

# The Center Page

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

APRIL/MAY 2026

For more information about  
Social Support see page 9



## 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, President
- Levi Duncan, Vice President
- Mark Elliott, Treasurer
- Wendy Ford, Secretary
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- Michele Hemphill
- Sarah Lemon
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- Lori Zakel
- Stephen Massey, CEO

# A Warm Welcome from our CEO

April 1, 2026



Dear United Senior Services Members and Community,

Thank you for welcoming me as the new CEO of United Senior Services. I am excited and honored to join the team dedicated to improving the lives of older adults in Springfield and Clark County. I look forward to meeting everyone, hearing their stories, and learning what is important to you all in this special and privileged space of our community! I was born and raised here in Clark County and look forward to the journey ahead in service!

My goal is to continue the tradition of excellence at USS and ensure the center remains a place of joy, connection, and valuable resources for all members. Members, when you see me, please say hi and thanks for accepting my service to you. I am truly humbled to be a part of this dream space in our community.

Warmest regards,

*Stephen Massey*

Stephen Massey, MS, RASS, PC  
CEO, United Senior Services

## Clark County Warmline

The Clark County Warmline is a free call line, available 24/7 for mental health concerns. The 988 Suicide & Crisis Lifeline is a free, 24/7 resource for anyone experiencing emotional distress, mental health challenges, or thoughts of suicide. By calling or texting 988, you'll be connected with trained counselors who offer compassionate, confidential support. 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. Application deadline for HEAP is May 31, 2026.

USS Outreach Coordinator, Joyce, can provide more information and help at 937-521-3005.

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.



UNITED SENIOR SERVICES



# Enon Education & Special Events

## Chair Moving to Music & Advanced Directives

Thursday, April 9th, at 10am enjoy simple, seated movements set to lively music in a friendly environment, a great way to stay active, loosen up, and share a few smiles with others. After class, stay for information on Advance Directives – What You Should Know, where Krista from Cherish Hospice will explain the basics of Advance Directives, the simple documents that allow you to express your medical care wishes if you are ever unable to speak for yourself. Sponsored by Cherish Hospice.

## Sunshine Singers are Back!

Led by Carol Todd, The Sunshine Singers will resume their practice on Mondays at 2:15p beginning April 20th at USS Enon. Bring your voice and drop in to join their mission of singing upbeat songs while uplifting area nursing home residents, and helping to enrich their lives. Guaranteed blessings in store!

## Ice Cream Social

We are excited to announce that USS Enon will hold our first Ice Cream Social of the year, Friday, May 22nd, at 12:30p! Forest Glen will sponsor an afternoon filled with ice cream, treats, great fun, and fellowship with friends. Please bring a yummy dessert to share with others that day and register with Tammy!

## Hand and Foot

USS Enon is now offering two additional opportunities to play Hand & Foot cards on the 2nd and 4th Mondays of each month at 12:30p. We will continue to offer this activity on the 1st and 3rd Thursdays at 12:30p as well. Drop in and enjoy the competitive fun!



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

## New Exercise at USS Downtown



### Gentle Flow Yoga

United Senior Services loves offering new ways to keep our members moving. Have ideas for future classes? We'd love to hear them. This month Catherine Hinkle, our new Grief Support group leader, is starting a gentle yoga class for all levels. \$5 per class Mondays from 4:30 to 5:30pm, April 6th to May 16th.

### EnerChi

United Senior Services is excited to bring our members Silver Sneakers EnerChi. In EnerChi, the instructor will teach participants the foundations of weight transfer, rhythmic movement, awareness and focused breathing. All fitness levels welcome, adaptations available! It is not required to be Silver Sneakers to participate as we sample this class. Classes will be held on Wednesdays from 4:15 - 5:15pm at USS Downtown.





# SAILL

Smooth sailing ahead....

Ahoy there, mates! The Springfield Area Institute for Lifelong Learning (SAILL) spring term has launched but it's not too late to make a splash into learning! Call 937-323-4948 ext 112 to register for these midterm classes including Lincoln's Favorite Document, Ferncliff Cemetery Tours (May – Women of Ferncliff; June – Black History), Exploring Clark County Parks History, Culture & Nature, Air Fryer Basics, and Getting to Know Your iPhone.

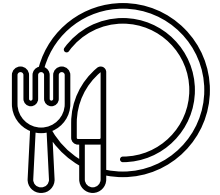
Visit [ussohio.org/saill](http://ussohio.org/saill) to view the Spring 2026 full class catalog, or stop in USS Downtown for more information!



## Studebakers in New Carlisle

Senior Dine card holders can scan at Studebakers in New Carlisle! Dining is available at Studebakers in New Carlisle every Monday and Wednesday from 11am-1pm. Choose from the USS approved menu available at the order counter. Dine-in only.

For more information call 937-323-9688.



## Volunteer Guardian Program

If you are passionate about protecting vulnerable older adults, the Volunteer Guardianship Program may be the perfect opportunity for you. By volunteering, you'll advocate for the rights and well-being of seniors while building meaningful relationships that truly make a difference.

Research shows that regular visits to seniors in nursing facilities can significantly enhance their overall health and emotional well-being. For many individuals, feelings of depression can begin within just 30 days of entering an unfamiliar environment. As a guardian, your presence can provide vital emotional support and companionship, creating a mutually rewarding experience for both you and the person you serve. Training is provided online at your own pace!



Throughout your volunteer journey, you'll receive continued support from the probate court as well as from our dedicated USS Volunteer Advocate. For more information about this fulfilling volunteer opportunity, please contact Carla, the USS Advocacy Coordinator, at 937-323-4948 x115.



# USS Downtown Education



= Volunteer Opportunity



## Lunch & Learn

**Thursday, April 2nd, 12:00pm**

Dr. Malone, DO, will be onsite to share information about iovera, an innovative pain-relief treatment that uses targeted cold therapy to provide fast, lasting relief for joint and musculoskeletal pain, including knee arthritis. Dr. Malone notes that iovera offers rapid pain relief without medications or surgery, making it a valuable option for improving quality of life. Lunch provided to first 50 registered. Lunch not guaranteed after 12:30pm

Lunch sponsored by Villa of Springfield.

## Garden Club

**1st Mondays, April 6th & May 4th, 12:30pm**

April 6<sup>th</sup>: How to keep various styles of garden journals from vegetables to flower gardens.

May 4<sup>th</sup>: Join MGV Flower Show Committee Chairs for a discussion on exhibiting flowers at the Clark County Fair. If you're interested in flower shows, this workshop is for you! Attendees will gain start-to-finish tips on the process.

No registration needed for either meeting.

## Hearing Loss & Brain Health

**Tuesday, April 7th, 9:30am**

Local audiologist Dr. Paige Parker explains how hearing loss can affect memory, balance, and brain health. Discover treatment options, explore the latest technology, and get your questions answered.

Refreshments by Family Audiology.

## Trivia

**Tuesdays, April 14th & May 19<sup>th</sup>, 1:30pm**

Join us for another round of Trivia and snacks! Come and test your knowledge and compete against others.

April Trivia sponsored by Forest Glen.

May Trivia Sponsored by Springfield Assisted Living.

## Clark County Park District- Davidson Interpretive Center

**Wednesday, April 17th, 1:00pm**

Visit the Davidson Interpretive Center, 5638 Lower Valley Pike, for an open house and guided tour, located on the historic grounds of the 1780 Battle of Peckuwe. Learn about the Shawnee village that once stood there, the Revolutionary War clash led by Col. George Rogers Clark, and the early life of Tecumseh. Enjoy a walk through the scenic grounds and discover the stories that helped shape our region in exhibits within the building.

We hope you'll join us for this engaging outing at one of CCPD's wonderful sites!

## New Member Orientation

**Tuesday, April 21<sup>st</sup>, 1:30pm**

Join us for a presentation and tour of USS!

## Heartstrong

**Tuesday, April 21st, 12:00pm**

Heartstrong will have blood pressure checks, healthy snacks, medication reviews (bring a list of current medications, pharmacy staff will review and help guide questions to your doctor), education on causes of hypertension, and prizes. This event is open to the public. Heartstrong is a partnership between the Clark County Combined Health District, Mercy Health, Second Harvest Food Bank, USS, and Villa Springfield.

## Safe Adult Training

**Wednesday, April 22nd, 12:00pm**

This interactive training explores the science of Adverse Childhood Experiences (ACES) to help senior adults who want to positively connect with younger generations and serve as safe, supportive adults in their lives. The instructor will introduce strategies and tools that support resilience in young people. Participants will gain awareness of local, state, and national resources for adolescents and their care providers.

Sponsored by Southbrook Healthcare Center.

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



# USS Downtown Education

 = Volunteer Opportunity

## Tangled Titles

**Tuesday, April 28<sup>th</sup>, 1:30pm**

Learn how inheritance and tangled titles shape stability for families and communities. Discuss the real challenges families face when legacy homes are passed down without clear ownership. Tangled titles can turn homes into “dead capital,” limiting access to repairs and insurance. The workshop will highlight why estate planning and clear title are essential tools for wealth building, housing stability, and long-term community resilience.

Sponsored by Neighborhood Housing Project.

## Food Demonstration

**Wednesday, April 29<sup>th</sup>, 2:00pm**

Mercy chef and registered dietitian will lead a live meal prep demonstration, focusing primarily on diabetic-friendly meal planning. You'll also learn helpful tips and practical strategies for healthier snacking. Whether you're looking to better manage blood sugar levels or simply build balanced, nutritious meals into your routine, this session will provide easy, actionable guidance you can start using right away.

Sponsored by Mercy Health.

## Lunch & Learn

**Thursday, May 7<sup>th</sup>, 12:00pm**

In May, Mercy Health – Springfield, will partner with United Senior Services to present information about Women’s Health, menopause, and maintaining your physical health and wellbeing as we age. This lunch and learn will be led by Mercy Health Springfield OB-GYN’s. The speaker series is physician and provider-lead talks about important topics impacting health. There will be an opportunity for questions. Lunch provided to first 50 registered. Lunch not guaranteed after 12:30pm.

Lunch sponsored by Villa of Springfield.

## Clark County Council on Aging

**Tuesday, May 12<sup>th</sup>, 10:00am**

Join Clark County’s Deputy Health Commissioner, Gracie Hemphill, and Community Health, Accreditation, and Data Coordinator, Anna Jean Petroff Sauter, for conversation about Clark County’s Community Health Assessment and Community Health Improvement Plan. The session will review key health findings, highlight community priorities, and discuss the goals and strategies being used to improve health outcomes.

Sponsored by Villa of Springfield.

## Bunco is Back On!

**Monday, May 18<sup>th</sup>, 10:00am**

With many requests to reschedule Bunco, we are rolling the dice in your favor. Whether you're a season player or new to the game, Bunco is easy to learn and full of laughs. Players roll the dice to earn points and score big with a "Bunco" by rolling three of the same number! Bring friends or come meet new ones.

Snacks and prizes sponsored by Good Shepherd Village.



## Lunch & Learn

**Thursday, June 4<sup>th</sup>, 12:00pm**

In June, Mercy Health – Springfield, will partner with United Senior Services to present information about Men’s Health and maintaining your physical health and wellbeing as we age. This lunch and learn will be led by Bobby Parrett, Director of Rehab Services. Bobby studied Exercise Science at Wright State University, and Physical Therapy at The Ohio State University. Lunch provided to first 50 registered. Lunch not guaranteed after 12:30pm.

Lunch sponsored by Villa of Springfield.

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



# Special Events!

 = Volunteer Opportunity

## Older Americans Day Luncheon & Nominations

May is Older Americans Month, and we invite you to celebrate with us on Wednesday, May 6th, at the Clark County Fairgrounds, in the Arts & Crafts Building. The day begins with a Resource Fair at 9:30am, offering a wonderful opportunity to connect with vendors and explore valuable services available to older adults. At 12:00pm, the Older Americans Day Luncheon will begin, featuring musical entertainment by The Corn Drinkers. A \$5 catered lunch by Lee's Chicken will be available; payments can be made by cash or check at USS downtown before Friday, April 24th. We hope you'll join us for this fun community gathering! This event is sponsored by Villa Springfield. See the back cover for more information.



## 2026 Golden Wedding Celebration



This year USS will once again host the Golden Wedding Celebration at the Clark County Fairgrounds Arts and Crafts building on Tuesday, July 28th, at 10:30am. More details to follow in our June/July Center Page. To participate:

**-If this is your first year attending the event and you are celebrating 50 years of marriage (or more!)** please leave a message to get your invitation and lifetime fair pass by calling 937-521-3006. Please state your name, address, and phone number. One of our volunteers will call you back to confirm your information and answer any questions.

**-If you have celebrated with us before and would like to join us on July 28th...**

Please rsvp by calling 937-323-4948 or stopping by the Welcome Desk. Bring your fair pass to the event for admission, if you need a replacement fair pass let the person taking your reservation know.

## Bluegrass Spotlight

Join us for the return of bluegrass music on Friday, August 14th at 6:00 PM! Enjoy dinner beforehand and stay for a great evening of music. Food is to be catered from Rudy's Smoke house.

Tickets go on sale Monday, July 13th, at 8:30am and the cost is \$5.00.



## Go Take a Hike!

Looking for a way to spend more time outdoors? Heard of Gallagher Fen State Nature Preserve? It's located right here in Springfield at 4709 Old Columbus Road. The entrance is marked by a small parking lot. Ohio Department of Natural Resources states, "it is one of the best examples of a prairie fen community in the state". Gallagher Fen has 113 acres, mature trees, hiking (non-guided), birding, and spring and summer wildflowers, wetlands, and numerous plant species.

For more information you can visit [ohiodnr.gov](http://ohiodnr.gov) and then search Gallagher Fen.

# Social Support Groups

## April 2026

## May 2026

Date	Activity	Register	Fee	Level
2	Lunch & Learn	●		Low
3	Bowling Group 1	●	●	M-H
6	Choose Your Exercise			L-M
7	Duo Music Group			Low
9	Chair Yoga with Julie	●		M-H
10	Bowling Group 2	●	●	M-H
13	Manicures			Low
14	Birthday Bingo			Low
16	Jeopardy			Low
17	Bellefontaine Shopping at Bealls Grp1	●	●	M-H
20	I Should Have Known That! Card Game			Low
21	Color by Numbers Day 1			Low
23	Billiards			L-M
24	Bellefontaine Shopping at Bealls Grp2	●	●	M-H
27	DIY Kentucky Derby Hats	●		Low
28	Color by Numbers Day 2			Low
30	Kentucky Derby Celebration	●		Low

Date	Activity	Register	Fee	Level
1	Buc-ee's Group 1	●	●	M-H
4	Choose Your Exercise			L-M
5	Cinco de Mayo Celebration	●		Low
6	Older Americans Day	●	\$5	L-M
8	Fireside Pottery Group 1	●	\$60	L-M
11	Manicures			Low
12	Birthday Bingo			Low
14	Chair Soccer			M-H
15	Fireside Pottery Group 2	●	\$60	L-M
18	Monday Mind Games			Low
19	Sun Catcher	●		Low
21	Arthritis Class with Marian	●		L-M
22	Buc-ee's Group 2	●	●	M-H
26	Flower Tea Lights	●		Low
28	Billiards			L-M
29	Shopping at the Greene Group 1	●	●	M-H

### 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.





# AmeriCorps Seniors

Retired and Senior Volunteer Program

## Volunteers Needed at Partner Sites!

### Restoration Park Church: Medway, Ohio

reStore: 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

### Meals on Wheels packaging: USS Downtown

Become a packager for Meals on Wheels on Monday or Wednesday (pick one), or Thursday

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

## Older American's Day

We will need around 30 volunteers to help with Older Americans Day. Tasks will include setup, cleanup, check-in assistance, and serving the meal. Please see the RSVP Volunteer department binder if interested in helping.

The AmeriCorps Seniors Retired and Senior Volunteer Department's much anticipated annual fundraising raffle will be held at this event. Our raffle tickets are on sale at the welcome desk and we have a portable gas grill, a massage tech bundle, a robot vacuum, air purifier and Brita tank, an air fryer, and a variety of higher value gift cards! You do not need to be present to win! Please support our volunteers!



## RSVP Spotlight: Animal Welfare League

The Animal Welfare League of Clark County, located in Tremont City, Ohio, was established in 1959 by a small group of animal lovers dedicated to helping homeless dogs and cats. Operating from its original site, the organization manages a "welfare farm" that shelters and feeds approximately 150 animals, offering adoption, a pet cemetery, and a thrift store to support its mission. As part of our MLK Jr. Day of service, we held a donation drive for the Animal Welfare League bringing in numerous donations for such a valuable partner!



*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.*

# BETHEL CALENDAR



APRIL 2026		MAY 2026	
TUE	THU	TUE	THU
	2 <b>Bookmobile 11a</b> <b>Bingo (VC) 11:30a</b>	5 <b>CLOSED for Elections</b>	7 <b>Bookmobile 11a</b> <b>Bingo (VC) 11:30a</b>
7 <b>Bingo (MSC) 11:30a</b>	9 <b>Bookmobile 11a</b> <b>Dessert &amp; Discussion</b> <b>Stroke Education-</b> <b>Mercy 11:30a</b>	12 <b>Games (FG) 11:30a</b>	14 <b>Bookmobile 11a</b> <b>Dessert &amp; Discussion</b> <b>Movie 11:30a</b>
14 <b>Bingo (FG) 11:30a</b>	16 <b>Bookmobile 11a</b> <b>Bingo (LHH) 11:30a</b>	19 <b>Games (GSV) 11:30a</b>	21 <b>Bookmobile 11a</b> <b>Bingo (LHH) 11:30a</b>
21 <b>Games (GSV) 11:30a</b>	23 <b>Bookmobile 11a</b> <b>Cooking for One or Two</b> <b>OSU Extension 11:30a</b>	26 <b>Showdown 11:30a</b>	28 <b>Bookmobile 11a</b> <b>Birthday</b> <b>Celebrations (VWR) 11:30a</b> <b>Games (CH)</b>
28 <b>Showdown 11:30a</b>	30 <b>Bookmobile 11a</b> <b>Birthday</b> <b>Celebration 11:30a (VWR)</b>	<b>Thank you to our sponsors:</b> <b>Cherish Hospice (CH)</b> <b>Forest Glen (FG)</b> <b>Good Shepherd Village (GSV)</b> <b>Laurels of Huber Heights (LHH)</b>	<b>Masonic Senior Community (MSC)</b> <b>Mercy</b> <b>OSU Extension</b> <b>Vancrest (VC)</b> <b>Villa/Wright Rehab (VWR)</b>

**USS ENON SATELLITE**

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



# ENON APRIL 2026

MON	TUE	WED	THU	FRI
		<b>Billiards</b> 9-3p NC-D <b>1</b> <b>Full Body Exercise</b> 9a NC-D <b>Congregate Meal</b> 11-12p R\$ <b>Desserts (GSV)</b> <b>Games 12p NC-D</b>	<b>Billiards</b> 9-3p NC-D <b>2</b> <b>Music Maestros</b> 10a NC-D <b>Hand &amp; Foot (Cards)</b> 12:30p NC-D <b>Craft with De</b> 1p NC-R <b>(DS)</b>	<b>Chair Yoga</b> 9a D-\$ <b>3</b> <b>Billiards</b> 10:30a-3p NC-D <b>Stitchers</b> 11:30a NC-D <b>Puzzle Group</b> 11:30-3:30p NC-D
<b>Billiards</b> 9-3p NC-D <b>6</b> <b>Full Body Exercise</b> 9a NC-D <b>Bridge</b> 12p NC-R <b>Cornhole</b> 12:30p NC-D	<b>Billiards</b> 9-3p NC-D <b>7</b> <b>Mexican Train Dominoes</b> 10:00a NC-D <b>Stamps/Paper/Scissors (MH)</b> 10:30a NC-D <b>Euchre</b> 1p NC-D	<b>Billiards</b> 9-3p NC-D <b>8</b> <b>Full Body Exercise</b> 9a NC-D <b>Congregate Meals</b> 11-12p R\$ <b>Desserts (CH)</b> <b>Games</b> 12p NC-D <b>Chair Volleyball</b> 1pm NC-D	<b>Billiards</b> 9-3p NC-D <b>9</b> <b>Chair "Moving to Music"</b> 10a NC-D <b>Krista Harding (CH) Speaker-Advanced Directives</b> 11a NC-R <b>Birthday Party</b> 12:30p NC-R <b>(WR) (VS)</b>	<b>Chair Yoga</b> 9a D-\$ <b>10</b> <b>Billiards</b> 10:30a-3p NC-D <b>Pillows</b> 10:30a NC-D <b>Stitchers</b> 11:30a NC-D <b>Puzzle Group</b> 11:30-3:30p NC-D
<b>Billiards</b> 9-3p NC-D <b>13</b> <b>Full Body Exercise</b> 9a NC-D <b>Hand &amp; Foot Cards</b> 12:30p NC-D <b>Cornhole</b> 12:30p NC-D	<b>Billiards</b> 9-3p NC-D <b>14</b> <b>Crafts with Tammy</b> 10:30a NC-R <b>Euchre</b> 1p NC-D	<b>Billiards</b> 9-3p NC-D <b>15</b> <b>Full Body Exercise</b> 9a NC-D <b>Congregate Meal</b> 11-12p R\$ <b>Desserts (FG)</b> <b>Chair Volleyball</b> 1p NC-D	<b>Billiards</b> 9-3p NC-D <b>16</b> <b>Music Maestros</b> 10a NC-D <b>Hand &amp; Foot (Cards)</b> 12:30p NC-D	<b>Chair Yoga</b> 9a D-\$ <b>17</b> <b>Billiards</b> 10:30a-3p NC-D <b>Stitchers</b> 11:30a NC-D <b>Puzzle Group</b> 11:30-3:30p NC-D
<b>Billiards</b> 9-3p NC-D <b>20</b> <b>Full Body Exercise</b> 9a NC-D <b>Bridge</b> 12p NC-R <b>Cornhole</b> 12:30p NC-D <b>Sunshine Singers</b> 2:15p NC-D	<b>Billiards</b> 9-3p NC-D <b>21</b> <b>Mexican Train Dominoes</b> 10a NC-D <b>Euchre</b> 1p NC-D	<b>Billiards</b> 9-3p NC-D <b>22</b> <b>Full Body Exercise</b> 9a NC-D <b>Congregate Meal</b> 11-12p R\$ <b>Desserts (VHC)</b> <b>Chair Volleyball</b> 1p NC-D	<b>Billiards</b> 9-3p NC-D <b>23</b> <b>Bingo</b> 12:30p NC-D <b>(VHC)</b>	<b>Chair Yoga</b> 9a D-\$ <b>24</b> <b>Billiards</b> 10:30a-3p NC-D <b>Pillows</b> 10:30a NC-D <b>Stitchers</b> 11:30a NC-D <b>Puzzle Group</b> 11:30-3:30p NC-D
<b>Billiards</b> 9-3p NC-D <b>27</b> <b>Full Body Exercise</b> 9a NC-D <b>Hand &amp; Foot Cards</b> 12:30p NC-D <b>Cornhole</b> 12:30p NC-D <b>Sunshine Singers</b> 2:15p NC-D	<b>Billiards</b> 9-3p NC-D <b>(FF)</b> <b>28</b> <b>Dogs 101</b> 10a NC-D <b>Euchre</b> 1p NC-D	<b>Billiards</b> 9-3p NC-D <b>29</b> <b>Full Body Exercise</b> 9a NC-D <b>Congregate Meals</b> 11-12p R\$ <b>Desserts (Carla Henneman)</b>	<b>Billiards</b> 9-3p NC-D <b>Music Maestros</b> 10a NC-D <b>(SMC)</b> <b>Potluck</b> 12:30p NC-R	<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 MAY 2026



M O N	T U E	W E D	T H U	F R I
<p><b>KEY</b>                      \$: Cost                      D: Drop-In                      NC: No Cost                      R: Registration Required</p>				<p><b>1</b>                      Chair Yoga 9a D-\$                      Billiards 10:30a-3p NC-D                      Stitches 11:30a NC-D                      Puzzle Group 11:30-3:30p NC-D</p>
<p><b>4</b>                      Billiards 9-3p NC-D                      Full Body Exercise 9a NC-D                      Bridge 12p NC-R                      Cornhole 12:30p NC-D                      Sunshine Singers 2:15p NC-D</p>	<p><b>5</b>                      USS Closed                      for Elections</p>	<p><b>6</b>                      Billiards 9-3p NC-D                      Full Body Exercise 9a NC-D                      Congregate Meal 11-12p R\$                      Desserts (GSV)                      Games 12p NC-D</p>	<p><b>7</b>                      Billiards 9-3p NC-D                      Music Maestros 10a NC-D                      Hand &amp; Foot Cards 12:30p NC-D                      Crafts with Anna 1p NC-D                      (WR &amp; VS)</p>	<p><b>8</b>                      Chair Yoga 9a D-\$                      Billiards 10:30a-3p NC-D                      Pillows 10:30a NC-D                      Stitches 11:30a NC-D                      Puzzle Group 11:30-3:30p NC-D</p>
<p><b>11</b>                      Billiards 9-3p NC-D                      Full Body Exercise 9a NC-D                      Bridge 12p NC-R                      Cornhole 12:30p NC-D                      Hand &amp; Foot Cards 12:30p NC-D                      Sunshine Singers 2:15p NC-D</p>	<p><b>12</b>                      Billiards 9-3p NC-D                      Crafts with Barb (BM)                      10:30a NC-R                      Euchre 1p NC-D</p>	<p><b>13</b>                      Billiards 9-3p NC-D                      Full Body Exercise 9a NC-D                      Congregate Meal 11-12p R\$                      Desserts (CH)                      Chair Volleyball 1p NC-D</p>	<p><b>14</b>                      Billiards 9-3p NC-D                      Chair Moving with Music                      10a NC-R (CH)                      Birthday Party                      (VS/WR) 12:30p NC-R</p>	<p><b>15</b>                      Chair Yoga 9a D-\$                      Billiards 10:30a-3p NC-D                      Stitches 11:30a NC-D                      Puzzle Group 11:30-3:30p NC-D</p>
<p><b>18</b>                      Billiards 9-3p NC-D                      Full Body Exercise 9a NC-D                      Bridge 12p NC-R                      Cornhole 12:30p NC-D                      Sunshine Singers 2:15p NC-D</p>	<p><b>19</b>                      Billiards 9-3p NC-D                      Mexican Train Dominoes 10a NC-D                      Euchre 1p NC-D</p>	<p><b>20</b>                      Billiards 9-3p NC-D                      Full Body Exercise 9a NC-D                      Congregate Meal 11-12p R\$                      Desserts (FG)                      Chair Volleyball 1p NC-D</p>	<p><b>21</b>                      Billiards 9-3p NC-D                      Music Maestros 10a NC-D                      Hand &amp; Foot Cards 12:30p NC-D</p>	<p><b>22</b>                      Chair Yoga 9a D-\$                      Pillows 10:30a NC-D                      Stitches 11:30a NC-D                      Puzzle Group 11:30-3:30p NC-D                      Ice Cream Social 12:30p NC-R (FG)</p>
<p>  <b>25</b>                      USS Closed                      Memorial Day</p>	<p><b>26</b>                      Billiards 9-3p NC-D                      Dogs 101 10a-12p NC-D (FF)                      Euchre 1p NC-D</p>	<p><b>27</b>                      Billiards 9-3p NC-D                      Full Body Exercise 9a NC-D                      Congregate Meals 11-12p R\$                      Desserts (VHC)                      Chair Volleyball 1p NC-D</p>	<p><b>28</b>                      Billiards 9-3p NC-D                      Potluck 12:30p NC-R (SMC)</p>	<p><b>29</b>                      Chair Yoga 9a D-\$                      Billiards 10:30a-3p NC-D                      Stitches 11:30a NC-D                      Puzzle Group 11:30-3:30p NC-D</p>

## 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)  
 Wright Rehab (WR) | Springfield Masonic Community (SMC) | Vancrest Healthcare Center (VHC) | Villa Springfield (VS)

**UNITED SENIOR SERVICES**

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

# Downtown: April 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

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<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>Water Aerobics 9-10a R-\$</b>
<b>Blocks to Blankets 10-12p NC-D *April 13 &amp; 27*</b>	<b>Water Aerobics 9-10a R-\$</b>	<b>Long Arm Quilting 9a-1p R-\$</b>	<b>Full Body Exercise 9-10:15a NC-D</b>	<b>Full Body Exercise 9-10:15a NC-D</b>	<b>Weaving 9:30-11:30a NC-D</b>
<b>Let's Get Moving 10:30-11:30a NC-D</b>	<b>Full Body Exercise 9-10:15a NC-D</b>	<b>Vintage Voices 9a-11a NC-D</b>	<b>Tai Chi 10-12p NC-D</b>	<b>Tai Chi 10-12p NC-D</b>	<b>Drums Alive 11:30-12:30p R-\$</b>
<b>Land Arthritis M/W 10:30-11:30a NC-R</b>	<b>Chair Yoga 9:30-10:30a R-\$</b>	<b>Land Arthritis M/W 10:30-11:30a NC-R</b>	<b>Land Arthritis T/TH 10:00-11:00a NC-R</b>	<b>Land Arthritis T/TH 10:00-11:00a NC-R</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 NC-R</b>	<b>Ladies Who Lift 11:30a-12:30p R-\$</b>	<b>Hand &amp; Foot Cards 11-4p NC-D</b>	<b>Hand &amp; Foot Cards 11-4p NC-D</b>	<b>Duplicate Bridge 12-3p NC-D</b>
<b>Ladies Who Lift 11:30-12:30p R-\$</b>	<b>Moving With Music 10:30-11:30a NC-D</b>	<b>Bingo 1-3:30p D-\$</b>	<b>USS Jammers 11:30-1:30p NC-D</b>	<b>USS Jammers 11:30-1:30p NC-D</b>	<b>Euchre 1-3:30p NC-D</b>
<b>Duplicate Bridge 12p-3p NC-D</b>	<b>Bid Euchre 11:30-4p NC-D</b>	<b>Connecting Threads 1-3:30p NC-D *April 15*</b>	<b>Cribbage 12:30-2:30p NC-D</b>	<b>Cribbage 12:30-2:30p NC-D</b>	<b>Dance 5-8p R-\$ *April 10*</b>
<b>Garden Club *Garden Journal* 12:30-1:30p NC-D *April 6*</b>	<b>USS Jammers 11:30-1:30p NC-D</b>	<b>Crafting Group 1-3p NC-D</b>	<b>Pinochle 12-3:30p NC-D</b>	<b>Pinochle 12-3:30p NC-D</b>	<b>Tickets go on sale March 23rd</b>
<b>UNO/Phase 10 1-3p NC-D</b>	<b>Friendly Euchre 12-3p NC-D</b>	<b>Card Making Club 1-3:30p NC-D *April 8 &amp; 22*</b>	<b>Water Arthritis T/TH 1-2p NC-R</b>	<b>Water Arthritis T/TH 1-2p NC-R</b>	
<b>Tai Chi 2-4p NC-D</b>	<b>Pinochle 12-3:30p NC-D</b>	<b>Samba (Cards) 12:30p-6p NC-D</b>	<b>Port Shirt Creation 11a-1p NC-D *April 16*</b>	<b>Port Shirt Creation 11a-1p NC-D *April 16*</b>	
<b>Singles Group 4-6p NC-D *April 27*</b>	<b>Long Arm Quilting 1-6p R\$</b>	<b>EnerChi (Silver Sneakers) 4:15-5:15p NC-D</b>	<b>Jigsaw Puzzle Group 1-6:45p NC-D</b>	<b>Jigsaw Puzzle Group 1-6:45p NC-D</b>	
<b>Self Defense 5-6:30p R-\$</b>	<b>Mahjong 1-3p NC-D</b>		<b>Photo Club 3-4:30p NC-D *April 2 &amp; 16*</b>	<b>Photo Club 3-4:30p NC-D *April 2 &amp; 16*</b>	
<b>Book Club 3-4p NC-R *April 27* Memory Keeper's Daughter</b>	<b>Water Arthritis T/TH 1-2p NC-R</b>		<b>Parkinson's Exercise 2-3p NC-D</b>	<b>Parkinson's Exercise 2-3p NC-D</b>	
<b>Gentle Yoga 4:30p D-\$</b>	<b>Trivia 1:30-2:30p NC-D *April 14*</b>		<b>Retro Splash 4-5p R-\$</b>	<b>Retro Splash 4-5p R-\$</b>	
	<b>Chair Volleyball 2-4p NC-D</b>		<b>Yoga Hatha 3:45-4:45p R-\$</b>	<b>Yoga Hatha 3:45-4:45p R-\$</b>	
	<b>Parkinson's Exercise 2-3p NC-D</b>		<b>Chair Volleyball 4:45-6:45p NC-D</b>	<b>Chair Volleyball 4:45-6:45p NC-D</b>	
	<b>Drums Alive 4-5p R\$</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

**Education**

**Mercy Health Lunch & Learn - Thursday, April 2nd, 12 - 1 pm**

**Dr. Malone, Iovera for Pain**

**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 7:00a-11:00a

**Novice Pickleball**

M 12:00p - 1:30p  
W 4:30p - 6:30p  
TH\* 10:30a - 1:00p  
F 10:00a - 12:00p

\*April 2 No pickleball\*

**Intermediate Pickleball**

M 1:30p - 4:00p  
T 4:30p - 6:30p  
W 11:00a - 3:00p  
TH 1:00p - 4:00p  
F\*\* 12p - 3:30p

\*\*April 10th no pickleball

**Pickleball Beginner Lessons**

W 3:00p - 4:30p

\*April 1 & 15

**Pickleball Skills**

F 10:00a - 12:00p  
\*April 10 & 24\*

**Open Court Pickleball**

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

**Support Groups**

**Diabetes Support**  
5:30-6:30p NC-D \*April 1\*

**Stroke Support**  
5:30-6:30p NC-D \*April 2\*

**Alz/Caregiver Support**  
5:30-6:30p NC-D \*April 8\*

**Visually Impaired Support**  
10-11:45a NC-D \*April 11\*

**Saturdays**

**Foot & Nail Clinic 8a- 12p R-\$ \*April 18\***

**USS Jammers 10-11:30a NC-D**

**Retro Splash 10:00-11:00a R-\$**

**World Tai Chi Day \*April 25\* See Jerry for more information**

**UNITED SENIOR SERVICES**

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

# Downtown: May 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 NC-D *May 11 & 26*
Let's Get Moving 10:30-11:30a NC-D
Land Arthritis M/W 10:30-11:30a NC-R
WWP Volleyball 11-12p R-\$
Ladies Who Lift 11:30-12:30p R-\$
Duplicate Bridge 12p-3p NC-D
Garden Club *Fair Flower Show* 12:30-1:30p NC-D *May 4*
UNO/Phase 10 1-3p NC-D
Tai Chi 2-4p NC-D
Book Club 3-4p NC-R *May 18*
Singles Group 4-6p NC-D
Self Defense 5-6:30p R-\$
Gentle Yoga 4:30p D-\$

## USS Closures

Saturday, May 23
Monday, May 25

## Tuesdays

Yoga Hatha 8:30-9:30a R-\$
Water Aerobics 9-10a R-\$
Full Body Exercise 9-10:15a NC-D
Chair Yoga 9:30-10:30a R-\$
Land Arthritis T/TH 10:30-11:30a NC-R
Moving With Music 10:30-11:30a NC-D
Bid Euchre 11:30-4p NC-D
USS Jammers 11:30-1:30p NC-D
Friendly Euchre 12-3p NC-D
Pinochle 12-3:30p NC-D
Long Arm Quilting 1-6p R-\$
Mahjong 1-3p NC-D
Water Arthritis T/TH 1-2p NC-R
Trivia 1:30-2:30p NC-D *May 19*
Chair Volleyball 2-4p NC-D
Parkinson's Exercise 2-3p NC-D
Drums Alive 4-5p R-\$

## Wednesdays

Warm Water Aquatics 9-10a R-\$	
Long Arm Quilting 9a-1p R-\$	
Vintage Voices 9a-11a NC-D	
Land Arthritis M/W 10:30-11:30a R-\$	
Older American's Day & Fair R-\$ *May 6 @ Fairgrounds*	
Ladies Who Lift 11:30a-12:30p R-\$	
Bingo 1-3:30p D-\$ *No Bingo May 6*	
Crafting Group 1-3p NC-D	
Card Making Club 1-3:30p NC-D *May6 & 20*	
Samba (Cards) 1-5p NC-D	
EnerChi (Silver Sneakers) 4:15-5:15p NC-D	
<b>Education</b>	
Mercy Health Lunch & Learn - Thursday, May 7th, 12-1 pm	
Women's Health	
<b>UPCOMING IN JUNE:</b>	
Mercy Health Lunch & Learn - Thursday, June 4th, 12-1 pm	
Bobby Parrett, Director of Rehab Services, Men's Health	

## Thursdays

Water Aerobics 9-10a R-\$
Full Body Exercise 9-10:15a NC-D
Tai Chi 10-12p NC-D
Land Arthritis T/TH 10:30-11:30a NC-R
Hand & Foot Cards 11-4p NC-D
USS Jammers 11:30-1:30p NC-D
Cribbage 12:30-2:30p NC-D
Pinochle 12-3:30p NC-D
Water Arthritis T/TH 1-2p NC-R
Jigsaw Puzzle Group 2-6:45p NC-D
Photo Club 3-4:30p NC-D *May 7 & 21*
Parkinson's Exercise 2-3p NC-D
Retro Splash 4-5p R-\$
Yoga Hatha 3:45-4:45p R-\$
Chair Volleyball 4:45-6:45p NC-D

## Fridays

Water Aerobics 9-10a R-\$
Weaving 9:30-11:30a NC-D
Drums Alive 11:30-12:30p R-\$
Duplicate Bridge 12-3p NC-D
Samba (Cards) 12-4:30p NC-D
Euchre 1-3:30p NC-D
Dance 5-8p R-\$ *May 8* Tickets go on sale April 13th

## Saturdays

Foot & Nail Clinic 8a-12p R-\$ *May 16*
USS Jammers 10-11:30a NC-D
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 7:00a-11:00a

**Novice Pickleball**

M 12:00p - 1:30p  
W 4:30p - 6:30p  
TH 10:30a -1:00p  
F 10:00a - 12:00p

**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

\*May 8 no pickleball\*

**Pickleball Beginner Lessons**

W 3:00p - 4:30p  
\*May 6 & 20\*

**Pickleball Skills**

F 10:00a - 12:00p  
\*May 8 & 22\*

**Open Courts Pickleball**

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

**Support Groups**

**Diabetes Support**  
5:30-6:30p NC-D \*May 6\*

**Stroke Support**  
5:30-6:30p NC-D \*May 7\*

**Alz/Caregiver Support**  
5:30-6:30p NC-D \*May 13\*

**Visually Impaired Support**  
10-11:45a NC-D \*May 9\*

**Grief Support**  
4:30-6:30p NC-D \*May 19\*  
See the write up on pg.19



## 2026 USS TOURS

### Portugal Golden Quest

**May 8-18, 2026**

*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)**

### Great Trains & Historic Hotels

**June 22-28, 2026**

*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)**

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

### 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**

*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**

*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 sights 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! 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

*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 day to the Snaefellsnes Peninsula. Join an expert crew and marine biologist guides on a whale watching cruise into Faxaflói Bay. We can't forget the Northern Lights hunt in search of the elusive dancing lights.

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

## Discover Nashville Favorites

November 3-7, 2026

**Special Preview: July 9th, 11am**

*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)**

**USS extended 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.**

## Biltmore Christmas

December 3-6, 2026

**Special Preview: July 9th, 2pm**

*Activity level-Easy to Moderate*

Immerse yourself in the yuletide oasis know 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)**

## Pasadena Tournament of Roses Parade

December 29, 2026 - January 2, 2027

**Special Preview: April 30th, 2pm**

*Activity level-Moderate to Heavy*

The Rose Parade, a 138-year tradition, brings residents and visitors together on New Year's Day to watch grand floats covered in flowers, spirited marching bands, and high-stepping equestrian units. The 2027 theme for the Tournament of Roses is "Welcome," celebrating the joy of belonging and embracing community. Highlights of this tour include a tour of Catalina Island, visit to the making of the Rose Parade floats, a tour of Warner Bros. Studio, shopping in Old Town Pasadena, visit to the Santa Monica Pier, reserved seats at the Rose Parade's halfway point, shopping at the Los Angeles Farmers Market, and dinner at famous The Tam O'Shanter Inn.

**Tour Fare: \$3349 per person (2 in a room)**

## 2026 USS Day Trips

- **A Day at the Museums - Cincinnati**  
April 23 - \$157 per person
- **Highlights of Toledo**  
May 28 - \$139 per person
- **Cincinnati Reds vs NY Mets**  
June 17 - \$139 per person
- **Chocolates & Flowers**  
July 23 - \$115 per person



# Support Groups

## **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 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: **April 8<sup>th</sup> & May 13<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 County Combined Health District (CCCHD), offers a monthly support group for individuals living with prediabetes, diabetes, and their caregivers. The group is open to the public and meets on the first Wednesday of each month, February through November, from 5:30–6:30 PM. Upcoming presentations include “Your Kidneys and You: How Diabetes and Kidney Health Connect” on **April 1, 2026**, presented by Janella Straw, MPH, CHES, of Premier Health, and “Hearing, Diabetes, and the Brain” on **May 6, 2026**, presented by Dr. Paige Parker, Au.D., of Family Audiology and Hearing Centers.

### **Stroke Support Group**

USS, in partnership with Mercy Health – Springfield, provides a support group for individuals who have experienced a stroke. Taking place, 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, **April 2nd** or Thursday, **May 7th** 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: **April 11th, May 9<sup>th</sup>.** Open to the public.

### **Grief Support Group – Beginning May 19**

Losing a loved one can feel overwhelming, but you do not have to walk through grief alone. Join us on Tuesday, **May 19th**, for our first gathering. From 4:30–5:30 PM, we will offer an educational hour, “Navigating the Waves of Grief and Loss,” followed by a supportive group time from 5:30–6:30 PM where participants are invited to share, listen, and connect in a caring environment. Ongoing support group meetings will be held on the third Tuesday of each month from 5:30–6:30 PM. The group is led by Catherine Hinkle, FNP-C, Certified Holistic Wellness Coach, Practical Reiki Master/Instructor, and RYT-200 Yoga Instructor, who brings a gentle, holistic approach to supporting older adults through life’s transitions. All are welcome.

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

## **UNITED SENIOR SERVICES**

[www.ussohio.org](http://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

RSVP raffle tickets available  
April 1st - May 5th at  
the Welcome Desk. Tickets  
also sold at the Event.

## Older Americans Day Luncheon

Join us on Wednesday, May 6th, at the Clark County Fairgrounds in the Arts & Crafts Building. We will be honoring this year's outstanding contributors to the vibrant and growing aging community of Clark County.

A \$5 entry fee, includes a catered lunch by Lee's Chicken; payments must be made by cash or check at USS Downtown. Registration and ticket sales end Friday, April 24th.



Special thanks to our sponsor

