3p D-NC <b>Full Body Exercise</b> 9a D-NC <b>Congregate Meal</b> 11-12p R\$ <b>Desserts (GSV)</b>	<b>Billiards</b> 9-3p D-NC <b>Music Maestros</b> 10a D-NC <b>Hand &amp; Foot (Cards)</b> 12:30p D-NC <b>Craft with De</b> 1p RNC <b>(DS)</b>	<b>Chair Yoga</b> 9a D-\$ <b>Billiards</b> 10:30a-3p D-NC <b>Stitchers</b> 11:30a D-NC <b>Puzzle Group</b> 11:30-3:30p D-NC
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Billiards</b> 9-3p D-NC <b>Full Body Exercise</b> 9a D-NC <b>Bridge</b> 12p RNC <b>Cornhole</b> 12:30p D-NC	<b>Billiards</b> 9-3p D-NC <b>Craft with Barb</b> 10:30a R-NC <b>Euchre</b> 1p D-NC	<b>Billiards</b> 9-3p D-NC <b>Full Body Exercise</b> 9a D-NC <b>Congregate Meal</b> 11-12p R\$ <b>Desserts (CH)</b> <b>Games</b> 12p D-NC	<b>Billiards</b> 9-3p D-NC <b>Chair "Moving to Music"</b> 10a D-NC <b>Birthday Party</b> 12:30p RNC <b>(WR) (VS)</b>	<b>Chair Yoga</b> 9a D-\$ <b>Billiards</b> 10:30a-3p D-NC <b>Pillows</b> 10:30a D-NC <b>Stitchers</b> 11:30a D-NC <b>Puzzle Group</b> 11:30-3:30p D-NC
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>CLOSED</b> <b>President's Day</b>	<b>Billiards</b> 9-3p D-NC <b>Mexican Train Dominoes</b> 10a D-NC <b>Euchre</b> 1p D-NC	<b>Billiards</b> 9-3p D-NC <b>Full Body Exercise</b> 9a D-NC <b>Congregate Meal</b> 11-12p R\$ <b>Desserts (FG)</b> <b>Chair Volleyball</b> 1p D-NC	<b>Billiards</b> 9-3p D-NC <b>Music Maestros</b> 10a D-NC <b>Hand &amp; Foot (Cards)</b> 12:30p D-NC <b>(MH)</b>	<b>Chair Yoga</b> 9a D-\$ <b>Billiards</b> 10:30a-3p D-NC <b>Stitchers</b> 11:30a D-NC <b>Puzzle Group</b> 11:30-3:30p D-NC
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Billiards</b> 9-3p D-NC <b>Full Body Exercise</b> 9a D-NC <b>Bridge</b> 12p RNC <b>Cornhole</b> 12:30p D-NC <b>Sunshine Singers</b> 2:15p D-NC	<b>Billiards</b> 9-3p D-NC <b>Dogs 101</b> 10a-12p D-NC <b>Euchre</b> 1p D-NC	<b>Billiards</b> 9-3p D-NC <b>Full Body Exercise</b> 9a D-NC <b>Congregate Meal</b> 11-12p R\$ <b>Desserts (VHC)</b> <b>Chair Volleyball</b> 1p D-NC	<b>Billiards</b> 9-3p D-NC <b>Potluck</b> 12:30p RNC <b>(SMC)</b>	<b>Chair Yoga</b> 9a D-\$ <b>Billiards</b> 10:30a-3p D-NC <b>Pillows</b> 10:30a D-NC <b>Stitchers</b> 11:30a D-NC <b>Puzzle Group</b> 11:30-3:30p D-NC
				<b>KEY</b> <b>\$: Cost</b> <b>D: Drop-In</b> <b>NC: No Cost</b> <b>R: Registration Required</b>

## A SPECIAL THANK YOU TO OUR MONTHLY SPONSORS

Good Shepherd Village (GSV) | Marcia Hofmann (MH) | Barb Markeson (BM) | Cherish Hospice (CH) | Forest Glen (FG) | Fulton's Finest (FF)  
 Wright Rehab (WR) | Springfield Masonic Community (SMC) | De Sturm (DS) | Vancrest Healthcare Center (VHC) | Villa Springfield (VS)

**USS ENON SATELLITE**

7571 Dayton-Springfield Rd  
 Enon, OH 45323  
 937-863-0043  
 Daily Times 9a-3p



# ENON MARCH 2026

MON	TUE	WED	THU	FRI
<b>Billiards</b> 9-3p D-NC <b>Full Body Exercise</b> 9a D-NC <b>Bridge</b> 12p RNC <b>Cornhole</b> 12:30p D-NC <b>2</b>	<b>Billiards</b> 9-3p D-NC <b>Mexican Train Dominoes</b> 10a D-NC <b>Euchre</b> 1p D-NC <b>3</b>	<b>Billiards</b> 9-3p D-NC <b>Full Body Exercise</b> 9a D-NC <b>Congregate Meal</b> 11-12p R\$ <b>Desserts (GSV)</b> <b>Games</b> 12p D-NC <b>4</b>	<b>Billiards</b> 9-3p D-NC <b>Music Maestros</b> 10a D-NC <b>Hand &amp; Foot (Cards)</b> 12:30p D-NC <b>Craft with Cierra</b> 1p RNC (VHC) <b>5</b>	<b>Chair Yoga</b> 9a D-\$ <b>Billiards</b> 10:30a-3p D-NC <b>Stitchers</b> 11:30a D-NC <b>Puzzle Group</b> 11:30-3:30p D-NC <b>6</b>
<b>Billiards</b> 9-3p D-NC <b>Full Body Exercise</b> 9a D-NC <b>Bridge</b> 12p RNC <b>Cornhole</b> 12:30p D-NC <b>9</b>	<b>Billiards/Darts/Ping Pong</b> 9-3p D-NC <b>Euchre</b> 1p D-NC <b>10</b>	<b>Billiards</b> 9-3p D-NC <b>Full Body Exercise</b> 9a D-NC <b>Congregate Meal</b> 11-12p R\$ <b>Desserts (CH)</b> <b>Chair Volleyball</b> 1p D-NC <b>11</b>	<b>Billiards</b> 9-3p D-NC <b>Chair "Moving to Music"</b> 10a RNC <b>Birthday Party</b> 12:30p RNC <b>(WR &amp; VS)</b> <b>12</b>	<b>Chair Yoga</b> 9a D-\$ <b>Billiards</b> 10:30a-3p D-NC <b>Pillows</b> 10:30a D-NC <b>Stitchers</b> 11:30a D-NC <b>Puzzle Group</b> 11:30-3:30p D-NC <b>13</b>
<b>Billiards</b> 9-3p D-NC <b>Full Body Exercise</b> 9a D-NC <b>Bridge</b> 12p RNC <b>Cornhole</b> 12:30p D-NC <b>16</b>	<b>Billiards</b> 9-3p D-NC <b>Mexican Train Dominoes</b> 10a D-NC <b>Euchre</b> 1p D-NC <b>17</b>	<b>Billiards</b> 9-3p D-NC <b>Full Body Exercise</b> 9a D-NC <b>Congregate Meal</b> 11-12p R\$ <b>Desserts (FG)</b> <b>Chair Volleyball</b> 1p D-NC <b>18</b>	<b>Billiards</b> 9-3p D-NC <b>Music Maestros</b> 10a D-NC <b>Hand &amp; Foot (Cards)</b> 12:30p D-NC <b>Stamps/Paper/Scissors</b> 1p D-NC (MH) <b>19</b>	<b>Chair Yoga</b> 9a D-\$ <b>Billiards</b> 10:30a-3p D-NC <b>Stitchers</b> 11:30a D-NC <b>Puzzle Group</b> 11:30-3:30p D-NC <b>Germination, you dig?</b> 12:30p RNC (SMC) <b>20</b>
<b>Billiards</b> 9-3p D-NC <b>Full Body Exercise</b> 9a D-NC <b>Bridge</b> 12p RNC <b>Cornhole</b> 12:30p D-NC <b>23</b>	<b>Billiards</b> 9-3p D-NC <b>Craft with Loren</b> 10:30a R-NC (LO) <b>Euchre</b> 1p D-NC <b>24</b>	<b>Billiards</b> 9-3p D-NC <b>Full Body Exercise</b> 9a D-NC <b>Congregate Meal</b> 11-12p R\$ <b>Desserts (VHC)</b> <b>Chair Volleyball</b> 1p D-NC <b>25</b>	<b>Billiards</b> 9-3p D-NC <b>Potluck</b> 12:30p RNC (SMC) <b>26</b>	<b>Chair Yoga</b> 9a D-\$ <b>Billiards</b> 10:30a-3p D-NC <b>Pillows</b> 10:30a D-NC <b>Stitchers</b> 11:30a D-NC <b>Puzzle Group</b> 11:30-3:30p D-NC <b>27</b>
<b>Billiards</b> 9-3p D-NC <b>Full Body Exercise</b> 9a D-NC <b>Bridge</b> 12p RNC <b>Cornhole</b> 12:30p D-NC <b>30</b>	<b>Billiards</b> 9-3p D-NC <b>Dogs 101</b> 10a-12p D-NC <b>Euchre</b> 1p D-NC <b>31</b>			<b>KEY</b> <b>\$: Cost</b> <b>D: Drop-In</b> <b>NC: No Cost</b> <b>R: Registration Required</b>

## A SPECIAL THANK YOU TO OUR MONTHLY SPONSORS

Good Shepherd Village (GSV) | Marcia Hofmann (MH) | Loren Oliver (LO) | Cherish Hospice (CH) | Forest Glen (FG) | Fulton's Finest (FF)  
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**UNITED SENIOR SERVICES**

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

# Downtown: February 2026

\*Additional information available at the Welcome Center\*

**USS DOWNTOWN**

**BUILDING HOURS:**

Mon-Thurs 7:00 am - 7:00 pm  
Fri 7:00 am - 4:30 pm  
Sat 8:00 am - 12:00 pm

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
<b>Water Aerobics 9-10a R-\$</b>	<b>Yoga Hatha 8:30-9:30a R-\$</b>	<b>Warm Water Aquatics 9-10a R-\$</b>	<b>Water Aerobics 9-10a R-\$</b>	<b>Water Aerobics 9-10a R-\$</b>	
<b>Blocks to Blankets 10-12p D-NC *Feb 9 &amp; 23*</b>	<b>Water Aerobics 9-10a R-\$</b>	<b>Long Arm Quilting 9a-1p R-\$</b>	<b>Full Body Exercise 9-10:15a D-NC</b>	<b>Weaving 9:30-11:30a D-NC</b>	
<b>Let's Get Moving 10:30-11:30a D-NC</b>	<b>Full Body Exercise 9-10:15a D-NC</b>	<b>Vintage Voices 9a-11a D-NC</b>	<b>Tai Chi 10-12p D-NC</b>	<b>Hula Hoop 9:30-10:30a D-NC</b>	
<b>Land Arthritis M/W 10:30-11:30a R-NC</b>	<b>Chair Yoga 9:30-10:30a R-\$</b>	<b>Land Arthritis M/W 10:30-11:30a R-NC</b>	<b>Land Arthritis T/TH 10:00-11:00a R-NC</b>	<b>Drums Alive 11:30-12:30p R-\$</b>	
<b>WWP Volleyball 11-12p R-\$</b>	<b>Land Arthritis T/TH 10:00-11:00a R-NC</b>	<b>Ladies Who Lift 11:30a-12:30p R-\$</b>	<b>Hand &amp; Foot Cards 11-4p D-NC</b>	<b>Duplicate Bridge 12-3p D-NC</b>	
<b>Ladies Who Lift 11:30-12:30p R-\$</b>	<b>Moving With Music 10:30-11:30a D-NC</b>	<b>Bingo 1-3:30p D-\$</b>	<b>USS Jammers 11:30-1:30p D-NC</b>	<b>Samba (Cards) 12-4:30p D-NC</b>	
<b>Duplicate Bridge 12p-3p D-NC</b>	<b>Bid Euchre 11:30-4p D-NC</b>	<b>Connecting Threads 1-3:30p D-NC *Feb 18*</b>	<b>Cribbage 12:30-2:30p D-NC</b>	<b>Silver Sneakers Circuit 12:30-1:30p R-\$</b>	
<b>Garden Club *Pollinators* 12:30-1:30p D-NC *Feb 2*</b>	<b>USS Jammers 11:30-1:30p D-NC</b>	<b>Crafting Group 1-3p D-NC</b>	<b>Pinochle 12-3:30p D-NC</b>	<b>Euchre 1-3:30p D-NC</b>	
<b>UNO/Phase 10 1-3p D-NC</b>	<b>Friendly Euchre 12-3p D-NC</b>	<b>Card Making Club 1-3:30p D-NC *Feb 11 &amp; 25*</b>	<b>Water Arthritis T/TH 1-2p R-NC</b>	<b>Saturdays</b>	
<b>Tai Chi 2-4p D-NC</b>	<b>Pinochle 12-3:30p D-NC</b>	<b>Samba (Cards) 1-5p D-NC</b>	<b>Port Shirt Creation 11a-1p D-NC *Feb 12*</b>		
<b>Book Club 4-5p R-NC *Feb 23*</b>	<b>Long Arm Quilting 1-6p R\$</b>		<b>Jigsaw Puzzle Group 1-6:45p D-NC</b>	<b>Foot &amp; Nail Clinic 8a- 12p R-\$ *Feb 21 &amp; 28*</b>	
<b>Singles Group 4-6p D-NC *Feb 23*</b>	<b>Mahjong 1-3p D-NC</b>		<b>Photo Club 3-4:30p D-NC *Feb 5 &amp; 19*</b>	<b>USS Jammers 10-11:30a D-NC</b>	
<b>Self Defense 5-6:30p R-\$</b>	<b>Water Arthritis T/TH 1-2p R-NC</b>		<b>Parkinson's Exercise 2-3p D-NC</b>	<b>Retro Splash 10:00-11:00a R-\$</b>	
	<b>Skeins Away 2-4p D-NC</b>		<b>Retro Splash 4-5p R-\$</b>	<b>Key</b>	
<b>USS Closures</b>	<b>Chair Volleyball 2-4p D-NC</b>	<b>Education</b>	<b>Yoga Hatha 3:45-4:45p R-\$</b>		
<b>Monday, February 16, CLOSED</b>	<b>Parkinson's Exercise 2-3p D-NC</b>	<b>Mercy Health Lunch &amp; Learn - Thursday, Feb 5th, 12 - 1 pm</b>	<b>Chair Volleyball 4:45-6:45p D-NC</b>	<b>\$: Cost</b>	
	<b>Drums Alive 4-5p R\$</b>	<b>Dr. Rizvi, Heart Health</b>		<b>D: Drop-in</b>	
				<b>NC: No Cost</b>	
				<b>R: Registration Required</b>	
				<b>WWP: Warm Water Pool</b>	
				<b>LP: Lap Pool</b>	

Activity times, dates and rooms are subject to change.

**Always Available**

**Cafe Lunch**

M - F 11:00a-1:00p

**Billiards**

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

**LP Open Swim**

M, T, TH, F 7:30a-9:00a  
M 10:00a-6:00p  
T 10a-1p & 2p-6p  
W 7:30a-6:30p  
TH 10a-1p & 2p-4p  
TH 5:00p-6:00p  
F 10:00a-3:00p  
S 8:30a-10:00a

**WWP Open Swim**

M 7:30a-11a & 12p-6p  
T 7:30a-9a  
T 12-1p & 2p-6:30p  
W 7:30a-9a & 10a-6p  
TH 7:30a-2p  
F 7:30a-3p  
S 8:30a-11a

**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

\*No session Feb 5\*

**Pickleball Beginner Lessons**

W 3:00p - 4:30p

\*Feb 4 & 18\*

**Pickleball Skills**

F 10:00a - 12:00p

\*Feb 13 & 27\*

**Open Court Pickleball**

T, TH 7:00a - 8:30a  
S 8:00a -11:15a

**Support Groups**

**Diabetes Support**

5:30-6:30p D-NC \*Feb 4\*

**Stroke Support**

5:30-6:30p D-NC \*Feb 5\*

**Alz/Caregiver Support**

5:30-6:30p D-NC \*Feb 11\*

**Visually Impaired Support**

\*No meeting in February\*

**UNITED SENIOR SERVICES**

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

# Downtown: March 2026

\*Additional information available at the Welcome Center\*

USS DOWNTOWN

**BUILDING HOURS:**

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

Fri 7:00 am - 4:30 pm

Sat 8:00 am - 12:00 pm

Activity times, dates and rooms are subject to change.

**Always Available**

**Cafe Lunch**

M - F 11:00a-1:00p

**Billiards**

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

F 7:00a-4:15p

S 8:00a-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, TH 7:00a-6:45p

F 7:00a-4:15p

S 8:00a-11:45a

**LP Open Swim**

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

M 10:00a-6:00p

T 10a-1p & 2p-6p

W 7:30a-6:30p

TH 10a-1p & 2p-4p

TH 5:00p-6:00p

F 10:00a-3:00p

S 8:30a-10:00a

**WWP Open Swim**

M 7:30a-11a & 12p-6p

T 7:30a-9a

T 12-1p & 2p-6:30p

W 7:30a-9a & 10a-6p

TH 7:30a-2p

F 7:30a-3p

S 8:30a-11a

## Mondays

Water Aerobics 9-10a R-\$
Blocks to Blankets 10-12p D-NC *March 9 & 23*
Let's Get Moving 10:30-11:30a D-NC
Land Arthritis M/W 10:30-11:30a R-NC
WWP Volleyball 11-12p R-\$
Ladies Who Lift 11:30-12:30p R-\$
Duplicate Bridge 12p-3p D-NC
Garden Club *Prevent Mistakes* 12:30-1:30p D-NC *March 2*
UNO/Phase 10 1-3p D-NC
Tai Chi 2-4p D-NC
Book Club 4-5p R-NC *March 23*
Singles Group 4-6p D-NC *March 23*
Self Defense 5-6:30p R-\$
<b>Garden Club UPCOMING IN APRIL:</b>
Garden Club *Garden Journal* 12:30-1:30p D-NC *April 6*

## Tuesdays

Yoga Hatha 8:30-9:30a R-\$
Water Aerobics 9-10a R-\$
Full Body Exercise 9-10:15a D-NC
Chair Yoga 9:30-10:30a R-\$
Land Arthritis T/TH 10:30-11:30a R-NC
Moving With Music 10:30-11:30a D-NC
Bid Euchre 11:30-4p D-NC
USS Jammers 11:30-1:30p D-NC
Friendly Euchre 12-3p D-NC
Pinochle 12-3:30p D-NC
Long Arm Quilting 1-6p R-\$
Mahjong 1-3p D-NC
Water Arthritis T/TH 1-2p R-NC
Skeins Away 2-4p D-NC
Chair Volleyball 2-4p D-NC
Parkinson's Exercise 2-3p D-NC
Drums Alive 4-5p R-\$

## Wednesdays

Warm Water Aquatics 9-10a R-\$
Long Arm Quilting 9a-1p R-\$
Vintage Voices 9a-11a D-NC
Land Arthritis M/W 10:30-11:30a R-\$
Ladies Who Lift 11:30a-12:30p R-\$
Bingo 1-3:30p D-\$
Connecting Threads 1-3:30p D-NC *March 18*
Crafting Group 1-3p D-NC
Card Making Club 1-3:30p D-NC *March 11 & 25*
Samba (Cards) 1-5p D-NC
<b>Education</b>
Mercy Health Lunch & Learn - Thursday, March 5 <sup>th</sup> , 12-1 pm
Dr. Edhi, Colon Health
<b>UPCOMING IN APRIL:</b>
Mercy Health Lunch & Learn - Thursday, April 2nd, 12-1 pm
Dr. Malone, Joint Pain

## Thursdays

Water Aerobics 9-10a R-\$
Full Body Exercise 9-10:15a D-NC
Tai Chi 10-12p D-NC
Land Arthritis T/TH 10:30-11:30a R-NC
Hand & Foot Cards 11-4p D-NC
USS Jammers 11:30-1:30p D-NC
Cribbage 12:30-2:30p D-NC
Pinochle 12-3:30p D-NC
Water Arthritis T/TH 1-2p R-NC
Port Shirt Creation 1-3p D-NC *March 26*
Jigsaw Puzzle Group 2-6:45p D-NC
Photo Club 3-4:30p D-NC *March 5 & 19*
Parkinson's Exercise 2-3p D-NC
Retro Splash 4-5p R-\$
Yoga Hatha 3:45-4:45p R-\$
Chair Volleyball 4:45-6:45p D-NC

## Fridays

Water Aerobics 9-10a R-\$
Weaving 9:30-11:30a D-NC
Hula Hoop 9:30-10:30a D-NC
Drums Alive 11:30-12:30p R-\$
Duplicate Bridge 12-3p D-NC
Samba (Cards) 12-4:30p D-NC
Silver Sneakers Circuit 12:30-1:30p R-\$
Euchre 1-3:30p D-NC

## Saturdays

Foot & Nail Clinic 8a-12p R-\$ *March 21 & 28*
USS Jammers 10-11:30a D-NC
Retro Splash 10:30-11:30p R-\$

## Key

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

## 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

\*No session Mar 5\*

**Pickleball Beginner Lessons**

W 3:00p - 4:30p

\*Mar 4 & 18\*

**Pickleball Skills**

F 10:00a - 12:00p

\*Mar 13 & 27\*

**Open Court Pickleball**

T, TH 7:00a - 8:30a  
S 8:00a -11:15a

## Support Groups

**Diabetes Support**

5:30-6:30p D-NC \*March 4\*

**Stroke Support**

5:30-6:30p D-NC \*March 5\*

**Alz/Caregiver Support**

5:30-6:30p D-NC \*March 11\*

**Visually Impaired Support**

10-11:45a D-NC \*March 14\*



## 2026 USS TOURS

### Historic Mississippi River Cruise

April 9-16, 2026

**Special Preview: December 12th, 11 am**

*Activity level-Moderate to Heavy*

Starting and concluding in the lively city of New Orleans, this remarkable journey honors the festive culture and deep roots of a region where music speaks universally, and history is evident at every twist and turn of the river. Experience comfort aboard the paddle-wheeler- American Heritage as you explore captivating port cities, including Natchez and Baton Rouge, the heart and core of Louisiana. Indulge in genuine Cajun and Creole dishes. Visit grand homes and significant sites filled with stories, guided by experts who offer a behind-the-scenes look. While relaxing on our historic river cruise, enjoy the attentive service of our crew or unwind in your spacious cabin, soaking in the serene river scenery

**Tour Fare: \$6499 per person (2 in a cabin)**

### Portugal Golden Quest

May 8-18, 2026

**Special Preview: November 19th, 11 am**

*Activity level-Moderate to Heavy*

Embark on an unforgettable 10-day tour through the heart of Portugal, where history, culture, and flavor come together in perfect harmony. Wander through the ancient walls of Lisbon's iconic Castelo de São Jorge, and step into a fairytale in Sintra as you explore the romantic Monserrate Palace and the colorful heights of Pena Park and Palace. Savor the sweet side of Portuguese tradition with a hands-on pastel de nata workshop, then head north for a scenic river cruise through the stunning Douro Valley, where terraced vineyards and timeless villages line the banks. Discover the charm of Porto with visits to the historic Lello Bookstore, the magnificent Porto Cathedral, and end your journey with a guided port wine tour and tasting that captures the essence of the region. This immersive tour blends Portugal's rich heritage, breathtaking landscapes, and world-renowned cuisine into a once-in-a-lifetime adventure.

**Tour Fare: \$5788 per person (2 in a room)**

More information about USS Tour information available at [ussohio.org/travel](http://ussohio.org/travel), at USS 125 W. Main St., Springfield, OH or by calling Cindy Lockwood at 937-521-3009.

### Great Trains & Historic Hotels

June 22-28, 2026

**Special Preview: February 10th, 11 am**

*Activity level-Moderate to Heavy*

If you are looking for a unique and exquisite vacation package that not only meets your expectations but surely exceeds them, the Great Trains & Historic Hotels tour does just that! Visit three great cities with distinctly diverse cultural backgrounds and enjoy outstanding travel experience aboard VIA Rail Canada. Discover vibrant city life in Montreal, an abundance of scenic beauty and history in Quebec City and endless excitement in Toronto. Combine all this with luxurious stays at spectacular premier Fairmont Hotels and you now have the ideal-once-in-a-lifetime vacation!

**Tour Fare: \$3998 per person (2 in a room)**

### Annual Mystery Tour "Views, Vintage, & Vino!"

July 12-16, 2026

*Activity level-Moderate*

Pack your bags, hop on a deluxe coach bus, and be pleasantly surprised at every stop! You won't know where you're headed but will be so glad you came along for the adventure! It's a MYSTERY!

**Tour Fare: \$1599 per person (2 in a room)**

### Northern National Parks

August 11-18, 2026

**Special Preview: March 10th, 11 am**

*Activity level-Moderate to Heavy*

Soaring mountains, pristine lakes, volcanic mud pots, geysers, waterfalls, and wildlife all wrapped up in one extraordinary tour. Explore THREE NATIONAL PARKS as well as several National forests and historic sights. Our guided excursions will include a Snake River float trip in the Tetons, the Grand Loop of Yellowstone and the unforgettable Going-to-the-sun Highway in Glacier National Park. Join us as we explore some of the most beautiful natural wonders on planet earth.

**Tour Fare: \$3999 per person (2 in a room)**

## Boston Celebrating America's 250<sup>th</sup> Anniversary

September 8-12, 2026

Special Preview: February 10th, 2 pm

*Activity level-Moderate to Heavy*

Relive the Spirit of 1776 and celebrate the 250th anniversary of the establishment of the United States. Embark on this sightseeing adventure of scenic and historic sites in and around Boston, Massachusetts. Highlights of this tour include the Freedom Trail, Boston Tea Party Ships & Museum, USS Constitution, JFK Library & Museum, Samuel Adams Brewery, Bunker Hill, the colonial towns of Concord & Lexington and much more! Every moment of this tour is packed with history, charm, and unforgettable sights that bring the American Revolution to life. You'll return with lasting memories and a deeper appreciation for the birthplace of our nation

**Tour Fare: \$1979 per person (2 in a room)**

## Discover the Wonders of Iceland

September 30-October 6, 2026

Special Preview: March 10th, 2 pm

*Activity level-Moderate to Heavy*

Experience the "land of fire and ice"! Visit the National Museum of Iceland, explore Skogar Folk Museum and see traditional turf-built homes. Journey along Iceland's spectacular South Shore and experience some of the country's most dramatic natural wonders. Marvel at the stunning Seljalandsfoss waterfall. Walk on a black sand beach famous for its dramatic basalt columns and Reynisdrangar sea stacks. Visit a UNESCO World Heritage Site-the remarkable Pingvellir National Park along with a full day excursion to the stunning Snaefellsnes Peninsula. Join an expert crew and marine biologist guides on a whale watching cruise into Faxaflói Bay. No trip to Iceland is complete until you venture out after dark on a Northern Lights hunt in search of the elusive dancing lights.

**Tour Fare: \$5049 per person (2 in a room)**

### USS Tours include:

Round trip local airport transfers and airfare (if tour involves flight); deluxe motor coach transportation; lodging; most meals; all attractions & entrance fees per itinerary; baggage handling; professional tour manager; & gratuities for baggage handling, drivers local guides and tour manager.

## Discover Nashville Favorites

November 3-7, 2026

Special Preview: July 9th, 11 am

*Activity level-Moderate*

Discover Nashville, Tennessee, a musical mecca known for producing some of country music's greatest icons. Stroll through downtown Nashville and you'll be delighted by the sounds of twangy guitars spilling out from humming honky-tonks. Nashville's musical legacy is well-established and world renowned. Whether your interest lies in country's early roots or catching a performance from today's up-and-comers, you'll be moved by the artistry found here. Join us on this 5-day tour and see why Nashville is called America's "Music City".

Highlights of this tour include the Grand Ole Opry, the General Jackson, Country Music Hall of Fame, RCA Studio B, Belle Meade Plantation, Jack Daniels Distillery and much more.

**Tour Fare: \$1869 per person (2 in a room)**

## Biltmore Christmas

December 3-6, 2026

Special Preview: July 9th, 2 pm

*Activity level-Easy to Moderate*

Immerse yourself in the yuletide oasis known as Christmas at Biltmore, where fragrant wreaths, glittering garland, and thousands of sparkling ornaments fill you with joy and wonder. The Biltmore house is dazzling by day, and Antler Hill Village becomes even more magical during Candlelight Christmas Evenings that will take you back in time to the very first Christmas at Biltmore House in 1895. Gently illuminated by candles, the air is filled with the scent of fresh pine, the sound of crackling fireplaces and a feeling of childlike wonder.

**Tour Fare: \$2399 per person (2 in a room)**

## 2026 USS Day Trips Coming Soon!

Watch for USS Day Trips found at the following:

- [ussohio.org/travel](https://ussohio.org/travel)
- USS Broadcast Email
- USS Travel Office

Contact Cindy, USS Travel Coordinator for more information at 937-521-3009 or [clockwood@ussohio.org](mailto:clockwood@ussohio.org)

## Springfield Area Institute for Lifelong Learning

### 2026 Spring Class Catalog



Registration for classes opens at 8:30 am  
Wednesday, February 25th at USS. All classes are offered  
at USS Downtown unless otherwise noted.

## Creative Arts

### Classical Guitar

Have fun learning classical guitar, note reading, and guitar strumming. You will learn a mix of classical and popular songs.

**Instructor:** Christina Darding, Founder of Element Music Studio

**Fee:** \$20 class fee

**Schedule:** 4 sessions, Wed, March 18<sup>th</sup>-April 8<sup>th</sup>, 10-11 am



### Organic Approach to Art

Learn the history of drawing while using a variety of materials, papers, and concepts. Create while learning wash, silver point, ink, pen, brush, pencil skills, watercolors and using textures.

**Instructor:** Joe Lewis

**Fee:** \$40 class fee

**Schedule:** 8 sessions, Thurs, March 19<sup>th</sup>-May 7<sup>th</sup>, 4-6 pm

### Machine Paper Piecing Quilt Blocks

Machine paper piecing is a method that allows you to create accurate patchwork blocks quickly & easily. Simply cut oversized fabric pieces and sew them in sequence to a paper foundation.

**Instructor:** Phyllis Bageant

**Fee:** \$40 class fee

**Schedule:** 8 sessions, Mon, March 16<sup>th</sup>-May 4<sup>th</sup>, 1:30-3:30 pm

### Memoir Writing 101

Memoir Writing 101 is your opportunity to learn how to put personal & family memories down on paper. This course provides easy-to-follow step-by-step instructions. The course criteria also applies well to those who wish to write fiction. Get your imagination in gear & sign up!

**Instructor:** Connie Chappell, Bestselling & Award-Winning Author

**Fee:** \$30 class fee

**Schedule:** 6 sessions, Thurs, March 19<sup>th</sup>-April 23<sup>rd</sup>, 10-11 am

### Stained Glass Flower Plant Stake

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

**Instructor:** Jonelle Bates, Founder of La Petit Pomme Glassworks

**Fee:** \$25 class and material fee

**Schedule:** 1 session, Fri, April 10<sup>th</sup> 10 am-Noon or 1-3 pm; OR Fri, May 15<sup>th</sup>, 10 am-Noon or 1-3 pm (4 class times offered)



### German Star Workshop

Learn how to make a traditional holiday decoration, common in Germany, by folding strips of paper into a multi-point star and dipping it in a sprinkling of glitter.

**Instructor:** Denise See

**Fee:** \$10 class and material fee

**Schedule:** 1 session, Mon, March 16<sup>th</sup>, 2-4 pm

## Health & Wellness

### 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:** Melissa Conners & Sharon Mitchell

**Fee:** No fee

**Schedule:** 8 sessions Tues, March 17<sup>th</sup>-May 5<sup>th</sup>, 9-11 am

### 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, Mon, March 16<sup>th</sup>-May 4<sup>th</sup>, 9-10 am

### Spring Into Wellness: Mind Body & Spirit Renewal

Reconnect with your energy, deepen your self-awareness, and create meaningful personal growth. Each week explores a different pillar of holistic well-being: the chakras, mindful movement, journaling, and intentional goal setting. Thus, giving you practical tools to support balance in mind, body, and spirit.

**Instructor:** Catherine Hinkle

**Fee:** \$20 class fee

**Schedule:** 4 sessions, Wed, March 18<sup>th</sup>-April 8<sup>th</sup>, 4:30-5:30 pm

**2026 SAILL SPRING CLASS  
CATALOG  
REGISTRATION BEGINS  
FEBRUARY 25TH**

## History & Local Interest

### Ferncliff Cemetery Trolley Tours

Take a ride on the open-air Ferncliff trolley through the historical, original sections of the cemetery. Participants will observe and learn about those in our community.

**Instructor:** Ski Schanher

**Fee:** \$ 5 tour fee

**Schedule:** 2 individual sessions meeting at Ferncliff Cemetery, 501 W McCreight Ave, Springfield, Wed, 2-3:30 pm:  
May 20th Women of Ferncliff  
June 17th Black History

### Highlighting Local History as We Celebrate 250 Years of America's Stories

Join us for a journey through the rich history of Springfield and Clark County. We will explore stories of people, places, and objects that are a part of the Clark County Historical Society's collections. Natalie Fritz will share photographs that tell stories and take people on a walk down memory lane. She will also provide insight into some little-known stories that make our community what it is. This presentation is sure to stir up warm memories and provide new perspectives on the city's past.

**Instructor:** Natalie Fritz, Clark County Historical Society Archivist & Outreach Director

**Fee:** \$5 class fee

**Schedule:** 1 session, Tues, March 24<sup>th</sup>, 2-3:30 pm

### Lincoln's Favorite Document

If you knew signing an important document your life, your family, and property would be lost or in danger, would you do it? The 56 signers of the Declaration of Independence did not take that into consideration. Study the background of the Declaration, followed by its interpretation.

**Instructors:** Wes Baker and Ski Schanher

**Fee:** \$5 class fee

**Schedule:** 1 session, Fri, April 24<sup>th</sup>, 1:30 - 3 pm

### Exploring Clark County Parks History, Culture and Nature

This 6-week program designed in partnership with the Clark County Park District, provides participants with a deeper understanding of the parks that help shape Clark County's landscape, history, and community. Each session will focus on a different Clark County park and explore its story in depth.

**Instructors:** Leann Castillo, Brad Boyer, and Penny Dunbar, Clark County Park District & National Trail Parks & Recreation District

**Fee:** No fee

**Schedule:** 6 sessions, Thurs, April 2<sup>th</sup>-May 7<sup>th</sup>, 2:30-3:30 pm

## The National Road in Ohio & Clark County

America250's theme for April is transportation - an appropriate topic for Clark County since its history mirrors that of the country, from foot paths to futuristic VTOL vehicles. Trace the development and impact of the National Road, focusing on Clark County. Along the way we'll hear stories of largely forgotten sites and events along its route and examine its economic ups and downs throughout its 200-year history in Ohio.

**Instructor:** Wes Baker

**Fee:** \$20 class fee

**Schedule:** 4 sessions, Fri, March 27<sup>th</sup>-April 17<sup>th</sup>, 1:30-3 pm

## Cooking & Technology

### Air Fryer Basics

Learn the fundamentals of air frying! Discover tips on how to prepare a variety of foods in your air fryer that will lower the fat in your meals and save you time. A dish will be prepared in class to sample.

**Instructor:** Donna Kuykendall, Central State University Extension Educator

**Fee:** No fee

**Schedule:** 3 sessions, Wed, April 22<sup>nd</sup>-May<sup>th</sup>, 11 am-12:30 pm

### 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:** 6 sessions, Wed, March 18<sup>th</sup>-April 22<sup>nd</sup>, 3-5 pm

### Getting to Know Your Phone

Do you have an Android or iPhone and want to learn more? 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 & Tracy Koverman, Clark County Public Library Librarians, IT Dept

**Fee:** No fee

**Schedule:** Android: 4 sessions, Wed, March 18<sup>th</sup>-April 8<sup>th</sup>; OR, iPhone: 4 sessions, Wed, April 15<sup>th</sup>-May 6<sup>th</sup>; 9:30-11 am

## 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](mailto:clockwood@ussohio.org) for more information.

Register in person with USS Member Services beginning at 8:30 am on February 25th. Telephone registrations will be returned after 12:00 noon on February 25th. Please call 937-521-3002 to register by telephone.

# Community Resources

## USS Support Groups – For More Info call 937-323-4948

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

### Caregiver Support Group

USS partners with the Alzheimer's Association of the Miami Valley to provide a support group for any caregivers in the Clark County Community. Meetings take place on the second Wednesday of each month from 5:30-6:30 pm.

Upcoming meetings: February 11<sup>th</sup> & March 11<sup>th</sup>.

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 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 5:30 pm to learn about navigating healthy eating for Diabetes. Our next session will be held on Wednesday, March 5th at 5:30 pm.

### Stroke Support Group

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 will provide information and resources to experts in the field. Please consider joining the group on Thursday, February 6th or Thursday, March 6th from 5:30 pm – 6:30 pm.

### 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 the month from 10:00-11:45 am.

Upcoming meetings: February-No Meeting, March 14<sup>th</sup>. Open to the public.

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

### Clark County Warmline

The Clark County Warmline is a free call line, available 24/7 for mental health concerns. Call 988 or 937-662-9080 for help and information.

### HEAP Program

HEAP helps income-eligible Ohioans stay connected to their utilities. Assistance is available for those facing utility disconnection, already disconnected, establishing or transferring service, resolving PIPP issues, or with 25% or less fuel remaining in a bulk tank. USS Outreach Coordinator, Joyce, can provide more information and help 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

## 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

## Tax Prep Appointments at USS

### USS Downtown

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](http://www.bit.ly/uss-tax-prep) starting Tuesday, January 20th.

For those who need help scheduling, please call 937-521-3006 starting January 20th 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.

